

Community Catch-up



March 2025



Monthly Updates

Heading towards spring we welcome more daylight and warmer weather.

The current political climate is on a lot of people's minds and we are hearing from clients how much anxiety the situation is causing them. With this in mind we are meeting as a department to discuss how we can best support people and build resiliency.

In addition to this we have rolled out a brief client survey asking people what programs they would like to see at ICMHA and finding out what already works for them. If you have ideas and thoughts about this we'd love to hear from you too, please email Paula Greene at paula.greene@icmha.ca

We are reviewing our program schedules and planning will be informed by the results of the survey. What we are seeing is that activity based programs such as PEER support's cooking and art are very popular evidenced by a tripling of referrals to those programs.

Referrals across all programs are up with ICMHA receiving over 200 more referrals in 2024 than in 2023. We are committed as ever to meeting the needs of the community.

We'd like to sign off by sharing a song written by folks in the Bridge Center program with local singer songwriter Dana Sijos called Where I Belong.

ICMHA TEAM

In this newsletter you can expect:

Community Updates

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REFERRALS To make a referral fill out a referral form and send it to Krysten.ocoffey@icmha.ca or paula.greene@icmha.ca



Program Particulars



Grow

The Grow program provides Psychosocial Rehabilitation (or PSR) services designed to promote personal recovery, successful community integration, and maintenance of a satisfactory quality of life.



Bridge

The BRIDGE Centre is an activity-based program for adults aged 19 yrs + who live with cognitive and mental health conditions. The program aims to enhance coping skills and community connection.



Seniors Support Network

This is an activity-based program for adults 60yrs +. The program focuses on decreasing social isolation, peer support, healthy living, and maintaining independence.



PEER Support

All our Peer Support Workers have first hand knowledge of the challenges of Mental Health. The Program offers a variety of low barrier services to connect with others.



Networks

Networks offers client-driven, individualized support for individuals recovering from mental illness to find and maintain paid employment or education of their choosing.

Program Spotlight

Networks provides 1:1 coaching to support people to get back to work or education. Our education coaches are skilled at helping folks navigate the application process to colleges or to support upgrading on site with Camosun.

Our employment coaches work with people to support them with their employment goals, whatever that looks like.

PSR Contacts

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Networks

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GROW

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PEER Support

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Bridge/Seniors Support

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