

BEHIND OUR SERVICES

ALEXANDRA MARINE AND GENERAL HOSPITAL

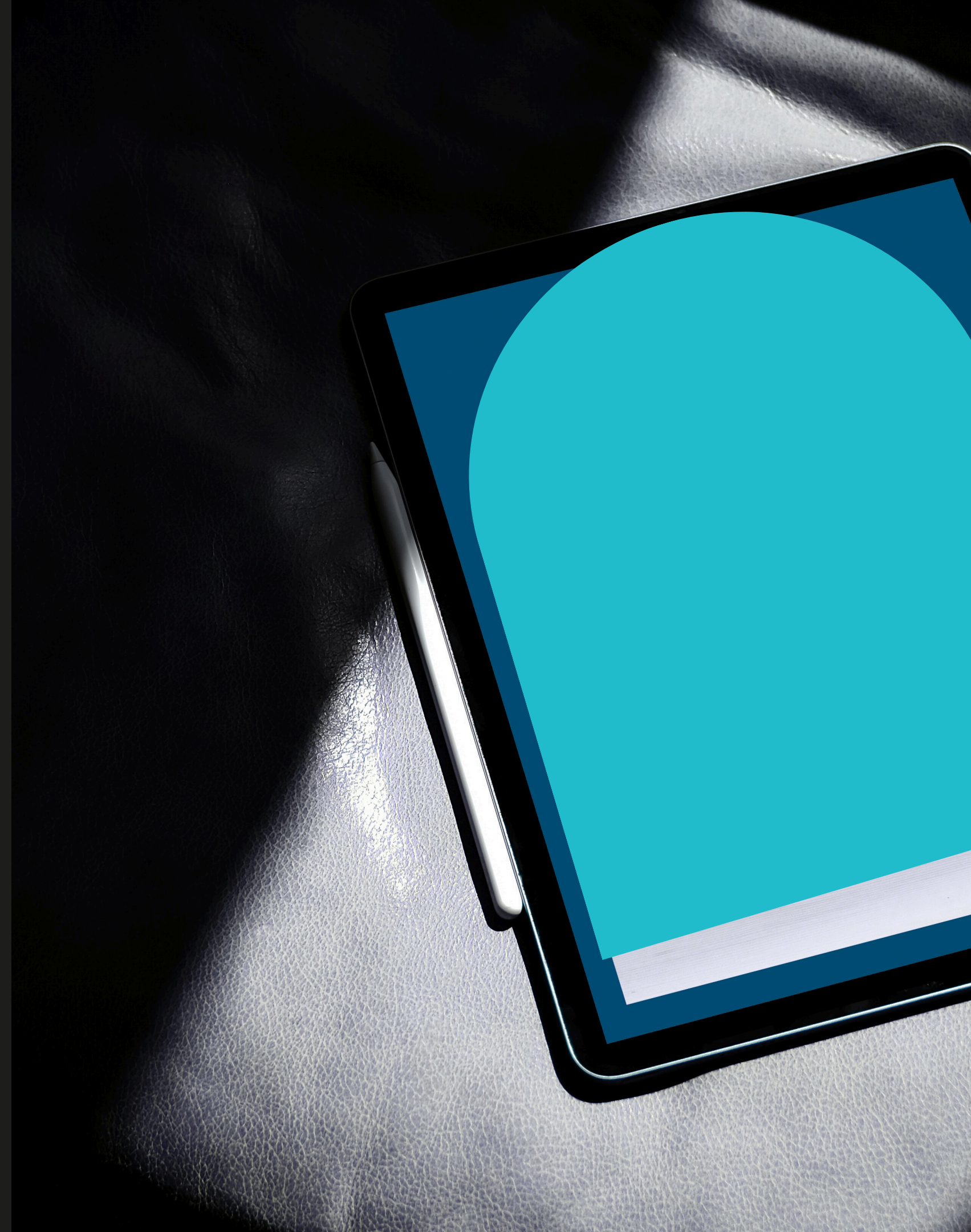
2025



*Presentation Created by
Becky Higgs MA.,RP*

Alexandra Marine & General Hospital

Outpatient Services



Huron Community Mental Health Services OUTPATIENT

OUTPATIENT SERVICES

Huron Community Mental Health Services
(HCMHS):

- 5 Working Sites
- 2 Streams
- 10 HCMHS Team Members

MANAGER, INPATIENT AND HCMHS

- Stephanie Black, RN, CPMHN (c)

HCMHS TEAM

- Kristina Di Gaetano MA., RP
 - Kim Friesen BSW, RSW
 - Lucy D'Arcey, RSSW
 - Loni Vanderburgh, BScN, RN
 - Leanna VanWyk, RSSW
 - Anita Kreutzwiser, BSW, RSW
 - Nicole Millar, BPH, BSW, RSW
 - Pam Gethke, Admin Assistant
 - Hailey Bakker, BSW, RSW
 - Becky Higgs, MA., RP
-

WHERE ARE WE LOCATED?

GODERICH

274 Huron Road

CLINTON

56 Mary Street

SEAFORTH

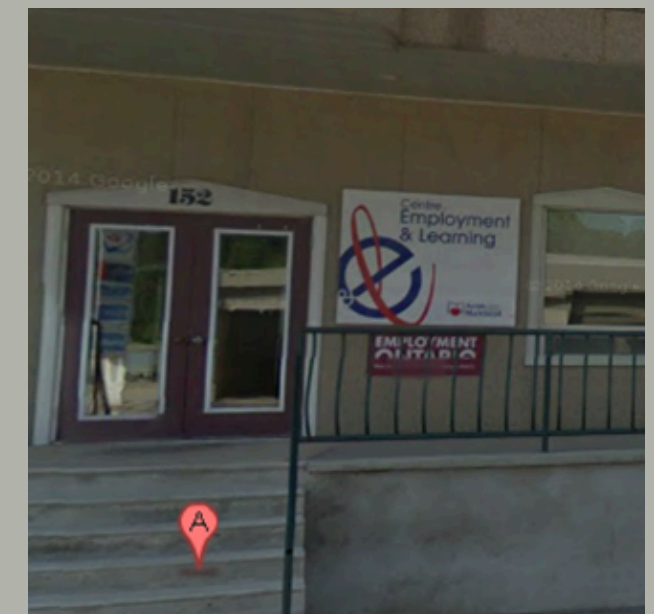
85 Main St

EXETER

303 Main St

WINGHAM

152 Josephine St



HOURS OF OPERATION MONDAY-FRIDAY TYPICALLY 0800-1600 *EXCEPTIONS OF STATUTORY HOLIDAYS
NOTE: NOT ALL SITES ARE STAFFED EVERYDAY

What We Offer at HCMHS

INDIVIDUAL & GROUP COUNSELING



- Individual Counselling Based on Skill Development and Client Treatment Goals
- Treatment Groups (i.e., CBT, DBT groups)
- Psychosocial Rehabilitation Groups
- Psychosocial Rehabilitation Individual Counselling

EATING DISORDERS PROGRAM



- Wingham Site
- Adolescents (12+) and their families

PSYCHIATRIC CLINICS



- Rotating Psychiatric Clinics at Each Site
- Not all at each site at the same time

