



trellis

MENTAL HEALTH AND DEVELOPMENTAL SERVICES

enhancing wellness, enriching lives

We Believe

- Our programs and services help individuals and families facing mental health challenges lead lives filled with meaning and promise.
- Trellis staff and volunteers help clients take charge of their lives.

About Trellis

- We provide community-based services for citizens in Dufferin County. There are 12 Trellis staff serving the community providing services to those 18 years of age and older with significant mental health concerns.

Our Mission

- We *enhance the wellness* and *enrich the lives* of people with mental health challenges and their loved ones.

Our Vision

- We excel at:
 - putting people first,
 - making a difference in their lives,
 - evaluating what we do,
 - working in partnership, and
 - fostering a healthy and dynamic workplace.

Mental Health

- Mental health can affect anyone at any time
- Mental health includes:
 - Mood disorders such as depression
 - Anxiety disorders such as phobias
 - Other disorders such as Eating Disorders
 - Schizophrenia, paranoia and bipolar conditions
 - Issues of cognitive change such as Alzheimer's or dementia

2008/09 Services



Our Services

- Our services include:
 - Crisis Intervention
 - Mental Health Consultation and Treatment
 - Early Psychosis Intervention
 - Case Management
 - Court Support for those with mental health issues
 - Eating Disorder Assessment and Treatment

Our Services

- Our services include:
 - Seniors Mental Health Assessment and Case Management (in partnership with the Alzheimer's Society of Dufferin)
 - Geriatric Psychiatry
 - Education Services for Long Term Care facilities
 - Seniors at Risk System Coordination (in partnership with the Dufferin Network for the Prevention of Elder Abuse)

Services

- We deliver services through:
 - Intake and Referral
 - One to One Therapy
 - Psychiatry
 - Crisis (mobile & after hours)
 - Volunteer Services
 - Assessment
 - Group Therapy
 - Psychology
 - Case Management

Who Can Refer?

- Anyone
 - You or your family
 - Friends and neighbours
 - Doctors and nurses
 - Family Health Teams and hospitals
 - Nursing and retirement homes

Thank You

- Questions