



Offering healing and hope
to inspire recovery



**Mental Health
& Addictions**
CARING PROGRAMS

Investing in your hospital

Access to innovative equipment and timely care, will help us meet the growing needs of local families. Community dollars fund 100% of the equipment and technology in our hospital. Your support is critical to ensuring the best in class care is delivered close to home, when you need it most.

Together, we make it possible.



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Our goal is to encourage patient hope and recovery by offering effective proven care in a respectful environment. We all want to live our best lives. CMH is helping people in our community to do just that.

Dr. Anjali Sharma,
Chief of Psychiatry



What makes CMH's Mental Health & Addictions Program distinct?

Our Mental Health & Addictions Program is focused on providing timely care — emergent, acute, day hospital and outpatient psychiatry services — using a broad range of supportive and skill building evidence-based programs. We provide intensive services to a wide range of people and age groups with complex, severe and acute mental illness. Our care team aims to promote the healing and fullest recovery of every individual.

Locations

WING A, LEVEL 3
Inpatient & Day
Hospital Units

WING A, LEVEL 1
Emergency Psychiatric
Unit (EPU)

WING D, LEVEL 2
Community Outpatient
Mental Health Clinic

Patient Story



A place of welcome and warmth

In mid-winter, an elderly woman was found wandering outside in the freezing cold, unable to communicate. The confused woman was brought to CMH by ambulance.

An immediate assessment revealed that she had no memory of where she lived, or of her family. She could not recall her name, her age or any details of her life.

Eventually her name and an old address was discovered in her purse. Attempts to locate her family were futile. With no one coming forward to help her, the CMH Mental Health team cared for Mary in hospital for several months.

CMH ensured that she was warmly dressed in new pajamas, a housecoat and slippers. Toiletries were provided so she could ensure her dignity. Volunteers bought her warm blankets, magazines and colouring books to help her pass the time. Sometimes staff invited her down to Tim Hortons to enjoy a coffee and conversation.

Mary was eventually placed into long-term care, but her time at CMH was an important step in seeing that she received the right care when she needed it most.

Patient Story



CMH was here when Brent needed us most

Before being diagnosed with bipolar disorder, Brent, 32, had been “self-medicating” with street drugs. Brent made great progress after his diagnosis. He was working and had re-united with his daughter. He was doing so well that eventually he decided to give up all substances. Unfortunately, that also included his bipolar medication.

Brent became severely depressed and anxious to the point that he tried to take his own life. Luckily, someone found him and he entered the care of Cambridge Memorial Hospital, where he began his recovery.

Brent’s physician soon determined that Brent might benefit from electroconvulsive therapy (ECT). ECT is a safe and often effective treatment for treating severe depression when other forms of treatment have not been successful in reducing symptoms. Happily, Brent started to respond positively within two weeks.

Thankfully, to benefit patients like Brent, CMH recently began offering ECT in our new facilities.

Program Highlights



We provide our Mental Health & Addictions services to the following populations in our community:

- › Child and Family (age 5 to age 17) for short-term individual and group therapies.
- › Adult Services (age 18 to 65) for short-term individual and group therapies as well as case management for the severely or persistently mentally ill.
- › Seniors' Services (age 65+) for short-term assessment and consultation for cognitive deficits such as Dementia.

Inpatient Unit

Our 25-bed Inpatient Unit provides short-term psychiatric hospitalization to patients age 18+. Our Schedule I program provides observation, stabilization, assessment, diagnosis, treatment and discharge management for individuals experiencing acute mental health issues and concerns.

The Inpatient program's goal is patient recovery through assessment and treatment plans offering individual and small group illness management and life skills tailored to each patient's specific needs. We work collaboratively with our patients, community providers and primary care physicians toward the patient's return to the community.

Our multidisciplinary team consists of a Psychiatrist, Hospitalist (in-hospital physicians), Registered Nurses (RNs), Registered Practical Nurses (RPNs), Clinical Nurse Specialist (CNS), Clinical Coordinator, Social Workers, Occupational Therapists, Recreational Therapists, and Peer Navigator.

Two terraces are available to patients to access fresh air and sunshine with healing vistas of Galt Country Club or the Grand River.

The Unit also includes a 5-bed Psychiatric Care Unit (PCU) to provide intensive care for those experiencing acute mental illness.

Day Hospital

The Day Hospital treats patients requiring continuing treatment and support, often as they transition from the Inpatient Unit back into the community. Individualized treatment plans based on a patient's specific needs are developed in collaboration with our multidisciplinary team.

Individualized treatment plans offer structured therapy (individual and group based) and skills development.

Therapeutic amenities include a Physical Activity Room with treadmills, stationary bikes and other equipment, a Patient Lounge to socialize, and a Daily Living Kitchen to assess and enhance daily living skills for transition back to the community.

Community Outpatient Department

Our Outpatient program offers psychiatric support to community based patients living with severe and persistent mental illness. Programs are recovery focused and trauma informed with a patient-centered approach for improved outcomes.

Individualized programs provide short-term consultative services to transition back to primary care, and can include group therapy such as: Mindfulness Group for mood and anxiety issues; Concurrent Disorders for those dealing with both mental illness and addiction; Trauma Group; and Dialectical Behaviour Therapy (DBT) Skills.

Emergency Psychiatric Unit (EPU)

The EPU is located inside the Emergency Department and provides around-the-clock care for individuals who come to Emergency with mental health concerns or crisis. Patients are assessed and treated within this dedicated mental health unit which offers a comfortable waiting area for a patient's family and support individuals.

Mental Health staff liaise with Emergency staff to provide immediate patient assessment and crisis management. They coordinate admissions or referrals to supports and services for the most appropriate and individualized care close to home.



Patient Care Partners

Emergency Department
Laboratory
Community, Healthcare and
Social Services Partners
Social Work
Family Physicians

Staff Leaders

Chief of Psychiatry
Dr. Anjali Sharma
Director Patient Services
Rita Sharratt
Manager, Mental Health
Maureen Garner



Investing in Mental Health

One in five Canadians will experience a mental health issue in their lifetime. We are all impacted by mental illness through a family member, friend or colleague. Mental illness can happen to anyone, and when it does CMH is here when you need us most. Below are some examples of new and replacement equipment used to provide patient care, and their associated cost.

DEPARTMENT	EQUIPMENT NEEDS	COST
Mental Health & Addictions	Bicycle, Recumbent, Exercise Unit	\$10,000
	Blood Pressure Monitor	\$1,000
	ECT Machine	\$32,800
	Vital Signs Spot Monitor	\$3,000

**Call anytime to access Addictions,
Mental Health & Crisis Services,
Waterloo Wellington.**

1-844-437-3247 (Here247)