

FOR IMMEDIATE RELEASE:

Thunder Bay Counselling Removes Waitlist for Wide Range of Addiction and Mental Health Services.

Monday, September 12, 2022, Thunder Bay, ON – September is Recovery Month, and Thunder Bay Counselling is working to close the gaps to accessing addiction and mental health services locally. For the first time in over a year, Thunder Bay Counselling is delighted to announce **NO MORE WAITLIST**.

Since the onset of the pandemic, Thunder Bay Counselling has focused on reducing wait times for addiction and mental health services, with the ultimate goal of removing its waitlist.

Says Nancy Chamberlain, CEO of Thunder Bay Counselling: *“Waiting times for addiction and mental health services are a key community health issue in Thunder Bay. When individuals wait too long for services, there are serious impacts to the person’s wellness and safety, and it also affects their families, workplaces and the broader community. Faster access to services is important for individual and community wellness, and it also reduces strains on emergency services and hospitals.”*

To eliminate its wait list, Thunder Bay Counselling has made significant changes to its staffing model and range of services. Today, Addiction Counsellors are carefully trained to assist individuals through a variety of specialized treatments and programs. Most importantly, they can now travel to meet clients where they are at in the community.

In 2021-2022, 946 local people accessed addiction and mental health counselling at Thunder Bay Counselling. This year, the agency expects to help more people than ever before on their road to recovery.

Continues Chamberlain; *“Local people should never have to wait to access addiction and mental health services and supports. High-quality, publicly funded services should be available whenever and wherever people need them. This is why Thunder Bay Counselling is committed to implementing innovative solutions to fill gaps in care, including participating in initiatives with other service agencies like expanding Rapid Access to Addiction Medicine (RAAM) Clinics.”*

Thunder Bay Counselling begins each case with an assessment to determine a plan for the client. Staff are trained in using the GAIN (Global Appraisal of Individual Needs) which is the assessment supported by the

Province of Ontario. This allows staff to help individuals choose treatment options that suit them and their current needs best.

Thunder Bay Counselling is currently offering the following programs and services at no cost:

1. Alcohol & Drug Assessment.
2. Pre-Treatment Stabilization.
3. Counselling and Psychotherapy.
4. Specialized Counselling and Case Management Services for:
 - People receiving Opiate Replacement Therapies
 - Pregnant or parenting women
 - Youth and youth transitioning into adult services
 - People involved with the justice or corrections systems

“If you or someone else is worried about your use of alcohol or drugs, please do not wait to get help that could save your life,” says Chamberlain.

During Recovery Month, Thunder Bay Counselling is recommitting to taking bold actions to prevent local overdoses and drug-related deaths and enhance support for individuals who are misusing substances. By enhancing support, Thunder Bay Counselling hopes to save lives.

To learn more and to access services, visit: tbaycounselling.com or call: (807) 684-1880.

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Notes to Editor:

About Thunder Bay Counselling

Thunder Bay Counselling is the leading provider of personal and workplace support services in the region. They are an independently operated, not-for-profit organization. Counselling, psychotherapy, education and support services are provided by professional counsellors to help people make positive changes in their personal, family or work lives.

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