

# W.I. Community Service Program Monthly Newsletter

May 2024



## Mental Health and Substance Abuse



### The link between mental health and substance abuse

Mental health problems often lead to someone looking for relief from the symptoms of undiagnosed mental health issues often they turn to substance use to deal with the symptoms. When someone has both mental and substance use issue it is known concurrent disorder.

#### Concurrent Disorder

Mental health and substance abuse issues often merge with one another, this can create a combination of problems, a person with a concurrent disorder needs to get professional help. They need to address the dependence on addiction as well as the mental health issue. These lead to needing longer care in treatment and more re-admissions to care. This can include more hospital

and mental health service visits used to treat the condition.

### Mental health conditions that are commonly associated with concurrent disorders.

When mental health issues and substance abuse intersect at any point, there is endless list of possible combinations that effect people. An example can be a young person might use alcohol to cope with feelings of anxiety or use drugs to cope with ADHD. A lot of different mental health issues lead to substance abuse that can lead to dependence on a substance which is an issue on its own. Dealing with both issues is often part of addiction treatment and care programs.

### Common mental health problems that often link up with substance abuse in a concurrent disorder.

- Clinical depression
- Anxiety Disorders
- Post traumatic stress disorder (PTSD)
- Oppositional defiant disorder (ODD)
- Attention deficit hyperactivity disorder (ADHD)
- Conduct disorder (CD)

**May  
2024**



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 <b>Mending Broken Hearts</b> United Church 9:00 – 12:00	2 <b>Mending Broken Hearts</b> United Church 9:00 – 12:00	3 <b>Community Drop In</b> United Church 10:00 – 1:00 pm	4
5	6 <b>Mending Broken Hearts</b> United Church 9:00 – 12:00	7 <b>Mending Broken Hearts</b> United Church 9:00 – 12:00	8 <b>Mending Broken Hearts</b> United Church 9:00 – 12:00	9 <b>Mending Broken Hearts</b> United Church 9:00 – 12:00	10 <b>Community Drop In</b> United Church 10:00 – 1:00	11
12 <i>Happy Mothers Day!</i>	13 <b>Mending Broken Hearts</b> United Church 9:00 – 12:00	14 <b>Mending Broken Hearts</b> United Church 9:00 – 12:00	15 <b>Mending Broken Hearts</b> United Church 9:00 – 12:00	16 <b>Mending Broken Hearts</b> United Church 9:00 – 12:00	17 <b>Community Drop In</b> United Church 10:00 – 1:00 pm	18
19	20 <i>Victoria Day Holiday</i>  <i>Office Closed</i>	21	22 <b>Mental Health Awareness</b> Thunder Bird Mall 10:00 - 1:00 pm	23	24 <b>Community Drop In</b> United Church 10:00 – 1:00 pm	25
26	27 <b>Matrix Early Recovery</b> United Church 9:00 – 12:00	28 <b>Matrix Early Recovery</b> United Church 9:00 – 12:00	29 <b>Matrix Early Recovery</b> United Church 9:00 – 12:00	30 <b>Matrix Early Recovery</b> United Church 9:00 – 12:00	31 <b>Community Drop In</b> United Church 10:00 – 1:00 pm	

## COMMUNITY SERVICE PROGRAM STAFF

Patricia Sword  
*Program Coordinator*

Stacey Nahdee  
*Addictions Counsellor*

Megan Spizzirri  
*Addictions and Wellness  
Counsellor*

Dennis Wilson  
*Prevention/Education  
Counsellor*

Chesney Wright  
*Parental Support Worker*

Yvonne Wright  
*Secretary/Bookkeeper*

Follow us at **Walpole  
Island Community  
Service Program** on  
Facebook for program

## Treatment for concurrent disorders

Concurrent disorders often need more than one type of treatment. First is finding out what mental health issue needs to be addressed before dealing with the substance disorder. Once a person has found out what mental health disorder, they have the next step is finding treatment for it. Afterwards finding treatment for the issue of addiction is next. Treatment usually takes longer for individuals with concurrent disorders and more than one type of mental health service and social program is needed to deal with a concurrent disorder. The positive news concurrent issues are treatable and with proper care a person can have control over their life again.

## MENTAL HEALTH AND ADDICTION AWARENESS EDUCATION DAY

WEDNESDAY, MAY 22, 2024

Join WICSP at Thunderbird Plaza from 11:00 am to 1:00 pm to learn about Mental Health and Addiction. Staff will be available to answer questions, provide information and take-home literature.

