

HOW TO ACCESS OUR CYMH SERVICES

CYMH Intake line is intended for non urgent situations and your way to access our Child and Youth Mental Health (CYMH) Counselling clinic.

Call 705-645-4426 x 6270

CYMH Crisis line is available 24/7 and offered in partnership with Kids Help Phone.

A mental health crisis can include thoughts of suicide or self harm, feeling overwhelmed, hopeless, intense anxiety, feeling unable to cope or feeling out of control.

Call 1-844-287-9072

Call KHP 1-800-668-6868

or text CONNECT to 686868



Looking for a virtual session?



1-855-416-8255 or visit Onestoptalk.ca

One Stop Talk offers non urgent access to single session counselling by a clinician located within Ontario.

OUR MUSKOKA BRANCH LOCATIONS

Bracebridge

193 Manitoba Street, Unit 5, P1L 1S3
(705) 645-4426

Huntsville

81 Main Street West, P1H 1X1
(705) 789-8866

Our free CYMH services are available to those aged 0-18 (and their caregivers) residing in the District of Muskoka.

Our CYMH programs are comprised of three separate streams:

- CYMH Therapy programs
- Coordinated Service Planning (CSP)
- Youth Justice Committee program.

Following PHIPA, we work within the Circle of Care model, and communication with anyone outside of our therapy programs requires informed consent.



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Muskoka Child & Youth Mental Health
Family Connexions

Connexions Familiales

Santé mentale pour enfants et jeunes de Muskoka

CHILD & YOUTH MENTAL HEALTH

All you need to know about our CYMH programs in Muskoka

FUNDED BY:

THE ONTARIO MINISTRY OF HEALTH AND THE ONTARIO MINISTRY OF CHILDREN, COMMUNITY & SOCIAL SERVICES

OUR VALUES

Collaboration **A**ccountability **R**espect **E**quity



CYMH THERAPY SERVICES:

As your Core Service Provider, our CYMH Therapy programs are funded and overseen by the Ministry of Health

BRIEF SERVICE (A.K.A. CYMH COUNSELLING CLINIC)

This service creates opportunities for immediate problem solving and therapeutic conversation and enables the participation of the child or youth, and/or all family members who support the child or youth.

Sessions with therapists are scheduled by appointment and offered in person or virtually (phone or video). In-person sessions occur in Huntsville on Tuesdays, and in Bracebridge on Thursdays, but can also be arranged in our Gravenhurst location.

CHILD AND FAMILY THERAPY (CFT)

This service is commonly and traditionally known for being the 'in office therapy' that many families are seeking. It is available by way of referral made via the CYMH counselling clinic, when mental health difficulties are assessed as requiring support beyond brief service.

INTENSIVE SERVICES THERAPY (IST)

Known for its involvement of caregivers and being offered in-home and in community, this service is intended to be intensive and time limited (usually 10-12 weeks). The objective of this program is to strengthen the capacity of families, children & youth to function effectively in their homes and community. It is available by way of referral made via the CYMH counselling clinic, when mental health difficulties are assessed as requiring support beyond brief service.

GROUP PROGRAMMING

Our therapists offer various group programming, based on need and demand. Referrals to a program is dependent on what is being offered, as advertised for said services. Groups periodically offered includes Dialectical Behavioral Therapy (DBT) and referrals to the Triple P group. It is available by way of referral made via the CYMH counselling clinic.

SPECIALIZED CONSULTATIONS AND ASSESSMENTS

Our therapist can support children, youth and families seeking access to specialized consultation and assessments (i.e. psychiatric and psychological) to assist in the diagnosis and treatment of a child or youth with mental health needs as part of their mental health treatment plan.



COORDINATED SERVICE PLANNING (CSP)

Coordinated Service Planning (CSP) is funded and overseen by the Ministry of Children, Community and Social Services (MCCSS). It is available to families who:

- Have a child/youth who is experiencing ongoing challenges related to their development (e.g., physical, communication, intellectual, emotional, social and/or behavioural, mental health).
- Have a child/youth who is involved with multiple agencies providing specialized services (e.g., rehabilitation services, autism services, developmental services, and/or respite supports, special education).
- Are struggling with coordinating services for their child/youth, and may be experiencing external barriers which make it difficult to coordinate services for their child/youth.

YOUTH JUSTICE COMMITTEE (YJC)

The Youth Justice Committee (YJC) is funded by the Ministry of Children, Community and Social Services (MCCSS). The program is mandated by the Youth Criminal Justice Act for certain offences and is an alternative to traditional court processes. To access this program a youth needs to be referred by the Crown Attorney and/or the OPP

The CYMH team is also involved in multiple community partnerships that allow us to better serve the needs of our children, youth and families. Notably, we are part of the Ontario Health Team, working diligently with our local hospitals, schoolboards and support our Child Welfare services.