

SUPPORTING OUR COMMUNITY

INDIVIDUAL AND FAMILY SUPPORTS | COMMUNITY COUNSELLING ALLIANCE



Together, we're changing lives.

The United Way funded Community Counseling Alliance provides a walk-in clinic, one-to-one and group counseling for residents of Windsor and Essex County. The strategy addresses the mental health needs of individuals, couples, and families. A team of experts offer supportive, confidential counseling relating to many topics including family conflict, addictions, anger management, life transition, mood disorders, and self-esteem.

WHY IS THIS IMPORTANT?

- Suicides and self-inflicted injury deaths per 100,000 population in Windsor-Essex County is 8.2 (2005-2007)
- Crisis Centres received 3,818 calls in the 9 month period July 2010 - April 2011
- 6.2% of people in Windsor Essex County aged 12+ reported they have been diagnosed by a health professional as having a mood disorder (2010)

HOW ARE YOUR DONATIONS CHANGING LIVES?

- An innovative Walk-in Clinic has been established and is available every Tuesday. This ensures all individuals will receive counselling services within one week of contact and follow-up sessions for those who require it
- Services are provided in seven languages.
- Previously there was a 12-week wait period for services. United Way's funded service wait time has been eliminated. Intakes are completed immediately or within 24 hours. Assignment to a counselor is immediate and the client is contacted within 24 to 48hrs. Appointments are scheduled within one week of contact.
- Over 800 people have benefitted from Individual & Group Counseling and the Walk-in Clinic from July 2010 to April 2011.

COLLABORATING FOR SUCCESS

The Community Counselling Alliance was created through a partnership between the Canadian Mental Health Association, Family Service Windsor-Essex, the Hospice Windsor-Essex, and Citizen Advocacy. Prior to the Community Counselling Alliance, individuals and families were waiting up to 12 weeks for services.

With the support of United Way, this new collaboration has eliminated the wait time for counseling services. An innovative walk-in clinic located at the, Family Service Windsor-Essex ensures immediate access to one to one counseling services. Group counseling and support programs have also been designed to meet psycho-social and educational needs.

Intake and counseling services are available in seven languages, and counselors are available for one-on-one appointments in Windsor, Tecumseh, Lakeshore, Essex, Leamington, and Amherstburg.

ONE OF UNITED WAY'S AMAZING VOLUNTEERS, DEB LITTLE, WROTE THIS PIECE TO ILLUSTRATE HER COMMITMENT TO THE COMMUNITY THROUGH UNITED WAY. WE HOPE THAT YOU ENJOY IT AS MUCH AS WE DID.

I believe in my community. I believe that we, as humans, have a responsibility to help each other whenever and however we can. I believe that through United Way I am able to help tens of thousands of people each year. I believe our children are our future and our seniors are our experience. I believe that no where else can my small weekly donation help seniors live, help children learn and succeed and help families put food on their tables and cope in these hard times. I believe that collectively we can impact more than one generation. I believe we need to stand in the Way of poverty. I believe we need to stand in the Way of hunger. I believe this to be the legacy we leave behind... Our ability to help and overcome. I believe in my community. I believe in United Way!

-Deb Little, CAW Local 200 and Employee at Ford Motor Company

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