

## 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 half day sessions biweekly.

## 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 and 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.

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**FOR MORE INFORMATION CALL 403.266.8711**

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

E-mail: [info@elementscmh.ca](mailto:info@elementscmh.ca)

Web Site: [elementscmh.ca](http://elementscmh.ca)

Referral Date: \_\_\_\_\_

**Eligibility**

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- Please indicate top 3 program choices and rank in order of preference 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>.
- 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:

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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 \_\_\_\_\_