

COMMUNITY RESOURCE CONNECTIONS OF TORONTO (CRCT)

CRCT supports adults with serious mental health problems in ways which empower them to live with dignity and fulfillment in the community.

Our work is guided by the following values: respect, freedom of choice, trust, self-determination, consumer-driven, collaboration, providing opportunities, justice, fairness, and equality. CRCT makes a special effort to explore, understand, promote and value the many cultural and social experiences of the world. Our work reflects an anti-racist and anti-oppression framework.

Our Programs

- Community Support Services (CSS) (East and West Teams)
Family Program
Somali and Tamil focused workers
Early Intervention Program services are provided in English, Tamil, Mandarin and Cantonese
- Health Promotion Program
- Hostel Outreach Program (HOP) (working with women)
- Mental Health Court Support Services

ACCESS AND EQUITY

CRCT has a commitment to work with people facing barriers to service, especially as a result of homelessness, conflict with the law, race, culture, ethnicity, sexual orientation and language.

CRCT is a non-profit, charitable community mental health agency serving the Toronto area for more than 30 years.

We assist adult users of the mental health system. Core funding is provided to CRCT by the Ontario Ministry of Health and Long Term Care. Supplemental funding is provided by the United Way of Greater Toronto, the Ministry of Canadian Heritage, the Rotary Club of Toronto, the EJLB Foundation, the Ontario Trillium Foundation, and the City of Toronto Access and Equity Grant.

Charitable Registration

#118871128 RR0001

Donations Gratefully Accepted

Visit our web site www.crct.org for more information and for Making Choices, our comprehensive guide to mental health services, supports and resources in the Toronto area.



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COPE PROGRAM

CULTURALLY ORIENTED PSYCHOSIS
EDUCATION AND EARLY INTERVENTION



WHAT IS THE COPE PROGRAM?

COPE provides culturally appropriate case management for people experiencing their first episode of psychosis and the people who care about them.

This service is available in English, Tamil, Mandarin and Cantonese.

WHAT IS PSYCHOSIS?

- A common medical condition affecting 3% of the population;
- A condition which affects the mind causing some loss of contact with reality;
- Caused by a number of factors;
- Can happen to anyone;
- Can be treated effectively, especially if detected in its early stages.

SYMPTOMS OF PSYCHOSIS

- Withdrawal from friends and family;
- Trouble concentrating and thinking clearly;
- Racing or slowed down thoughts;
- Being suspicious or paranoid;
- Confusion about what is real or imaginary;
- Unusual behaviour or unexplained changes in behaviour;
- Hallucinations, such as hearing voices or seeing things that are not really there.

WHO IS ELIGIBLE FOR THE COPE PROGRAM?

- People experiencing a first episode of psychosis;
- Between the ages of 14 to 35;
- Anyone living in Scarborough;
- Has never received treatment for psychosis, or has received treatment for less than one year.

PROGRAM GOALS AND VALUES

- Psychosis is treatable;
- People can and do recover from psychosis;
- We intervene early and provide you with support, to get you back to school or work or to help you maintain your school or work;
- We work to minimize disruption in your life;
- Our services are voluntary and we work in partnership with you and your family members/significant others (with your consent);
- We help you and your family/significant others to get the information you need to understand what is going on and make your own decisions;
- We want and value your meaningful participation at an individual, program and agency level.

OUR SERVICES

COPE services assist you to:

- meet your basic needs such as food, housing, clothing, health care;
- participate in your community and find activities you enjoy including recreation, work or education;
- work with your family and other support people (with your consent);
- manage crises;
- learn the skills you need to meet your goals;
- connect to resources and services you need and want.

COPE services are available for a maximum of three years. We will help you link to other needed services after discharge.

HOW DO I MAKE A REFERRAL?

Anyone can call (416) 482-4103 ext. 424 and ask for the Early Intervention Program. We will get back to you within 48 hours.

CONFIDENTIALITY

All employees, students and volunteers at CRCT are required to sign an oath of confidentiality. We keep your personal information private and do not release it to anyone without your consent, unless obligated by law. To learn more about our privacy policies, see our Brochure “CRCT’s Commitment to Privacy” or contact the Program Privacy Officer at (416) 482-4103 ext. 232.

SUGGESTIONS/COMPLAINTS

We are committed to providing you and your family/significant others with the best possible service (with your consent).

We encourage you to give us your suggestions at any time. If you are dissatisfied with anything about our services – or if you have a compliment – we’d like to hear about it. You can talk directly to your worker or the Program Manager, or you can write us a letter. We value your feedback.

To reach the Program Manager, call (416) 482-4103 ext. 239.

Psychosis
is treatable,
get help early.