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**Meeting:** Community Safety and Well-Being Integration Table  
**Date:** February 14, 2024  
**Time:** 9:00 am  
**Location:** STPS Headquarters – 45 CASO Crossing, St. Thomas

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**Attendees:** Warden Ed Ketchabaw, County of Elgin (Chair)  
Mayor Joe Preston, City of St. Thomas  
Danielle Neilson, Housing and Homelessness Action Table  
Chief Marc Roskamp, St. Thomas Police Service  
Marcia Van Wylie, Elgin Community Drug and Alcohol Strategy Steering Committee  
Sandra Datars Bere, City Manager, City of St. Thomas  
Staff Sergeant Brennan Brown, Elgin County OPP  
Deanna Huggett, Elgin Ontario Health Team  
Meagan Lichti, Age-Friendly Strategy for Elgin and St. Thomas  
Natasha Newby, Elgin-St. Thomas Community Foundation  
Tanya Weiler, Ontario Structured Psychotherapy (OSP) West Program  
Dr. Collen Merrifield, Ontario Structured Psychotherapy (OSP) West Program  
Blaine Parkin, CAO, County of Elgin  
Carolyn Krahn, Manager of Economic Development & Strategic Initiatives, County of Elgin

**Regrets:** Sandra McCabe, Elgin Mental Health and Addiction Network  
Emilian Siman, Elgin Workforce Development Network

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## Minutes

1. Approval of Agenda

The agenda was approved as presented.

2. Approval of Minutes from November 29, 2023

The minutes were approved as presented.

3. Draft Report – Rural Response to COVID-19 Elgin County & St. Thomas Quantitative Overview

C. Krahn presented the draft Quantitative Overview from the Rural Response to COVID-19 Study. Associate Professor Leith Deacon, PhD, from the University of Guelph, led the survey.

The study aimed to explore residents' experiences across small and rural communities in Ontario. The Quantitative Overview provides a breakdown of the data by gender, income, and age. The Overview also provides a breakdown of the data for each participating municipality.

#### 4. Roundtable – Action Tables

##### i. **Education and Skills Development – Emilian Siman**

- *Note: Emilian Siman sent his regrets.*

##### ii. **Mental Health and Well-Being – Sandra McCabe**

- Tanya Weiler, OSP West Program Coordinator at St. Joseph's Health Care London, and Dr. Colleen Merrifield, Psychologist at St. Joseph's Healthcare Hamilton, presented an overview of the Ontario Structured Psychotherapy (OSP) Program. A copy of the presentation is attached to the minutes.
- Mayor Preston asked about the uptake. T. Weiler responded that there has been much uptake. The waitlist is 2-3 months. It is a reasonable timeframe because the program is not for individuals in crisis. C. Merrifield responded that three (3) months is as long as someone would wait. The service is as low-barrier as possible. They offer services virtually or in person. For virtual services, therapists can connect with patients in other regions. The full-time service navigator can help individuals not eligible for OSP services find the appropriate service and make recommendations.
- C. Krahn provided an update on behalf of S. McCabe.
- The OHT presented a stepped-care model of service delivery. This model examines mental health services, from preventative care to high acuity needs. The model has an equity and autonomy-focused lens.
- Also, coordinated access and system navigation regarding mental health services are being looked at as practices coming this way. Coordinated access creates a more seamless service with one number to call to connect to services. System navigation supports the individual in finding out what best fits one's needs and how to access it.
- At CMHA TVAMHS in Elgin, the seven (7) bed WMP has seen over 270 individuals in one (1) year of operation.
- They have extended their walk-in crisis hours at 110 Centre St., St. Thomas – now operating for crisis walk-ins from 9 am to 8 pm, and people are coming in. They have also put more emphasis on promoting this support.
- Updates from the Elgin Mental Health & Addictions Network:
  - This past January, St. Thomas Elgin General Hospital celebrated ten (10) years of having mental health services and support embedded within the hospital. STEGH is finalizing an update to three (3) psychiatric intensive care rooms. The Outpatient MH services at STEGH have many referrals, and the

counselling wait time is down from 1-2 months, which was previously at 6-7 months.

