



WATERLOO REGIONAL HOMES
FOR MENTAL HEALTH INC.

Waterloo Regional Homes for Mental Health Inc. (WRMHM) is committed to supporting people with mental health issues. Through our affordable housing and individualized support programs, we help more than 1,000 people every year live their best possible life.

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FOR MENTAL HEALTH INC.

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www.waterlooregionalhomes.com



Charitable Registration
Number 13039-9801-RR0001
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WATERLOO REGIONAL HOMES FOR MENTAL HEALTH INC.

OUR MISSION

WATERLOO REGIONAL HOMES FOR MENTAL HEALTH INC. is a recovery-oriented, community-integrated agency that focuses on improved quality of life and enhanced independence for people experiencing mental health issues by providing access to affordable housing and flexible, individualized supports.

For over 30 years, Waterloo Regional Homes for Mental Health Inc. has been providing affordable housing and support programs that make it possible for adults with mental health issues to live successfully in the community.

We started with an eight-bedroom group home. Now, we have more than 300 subsidized living spaces and we help over 1,000 people each year. Accommodations are available in Waterloo Region, Guelph, Wellington and Dufferin Counties.

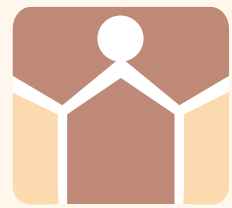
Early on, we recognized the need to provide a range of services to support individuals with mental health issues in their effort to be part of the community. Our programs include Housing, Housing Support, Outreach and Short Term Support, the Assertive Community Treatment Team and Crisis Respite. These programs are described in this brochure. For more information please contact our office or visit our website.

OUR VISION

WATERLOO REGIONAL HOMES FOR MENTAL HEALTH INC. will be a proven leader in an integrated mental health services community by:

- Becoming a more culturally-diverse, holistic-focused organization
- Responding more effectively to the increasing complexity of people's needs and aspirations
- Creating more housing and services sites offering increased choices





WATERLOO REGIONAL HOMES FOR MENTAL HEALTH INC. OUR PROGRAMS AND SERVICES



HOUSING

At Waterloo Regional Homes for Mental Health Inc. (WRMHM), our aim is to provide affordable housing for adults with mental health issues. We have over 300 subsidized

units in Waterloo Region, Guelph, Wellington and Dufferin Counties.

In addition to assisting with affordable housing, we provide individualized supports through the following programs and services:



HOUSING SUPPORT SERVICES

Our housing and long term support services are combined to provide longer term assistance to our residents as needed. Support is based on the individual's recovery

goals which may be work, education, volunteering, recreation, or becoming more active in the community.

We offer two types of support - supportive listening and practical support. We listen to the person and help them explore choices by linking them with valuable resources. Practical support includes help with daily living activities such as managing money, planning and making meals, shopping, and housekeeping.



OUTREACH AND SHORT TERM SUPPORT

Our Outreach and Short Term Support program is available to people who are experiencing a mental health issue

and need immediate help. Staff help by linking the individual with the support they need including housing, health services, income support, and available community resources.



CRISIS RESPITE RESIDENTIAL PROGRAM

In a calm, safe environment, individuals experiencing a psychosocial crisis, or who need

a respite stay, find support while working on issues related to their present situation.

Our eight-bed Crisis Respite program provides staff that help by listening to the individual, connecting them with other resources, and offering support for activities of daily living.

The program also provides caregivers with short term care relief. While a family member is at Crisis Respite, the caregiver takes a much needed break to re-energize themselves with confidence that their family member is being well supported.



ASSERTIVE COMMUNITY TREATMENT (ACT)

Our ACT Team supports people who have severe and persistent mental health issues. Team members' specialties

include psychiatry, registered nursing, social work, occupational therapy, addictions, therapeutic recreation and peer support.

Through the team's active involvement, individuals are helped with managing their symptoms, achieving their goals, remaining hopeful and focused on recovery, and living as independently as possible.



ACCESSING OUR SERVICES

If you, or a family member, would benefit from the programs and services we offer, we encourage you to contact us for

more information. Visit our website www.waterlooregionalhomes.com. Visit or phone our office. For more information about the Crisis Respite program, please call 519 576 7431 or 1 866 797 7431.

OUR VALUES

Person-focused

We believe that services and supports be planned with the person and based on what is important to them.

Hope

We believe in the potential for growth and change in every person.

Recovery

We believe in the potential of everyone to live a meaningful and fulfilling life where one's own personal goals, hopes, and dreams are pursued.

Self-determination

We believe in a person's right to make their own decisions about their life.

Quality of Life

We believe in improving the physical and psychological well-being of people.

Integrity

We believe in the ethical practice of fairness and justice for all.

Collaboration

We believe in working together to facilitate the best possible supports for the people we serve.



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