Mental Health & Addictions Nurses

Services for youth with mental health and substance use issues
Partnering with School Boards

The Champlain LHIN Local Health Integration Network (LHIN) Mental Health and Addictions Nurses (MHAN) provide support and services to youth with mild to complex mental health and substance use issues. We help students within the following district school boards:

- The Catholic District School Board of Eastern Ontario
- Ottawa Catholic School Board
- Renfrew County Catholic District School Board
- Renfrew County District School Board
- Ottawa-Carleton District School Board
- Conseil scolaire de district catholique de l’Est ontarien
- Conseil des écoles publiques de l’Est de l’Ontario
- Conseil des écoles catholiques du Centre-Est
Dedicated Mental Health Experts

Mental Health and Addictions Nurses support students in the school setting or as they are discharged from hospital and youth treatment centres to ensure a successful transition back into school and the community.

We help students and families by:

- Meeting with students one-on-one in school or at home.
- Providing mental health and addictions education to students, families and school staff.
- Medication monitoring and support.
- Linking students to mental health and addiction services in the community.
- Connecting with family doctors and schools.
About the Referral Process

Mental Health and Addictions Nurses are accessible through referrals from schools, hospitals, youth treatment centres and some community agencies.

For a student to be eligible to receive services from the MHAN, the following criteria are required. The student:

• Must be between the ages of 3-21 and registered in a school within a publicly funded school board.

• Has been discharged from hospital or other institution with a diagnosed mental health or addictions issue and transitioning back to school; or

• Presents with behaviors (e.g. self-harm, self-medication) that may be related to an identified and/or suspected mental health and/or addictions issue that interferes with their ability to attend school, participate in school routines, and receive instruction; or puts them at risk for truancy or absenteeism; or

• Has a mental health issue which has resulted in a new or change in medication that may interfere with his or her ability to perform at school.

• Is aware of and has consented to the referral.
• Is an insured person under the Health Insurance Act. Students who do not possess a valid Health Card Number will be accepted for service if all other criteria are met.

Facts about youth and mental health

• Ontario school boards indicate that educators rank mental health and substance use as a critical issue for school systems.

• 70% of mental health problems and illnesses begin during childhood or adolescence.

• 15 to 21% of Ontario’s youth have at least one mental health disorder, however very few seek services for their mental health problems.

• Approximately 25% of students with a psychiatric disorder drop out of school, accounting for 14.2% of all high school drop-outs.

• Two-thirds of youth with substance use issues have a co-occurring mental health problem.

Source: CAMH: Mental Health and Addiction Statistics
About Us

If you, or someone you care about, needs health care services at home, at school or in the community, or if you are considering supported living programs or long-term care options, home and community care at the Champlain Local Health Integration Network can help.

Champlain LHIN works with people of all ages to ensure they can make informed choices about their care, when and where they need it.

We also have useful information about local community support service agencies, and can link people to these providers to arrange services.

You can explore your care and support options through our website at www.healthcareathome.ca, or contact us at 613-310-2222 or 1-800-538-0520.

For additional information on community services and educational resources please go to: www.champlainhealthline.ca.

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