Rotating **Psychiatric Clinics**

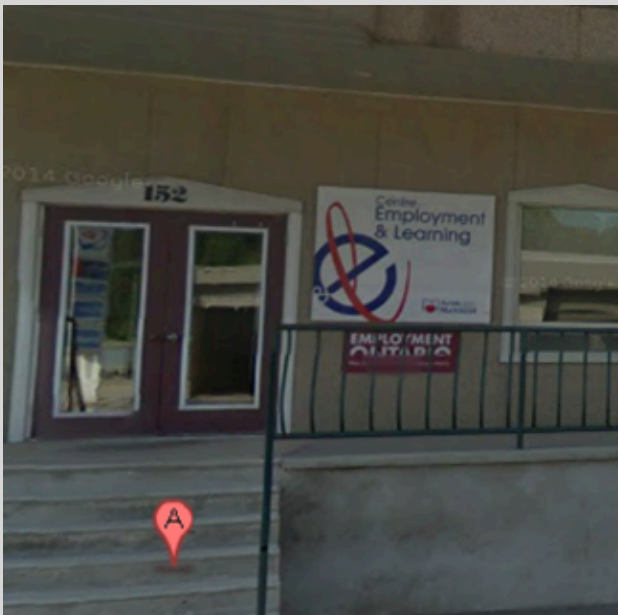
WINGHAM
MONDAYS

GODERICH
TUESDAYS

CLINTON
THURSDAYS

EXETER
THURSDAYS

SEAFORTH
FRIDAYS



Dr. Conlon



Dr. Mark Reddington



Dr. Dixon



Dr. McAuley



Dr. Rose

Population at HCMHS

ADULTS (16+) EXPERIENCING
MODERATE-SEVERE MENTAL HEALTH
RELATED CONCERNS



ALL SITES

PRIORITY IS BASED ON SEVERITY



ALL SITES

SERVICES ARE PROVIDED ON A
VOLUNTARY BASIS



ALL SITES

Counselling & Treatment Groups at HCMHS

COUNSELLING & TREATMENT GROUPS

- Cognitive Behavioural Therapy
- Dialectical Behavioural Therapy
- Self-esteem
- Depression
- Anxiety
- Goal Setting
- Wellness
- Relaxation
- Mindfulness

"Breaking Barriers Together."



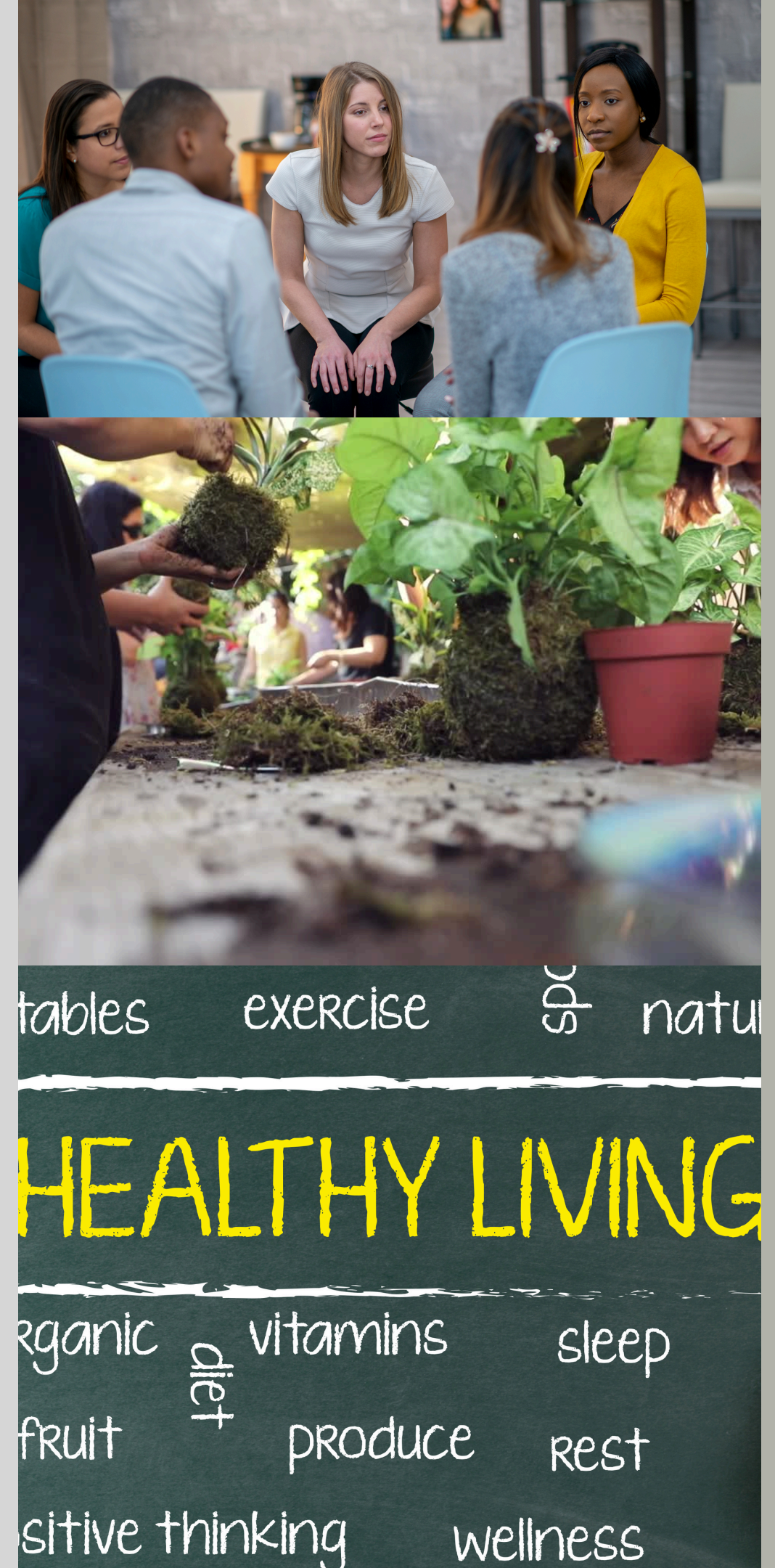
Psychosocial Rehabilitation (PSR) Program at HCMHS

Focus: To support clients in developing coping skills, stress management, leisure pursuits, building self-esteem, positive relationships, and healthy living skills.

PSR PROGRAM GROUPS

- Social Recreation
- Healthy Living
- Skills Training
- Relapse Prevention
- Walking
- Gardening
- Recreational Therapy
- Fitness
- Relationship Building

"Breaking Barriers Together."



Eligibility at HCMHS

CASE 1

CLIENT IS PRESENTING WITH EMOTIONAL DYSREGULATION, AND HAS BEEN CLINICALLY DIAGNOSED WITH ANXIETY AND DEPRESSION. CLIENT IS SEEKING SUPPORT IN DEVELOPING SKILLS TO MANAGE AND REGULATE THEIR EMOTIONS AND MOOD.

APPROPRIATE FOR SERVICES:

- MENTAL HEALTH RELATED SYMPTOMS (I.E., DEPRESSION, ANXIETY, EMOTIONAL DYSREGULATION, PANIC RELATED SYMPTOMS)
- MOOD AND PERSONALITY DISORDERS (I.E., DEPRESSION, BORDERLINE PERSONALITY DISORDER)
- MODERATE TO SEVERE MENTAL HEALTH SYMPTOMS
- REFERRAL FROM INPATIENT UNIT

VS.
↓

GREY AREA

CASE 2

CLIENT HAS RECENTLY EXPERIENCED A TRAUMATIC EVENT. CLIENT IS SEEKING TRAUMA COUNSELLING TO PROCESS THIS EVENT.

