

Purpose

Our purpose is to enhance the capacity of clients to function independently in their community and to engage in meaningful, productive activities of their choice.

Community Adult Recovery Services is also committed to building a community that is characterized by acceptance and understanding for persons with mental illness and addictions

Location

314 Duchess Street
SASKATOON, SK S7K 0R1
Tel: 306-844-4200
Fax: 306-844-4201

Hours of Operation:
Monday to Friday
8:00 a.m. to 12:00 noon and
1:00p.m. to 4:30 p.m.
Closed all Statutory Holidays

If you are interested in receiving further information please call:

Mental Health & Addiction Services,
Centralized Intake line:

Telephone: 306-655-7777

To access our services please ask your psychiatrist or prescribing practitioner to refer you to our program.

MENTAL HEALTH AND ADDICTION SERVICES—COMMUNITY ADULT RECOVERY SERVICES

314 DUCHESS STREET
SASKATOON, SK. S7K 0R1
P: 306-844-4200 | F: 306-844-4201



saskhealthauthority.ca

The Saskatchewan Health Authority works in the spirit of truth and reconciliation, acknowledging Saskatchewan as the traditional territory of First Nations and Métis People.

COMMUNITY ADULT RECOVERY SERVICES (CARS)



Saskatchewan
Health Authority

Mental Health & Addiction Services
Saskatoon Area

Healthy People, Healthy Saskatchewan

Who Do We Serve

Community Adult Recovery Services

Is a community-based multidisciplinary team providing effective client-centered services designed to assist adults living with mental illness and addictions in becoming more engaged, stable and resilient in their recovery.

Offers a range of services collaboratively designed to address the needs of those individuals who:

- Have significant changes in their quality of life due to deterioration of their mental health.
- Are in need of assistance with understanding their illness, recovery planning, housing, medication management, ongoing engagement and assessment, coordination of services and supports, and managing crisis as relevant.
- Along with their referral source (GP, NP Psychiatrist), consider the program able to assist them in improving their quality of life.
- We aim to provide a safe and welcoming environment for all members of our community.

We offer services to Adults with a primary mental illness as defined in the DSM 5 and diagnosed by a qualified diagnostician, which has led, or may lead, to a significant decline in functioning.

Services Offered

Community Mental Health Nurses (CMHN)

Help develop and implement client's plan of care, offer education about your illness and assist with the administration and management of medications. They also support you to be involved in community activities and other therapeutic pursuits.

Dietitian

Nutrition is an important part of our mental health. The Dietitian can help you understand complicated nutrition information, improve food and health behaviors, support recovery, and help manage chronic conditions.

Occupational Therapist

Work with clients to problem solve, build skills and adapt the environment, with the goal of increased participation in important and meaningful daily activities, from showering to working and everything in between.

Recreation Therapist

Will help clients identify and pursue activities from the arts & culture, social and physical domains which build confidence and social skills for healthier minds and bodies.

Social Work Case Managers

Assist clients to develop and achieve goals. They provide support in: understanding a diagnosis, recovery planning, housing, financial security and advocacy. In addition, provide ongoing engagement, assessment and coordination of services and supports.

Services Offered

Clinical Counselling (MSW Social Worker)

Works with clients to achieve identified goals in a talk-therapy setting. Therapeutic frameworks can include, but are not limited to, CBT and DBT.

Rehabilitation Worker

Works alongside the primary clinician and the client to support the client with achieving their recovery goals.

Injection Clinics

The injection clinics provides long acting medication administration via injection along with medication and mental health monitoring for clients that do not require case management services from a CMHN.

The injection clinic nurses:

- Assess the individual's mental health
- Monitor compliance, effect and side effects of the medication
- Collaborate with the client and their psychiatrist and provide education.

Clozapine Clinic

The Clozapine clinic provides support and advocacy for clients /families who have been prescribed Clozapine. The Clozapine Clinic Nurses:

- Are the primary resource for Clozapine related questions and education.
- Collaborate with client's community psychiatrist and physician
- Monitor client's bloodwork & potential side effects, metabolic status and effectiveness.