

# Brief Community Mental Health Support

Lutherwood's Community Mental Health Services provides an option to young patients and their families who do not require urgent support and are not connected to other mental health supports. This brief community-based service of up to 4 sessions is primarily offered virtually by video or phone for patients between ages of 6-17 who may benefit from:

## Assessment of needs related to mental health:

- ✓ Determine what supports in the community would be a good fit and assess whether ongoing counselling support or intensive mental health support is needed.

## Stabilization Support

- ✓ Provide safety planning support (e.g., when to access crisis lines or hospital for further assessment) and create a coping plan with patients (e.g., outlining coping strategies, how others can support).

## Skill building and strategies for youth and caregivers:

- ✓ Provide up to 4 virtual sessions of skill building support and/or group/workshop opportunities.
- ✓ Help finding healthy ways and building skills to manage mental health struggles (e.g., anxiety, depression, emotion management, self-confidence, family dynamics/breakdown, school refusal/absences, grief, aggression).

## Help accessing community and family support programs

- ✓ Connect patient to counselling, groups, further assessments or community services (e.g., grief and trauma support, respite, psychological assessment, referral to psychiatry or pediatrician, community activities to connect with peers).
- ✓ Can refer patient to programs within Lutherwood or to Strongest Families Institute for parenting support to address behavioural concerns, or one-to-one anxiety support.

## Caregiver Resources

- ✓ Provide psychoeducational resources to parents and connect them to community parenting supports/groups.

## Access and Advocacy

- ✓ Provide support to coordinate services and advocate for patient needs (e.g., connect with current supports, contact patient's school, or community support to make appropriate referrals).

## Groups currently offered:

- ✓ Emotion Management groups (ages 6-9)
- ✓ Self-Esteem groups (ages 8-11 or 12-17)
- ✓ Social Anxiety groups (ages 12-17)

*Groups offered based on the needs of the patient.*

## For further support or consultation about potential referrals, please contact:

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