NOT APPROPRIATE FOR SERVICES:

- TRAUMA COUNSELLING
- GRIEF AND LOSS COUNSELLING
- CASE MANAGEMENT RELATED NEEDS
- SUBSTANCE USE RECOVERY
- CURRENTLY IN CRISIS
- SITUATIONAL CRISIS

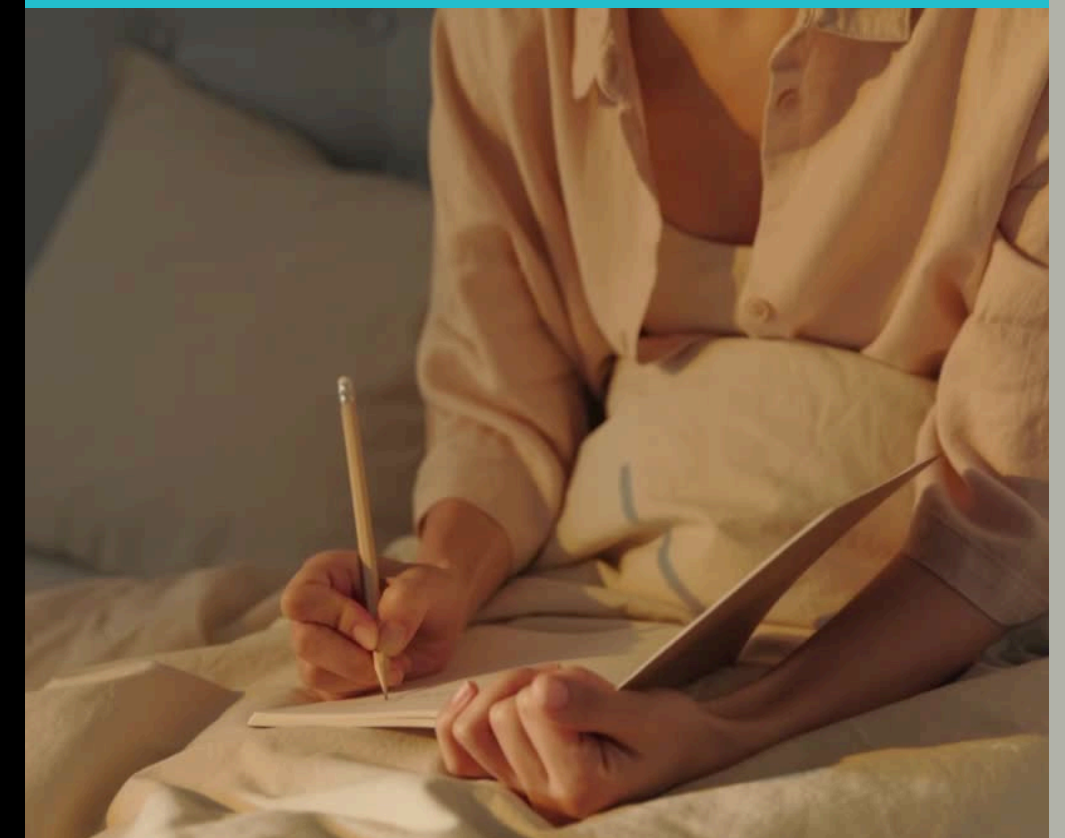
Huron Outreach Eating Disorders Program

A family based treatment model is utilized for children, adolescents, and their families.

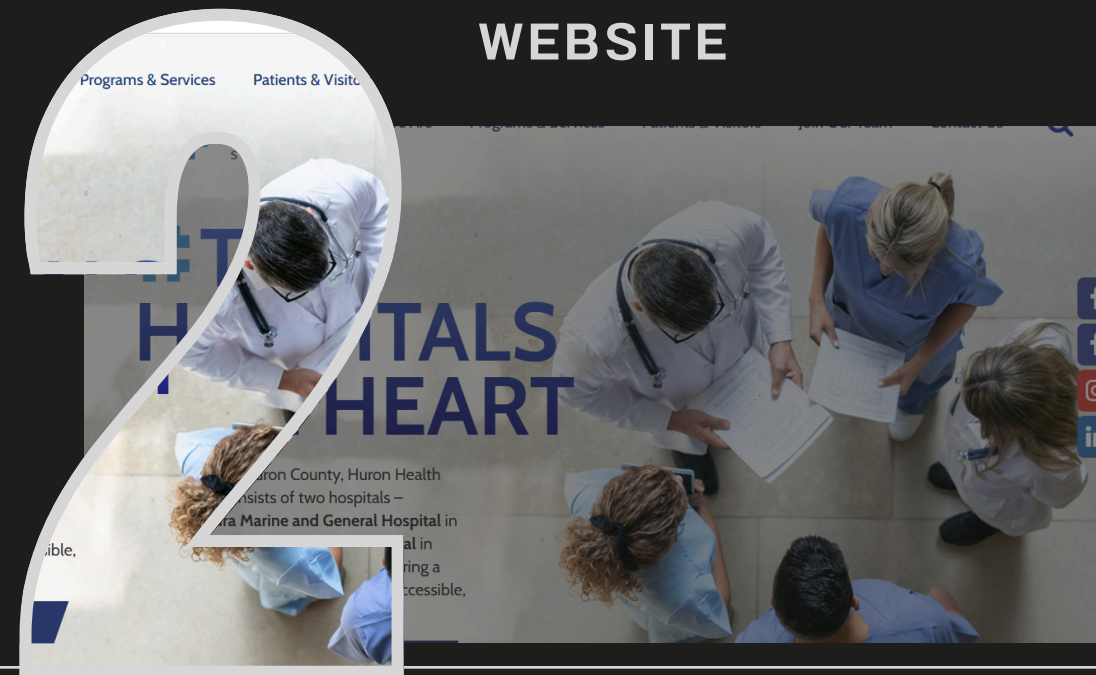
ASSESSMENT Specific focus on psychoeducation and individual counselling.

- Provide linkages and work in partnership with London Health Science Centre Eating Disorder Programs for children, teens and adults
- Collaboration with partners to support individuals who require further specialized assessment, confirmation of diagnosis, and day treatment or inpatient care

"Breaking Barriers Together."



