

**Mental Health and Substance Use Support for Individuals Experiencing Homelessness in Hamilton**

There are a variety of public and private mental health and substance use services available in Hamilton. For this report, which focuses on support for individuals experiencing homelessness, only publicly funded services are included. Information about all services can be accessed through ConnexOntario.

<b>Setting</b>	<b>Role</b>	<b>Organization</b> (not a comprehensive list)
<b>Primary Care</b>	<p>Primary care often serves as the initial point of contact for individuals seeking help with mental health and substance use issues. It plays a preventative and early intervention role in identifying problems and offering initial treatment or referrals to specialized care if needed. With extensive waitlist for specialist care, primary care providers frequently offer interim support, helping individuals manage their needs while awaiting access to additional care. The supports offered in this type of setting include:</p> <ul style="list-style-type: none"> <li>• Screening</li> <li>• Brief counselling</li> <li>• Medication management</li> <li>• Referrals to specialized supports</li> <li>• Referrals to non-medical supports (e.g. housing)</li> <li>• Coordination with specialized supports</li> </ul>	<ul style="list-style-type: none"> <li>• Centre de Santé Communautaire Hamilton Niagara</li> <li>• Compass Community Health</li> <li>• De dwa da dehs nye&gt;s Aboriginal Health Access Centre</li> <li>• Hamilton Family Health Team</li> <li>• Hamilton Urban Core Community Health Centre</li> <li>• McMaster Family Health Team</li> <li>• Shelter Health Network</li> </ul>

<p><b>Community-Based Services</b></p>	<p>Community-based services provide comprehensive, specialized mental health and substance use support that is tailored to the unique needs of individuals and the community. By being embedded within the community, these supports reduce barriers to care, foster trust, and provide ongoing care in a flexible and non-institutional setting. This approach enables ongoing care that is flexible and responsive to individuals' changing needs, providing a continuous support system that adapts to each person's unique journey. The supports offered in this type of setting include:</p> <ul style="list-style-type: none"><li>• Screening</li><li>• Psychotherapy</li><li>• Peer support</li><li>• Health education</li><li>• Case management</li><li>• Outreach</li><li>• Harm reduction</li><li>• Medication management</li><li>• Substance use treatment programs</li><li>• Rehabilitation and recovery program</li><li>• Crisis intervention</li></ul>	<ul style="list-style-type: none"><li>• Alternatives for Youth</li><li>• Canadian Mental Health Association Hamilton Branch</li><li>• Good Shepherd</li><li>• Hamilton Program for Schizophrenia</li><li>• Hamilton Paramedic Services</li><li>• Hamilton Public Health Services</li><li>• Hamilton Regional Indian Centre</li><li>• HAMSMaRT</li><li>• Keeping Six</li><li>• Lynwood Charlton Centre</li><li>• Mission Services</li><li>• Ontario Addiction Treatment Centres – Hamilton Clinic</li><li>• Positive Health Network</li><li>• Segue Clinic</li><li>• St. Joes Healthcare Hamilton</li><li>• The Hub</li><li>• True Experience</li><li>• Wayside House of Hamilton</li><li>• Wesley</li><li>• YWCA</li></ul>
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<p><b>Out-Patient Services</b></p>	<p>Out-patient services provided by hospitals or mental health centers offer structured support for individuals without requiring full hospitalization. This setting allows patients to receive intensive treatment while living in the community, helping them manage their conditions and continue their daily routines. The supports offered in this type of setting include:</p> <ul style="list-style-type: none"> <li>• Psychiatric assessment</li> <li>• Peer support</li> <li>• Health education</li> <li>• Case Management</li> <li>• Medication management</li> <li>• Substance use treatment programs</li> <li>• Rehabilitation and recovery program</li> <li>• Day programs</li> </ul>	<ul style="list-style-type: none"> <li>• McMaster Children’s Hospital             <ul style="list-style-type: none"> <li>○ Child and Youth Mental Health Outpatient Clinic</li> </ul> </li> <li>• St. Joes Healthcare Hamilton             <ul style="list-style-type: none"> <li>○ Anxiety Treatment &amp; Research Clinic</li> <li>○ Borderline Personality Disorder Service</li> <li>○ Bridge to Recovery Program</li> <li>○ Cleghorn Early Intervention Clinic</li> <li>○ Community Psychiatry Clinic</li> <li>○ Concurrent Disorders Program</li> <li>○ Community Psychiatry Clinic</li> <li>○ Developmental Dual Diagnosis Program</li> <li>○ Eating Disorders Program</li> <li>○ General Psychiatry Program</li> <li>○ Mood Disorders Program</li> <li>○ Schizophrenia Outpatient Clinic</li> <li>○ Seniors Mental Health Clinic</li> <li>○ Women’s Health Concerns Clinic</li> <li>○ Youth Wellness Centre</li> </ul> </li> </ul>

