

Eligibility

Must be 18 years of age or older and have a diagnosed mental illness as primary presenting condition.

Art Program

In this fine arts program, you'll find a safe and nurturing environment with a focus on your personal development. Class times vary depending on the class you choose. 10 week sessions, 1 half day a week.

Best of Me

Best of Me teaches healthy living options fundamental to a healthier lifestyle, an improved quality of life, and maintaining mental health in the community. Program runs in 12-week sessions, 1 half day a week

Connections

Connections is long-term, multi-activity program with three focus are: connecting with self, building social networks, and exploring your community... all while having fun. Program runs three days a week – you can choose a morning or afternoon session.

Creative Arts

In our Creative Arts program, you'll have fun with your peers while nurturing your creativity. The focus is on arts, crafts and handiworks, which you can turn into a positive pastime and enjoyable hobby. 2 half days a week.

Decluttering

Are you finding yourself overwhelmed by too much stuff in your home? If so, Decluttering is the program for you! We start with an education component to help you understand how clutter affects your health, safety, and self-esteem. The education program is 15 week sessions, 1 half day a week.

Initiatives

Initiatives is a comprehensive self-development course that promotes interpersonal growth and self-confidence. The program combines counseling and education with lots of opportunities for you to practice and apply what you learn. The course runs four half-days a week for 10 weeks.

Support Groups

Mental Health Support Group

A weekly group in a supportive atmosphere where you can connect with peers and explore issues that affect your mental health. In addition to peer support, participants learn skills for healthy relationships, effective problem-solving, self-confidence and improving self esteem.

Reach for Recovery

A weekly group that offers a safe setting to discuss substance use concerns, explore issues and strategies to prevent relapse, and help you keep on track to be sober and drug-free.

Support & Recreation Services

The Support & Recreation Services (SRS) is an ongoing program where you determine your level of involvement, from accessing support and counselling, to an array of social and recreational activities.

Support Services

Our mental health team will help you manage distress, build coping strategies for healthy community living, and reduce the need for hospitalization. We offer group sessions and psychoeducational programs, such as:

- *Mindfulness Group*
- *Relaxation Group*
- *Rewired Program* - a CBT informed program

Recreation Services

Recreation Services provides many ways for you to have fun and de-stress in a welcoming, safe, supportive environment that's informal and flexible. Check out this month's calendar for details on the recreational activities and how to sign up.

Support & Recreation Services is open daily from 10:00 a.m. – 6:00 p.m.

Volunteer Program

If you have a genuine interest in working with people who have a mental illness, we need you! A variety of volunteer opportunities are available for the Centre's clients, as well as members of the community. All our volunteers receive training, ongoing support and recognition.

FOR MORE INFORMATION CALL 403.266.8711

400-1035 7 Ave SW, Calgary, AB T2P 3E9

E-mail: info@elementscmhc.ca

Web Site: elementscmhc.ca

Referral Date: _____

Eligibility

- Must be 18 years of age or older and have a diagnosed mental illness as primary presenting condition.

- Please indicate top 3 program choices and rank in order of preference 1st, 2nd, 3rd.
- Referrals accepted by fax, mail and in person only; no email referrals.
- You will be contacted when a space becomes available.

Support & Recreation Services

- ___ **Mental Health Support and Recreation**
- ___ **Mindfulness**
- ___ **Reach for Recovery**
(Addictions support group)
- ___ **Relaxation Group**
- ___ **Rewired** (CBT informed program)
- ___ **Smoking Cessation**
- ___ **Volunteer Program**

Education Services

- ___ **Art Program**
- ___ **Best of Me**
- ___ **Connections – AM**
- ___ **Connections – PM**
- ___ **Creative Arts**
- ___ **Decluttering**
- ___ **Initiatives**
- ___ **Mental Health Support Group**

Name: _____
First Surname Middle

Address: _____

City: _____ Postal Code: _____ Phone Number: _____

Alberta Health Care #: _____ - _____

Birthdate: _____ Gender: _____
(YYYY/MM/DD)

Income: ___ AISH ___ Old Age/CPP ___ No Funds
 ___ Alberta Works ___ Own Funds ___ Other

Are you receiving PDD funded services? ___ Yes ___ No

- If yes, you are not eligible for service at Elements Calgary Mental Health Centre

Emergency Contact: _____ Relationship: _____

Phone: _____ Address: _____

Referral Source: _____

Referring Worker: _____

Name

Phone Number

Reason for Referral:

MENTAL HEALTH DIAGNOSIS:

___ Depression ___ Personality Disorder ___ Obsessive Compulsive Disorder
___ Anxiety ___ Bipolar Disorder ___ Substance Related Disorder
___ Schizophrenia ___ Other (specify) _____

MENTAL HEALTH/MEDICAL:

Physician: _____ Clinic: _____ Phone: _____
Current Psychiatrist: _____ Hospital: _____ Phone: _____
Past Psychiatrist: _____ Hospital: _____ Phone: _____
Current Case Manager: _____ Agency: _____ Phone: _____

Mental Health Treatment Summary (past hospital admissions, mental health follow-up, counselling).
List most recent treatment first.

DATE	LOCATION	PSYCHIATRIST/WORKER	REASON

MENTAL HEALTH FOLLOW UP:

___ Hospital ___ Psychiatrist ___ MH Clinics
___ Community Agency ___ Physician ___ No follow-up
___ Unknown ___ Other (specify) _____

MEDICATIONS:

DOSAGE:

Other medical conditions (Epilepsy, Diabetes, heart, allergies, etc.)

Community Service Involvement (day hospital, special housing, alcohol/drug treatment, justice system, counselling, other)

PROGRAM NAME	CURRENT	PAST	CONTACT PERSON

IDENTIFIED NEEDS:

Please check the area(s) in which the applicant requires support/services:

Primary (choose one)

- Mental Health**
- Addictions**

Additional

- | | | |
|--|---|---|
| <input type="checkbox"/> Abuse | <input type="checkbox"/> Interpersonal | <input type="checkbox"/> Skill Dev./Educational |
| <input type="checkbox"/> Addictions | <input type="checkbox"/> Learning | <input type="checkbox"/> Volunteer work |
| <input type="checkbox"/> Behavioural | <input type="checkbox"/> Legal | <input type="checkbox"/> Other |
| <input type="checkbox"/> Financial | <input type="checkbox"/> Leisure Activity | _____ |
| <input type="checkbox"/> Healthy Lifestyle | <input type="checkbox"/> Medical/Health | _____ |
| <input type="checkbox"/> Housing | <input type="checkbox"/> Mental Health | _____ |

Comments on identified needs:

Applicant Signature: _____

Referring Worker:

This will confirm that I have a Release of Information to provide information to Elements Calgary Mental Health Centre.

Signed _____

Date _____