- Liz Brown from Violence Against Women invites us for their annual Community Breakfast on March 7 for \$20.
- The Elgin ACT 1 and 2 Ambulatory satellite team is excited to re-engage with St. Thomas to start their move to 50 Wellington Street. They have been operating out of the Forensic Centre. These teams look forward to partnering with other St. Thomas and area community agencies.
- Stemming from the Network meeting, a community crisis debrief has been suggested following Indwell's evacuation a few weeks ago and will be followed up to support community & hospital leads in learning what went well and areas for change/growth for the future.

iii. **Housing Security – Danielle Neilson**

- D. Neilson presented an update on housing. The need for affordable housing is increasing year by year. Currently, there are 1,400 households on the waitlist for social housing. The number has doubled since 2019. The number includes 330 seniors on low income.
- Social Services is working on several projects and advocating for increased funding opportunities. Expect some announcements in the coming months.
- We are working with consultants to review existing needs and stock around housing.
- St. Thomas has seen a decline in active homelessness. The by-name list tracks cases of homelessness.
- Built for Zero is another homelessness initiative. The City saw a 30% reduction in homelessness in February. The decrease was the second highest across the country. Data and homelessness are fluid and unpredictable, but the data indicates that the work is making a difference.
- The new Indwell building has seen 80 residents move in. The Inn is still very busy, but they have capacity on a nightly basis. They are seeing individuals with increased acuity, comorbidity and tri-morbidity, including individuals with mental health, addictions, and challenging behaviours. The Inn is working to be low-barrier.

iv. **Public Safety – Chief Marc Roskamp**

- Chief Roskamp presented an update. The City passed a Police Services budget that addresses unprecedented safety pressures. The St. Thomas Police Service have been successful in recent grant applications:
  - Bail Compliance and Warrant Apprehension Grant – 3 yrs \$1,062,861;
  - Preventing Auto Thefts Grant – 3 yrs \$608,767;
  - Mobile Crisis Response Teams Grant – 1 yr \$92,500;
  - NG911 Grant – 1yr \$1,032,803;
  - Victim Support Grant – 1yr \$52,832;

- CISO Membership Grant – 1 yr \$8000;
    - CISO Investigating Funding Grant – 1 yr \$25,000.
  - The MOST team consists of four (4) clinicians in partnership with CMHA. MHA apprehensions were up 35.3% in 2023. Incidents attended by MOST were also up 11.7%.
  - The Community Resource Unit consists of six (6) special constables located in the downtown core. In 2023, there were approximately 6,000 interactions with vulnerable persons.
  - The Thames Valley District School Board has decided not to reinstate the School Resource Officer Program. The program has been a great way for officers to interact informally with students, have conversations in the hallways or on the courts, and encourage students to live away from crime. The program will return in some form in the London and District Catholic School Board.
  - Year 3 infrastructure preparations for NG911 remain underway at STPS Main Site and Disaster Recovery Site. The Readiness / Go-Live date remains scheduled for March 2025. STPS is well on the way to successful implementation as expected. They received 16,718 calls in 2023. Ongoing efforts to install infrastructure for STPS Communications that meets NG911 requirements are underway.
  - There were around 22,000 calls for service in 2023, up 9.4%. In 2023, violent crimes were up, petty crimes were down, intimate partner violence was up, bail violations were down, and weapons offences were up.
  - Staff Sergeant Brown presented an update from the OPP. They were successful in obtaining the Bail Compliance Grant, \$100,000/year for three (3) years. They will be working together with St. Thomas and Aylmer to implement a Bail Compliance and Warrant Apprehension team. The OPP is also working on a few other initiatives, including a Community Mobilization Officer and Project Lifesaver.
  - The warden asked if a door was still open for teachers to invite police officers into the classroom. Chief replied that it was not. Visits would have to be for a particular reason. Chief indicated that the St. Thomas Police Service is committed to finding a different way to connect with children and youth.
- v. **Substance Use and Addiction – Marcia Van Wylie**
- M. Van Wylie provided an update on the Elgin Community Drug and Alcohol Strategy.
  - Since she shared the final report at the last meeting, they have launched a website: <https://www.elgindrugstrategy.ca/>.
  - Exploring existing work, quite a few committees with shared goals need more coordination and action, including the OHT and the Elgin Mental Health and Addictions Network. They are in the preliminary stages of planning a structure for coordinated action and identifying priorities and gaps.

