

# Community Services & Housing for Individuals Recovering from Mental Illness



## ISLAND COMMUNITY MENTAL HEALTH

A Non-Profit Organization  
Serving Greater Victoria Since 1956.

### OUR MISSION

We offer recovery-based services for adults experiencing mental illness, and promote their full participation in society.

**Island Community Mental Health** offers community-based, client-centered programming, support, and housing to individuals experiencing mental illness. Our goal is to encourage and support recovery.

- Community Integration
- Supported Education
- Supported Employment
- 202 Units of Subsidized Housing
- Housing Support
- Licensed Care
- Dual Diagnoses
- Cognitive Behavioural Therapy
- Dementia Support

As a community partner, **ICMH** hosts many other organizations' programming including:

- Mood Disorders Association of BC
- Anxiety Support Group
- Borderline Personality Disorder Society of BC – BPD Support Group
- Operational Stress Injury Social Support (OSSIS) for Post-Traumatic Stress Disorder
- Wellness Recovery Action Plan (WRAP) groups via BC Schizophrenia Society

### COMMUNITY INTEGRATION

The **G.R.O.W.** Program (Gateway to Resources and Options for Wellness) operates with trained professionals and peers facilitating psycho-educational and activity-based groups designed to provide individuals opportunities to build their self-esteem, confidence, and skills around social interaction, healthy living, and meaningful engagement. The programming addresses many of the negative symptoms of serious mental illness, and supports individuals to enhance the skills they choose, at the pace they choose. Professional staff are always available to provide support and assessment, when desired.

The **B.R.I.D.G.E. Centre** (Build Respect, Inspire Dreams, Gain Energy) offers community integration programming for individuals with a mental illness and a cognitive impairment.

The **Seniors Support Network** serves individuals over 65 years old who want to reduce the isolation that often comes with aging and having a mental illness.

### SUPPORTED EDUCATION

Our **Education Coaches** work with individuals who are interested in increasing their formal education, whether that means taking a few courses, or completing a GED or university degree.

Support is individualized moving at the pace chosen by the student. Educational bursaries are available through the agency.



## SUPPORTED EMPLOYMENT

**Networks Employment Solutions** is an individualized Placement and Support program where individuals work with Employment Coaches to find and keep paid, competitive employment in the community. Job-seekers develop their own employment plan with support from their coach, and they will receive as much or as little support as they wish around resume writing, job search skills, interview skills, and work skills.

Once job-seekers find work, they can continue to receive support in keeping their job and improving their experience in the workplace.

## SUPPORTED HOUSING

Island Community Mental Health manages 202 units of subsidized housing throughout Greater Victoria, as well as 46 beds in licensed residential facilities. As housing is a primary need, and prerequisite to recovery, we offer a range of services to support individuals to maintain their housing while working toward recovery.

**Greenridge Place and Eagle Rock Heights** are two homes providing 24-hour supervision and support for young adults in early recovery. The homes provide meals, medication monitoring, and structure while residents attend programming in the community, and build the stability and skills needed to move into more independent living situations.

**McCauley Lodge** is a 30-bed licensed care facility for individuals experiencing serious and persistent mental illness. Residents participate in community programming moving toward greater independence at their own pace. McCauley Lodge also operates a **Bridging Program**, providing daily contact with 20 individuals living in the community to support them to maintain their independent living situations.

Our **Housing Support Program** offers bachelor and one-bedroom apartments for individuals who want frequent, regular support from a Community Mental Health Worker as they move toward greater independence. Buildings have a common room and regular resident meetings.

Our **Satellite Apartments Program** is comprised of 87 apartment units throughout Victoria. Individuals live independently receiving support from Community Mental Health Workers when they feel they need it.

ICMH also manages 78 units of subsidized housing for individuals and families who do not need formal supports to live in the community.

## DEMENTIA RESPITE SERVICES

Our Alzheimer's Support Program offers adult day programming and respite services four days per week at our location near Elk Lake. Trained staff offer engaging activities, healthy meals, and exercise to individuals experiencing dementia.

**Island Community Mental Health**  
operates with funding from:

- **Island Health**
  - Mental Health and Substance Use
  - Seniors and Spiritual Health
  - Home and Community Care
- **BC Housing**
- **Individual Donations and Bequests**

**Proud Member of:**

- **Psychosocial Rehabilitation Canada (PSR/RPS Canada)**
- **Progressive Recovery Group Victoria**
- **Canadian Association for Supported Employment**



**ISLAND COMMUNITY  
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