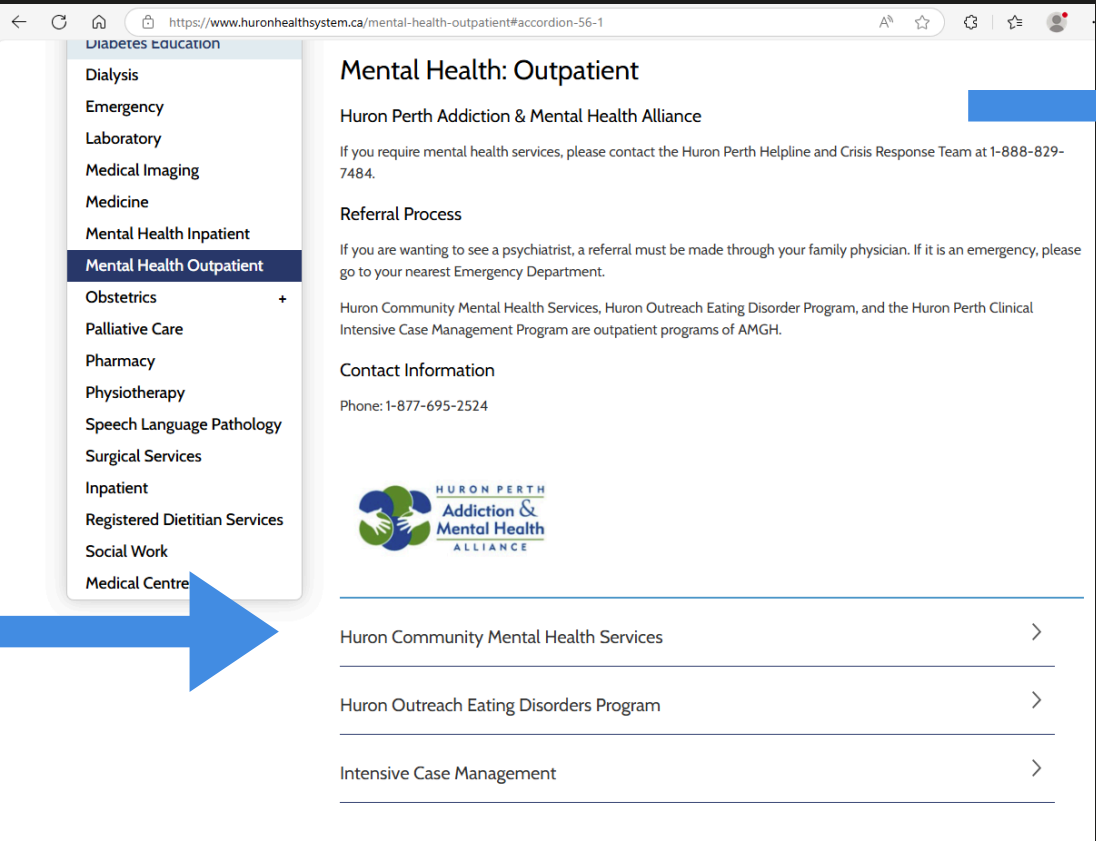
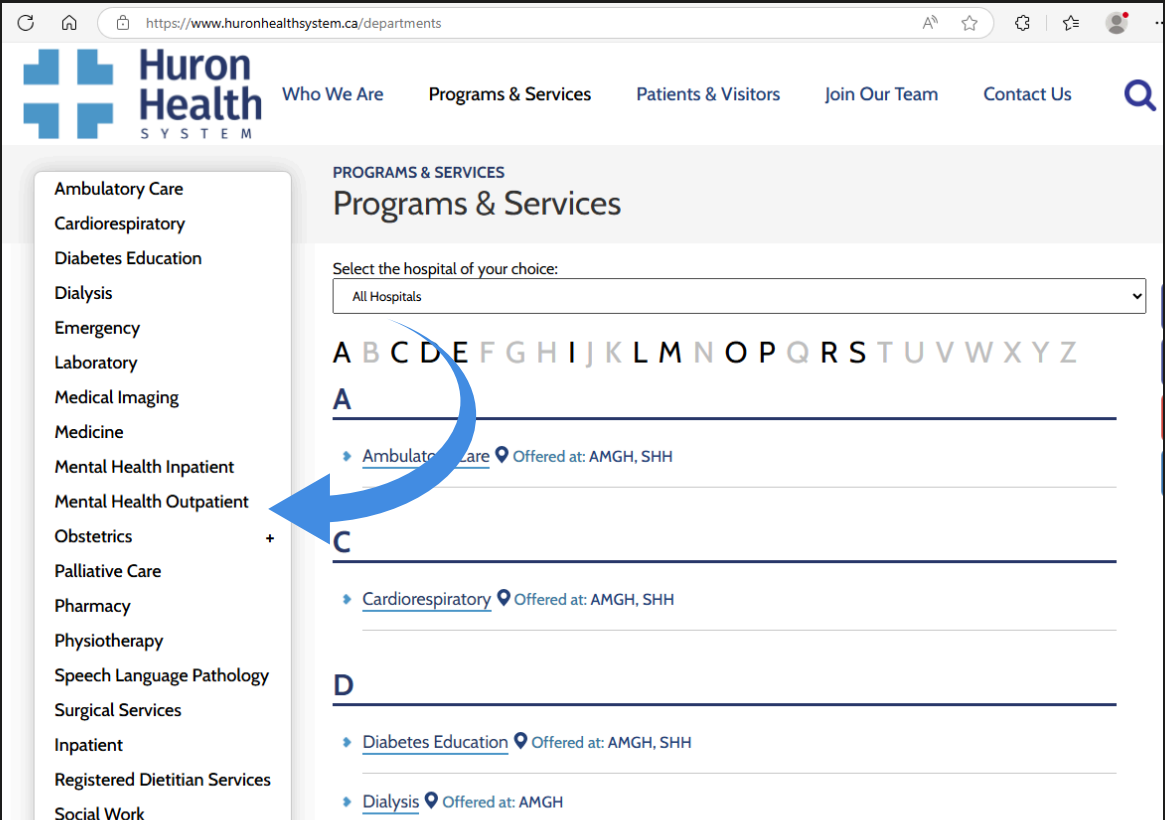
How to Connect to HCMHS



PHONE: (519) 524-8316 TOLL FREE: 1-877-695-2524 FAX NUMBER: (519) 524-9349

WEBSITE: WWW.HURONHEALTHSYSTEM.CA

How to Find HCMHS Referral Form:



Helpful Resources

- [HCMHS Referral Form](#)
- [Client Information Sheet](#)
- [Discharge Information Sheet](#)
- [Patient Oriented Discharge Summary](#)

