

## **4.2(b) The Canadian Mental Health Association Hastings and Prince Edward Branch**

### Introduction:

CMHA Hastings and Prince Edward Branch offers safe, modest and rent geared to income housing for individuals and families with a modest annual income. The three transitional homes, Our House, Our House Too and Casa Tres offer a safe and affordable home to individuals and families in the local community who are in need of a place to live. The mandate of the housing is to offer a place to live to those who are either homeless or who are on the verge of becoming homeless.

These houses are part of the homelessness initiative of CMHA that provides emergency and short-term accommodation to homeless/at risk of becoming homeless adults, youth and families and helps clients to take steps toward securing long-term, safe, affordable housing.

**MISSION STATEMENT:** [C:\cmhanew\about us.htm](http://www.hastings-cmha.org/index.html)<http://www.hastings-cmha.org/index.html>[http://www.hastings-cmha.org/index\\_003.htm](http://www.hastings-cmha.org/index_003.htm)

The Canadian Mental Health Association Hastings and Prince Edward Branch, is a non-profit agency that strives to enhance the mental wellness and quality of life of people in our geographically diverse community. Through our direct services, education, advocacy, and consumer involvement, we work together with people to create an environment that supports everyone equally.

### Housing:

CMHA provides transitional housing for adults, youth (ages 16 – 20), seniors and families with children who are either homeless or at risk of homelessness. A total of eighteen rooms, in three different houses, are available.

Community Resource Worker, Homelessness Initiative: This program is open to tenants of our Housing program, to assist with addressing basic needs and to assist with independent living skills. Direction, referral and assistance will be given in the areas of Housing, Health, Employment/Education, Nutrition/Basic Needs, Recreation and Financial Literacy.

Consolidated Homelessness Prevention Program, Centre and North Hastings  
CMHA's on call worker provides access to emergency service/shelter relief for those in Centre and North Hastings who are homeless.

Unlike the Housing Program in Hastings County, there is no waiting list for the transitional homes that CMHA provides. Clients are served on a first come first served basis. Waiting times are dependent on the size of room required, and vacancy turn-over. Prospective clients are encouraged to call the office on a

regular basis as rooms become available as people's lives and situations change.

The application process as such is open to all types of clients, with no exceptions.

All of the tenants are required to meet with the on staff counsellor at CMHA.

An intake interview determines what other services can be accessed within the community to further ensure the success of the client as they move through the housing.

Applicants pay for their rooms based on the housing allowances of Ontario Works and the Ontario Disability Support Program.

Accountability:

All tenants must meet with a counsellor and are responsible for taking positive steps towards obtaining sustainable long term housing since Our House is an interim source of housing with a maximum length of residence capped at 364 days.

Tenants are responsible for their day to day living expenses as well as maintaining an atmosphere of cooperation between other residents in the homes. Alcohol and drugs are strictly forbidden on the properties and will lead to eviction if found on site. All tenants must also be able to live independently and cooperatively in a shared environment.

To further support clients who are residing within Our House, CMHA offers the following services:

Anger management for women, Depression and effective ways of coping with this condition, A Return to Work Program focusing on assisting individuals who have difficulty finding work, not difficulty doing work as well as a Future Wellness group where people learn how to cope with day to day activities and overcome emotional problems

199 Front St., Suite 530, Century Place  
Belleville, ON K8N 5H5  
Phone: 613-969-8874 Fax: 613 969-8294  
Email: [cmha-hastings@bellnet.ca](mailto:cmha-hastings@bellnet.ca)  
[www.hastings-cmha.org](http://www.hastings-cmha.org)  
Hours of Operation: Monday to Friday 8:30-4:30 pm.