

**CONTACT US:**

**Canadian Mental Health Association**

**Kenora Branch**

227 Second Street South  
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P9N 1G1  
807-468-1838

The Mobile Mental Health & Addictions Clinic is overseen by the Mental Health & Addictions Centre of Excellence at Ontario Health.



**LANDING SITES**

**Nestor Falls**

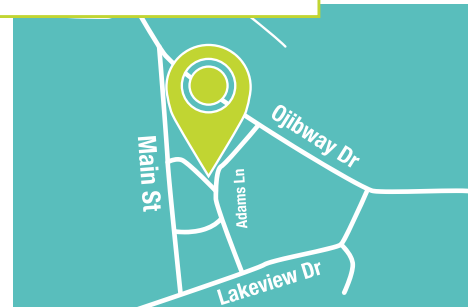


**LANDING SITES**

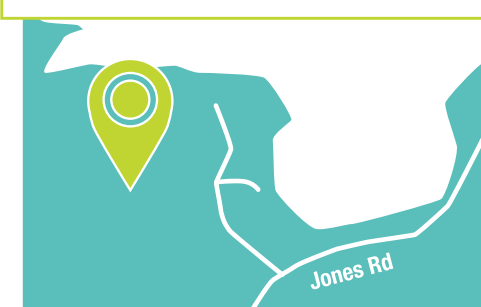
**Sioux Narrows**



**Migisi Sahgaigan  
Eagle Lake First Nation**



**Asubpeeschoseewagong Netum  
Anishinabek / Grassy Narrows First Nation**



Canadian Mental Health Association  
Kenora  
*Mental health for all*



**MOBILE  
MENTAL  
HEALTH AND  
ADDICTIONS  
CLINIC**

## WHO WE ARE

The Mobile Mental Health & Addictions Clinic (MMHAC) is a clinic on wheels that travels to participating rural and remote communities to increase access to mental health and addictions care. The goals of MMHAC are the following:

- Provides early intervention care in a culturally competent and safe manner
- Offers a variety of services together under one roof, close to home
- Reduces the need for clients to travel to access healthcare services
- Helps to ensure individuals receive the care and support they need when and where they need it

## BENEFITS OF MMHAC

- Improves health outcomes by removing barriers to access such as geography, transportation, and stigma
- Addresses mental health challenges before they become more significant and debilitating
- Reduces healthcare costs by encouraging and easing intervention early
- Mitigates the need for higher intensity or crisis support later on
- Promotes health equity with services that are trauma-informed, culturally and developmentally appropriate and available where and when clients need them

## MULTIDISCIPLINARY TEAM

The MMHAC multidisciplinary team is comprised of mental health and addictions services providers who offer a range of services. This includes intake and brief services, referrals to existing services, and psychiatric support and follow up. Clients are supported across the lifespan.

## ADDICTIONS SPECIALIST

MMHAC addictions specialist has clinical skills and experience to assess, plan, develop, coordinate, connect and support clients across the lifespan. Addictions specialists screen, assess, and coordinate recovery plans relating to the clients' addictions needs. Competencies include strong clinical expertise to complete comprehensive assessments, develop recovery goals, monitor progress through measurement-based care, and deliver approaches that support the needs of those requiring the service (e.g., CBT, motivational interviewing).

## MENTAL HEALTH COUNSELLOR

The mental health counsellor is responsible for providing evidence based, client centred related approaches to individuals with a variety of mental health issues across the lifespan. Competencies include strong clinical therapy skills and expertise completing comprehensive assessments, developing recovery goals, monitoring progress through measurement-based care, and delivering psychotherapy approaches (e.g., CBT, DBT, RET, Narrative, Trauma).

## NURSE

As part of a multidisciplinary team, the registered nurse/registered practical nurse provides a range of services to individuals across the lifespan that support chronic disease, diabetes, heart disease, obesity, substance use disorder, and sexual health. The MMHAC registered nurse/registered practical nurse assesses the clients' needs and makes appropriate referrals to community physicians/practitioners and/or the consulting psychiatrist or practitioner and provides follow-up as required.

## CASE MANAGER

The case manager provides case management and wraparound services for clients accessing MMHAC.

Areas of expertise include extensive clinical skill and experience to assess, plan, develop, coordinate, connect and support services to program clients. Using a team approach, the case manager helps individuals develop their own recovery plan and coordinates services that align to their goals.

## SERVICE NAVIGATOR

The service navigator helps individuals with information on services and supports through the clinic sites. Working in collaboration with community partners, the service navigator connects clients to appropriate service providers and available resources. The service navigator makes recommendations for access to services that meet the client's needs as they present and/or inquire about MMHAC.

## PSYCHIATRY SUPPORTS

Psychiatric services will be available to youth and adults who require clinical consultation, diagnostic assessment, and/or consultation with the MMHAC multi-disciplinary team. Services include:

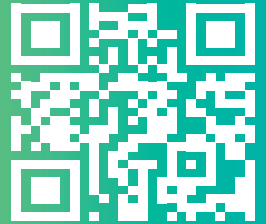
- Participation in case conferences where applicable
- Client centred consultation
- Program centred consultation
- Consultation with program direction
- Education services
- System coordination



## BOOK YOUR APPOINTMENT

[cmhak.on.ca](https://cmhak.on.ca)

1. Select service type
2. Select date and time
3. You're booked!



Or contact staff directly at:  
807-468-1838, press 5.

MMHAC is not an urgent or crisis service. If you are experiencing a mental health emergency, contact Kenora Rainy River District Crisis Response Services: 1-866-888-8988.

## MMHAC is available in the following communities:

- Sioux Narrows
- Asubpeeschoseewagonog Netum Anishinabek/Grassy Narrows First Nation
- Nestor Falls
- Migisi Sahgaigan First Nation/Eagle Lake First Nation

Visit [cmhak.on.ca](https://cmhak.on.ca) for the latest schedule.