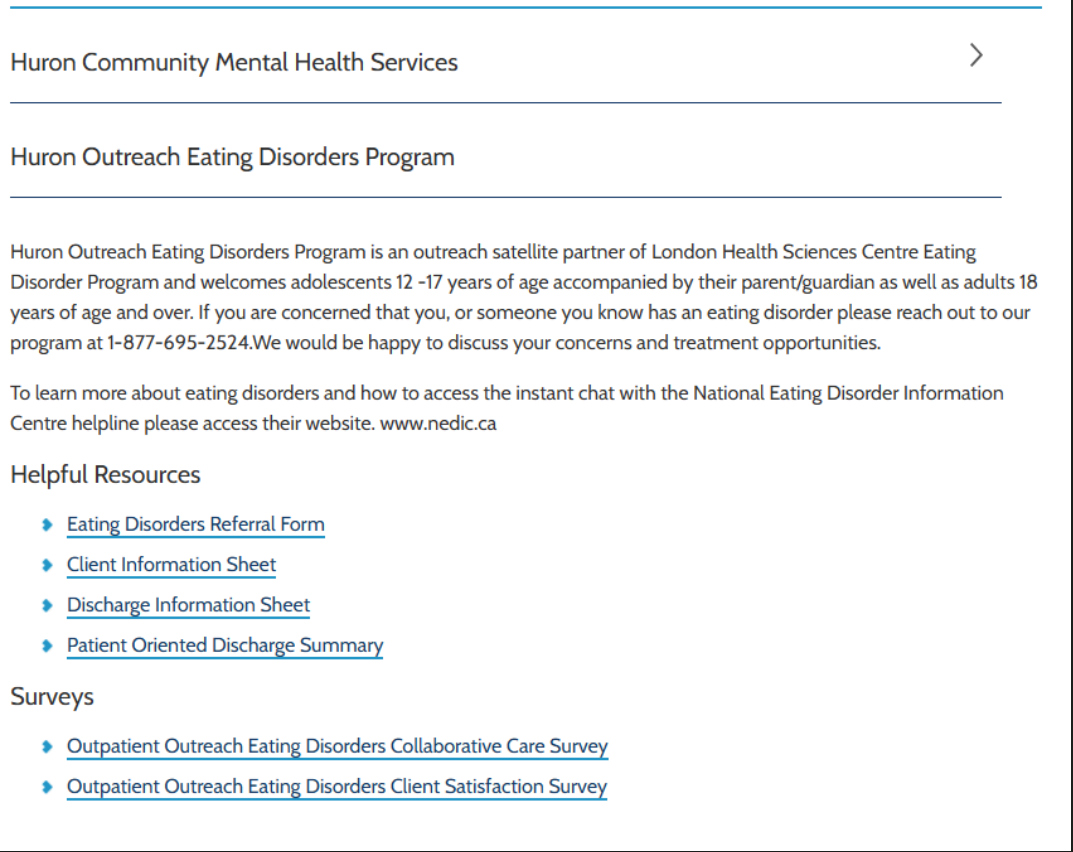
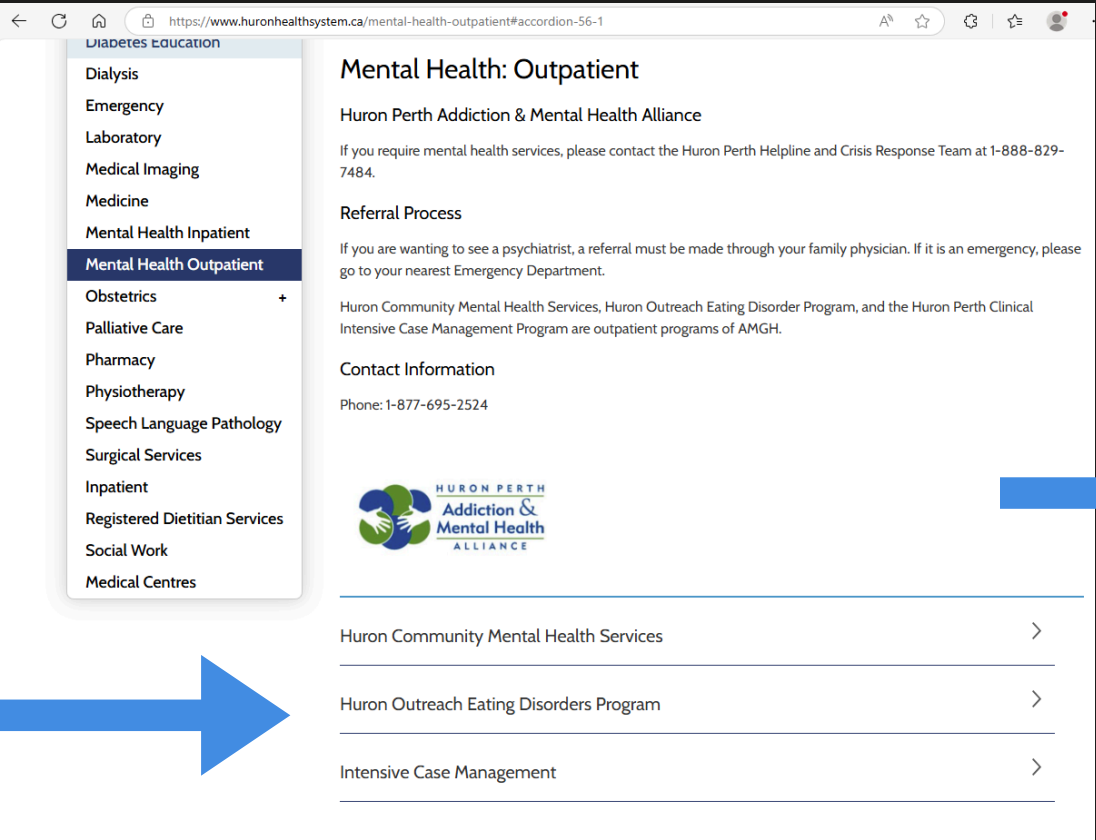
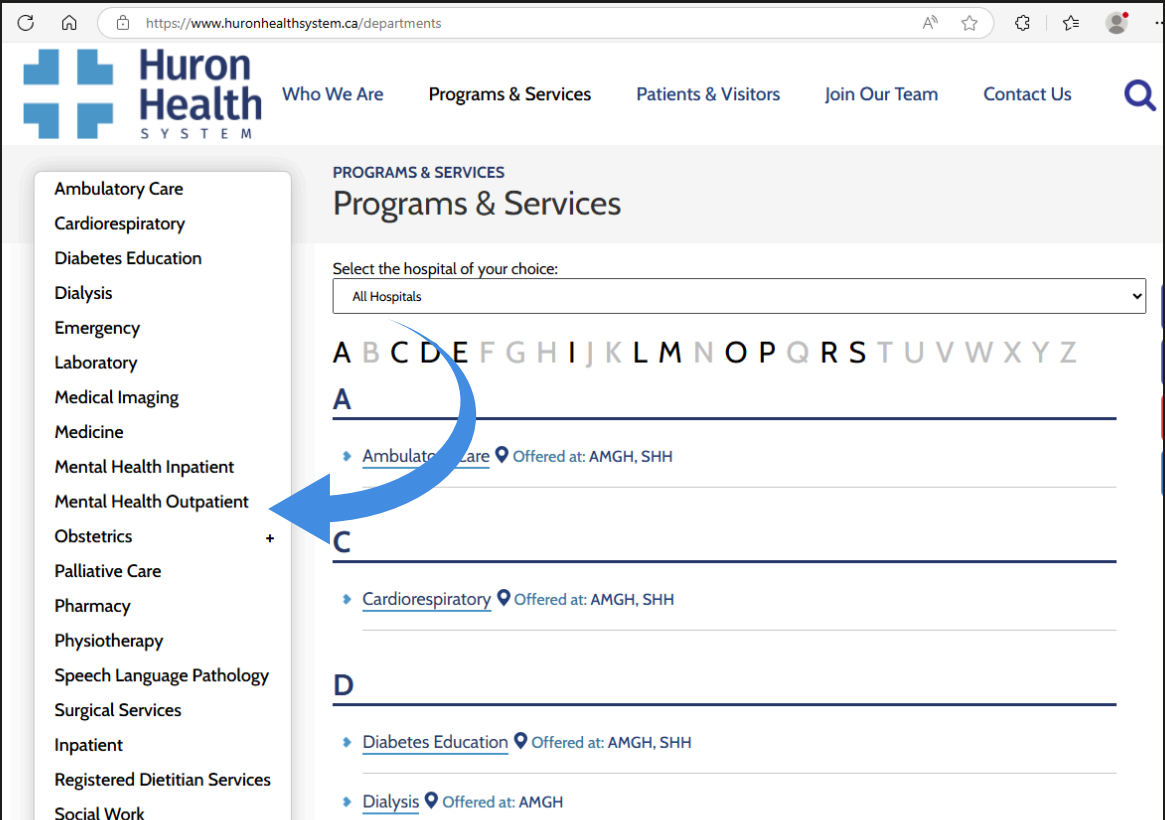
Surveys

- [Outpatient Mental Health Collaborative Care Survey](#)
- [Outpatient Mental Health Client Satisfaction Survey](#)

Huron Outreach Eating Disorders Program

Intensive Case Management

How to Find the EATING DISORDERS Referral Form:



Huron Perth Intensive Case Management (ICM) OUTPATIENT

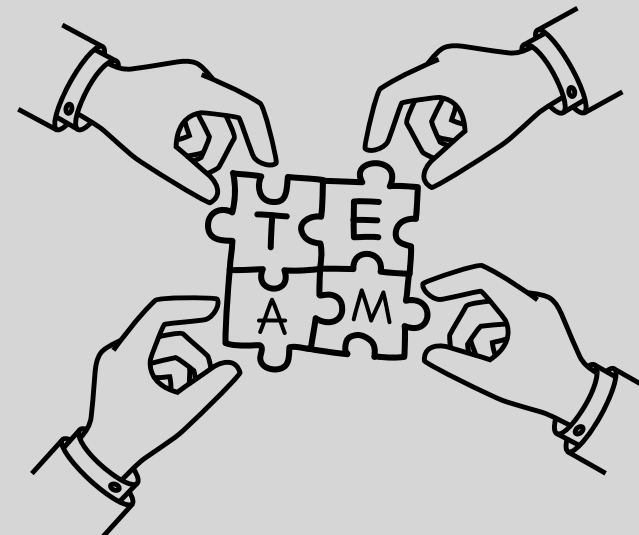
OUTPATIENT SERVICES

Intensive Case Management (ICM):

- Provide support for individuals experiencing mental health and addiction related concerns in Huron and Perth Counties
- Focuses on relapse prevention and stabilization in the community
- Utilizes psychological education, medication management, and collaboration and advocacy with partner agencies

MANAGER, OUTPATIENT MENTAL HEALTH, HURON PERTH HEALTHCARE ALLIANCE

- Rodney Phillips, MSW, RSW



- Maureen Thomas, RN., CPMHN
 - Leslie McNeil, RN
 - Blanka Jordanov, MSW, RSW
-

What We Offer at ICM

CLIENTS WE SERVE



- Individuals 16 year of age & over with serious mental health issues
- Individuals whose service provider practices in Huron and Perth Counties
- Individuals not able to receive support by existing community resources
- Individuals participation is voluntary

REFERRALS



- Referrals can be made by ANYONE (i.e., Physicians, Social Workers, Case Workers, Nurses, Community Agencies, Families, and Self Referrals)

SERVICES BY



- Registered Nurses
- Registered Social Workers

WHERE ARE WE LOCATED?

