

# the mental wellness navigator program

the campaign for children & adolescent mental wellness

Right now, 1 in 5 Ontarians under the age of 18 are struggling with a mental health issue. Unfortunately, only a fraction of children and youth who need mental health services receive them. Early intervention can make all the difference when it comes to preventing children from entering adulthood with untreated issues. The sooner mental illness is treated, the better the chances for recovery.



## Navigating for Families in Need

At Halton Healthcare Services, we are committed to offering a continuum of care for children in need. Our vision is to ensure “nothing is missing” for children and youth struggling with mental health issues. This is why we have launched the Navigator Program, to help children and their families navigate through the healthcare system.

### A Navigator

- advocates for their client, a child or youth in distress
- connects children and families to appropriate services
- intervenes and gives children and families the tools they need to manage crises and sustain wellness until longer term treatment is established
- accompanies a client to appointments with psychiatrists and social workers
- offers hands on support to children and families to address imminent needs related to housing, school, and safety
- provides in-school support to children and their teachers

At the same time, our navigators provide a safety net for clients and their families to access when needed. Supported by skilled and experienced caregivers, partnerships in the community and the capacity to treat those in need with highly specialized interventions, our navigators close the gap for children and youth that need immediate care.

*“This service came to us when we needed it most. I hope it is there for others to receive it.”*

- Grateful Mother

The Navigator Program currently receives **zero government funding**. Thanks to a leadership gift from the Mental Wellness Network, HHS is able to provide this service to families living in Oakville and the surrounding communities.

Additional community funding is urgently needed to sustain this program. Your donation plus two generous matching gifts will enable us to grow the Navigator Program and help more children in crisis.



## Early Success and Brighter Futures

The introduction of navigators has transformed the way we are helping children and youth in our community. Because children referred to the program are in desperate need of help, navigators immediately connect with a client. There are no wait times.

In the first 18 months of the program, our navigators helped 78 kids get the support and services they needed. Close to 20 of these children were homeless, many more refused to go to school, and all were in crisis.

*“The kids we see feel stuck and believe this is going to be their life. This is not a reflection of their ability. It is a reflection of the situation they are in.”*

- Tinga Heusser, Navigator  
Halton Healthcare Services



After being part of the Navigator Program, this is what children had to say:

- “It really helped me get connected to support and services I would have never known otherwise.”
- “I wish there was more time available for me.”
- “I want to do what you did for me.”

## Your Donation = More Help for Our Children



The early success of our program has meant a growing demand for services with limited access. Inadequate funding for our community has made Halton one of the most underfunded regions for mental health programs in Ontario. Your support will provide our hospital with the funding to sustain this much-needed program well into the future.

a real difference to hundreds of children and youth living in Oakville who need immediate care. Please give them the urgent support system they so desperately need in their road to recovery.

With mental health treatment and the support of Halton Healthcare Services navigators, you can make

## The Oakville-Trafalgar Memorial Hospital



Our new site at Dundas and Third Line is in full construction mode and they are currently working on completing the exterior. Doors will open to the public in December 2015.

The new Oakville Hospital will be equipped with the latest in medical technology and offer 80% single patient rooms. Most importantly, it will provide the very best healthcare possible. Your support is instrumental in bringing our new hospital to Oakville.

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