



Psychiatry Services

The *Community Mental Health & Addictions Program* has consulting psychiatrists who conduct client 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 psychiatrist without the inconvenience or expense of travelling 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 & Addictions Program* works in collaboration with organizations in the region 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

Attawapiskat
Phone: 705-997-2323
Fax: 705-997-2121

Moose Factory
Phone: 705-658-4544
Fax: 705-658-2238

Kashechewan
Phone: 705-275-4568
Fax: 705-275-1010

Fort Albany
Phone: 705-278-1008
Fax: 705-278-1121

Peawanuck
Phone: 705-473-9986
Fax: 705-473-9987



Hours of Operation for Moosonee Site/All Sites

8:00 am - 12:00 pm
1:00 pm - 4:00 pm

The Weeneebayko Area Health Authority James Bay Wellness Program's main office is located at:

Moosonee Ontario
2 Bay Road
Moosonee, Ontario
P0L 1Y0

Phone: 705-336-2164
Toll Free: 877-336-2164
Fax: 705-336-2746



Weeneebayko Area Health Authority
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Community Mental Health & Addictions Program



Our Mission

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

Our Vision

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 people in the Weeneebayko region.

Our Commitment

We are committed to promoting mental wellness for all people living in the Weeneebayko region. Mental health services are offered in Peawanuck, Attawapiskat, Fort Albany, Kashechewan, Moosonee, and Moose Factory.

Individuals and communities are offered ongoing support in their journey towards physical, emotional, spiritual, and mental health.

Client-centered Care

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

SERVICES AND PROGRAMS OFFERED



- **Community Mental Health Worker**
Provides a variety of appropriate client-centered counselling services and support in each community for adults 16 and up.
- **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.
- **Central Intake & Referral Coordinator**
Receives referrals from community providers, physicians, individuals and family members. The coordinator completes intake assessments, then assigns the individual to the appropriate program.
- **Regional Social Worker**
Provides community-based clinical services, including psychotherapy to persons with mental illness in the client's home community as part of the program's clinical team.
- **Mental Health Nurse**
Assists with medication delivery and helps promote the psychological wellbeing and health of clients through the region.
- **Addictions Worker**
Provides treatment to those who have substance use & problem gambling issues. The addictions worker can work with clients, their families and communities to raise awareness about substance abuse and problem gambling.
- **Regional Court Diversion Worker**
The primary goal of the program is advocacy for clients and diverting people with mental health illness away from or out of the criminal justice system to more appropriate community mental health services.

Ontario Structured Psychotherapy Program (OSP)

The OSP Program is a new service available for people (18 years of age and over) who are seeking help to manage their depression, anxiety or anxiety-related conditions. OSP provides short-term cognitive-behavioural therapy (CBT) and related services. CBT is a form of talk therapy that teaches coping skills and techniques to help you change the way you feel, think and act.

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 an individual 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 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 one is dealing with a loss due to a death, the ending of a relationship, or loss of trust or safety.