<p><b>Supportive Housing</b></p>	<p>Supportive housing offers long-term, stable living environments with integrated support services for individuals with chronic mental health or substance use disorders issues who need assistance in maintaining independence. There are various levels of supportive housing, ranging from lower-intensity options that assist with daily living activities to higher-intensity settings that cater to medically complex individuals who need specialized care. The supports offered in this type of setting include:</p> <ul style="list-style-type: none"><li>• Psychotherapy</li><li>• Case management</li><li>• Medication management</li><li>• Substance use treatment programs</li><li>• Recreation activities</li><li>• Life Skills Training</li><li>• Employment Support</li></ul>	<ul style="list-style-type: none"><li>• Canadian Mental Health Association Hamilton Branch<ul style="list-style-type: none"><li>○ Baldwin Housing (14 beds)</li><li>○ Hess St. Facilities (6 beds)</li><li>○ Mental Health and Justice Housing (64 units)</li></ul></li><li>• Good Shepherd Non-Profit Homes<ul style="list-style-type: none"><li>○ Brennan House (8 beds)</li><li>○ Dorothy Day Place (73 beds)</li><li>○ Emmaus House (60 beds)</li><li>○ Mathias Place (28 beds)</li><li>○ McGinty House (10 beds)</li><li>○ Welkhome House (10 beds)</li></ul></li><li>• Indwell<ul style="list-style-type: none"><li>○ Caroline Apartments (40 beds)</li><li>○ McQuesten Lofts (50 beds)</li><li>○ North End Landing (45 beds)</li><li>○ Ottawa Street Apartments (12 beds)</li><li>○ Parkdale Landing (57 beds)</li><li>○ Perkins (46 beds)</li><li>○ Prinzen Flats (42 beds)</li><li>○ Rudy Hulst Commons (47 beds)</li><li>○ Strathearn Suites (39 beds)</li><li>○ The Oaks - Ain-dah-ing (13 beds)</li><li>○ The Oaks - Dairy Lofts (43 beds)</li><li>○ The Oaks - Heartwood Apartments (52 beds)</li></ul></li></ul>
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<p><b>Bed-Based Treatment</b></p>	<p>Bed-based treatment facilities provide intensive, short-term care for individuals seeking substance use treatment. This setting offers structured, 24-hour care with a focus on stabilization and recovery. The supports offered in this type of setting include:</p> <ul style="list-style-type: none"> <li>● Psychotherapy</li> <li>● Health education</li> <li>● Peer support</li> <li>● Case Management</li> <li>● Medication management</li> <li>● Substance use treatment programs</li> <li>● Withdrawal management</li> <li>● Rehabilitation and recovery program</li> </ul>	<ul style="list-style-type: none"> <li>● Lynwood Charlton Centre             <ul style="list-style-type: none"> <li>○ Charlton Hall Program (6 beds)</li> </ul> </li> <li>● St. Joes Healthcare Hamilton             <ul style="list-style-type: none"> <li>○ Men's Addiction Service Hamilton (26 beds)</li> <li>○ Womankind Addiction Services (26 beds)</li> </ul> </li> <li>● Wayside*             <ul style="list-style-type: none"> <li>○ Live-In Program (26 beds)</li> </ul> </li> <li>● Wesley             <ul style="list-style-type: none"> <li>○ Special Care Unit</li> </ul> </li> </ul>

<p><b>In-Patient services</b></p>	<p>In-patient services, offered through hospitals, provide intensive services for individuals in acute mental health or substance use crises. This setting offers 24-hour supervision and support for those who pose a risk to themselves or others, or are unable to manage their condition in the community. Inpatient care is usually short-term and focused on crisis resolution, after which patients may be referred to outpatient or community-based services. The supports offered in this type of setting include:</p> <ul style="list-style-type: none"> <li>• Psychiatric assessments</li> <li>• Medication management,</li> <li>• Crisis intervention</li> <li>• Substance use treatment</li> <li>• Discharge planning</li> </ul>	<ul style="list-style-type: none"> <li>• St. Joes Healthcare Hamilton</li> <li>• (292 inpatient beds and 118 forensic inpatient beds)</li> <li>• McMaster Children’s Hospital (22 beds)</li> </ul>
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\* As part of the Provincial Residential Addiction Treatment program, Wayside’s Live-In Program supports clients from across Ontario on a first-come, first-served basis.