

Staff Pocket Guide to Services for Families



camh

Centre for Addiction and Mental Health
Centre de toxicomanie et de santé mentale

About this Guide

The Centre for Addiction and Mental Health (CAMH) provides a variety of programs for families at each of its four main sites as well as at satellite offices. This guide provides a list of those services. For easy reference, the information is indexed according to location (site).

Also, unless indicated otherwise, services are open to non-CAMH as well as CAMH client families.

Please note that programs and services change from time to time, as do contact names.

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Centre for Addiction and Mental Health
Centre de toxicomanie et de santé mentale

A Pan American Health Organization /
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Collaborating Centre

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Queen Street Site

1001 Queen Street West, Toronto M6J 1H4 • 416 535-8501

Family Outreach and Response Program (FORP)

Helping families learn about mental health recovery and their role in that process. Relatives may have concurrent disorders.

- education/support and peer support groups
- 10-week groups offered three times per year
- based on a strengths approach and recovery philosophy
- sessions include topics like building hope from strengths, decision-making, etc.

CONTACT:

Karyn Baker (ext. 2011)

With Haste (a program of FORP)

A recovery program for families whose relative is experiencing an early psychosis.

- both at-home and in-office counselling support
- 10-week early psychosis and family recovery education program
- referral to other early psychosis programs.

CONTACT:

Karyn Baker (ext. 2011)



Queen Street Site cont'd

1001 Queen Street West, Toronto M6J 1H4 • 416 535-8501

The Bipolar Education and Support Group for Friends and Family

A closed group, held Monday or Wednesday evenings, for families and friends of an individual diagnosed with bipolar disorder (note: family members do not have to be CAMH clients).

CONTACT:

Jane Marson (ext. 2560)

Schizophrenia Program

Provides consults with families as part of the treatment plan for clients of CAMH and invites client families once per month to participate in a Family Support and Education Group.

CONTACT:

Hesther Tims (ext. 2062)

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Queen Street Site cont'd

1001 Queen Street West, Toronto M6J 1H4 • 416 535-8501

Peer Support Group – Geriatric Mental Health Program

A monthly group for caregivers of relatives registered in the CAMH Geriatric Mental Health Program. Psychoeducation every other month includes pertinent videos/guest speakers on mental illness in the elderly, either in partnership with other community agencies or on site.

CONTACT:

Shailesh Nadkarni (ext. 2775)

Law and Mental Health

Providing information about the forensic system and disposition orders. Also, support and referrals to appropriate resources for spouses/partners, siblings, parents, friends and relatives of clients in the program.

CONTACT:

Elizabeth Holmes (ext. 2465)



Russell Street Site

33 Russell Street, Toronto M5S 2S1 • 416 535-8501

Family Addiction Service

Providing groups and counselling for anyone concerned about someone close to them, whether or not that person is a CAMH client.

- 8-week groups for spouses, siblings, parents, friends and clients
- services for individual family members and/or whole families
- individual and couple counselling
- services also provided to all addiction programs (e.g., women's program, cocaine program, etc.).

CONTACTS:

Joanne Shenfeld (ext. 6765)

Colleen Kelly (ext. 6758)

Sukhi Bubbra (ext. 6789)

Borderline Personality Disorder (BPD) Psychoeducation Support Group

For families and friends of individuals with BPD.

- 8-week group sessions, which participants can repeat
- topics covered include: making sense of behaviours of people with BPD; using mindfulness strategies to notice/ manage distress; utilizing validation techniques to enhance communication.

CONTACTS:

Janice Weston (ext. 4454)



Russell Street Site cont'd

33 Russell Street, Toronto M5S 2S1 • 416 535-8501

Nicotine Dependence Clinic Family Initiative

For anyone who wants to quit smoking (participants become a client of CAMH's Nicotine Clinic and undertake a nicotine specific assessment).

- education, counselling, nicotine replacement therapy
- individual and group counselling for clients with nicotine dependency issues at the Russell Street, Queen Street and Brentcliffe sites
- support also provided to couples and family members, as the need arises.