- The mayor commented that we continue to work better together, avoiding duplication and reporting more cohesively.

## 5. **New and Other Business**

- Mayor Preston shared an update on work happening under education and skills development. E. Siman and the Workforce Development Board have been working to forecast future needs and gear up for training. The group is looking to train locals in the skills needed in the area when the PowerCo factory is up and running. They want to make sure that locals get the jobs and that they go to people from within the region. There will be migration to St. Thomas/Elgin with all the opportunities. The goal is to train and upskill the existing workforce to meet future needs.
- M. Lichti provided a brief update on the work of the Age-Friendly Network. They are working on mapping out their 2-5-year goals.
- D. Huggett provided a brief update on the OHT. The OHT is working with Western students on initiatives around health literacy and colorectal cancer screening uptake. The OHT is also working to improve how individuals navigate the healthcare system, explore data sharing and how to use existing data better, work on integrated care, and explore a stepped-care model for delivering and monitoring mental health treatment.

## 6. **Next Meeting Date**

- The next meeting is scheduled for Wednesday, May 22, 2024, at 9 am at the St. Thomas Police Services Headquarters and will be a hybrid meeting.

## 7. **Adjournment**

The meeting was adjourned at 10:24 am.

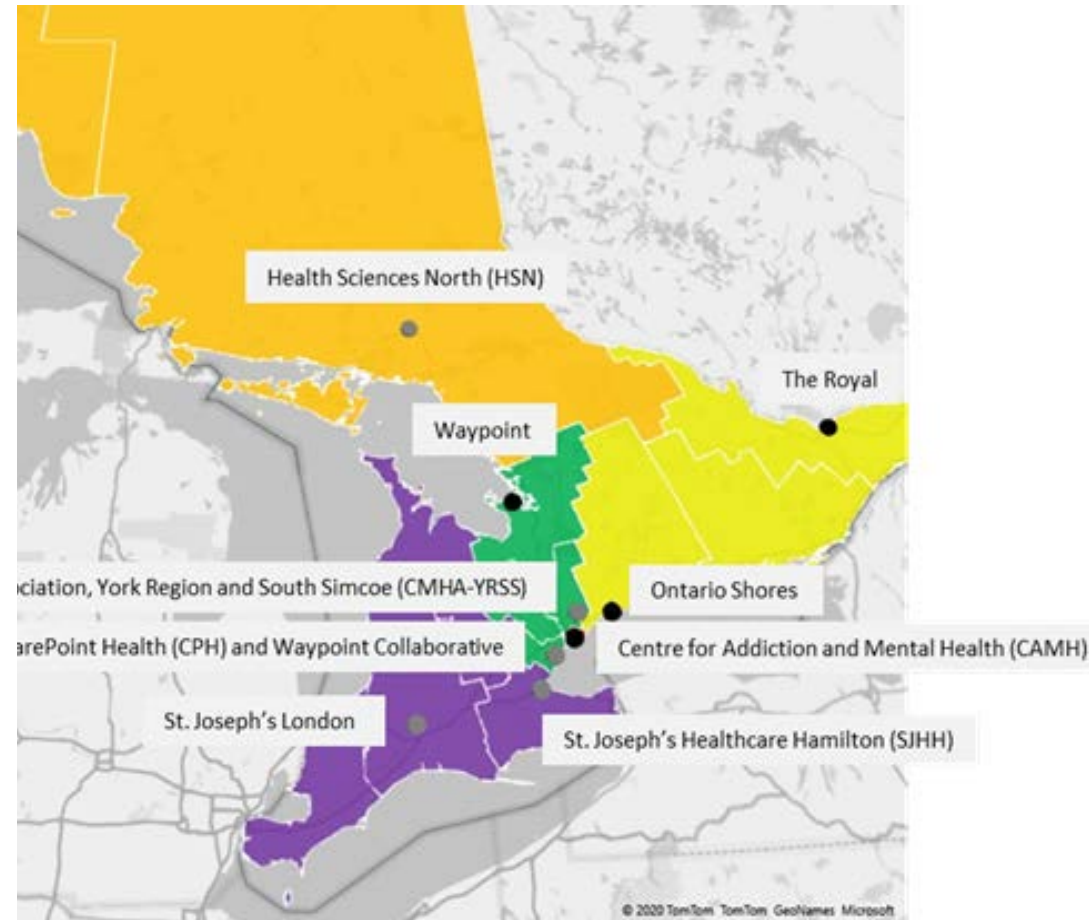
# ONTARIO STRUCTURED PSYCHOTHERAPY WEST REGION

- **Tanya Weiler, MSW, RSW – OSP West Program Coordinator, St. Joseph's Health Care London**
- **Dr. Colleen Merrifield, Merrifield, C.Psych. Psychologist, St. Joseph's Healthcare Hamilton**



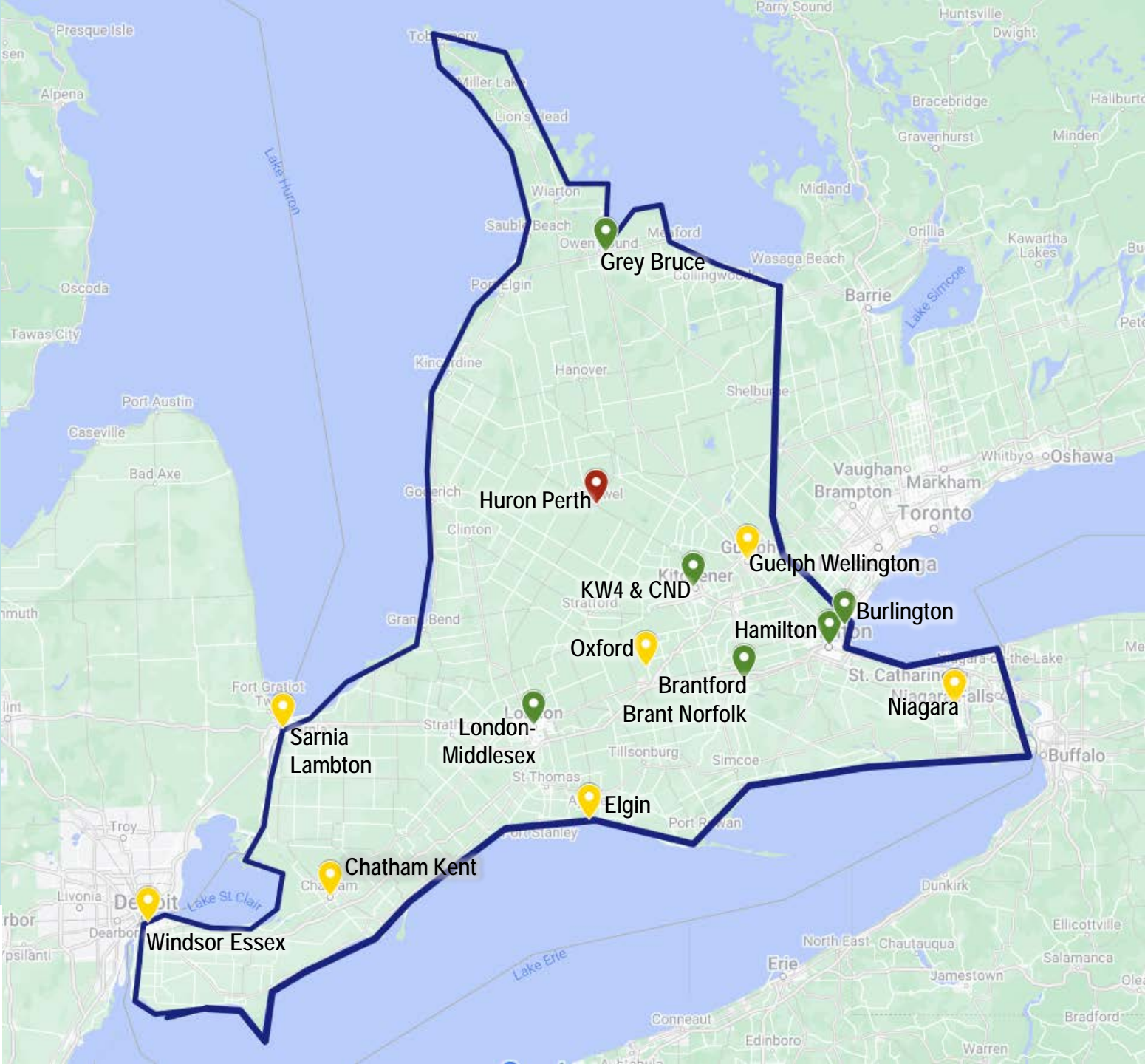
# Ontario Structured Psychotherapy (OSP): Beginnings