GODERICH

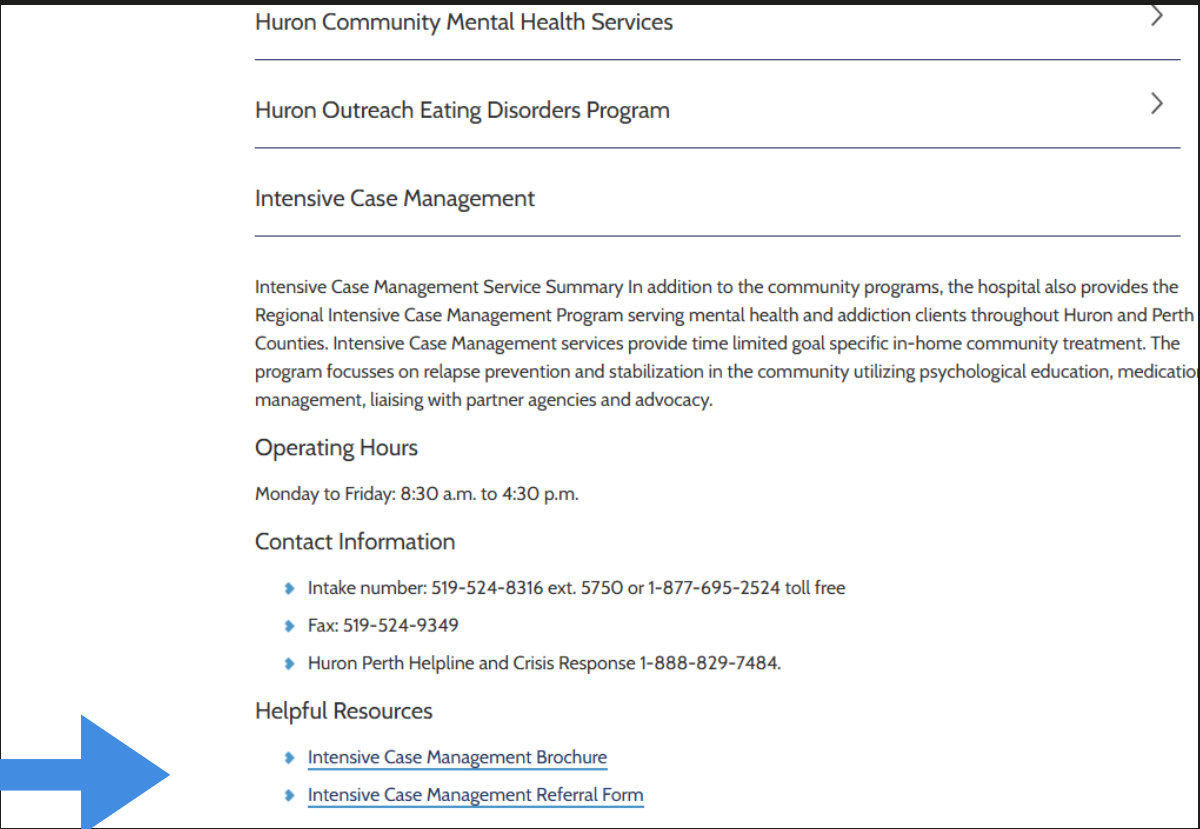
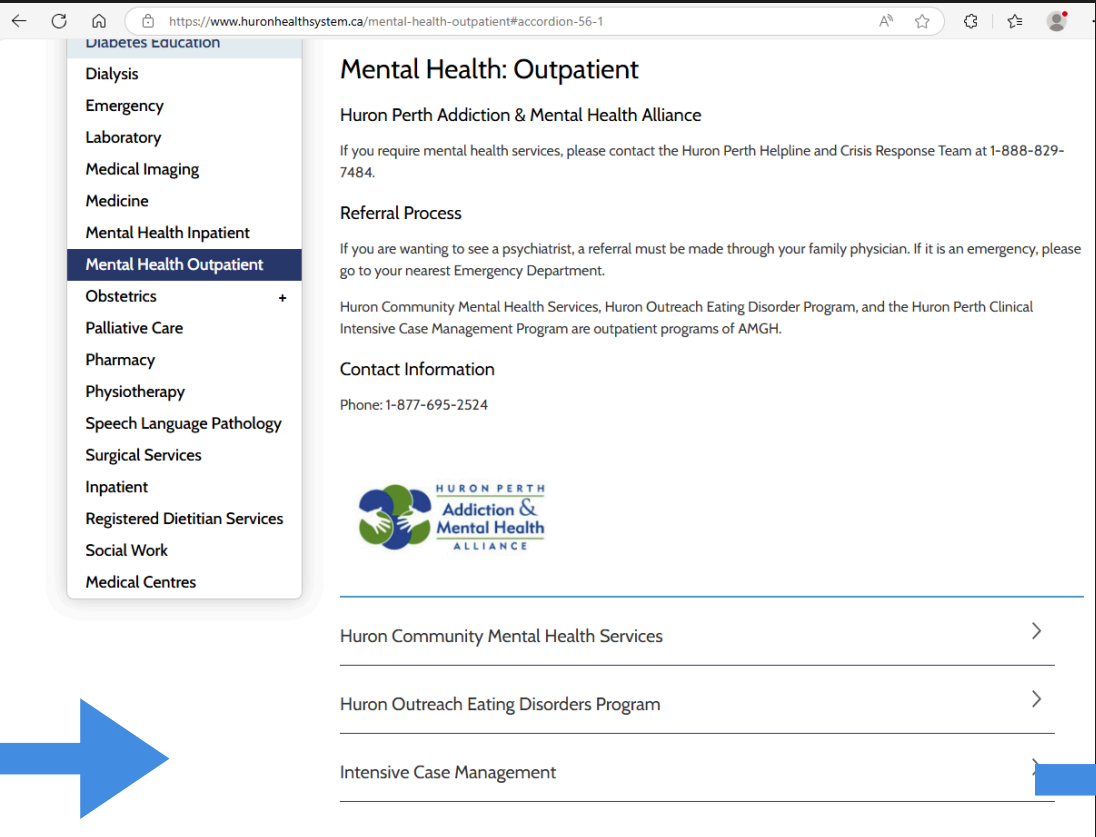
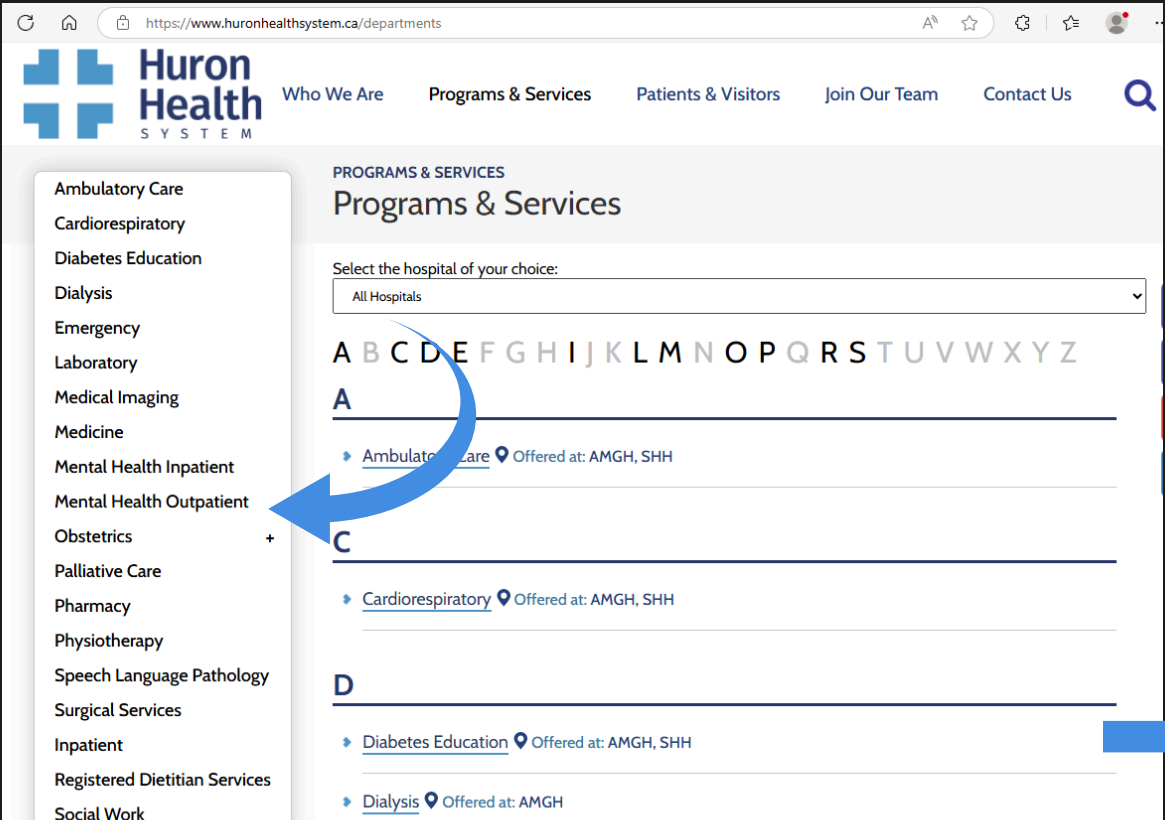
274 Huron St



