

## Psychiatric Services

The Community mental health & Addictions program has consulting psychiatrists who visit coastal sites. Psychiatrists conduct clients Sessions and medically monitor and adjust medications for optimum health functioning.

## Telemedicine and Mental Health Services

Telemedicine (also known as two-way video conferencing) is a wonderful tool that allows a patient to see and speak with a physician without the inconvenience or expense of traveling to see them. The telemedicine service is also very helpful in our coastal communities and provides easier access to a psychiatrist. This technology also helps staff to participate in a meeting when face-to-face is not possible.

## Outreach and Collaboration

The WAHA Community Mental health and Addictions Program works in collaboration with organizations such as Sagashtawao Healing Lodge in Moosonee. The Lodge is the Drug & Alcohol Treatment Centre for the whole WAHA region.

The WAHA Community Mental Health Community and Addictions Program also works closely with other WAHA departments and programs, particularly with the Traditional Healing Program to provide culturally appropriate services to our First Nations clients and to incorporate traditional healing practices, as needed.

## Mental Health Sites Phone & Fax Information

### Moosonee

Phone: (705) 336-2164

Fax: (705) 333-2746

### Moose Factory

Phone: (705) 658-4544

Fax: (705) 658-2238

### Fort Albany

Phone: (705) 278-1008

Fax: (705) 278-1121

### Attawapiskat

Phone: (705) 997-2323

Fax: (705) 997-2121

### Kashechewan

Phone: (705) 275-4568

Fax: (705) 275-1010

### Peawanuck

Phone: (705) 473-9986

Fax: (705) 473-9987

## Moosonee Site/All Sites

### Hours of Operation

8:00am - 12:00pm

1:00pm - 4:00pm

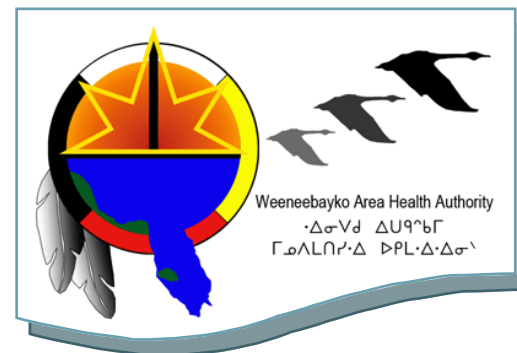
## Community Mental Health and Addictions Program

34 Revillon Road  
Moosonee, Ontario  
POL 1Y0 Weeneebayko Area Health Authority

Phone: (705) 336-2164  
Fax: (705) 336-2746

Weeneebayko Area  
Health Authority

# Community Mental Health & Addictions Program



Phone Number: (705) 336-2164

Toll Free: (877) 336-2164

Fax: (705) 336-2746



# Weeneebayko Area Health Authority Community Mental Health and Addictions Program



## Our Goal

The Weeneebayko Area Health Authority James Bay Wellness Program's main office is located at the Moosonee Ontario Government Building, 34 Revillon Road. We are committed to promoting a mental wellness for all people living in WAHA communities. Community counsellors are available to assist community members requiring mental health services in Peawanuck, At-tawapiskat, Fort Albany, Kashechewan, Moosonee and Moose Factory.

Individuals and communities are offered ongoing support in their journey toward physical, emotional, spiritual and mental health. We are a community focused organization, committed to providing optimum healthcare as close to home as possible.

## Mission Statement

Weeneebayko Area Health Authority is a regional, community-focused organization, committed to providing optimum health care as close to home as possible.

## Vision Statement

Weeneebayko Area Health Authority will distinguish itself as a provider of quality health services with a holistic approach that reflects the distinct needs of all peoples in the Weeneebayko region.

## Client-centered Care

Each community provider is part of a network of care with access to other healthcare professional. When a client chooses to be a part of the Community Mental health & Addictions Program their care becomes part of a multi-discipline approach, This allows for optimal health care solutions to be discussed with clients.

## Services & Programs Offered

### Community Mental Health Worker

Provides a variety of appropriate client-centered counselling services in each community, such as adults and youth over the age of 16

### Regional Early Psychosis Intervention Worker

Provides case management & family interventions to those aged 16-36 years, who have experienced a first episode psychosis.

### Crisis Social Worker

Provides a variety of appropriate crisis level client-centered counselling services within WAHA to clients such as adults and youth.

### Central Intake & Referral Coordinator

Receives referrals from community providers, physicians, individuals and family members. The coordinator then completes intake assessments, then assigns the individual to the appropriate program.

### Regional Concurrent Disorder Worker

Provides culturally appropriate treatment and case management for clients with mental health and substance abuse issues.

### Regional Mental Health Clinician

To provide community based clinical services to persons with mental illness, which are culturally relative, accessible, and effective in the client's home community as part of the program's clinical team. To provide joint clinical counselling with a Community Counselor in the coastal communities served by the Weeneebayko Area Health Authority Community Mental Health Program.

### Addictions Worker

Provides treatment to those who have substance use & problem gambling issues. The addictions worker can work with clients, their family, group intervention and communities to raise awareness substance abuse and problem gambling.

### Regional Court Diversion Worker

The primary goal of the program is to divert people with mental illness away from or out of the criminal justice system to more appropriate community mental health services.

## Healing Arts & Guided Imagery Program

The program provides services with a holistic approach, in a manner that recognizes local cultures, heritages and traditions . It is a hands on approach art therapy to help and individual to focus on the development of one's own strength in living a more balanced life. This type of hands on work will help identify life's challenges or struggles which include depression, grief, self-esteem, goal setting, trauma anger, family healing and shame.

## Grief Edu-Therapy Sessions

The Grief Edu-Therapy™ program is for individuals dealing with significant emotional loss. Left unresolved, the cumulative effects of these experiences reduce our ability to participate in relationships and our lives. Participation in the 3-day program will address the conflicting emotions caused by loss and enhance your ability to participate fully in your life and relationships. Grief resolution can help if are dealing with a loss due to a death, the ending of a relationship, or loss of trust or safety.