- Mental Health and Addictions CoE established with a major priority to support implementation and oversight of OSP
- 2017 - OSP launched with 4 pilot Network Lead Organizations (NLO): Centre for Addiction and Mental Health (CAMH), Ontario Shores, The Royal, and Waypoint
- May 2021 - 6 new NLOs announced and developing regional service:
  - St. Joseph's Healthcare Hamilton (SJHH) and St. Joseph's Health Care London (SJHCL) jointly serve as NLO for Ontario Health West
- OSP West delivered care to the first clients March 2022





# OSP West Region





# What is OSP:

Free

Short-term

Evidence-based

Cognitive behavioural  
therapy (CBT)

For adults in Ontario (aged 18 years or older) experiencing depression, anxiety, and anxiety-related concerns, including:

- ✓ Depression/Low Mood
- ✓ Obsessive Compulsive Concerns
- ✓ Unexpected Panic Attacks and Agoraphobic Fears
- ✓ Social Anxiety and Performance Fears
- ✓ Generalized Anxiety and Worry
- ✓ Health Anxiety
- ✓ Posttraumatic Stress
- ✓ Specific Fears
- ✓ Other Anxiety and Stress Related Problems

# What is CBT?

- Cognitive behavioural therapy (CBT) is a practical, short-term form of talk therapy that focuses on the relations between thoughts, emotions, and behaviours. It helps people develop lifelong skills such as:
  - how to be more aware of the impact your thoughts, attitudes, and beliefs have on your emotional and behavioural reactions
  - how to identify and change thinking patterns that may be negative, inaccurate and contribute to your depression or anxiety
  - how to change unhelpful behaviours such as avoidance, and
  - how to use problem solving skills to manage challenging situations.

