

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

LOCATIONS

314 Duchess Street
SASKATOON, SK S7K 0R1
Tel: (306) 844-4200
Fax: (306) 844-4211

Hours of Operation:
Monday to Friday
8:00 a.m. to 12:00 noon and
1:00 p.m. to 5:00 p.m.

EPIP Office:
Room 170 Hantelman Building
Royal University Hospital
Saskatoon, SK S7N 0W8

Hours of Operation:
Monday to Friday
8:00 a.m. to 12:00 noon and
12:30 pm to 4:30 p.m.



Our Vision

*Healthiest people
Healthiest communities
Exceptional service*

If you are interested in receiving further information and/or interested in accessing services, please call:

Mental Health & Addiction Services,
Centralized Intake line:

Telephone: (306) 655-7777
Fax: (306) 655-4115

www.saskhealthauthority.ca

Community Adult Recovery Services

Saskatoon Area



Who Do We Serve?

Community Adult Recovery Services is a community-based interdisciplinary 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, Psychiatrist), consider the program able to assist them in improving their quality of life.

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

Services Offered

Case Management Care

Individualized assessment and care planning is offered, with an aim to achieving recovery goals and objectives, especially in the areas of vocational issues, leisure pursuits and the skills necessary for living one's best life.

Services may include assistance with medication management, individual support, education, counselling, and advocacy. Case Managers work with community agencies and other SHR Mental Health & Addiction Services to help ensure a coordinated and comprehensive approach to each client's unique needs. Clients are encouraged to participate in creating and carrying out their recovery plans.

Seniors Mental Health and Addiction Services:

Provides case management, education and consultation to seniors over the age of 65 with new onset or prior history of psychiatric illness that is now complicated by the aging process. A doctor's referral is required.

- Individual services
- Anxiety Management Group
- Seniors Directed Service.

Services Offered

Early Psychosis Intervention Program:

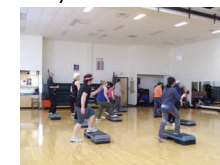
Provides a structured program of early intervention for people with symptoms of psychosis during their first three years following onset of illness.

Additional Therapies:

Client needs are addressed through a variety of group and individual programs. Clients are offered education in order to maintain and improve their leisure pursuits in the community.

Services may include but are not limited to:

- The Joy of Jammin'
- Fitness Lifestyles



SERVICES PROVIDERS

Our team consists of:

Community Mental Health Nurses,
Psychologists
Occupational Therapists
Recreational Therapist
Social Workers
Rehab Workers
Health Educators
Psychiatrists