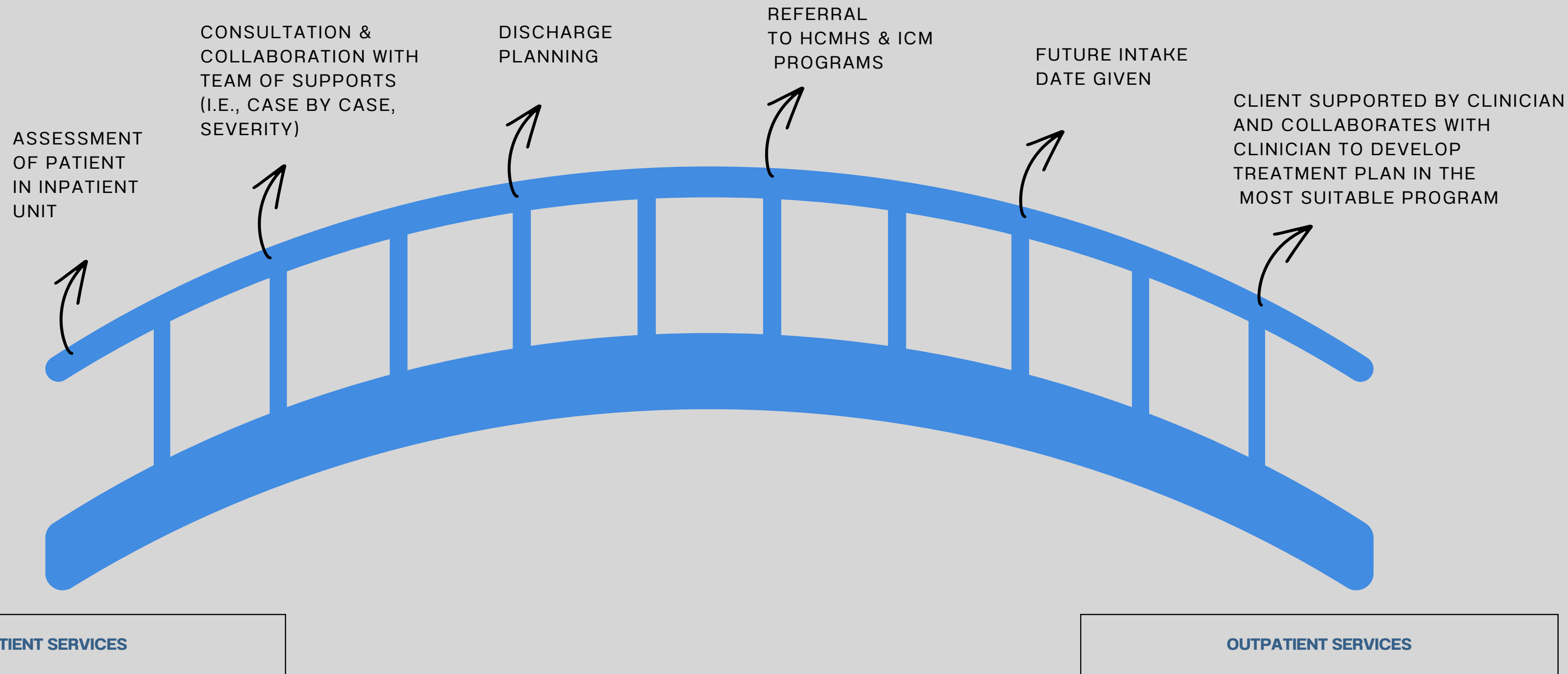
HOURS OF OPERATION: MONDAY TO FRIDAY 0830-1630

***EXCEPTION OF STATUTORY HOLIDAYS**

How to Find ICM Referral Form:



The Bridge: Inpatient and Outpatient



Alexandra Marine & General Hospital

Inpatient Services

2025



Alexandra Marine & General Hospital

INPATIENT

OVERVIEW

- Inpatient Services Provide Client-Centered Care That Values Trust, Respect, Fairness, and Advocacy
- Social Work Services
- Psychiatry Services

TEAM

Social Work and Psychiatry Services:

- Team of Registered Social Workers
- Team of Psychiatrists
- Team of Registered Nurses
- Nurse Practitioner
- Team of Registered Practical Nurses



WHERE ARE WE LOCATED?

GODERICH

120 Napier St



SOCIAL WORK SERVICES: HOURS OF OPERATION MONDAY - FRIDAY 8:30-16:30 *EXCEPTION OF STATUTORY HOLIDAYS
PSYCHIATRY SERVICES: AVAILABLE ROUND-THE-CLOCK

What We Offer: Social Work Department

ASSESSMENT



- Consultation and Assessment with Multidisciplinary Treatment Teams (i.e., In Hospital and Community)

COLLABORATION & CONNECTION



- Facilitating Connections (i.e., Financial Assistance, Legal Representation, Educational Upgrading, Vocational Rehabilitation)

DISCHARGE PLANNING



- Discharge Planning (i.e., Assessment of the Patient and his/her/their Social Situation to Determine Appropriate Post Hospital Care and Facilitate Placement)

