



**Canadian Mental
Health Association**
Oxford County
Mental health for all

Brief Case Management & Recovery



Contact: 1-800-859-7248

cmhaoxford.on.ca

Brief Case Management & Recovery

Brief Case Management is a goal-oriented, client directed service, designed to assist individuals experiencing persistent mental health difficulties to reach a state of wellness and stability. In collaboration with a case manager, individuals develop their personal recovery plan and work on identified goals over a period of three to six months. Interventions are focused on stabilizing symptoms of mental illness and promoting growth and resilience on a client's recovery journey.

Brief Case Management is open to residents of Oxford County who are 16 years of age and older. Referrals are accepted from the Walk-in Counselling program, Crisis and Outreach Program, in-patient treatment programs, family doctors, and community agencies. Self-referrals are also welcome.

Recovery Program

The Recovery Program is a stepped down support service for individuals who have previously received more intensive support and have reached a state of wellness and mental health stability. The program offers periodic mental health support. Individuals meet with their case manager three to four times per year or on an as needed basis and may supplement this by attending therapeutic groups and/or peer support.