CONTACT:

Stephanie Cohen (ext. 6370)

Concurrent Disorders Service Family Initiative

A description of services is available through contacting this initiative.

CONTACT:

Caroline O'Grady (ext. 6084)

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College Street Site

250 College Street, Toronto M5T 1R8 • 416 535-8501

Mood and Anxiety Program – Family Support and Education Groups

Providing psychoeducational/support groups for families and friends of individuals with major depressive disorder, bipolar disorder and OCD.

- 8-week groups, with a follow-up group meeting three months later
- topics may include signs and symptoms; medications; coping skills; problem solving, etc.

CONTACTS:

Claudia Tindall [for depression and bipolar disorders] (ext. 4085)

Naomi Mitchell [for OCD] (ext. 6342)

Karen Fournier [for OCD] (ext. 4937)

Better Behaviours Service (BBS)

Providing service to families, including assessment of child mental health and family functioning, in several formats:

- treatment on an individual basis (i.e., issue-specific, time-limited)
- treatment in group format (i.e., evening psychoeducation groups around parenting, child behaviour and family relationships using the 14-week Incredible Years Parenting Program (IYPP); also a 'sister' program for children aged 6–8,



College Street Site cont'd

250 College Street, Toronto M5T 1R8 • 416 535-8501

called the Dinosaur Social Skills Program (DSSP), which runs for 18 weeks)

- day treatment for children aged 6–8 and their families (this five-month program runs from a community school).

BBS runs groups for CAMH clients and co-facilitates/ collaborates to run the IYPP and DSSP in a school setting with the public/non-client group.

CONTACT:

Louise Doyon, Intake (ext. 4366)

Family Assessment and Therapy

Providing services for families under the Child, Youth and Family Program (i.e., mood and anxiety) including:

- family and marital therapy
- education about mood and anxiety problems
- parent education, behaviour management, parent-child/youth conflict
- CBT groups for children and parents
- referral to, or advocacy with, other agencies.

CONTACTS:

Maria Carinelli (ext. 4063)

Hanna McDonough (ext. 4999)

Maryanne Shaw (ext. 6248)



College Street Site cont'd

250 College Street, Toronto M5T 1R8 • 416 535-8501

Dual Diagnosis Resource Service

This program conducts family assessments and offers short-term interventions (i.e., counselling, support, psychoeducation, information on access to community resources) to families. Agencies can also access community education on the impact of dual diagnosis on families.

CONTACT:

Kevin Stoddart (ext. 7808)

Cognitive Behaviour Therapy Family Initiative

Provides information by phone, email or mail about where to obtain CBT at CAMH, in the community and information about the family support group at CAMH.

CONTACT:

Carol Garson (ext. 4865)

Early Psychosis Unit (EPU), Schizophrenia Program, Family Support Program

This program provides time-limited psychoeducation and supportive counselling services, on an individual basis, to families and significant others of clients currently on the EPU.

CONTACT:

Lisa Martens (ext. 4016)



College Street Site cont'd

250 College Street, Toronto M5T 1R8 • 416 535-8501

First Episode Psychosis Program Family Worker

Providing time-limited psychoeducation and supportive counselling services on a group and individual basis to families and significant others of clients of the first (early) episode psychosis program at CAMH.

- includes a Family Psychosis Education group and a Taking Care of the Caregiver group
- designed to help loved ones care for ill relatives and gain support for themselves
- referrals from across GTA accepted through LEARN (Learning Employment Advocacy Recreation Network).

CONTACTS:

Sabrina Baker (ext. 7311)

LEARN [for GTA referrals] (ext. 7300)

Women's Program Family Initiative

Provides a variety of services for in- and out-patient clients of CAMH including:

- psychoeducation based, five session family group (offered twice annually) for family members and significant others of clients in the women's program
- brief couple therapy during inpatient and outpatient involvement (Transitional Care Program)
- family/significant other meetings while client is an in-patient to discuss, with client consent, treatment planning, goals, and concerns
- linkage to community-based therapy and/or support groups for the relative and/or family member(s)

CONTACT:

Sandra Cushing (ext. 4810)

Brentcliffe Road Site

175 Brentcliffe Road, Toronto M4G 3Z1 • 416 535-8501

Family Addiction Services

Confidential, free family information, support and counselling services available for anyone including partners, parents, siblings, children and friends concerned about someone close to them who has a substance problem, whether or not that person is in treatment at CAMH. Wait periods usually vary from two to four weeks.

