



## **Community Mental Health Program Co-Occurring Disorders Outreach Program: Fact Sheet**

The WRHA Community Mental Health Program includes a range of services in the community that support adults experiencing health problems. One service offered is the “Co-Occurring Mental Health and Substance Use Disorders (CODI) Outreach Program”.

### **What is the CODI Outreach Program?**

The CODI Outreach Program is a rehabilitation oriented case management service that integrates substance abuse services with mental health services. It is for individuals who have complex mental health and substance use needs. CODI case managers have smaller numbers of clients so that they can work more intensely with individuals to build skills and develop resources needed to reduce the harms associated with substance use and be successful in any of the following life areas: living, learning, working, and participating in social network.

### **What services does the CODI Outreach Case Management Worker offer?**

The role of this worker is to integrate mental health and substance abuse services, and includes:

- Assessing and developing readiness to make changes in multiple areas in one's life, including substance use
- Goal setting
- Assessment of strengths, skills, and capacities
- Skill and resource development
- Individualized service planning
- Linking to services/resources

### **Who is eligible for the CODI Outreach Program?**

An assessment will be completed by the CODI Team to determine eligibility. Factors that will be taken into consideration are:

- Must be a resident of the Winnipeg Region who is eighteen (18) years of age or older
- Identified as having a major psychiatric disorder such as schizophrenia, major affective disorders, psychotic disorders, personality disorders and co-occurring substance use disorders
- Experiencing severe and persistent functional impairments that limit major life activities in one or more areas including home, work, school, or social network
- Lacks appropriate professional supports to meet clinical and functional needs
- Must require and desire intensive integrated substance abuse and mental health rehabilitation services that could not be met in a less intensive program.

### **How do I apply for the CODI Outreach Program?**

Ask your service provider to complete a CODI Psychiatric Consultation Request indicating that you want to be considered for the CODI Outreach Team.