What We Offer: **Psychiatry Services**

CLIENT-CENTERED



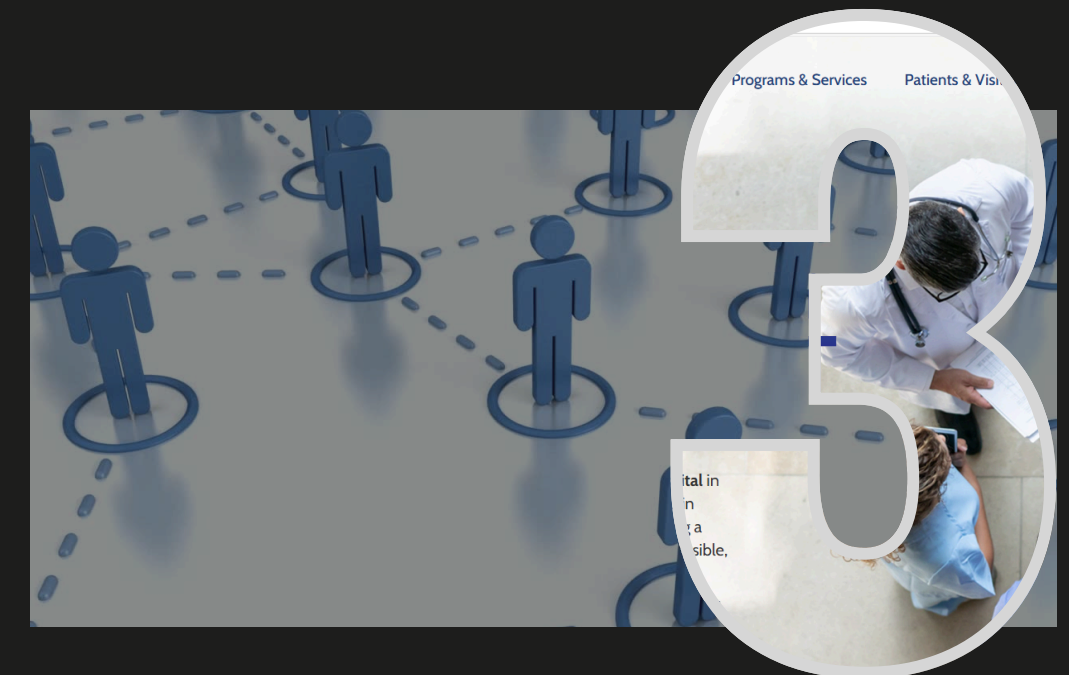
- Goal: To Support Individuals Through Assessment and Treatment Planning Tailored to Each Patients Specific Needs

SCHEDULE 1 FACILITY



- 20 Bed Inpatient Program Service Serving ages 16 years and above with Acute Mental Health and Addiction Related Presenting Concerns

PARTNERSHIPS & CONNECTION



- Establish and Continue to Build Connections and Partnerships, Quality Care, Trust, Fairness and Respect in the Community
- Current Partnerships (i.e., CMHA, HPHA)

Inpatient Unit Groups

- Insight Group
- Skills Group
- Art Therapy
- Grief
- Depression
- Coping Kit Building
- Self-Esteem
- Anxiety

"Breaking Barriers Together."



**NEW
UPDATE**

Psychiatry Services:

Dr. Doering
Geriatric Psychiatrist

-
- *She will be Joining the AMGH Team in September*
 - *She Will Take Referrals Directly From Physicians*

TO SEE A PSYCHIATRIST:

REFERRALS

- Must be referred by a physician or a nurse practitioner to have an outpatient consult.

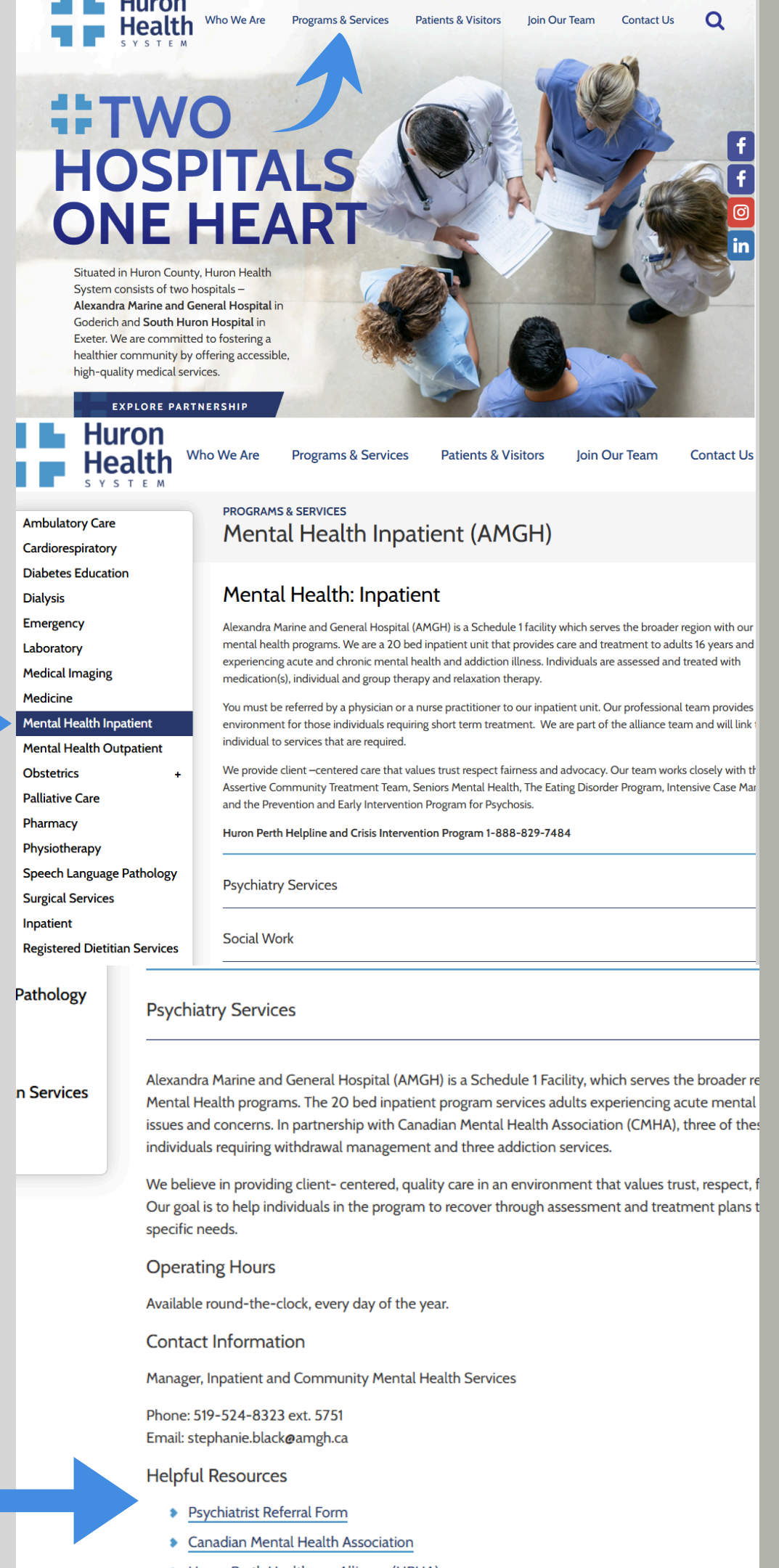
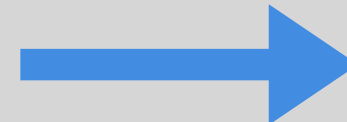
PHONE

- (519)-524-8323

REFERRALS

- See on right side of slide: How to Access Psychiatry Referral Form.

"Breaking Barriers Together."





1

**ATTEND YOUR NEAREST
EMERGENCY ROOM.**

2

**BE ASSESSED BY A
PHYSICIAN AND
CLEARED MEDICALLY.**

3

**COMPLETE AN
ASSESSMENT
WITH THE HURON PERTH
CRISIS TEAM.**

4

**ASSESSED BY A
PSYCHIATRIST
TO DETERMINE ELIGIBILITY
FOR ADMISSION.**

5

**CAN BE ADMITTED
VOLUNTARILY OR PLACED
ON A FORM BASED ON
PRESENTATION.**

Steps to Admission **Inpatient Mental Health Unit**

ANY
QUESTIONS?





Thank you!