# Expectations for client participation



regularly  
completing  
questionnaires



keeping track of anxiety or  
depression-related thoughts  
and behaviours



reading  
about  
strategies

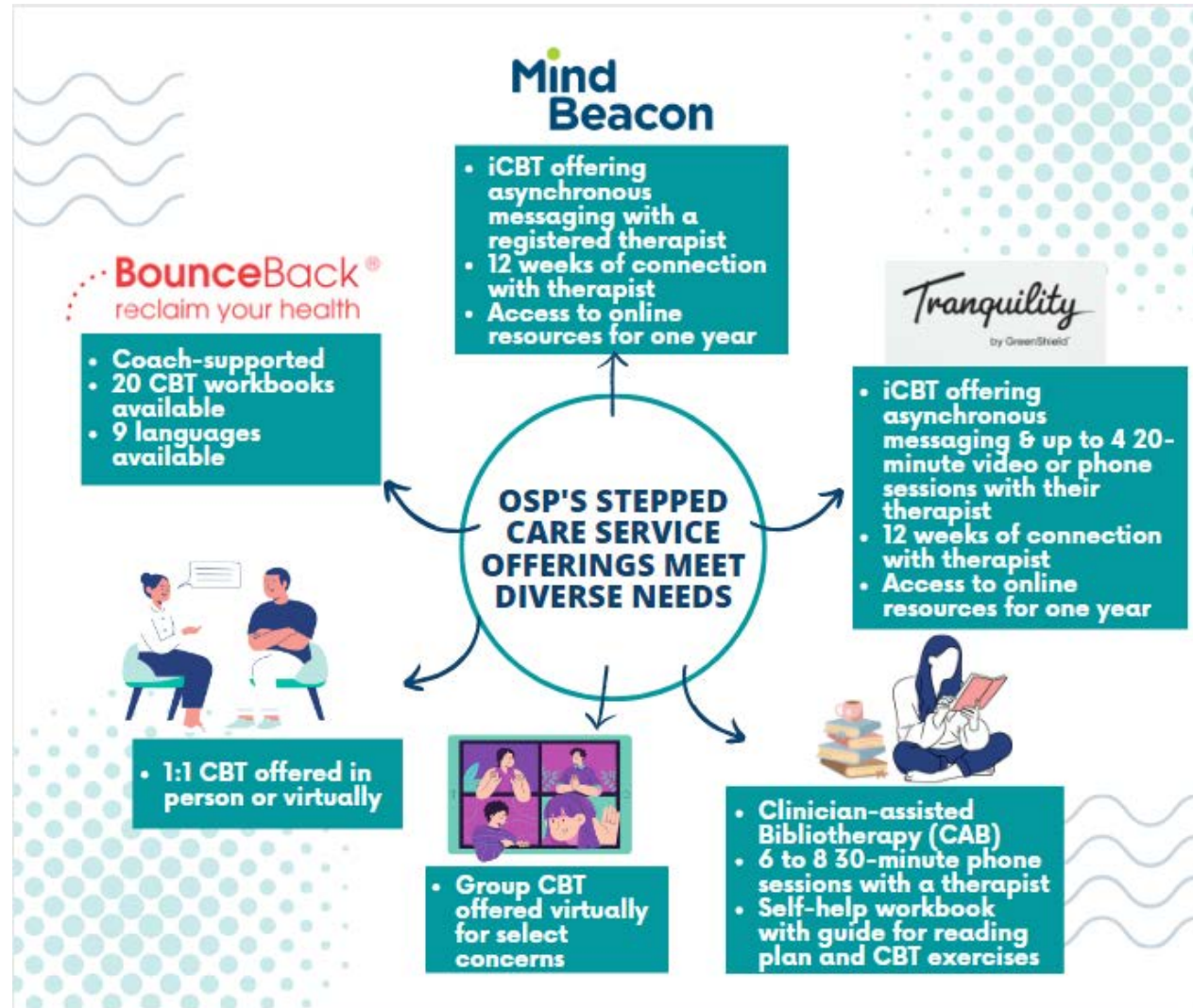


meeting  
a CBT coach  
or therapist



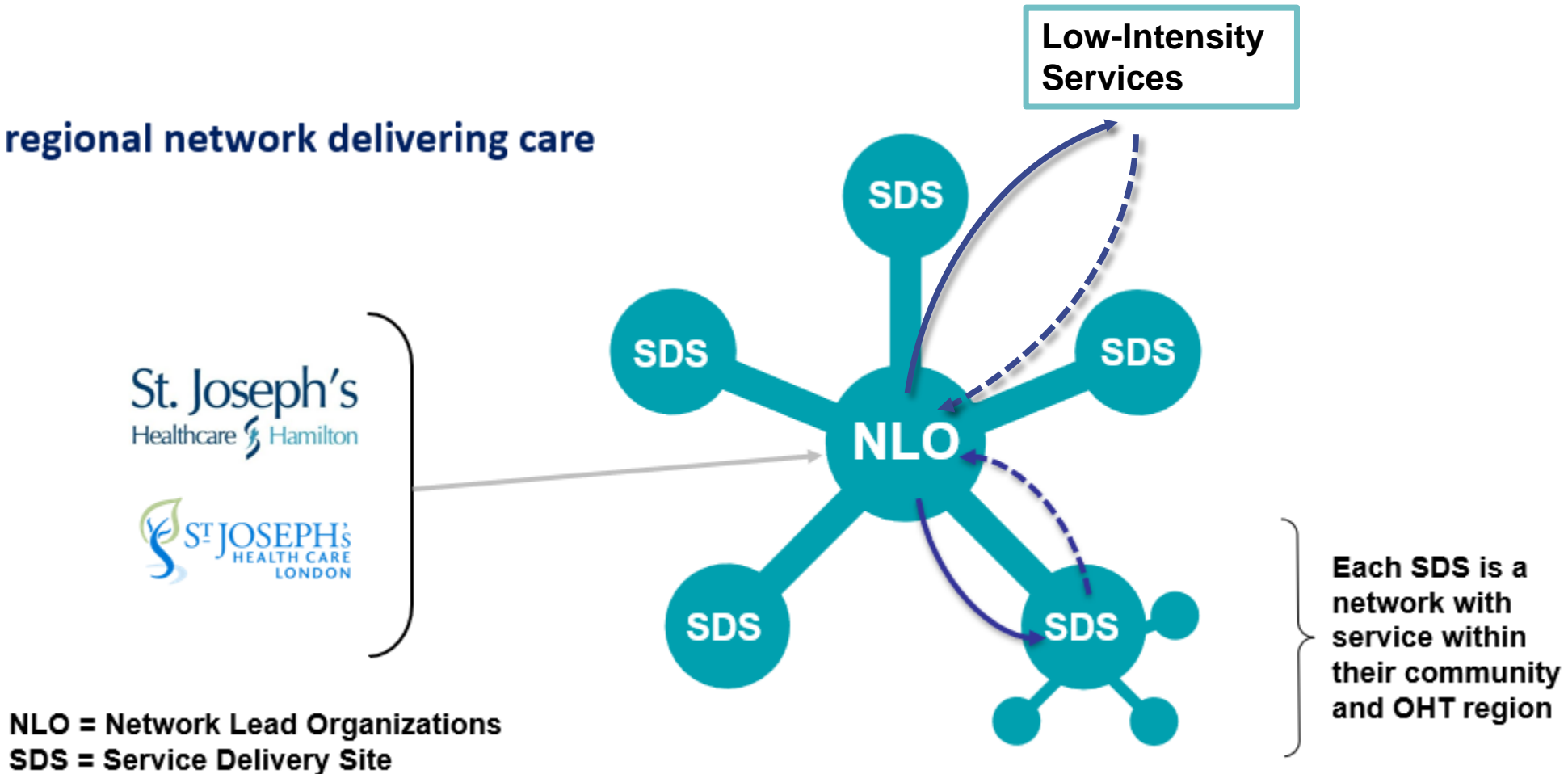
practicing strategies  
for managing anxiety  
and depression