- generally short-term services, but with some volunteer-led support groups available longer term
- individual, family and couple counselling and workshops
- support groups and skills building groups.

CONTACTS:

Cathy Thomson (ext. 7000)

Linda Tait (ext. 7065)



Satellite Offices

Location listed below with each service

Problem Gambling Service (Family Program)

LOCATION:

175 College Street, Toronto M5T 1P7 • 416 535-8501

Providing information, support and counselling, in person and/or by phone, for CAMH and non-CAMH clients whose significant other or family member has a gambling problem, whether or not that individual is attending treatment.

- couple and family counselling
- monthly problem gambling information sessions for family members.

CONTACTS:

Laurie Farrant, Intake (ext. 7412)

Clients can also call direct: 416 599-1322

Dual Diagnosis Service (Peel)

LOCATION:

1001 Queen St. West, Unit 4, Toronto M6J 1H4 • 416 535-8501

An outpatient consultation and assessment service for adult individuals living with an intellectual disability and mental health issues.

- family assessments (i.e., as a component of the client assessment) and short-term interventions and support
- support to families includes information about accessing other community resources in the mental health and/or developmental sectors.

CONTACT:

Karen De Prinse (ext. 2512)

Lakeshore Family Initiative – General Psychiatry

LOCATION:

3170 Lakeshore Blvd. West, Suite 201, Etobicoke M8V 3X8
416 535-8501

Consultations, assessment, triage and support (CATS), including interventions with family members and/or psychiatrists to facilitate treatment of clients.

CONTACT: Cynthia Crawford (ext. 4677)

FACT (Peel) and PACE (Peel)

LOCATION:

30 Eglinton Ave. West, Suite 801, Mississauga L5R 3E7
416 535-8501

FACT (First Assessment Clinical Team) offers the Early Years of Recovery (EYOR) support group for family members with a loved one who has experienced a first psychotic episode within the past five years, whether or not their loved one is a CAMH client. For family members only. In addition, psychosis education groups/other supports are provided to families.

CONTACT: Bridget Guenther (ext. 7712)

PACE (Psychogeriatric Assessment, Consultation and Education) provides geriatric mental health and addictions outpatient services.

CONTACT: Pam Roberts (ext. 7716)

The Family Council

The Family Council is a non-profit organization, which has a board of directors made up of family members of those who have experienced mental health and addiction issues. Organizationally separate from CAMH, the council works primarily within CAMH, across all the CAMH sites. They liaise with the Community Support and Research Unit to chair the family-centred care initiative across CAMH. The Family Council is a member-driven organization; currently its membership is about 140 family members.

The Family Council believes families are critically important to an individual's healing from mental health and addiction problems and that families have their own unique needs for services and support.

The council provides the following services for spouses/partners, siblings, parents, grandparents and friends of people who have mental health and addiction issues:



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The Family Council cont'd

Systemic advocacy through:

- seeking the opinions of families and striving to represent families' wishes at CAMH
- advocating for family-based services at CAMH
- providing family members opportunities to represent family interests on CAMH committees, work groups and task forces
- advocacy for families in municipal, provincial and federal policy initiatives.

Advocacy for individual family members

Learning opportunities (e.g., educational forums)

In-person and over-the-phone peer support

- through the Family Resource Centre, a volunteer program operated by family members.

CONTACTS:

Betty Miller (ext. 6499, 7160)

Beth Jacob (ext. 6490)

Family Resource Centre (ext. 4015)



Notes

Telephone Numbers

Centre for Addiction and Mental Health • 416 535-8501

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