**Door Prize Draws!!!**

**If you or someone you know is looking for extra support, please reach out.**

If you need to talk Community Service Program can be reached at (519) 627-0767

Kids Help Line – 1-800-668-6868 or text the word CONNECT to 686868 for service by text.

Support for Residential School Survivors - 1-866-925-4419

Bluewater Health Residential Withdrawal Management (Detox Program) – (519) 464-4487.

Chatham-Kent Withdrawal Management (519) 351-6144

If you are looking for help after hours CMHA crisis number can be reached at

\*Lambton County 1-800-307-4319 (Toll Free)

\*Chatham Kent – (519) 436-6100 or 1-800-229-7447

**Boozhoo Everyone,**

I hope everyone is doing well. I have had some personal loses in my life within a week of one another. I would like to write about the importance of friendship and relationships we have with people in our lives. I was very lucky to have a chance to have a final conversation before my friend passed. Its never easy to lose someone close. I usually tell people that you get use to the new reality of them not being in your life. It is never the same, but you learn to deal with it. Real friendships are your support network in life. Friends help you deal with both fun and hard times they never take or expect anything in return. You share your journey in life with them and help one another as best you can. If you have a friendship like that your lucky. However, I must warn you to beware of unhealthy relationships with false Friends. If someone tries to get you to do something even when you know its wrong, they are not your friend. If they take advantage of you, be it money or using your emotions against you, they are not your friend. If they talk bad about you behind your back, laugh at you when you fail. They are not your friend and its best to avoid them. Unfortunately, it takes experience to know the difference between a real friend and a false one. I always ask others in my life for their opinions on someone to help filter out bad people. Remember to fly with eagles and not be on the ground with chickens. Take care everyone and remember to tell the people you care about how much they mean to you in your life.



Sincerely,

Dennis Wilson

## Community Drop In

May 3, 10, 17, 24 and 31 from 10:00 am till 1:00 pm

This is a community outreach program to address barriers to access services for mental health, addictions, isolation, or homelessness.

Come on out for food, refreshments, and an opportunity to see Outreach Workers and Medical Health Professionals for consultations, referrals, supplies  
Harm Reduction Supplies available.



The Windsor Essex CHC will also visit your home safely if need Harm Reduction supplies - (519) 564-3816.

# Matrix Program for Early Recovery



**Location: W.I United Church**

**Date: May 27, 2024 – May 30, 2024  
(Mon – Thurs)**

**Time: 9:00 – 12:00 pm**

For application, call Megan or Yvonne at Community Service Program  
(519) 627-0767

**APPLICATION MUST BE COMPLETED AND SUBMITTED PRIOR TO START DATE**



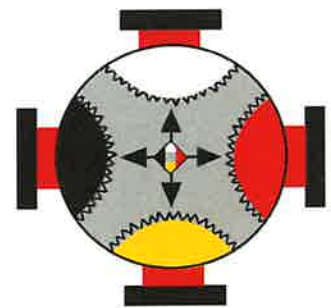
# MOTHERS OF TRADITION

**Location: W.I United Church**

**Date: June 3, 2024 – June 20, 2024  
(Mon – Thurs)**

**Time: 9:00 – 12:00 pm**

For application, call Chesney or Yvonne at Community Service Program  
(519) 627-0767



**APPLICATION MUST BE COMPLETED AND SUBMITTED PRIOR TO START DATE**



# MobileCare

Community Health Outreach



May 7 & 21, 2024

Walpole Island Warming Shelter

12:00 pm – 3:00 pm

May 14 & 28, 2024

Wallaceburg Community Living

1100 Dufferin Ave

12:00 Pm 3:00 pm

TRAVELLING THROUGHOUT CHATHAM-KENT INCREASING ACCESS TO PRIMARY CARE, MENTAL HEALTH AND ADDICTION SERVICES.

1 (866) 299-7447

[mobilecareclinic.ca](http://mobilecareclinic.ca)

## Services:

- ✓ Primary care
- ✓ Early intervention
- ✓ Mental health services
- ✓ Addiction services
- ✓ Community support services
- ✓ Housing supports

WALK-IN APPOINTMENTS

NO REFERRAL NEEDED

NO COST FOR SERVICE

Visit [mobilecareclinic.ca](http://mobilecareclinic.ca) for locations & schedule.

Connect with us @MobileCareCK



Chatham-Kent Community Health Centres  
Centres de santé communautaire de Chatham-Kent