# The OSP service approach: stepped care



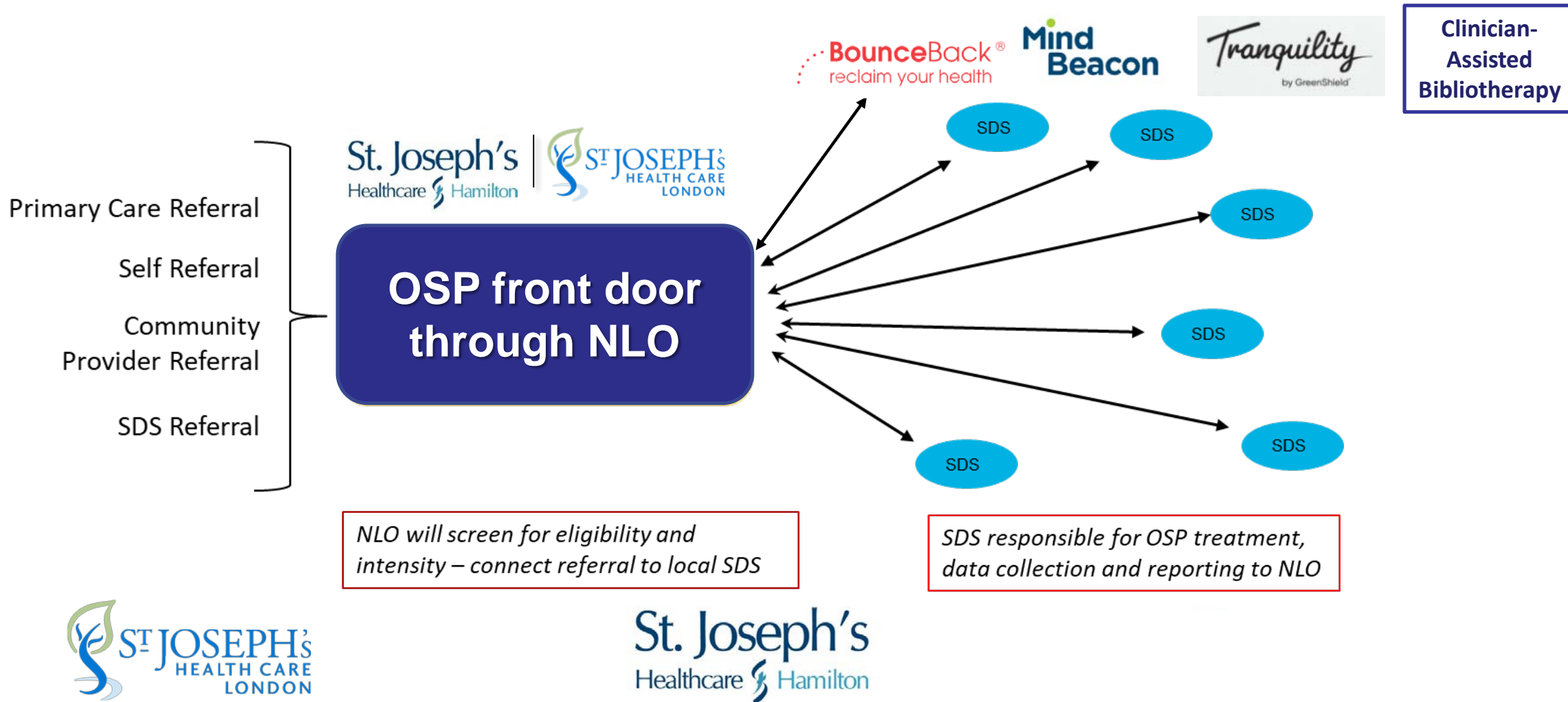
# Service delivery through network model

A regional network delivering care



# Centralized access in the network

OSP West: 1 front door, 1 referral form, 1 # to call across Ontario West





# Our SDS partners



Canadian Mental Health Association  
Huron Perth Addiction and Mental Health Services



Canadian Mental Health Association  
Thames Valley  
Addiction and Mental Health Services



Canadian Mental Health Association  
Niagara  
Mental health for all

Niagara Branch



Canadian Mental Health Association  
Mental health for all

Lambton-Kent



Canadian Mental Health Association  
Mental health for all



Halton Region Branch



# OSP is not for everyone

- OSP is not suited to individuals with:
  - Active suicidality and/or a suicide attempt in the past six months, and/or current self-harming behaviour, and/or those at high risk to harm self/others, or at significant risk of self-neglect
  - Complex/severe mental health concerns (i.e. mania/hypomania, psychosis, personality and/or eating disorders) within the past 12 months
  - Problematic substance use currently or within the past three months and require specialized concurrent disorders treatment
  - Moderate/severe cognitive impairment; or impairment due to developmental/learning disability
  - An interest in medication management only

# OSP Does Not Offer

- Dialectical Behaviour Therapy (DBT)
- Crisis Services/Management
- Substance use counselling
- Relationship counselling
- Supportive counselling
- Case Management
- Housing or Financial Support
- Medication Management

# How to refer?

OSPwest.ca

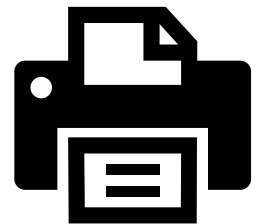
Ocean eReferral Network  
Search for OSP West



Email a completed referral form  
to [OSPWest@stjoes.ca](mailto:OSPWest@stjoes.ca)



Fax a completed referral form  
to 905-389-1152



**Thank you!**