

# Community Resource Listings

## Addictions and Mental Health

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### Primary Care Resources

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#### **CAMH Addiction Clinical consultation Service 1-888-720-2227**

- Designed for physicians, counselors, pharmacists and nurses in Ontario, the service provides advice on drug interactions, counseling and medical complications.

[www.camh.net](http://www.camh.net)

#### **MOTHERISK <http://www.motherisk.org>**

Alcohol and Substance Use Helpline - 1-877-327-4636

Monday to Friday, 9 a.m. to 5 p.m.

Inquire if your patient has access to a Employee Assistance Program (EAP)



211 can be accessed by phone and [website](#) .

Often individuals experiencing addictions have multiple needs.

Visit 211 to access local information regarding community, social, health and government services.

Free, anonymous and confidential. Service is multilingual.

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### Patient Resources

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#### **Crisis**

#### **Mental Health Crisis Services CMHA**

**Simcoe County 705-728-5044**

**Muskoka and area 1-888-893-8333**

Services Offered:

- 24 hour crisis line for Simcoe County and Muskoka area
- Mobile response available in Barrie from 11 a.m. to 11 p.m.
- Crisis response for children and adolescents 16 years and under can be arranged through Crisis Services/youth crisis workers
- 5 non-medical crisis beds in Barrie for brief stays, available to people 16 years of age or older
- Follow-up support upon discharge.

**ConnexOntario** [www.connexontario.ca](http://www.connexontario.ca)

- **Drug and Alcohol Helpline 1-800-565-8603** Information and referral to alcohol and drug treatment services in Ontario.
- **The Ontario Problem Gambling Helpline 1-888-230-3505** Information and referral service with interpretation available.
- **Mental Health Helpline 1-866-531-2600** Comprehensive information about mental health services.

**About Alcoholics Anonymous** <http://www.aacanada.com/>

- Find an AA meeting. Online options available

### **Barrie AA Intergroup**

Phone: (705)725-8682

Note: meetings for Barrie, Base Borden, Stroud and Tottenham.

### **Eastern Georgian Bay District 7 Area 86**

Phone: (705)646-2491 (Bracebridge)

Phone: (705)526-3305 (Midland)

Phone: (705)325-6385 (Orillia)

Note: meetings for Bala, Beaverton, Bracebridge, Coldwater, Elmvale, Gravenhurst, Midland, Milford Bay, Orillia, Penetanguishene, Port Carling, Port McNichol, Rama Reserve, Victoria Harbour and Washago.

### **AA Huntsville/Parry Sound District 17**

Huntsville: (705) 789-8992

Parry Sound: (705) 746-2464

## **Assessment and Community Treatment**

### **Addiction Outreach Muskoka Parry Sound – 1-800-668-1856**

- Offices in Bracebridge, Huntsville and Gravenhurst
- Assessment, community treatment, case management - substance abuse and problem gambling, awareness.

### **Mental Health and Addiction Services of Simcoe County 1-800-263-5060**

**Formerly Simcoe Outreach Services – *new name as of December 2010:***

- Offices in Barrie, Midland, Orillia, Collingwood and Alliston. Assessment, referral and counseling in Simcoe County regarding alcohol, drugs or gambling. Programs include: gambling, youth, adult, court diversion, methadone, community withdrawal management, significant others and programs for pregnant women/new mothers.

## **Withdrawal Management**

### **Royal Victoria Hospital Community Care Centre, Barrie 1-705-728-4226**

- Safe and supportive for detoxification. Assessment, referral, motivation

## **Residential Treatment**

### **Simcoe County Muskoka Parry Sound Recovery Homes (SCMPS Recovery Homes) Orillia (705) 325-3566**

- Long-term program for treatment and rehabilitation. Blended treatment model including bio-psychosocial, cognitive-behavioural and 12-Step. Three phase program: orientation, intensive, prevention/after-care.

### **Georgianwood Concurrent Disorders Program – Mental Health Centre Penetanguishene 1-877-341-4729**

- 3-month (flexible) residential program for concurrent disorders (substance use disorder and another mental illness). Cognitive-behavioural therapy for depression and anxiety disorders; skills training, psycho-education, relapse prevention skills, self-help, coping skills. Program for concurrent post-traumatic stress disorder, yoga, spirituality, stress management, employment group and problem gambling.

## **Counseling and case management**

### **Concurrent Disorders Program – Muskoka-Parry sound Community Mental Health & Addiction Outreach Muskoka Parry Sound 1-800-668-1856**

- Treatments: bio-psychosocial, therapeutic community milieu therapy, stages of change, harm reduction, multidisciplinary, motivational, and cognitive/behavioural. Counseling and education sessions for those affected by someone else's substance abuse.

### **CONNECT Counselling Services – Canadian Hearing Society 705-737-4911 TTY or 705-737-3190 (office in Barrie and Bracebridge)**

- Mental health, wellness and addiction services for the deaf, hard-of-hearing and families. Support, education, advocacy and counseling. Assessment, treatment and referral.

## **Inpatient Treatment**

### **Mental Health Centre, Penetanguishene (MHCP) 705-549-3181**

- Inpatient admission and assessment. Acute care and long term care for people with serious mental illness. Including geriatric, dually diagnosed, concurrent disorder, forensic services and long term complex rehabilitation services.

**Orillia Soldiers' Memorial Hospital – Mental Health & Addiction Program 705-325-2201 ext 6337**

- In-patient treatment for acutely mentally ill adults. Multi-disciplinary team. Pharmacotherapy, group therapy and individualized daily assessments. Available to residents of Muskoka and the North East portion of Simcoe County.

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**ABORIGINAL SERVICES**

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**Georgian Bay Native Friendship Centre Midland 705-526-5589**

- Intake, assessment, community treatment of alcohol/other drug issues for urban and transient Native people of the Georgian Bay region.

**Chippewas of Rama Addictions Program, Rama (705) 325-3611 ext.1423**

- Gga wiidookaadmin (let's all help each other) incorporates the circle model. All decisions are made by consensus. All views are valued and all ideas are respected. Talking Circle model for healing and growth.

**Enahtig Healing Lodge & Learning Centre 705-534-3724**

- Residential and non-residential traditional healing programs integrated with contemporary skills and practices. Screening and assessment, care planning, counseling, case management, family consultation for families affected by mental health challenges and concurrent disorders.

**B'saanibamaadsiwin – Muskoka-Parry Sound Community Mental Health Service 705-746-2512**

- Culturally relevant and community-specific mental health services to the First Nations communities of Parry Sound and Muskoka. Assessment and referral, crisis counseling, community development and consultation.

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**Resources for Family and Friends**

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**Family Mental Health Initiative of Simcoe County**

Contact 705-725-0363 or 1-800-324-3252 Fax: 705-725-5496

151 Essa Road, Suite 202 Barrie, ON L4N 3L2

Website: [www.fmhi.ca](http://www.fmhi.ca)



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