

What is SPECTRUM?

SPECTRUM is a Douglas Institute program that includes psychosocial rehabilitation and community support services for people with mental health problems. Its mandate is to:

- a) develop social and community opportunities, in order to help individuals assume a secure and significant place within society;
- b) demystify mental illness and increase awareness of recovery among individuals with severe mental illness.

Information

The greenhouse is located at the Douglas Institute, 6875 LaSalle Blvd. All other services are located at the:

**Wellington Centre
4932 Wellington St.
Verdun, Quebec H4G 1X6
514-768-2668, ext. 328**

**Don't forget: SPECTRUM is
there for you!**

SPECTRUM

**Psychosocial
Rehabilitation and
Community Support
Services**

Douglas
INSTITUT MENTAL HEALTH
UNIVERSITAIRE EN UNIVERSITY
SANTÉ MENTALE INSTITUTE

www.douglas.qc.ca

Services

SPECTRUM provides a range of services designed to promote recovery by helping individuals live a normal, significant life in their community—a life that reflects their personal choices.

1. The Recovery Welcoming and Consultation Committee

When an individual is referred, this Committee offers support by:

- a) providing a recovery interview;
- b) familiarizing him/her with SPECTRUM services;
- c) providing individual follow-up, as required;
- d) helping the individual utilize other community resources, as required.

This committee can also arrange consultation services with other mental health workers.

2. Wellness and recovery services

Offer artistic, recreational, and community integration activities to help individuals regain a healthy lifestyle

- a) card workshop and papermaking workshop
- b) arts and crafts workshop
- c) ceramic and dried flower workshop
- d) woodworking workshop
- e) Café l'Expertise
- f) greenhouses
- g) social integration and socioprofessional services

(offered by the Commission Scolaire de Montréal and Lester B. Pearson school boards)

3. Work integration and recovery services

These services help individuals integrate into the workforce by offering social assistance and intensive support.

- a) IPS Individual Placement and Support
- b) Interagir (Social Assistance and Support Program)
- c) Boutique Uniquement Vôtre

4. Education and recovery services

These services offer higher education, geared towards obtaining a high school diploma.

1. Adapted Adult Education Program (Secondary I to V French and Mathematics) offered by the Wellington Center;
2. Partnership with the Pearson Adult and Career Centre (PACC).

5. Therapeutic and personal growth groups

These groups help individuals gain information and approaches to aid them on their personal path to recovery. Modules include:

1. self-esteem groups;
2. recovery, health, and well-being strategies;
3. medication management.

6. Peer helper service

Peer helpers guide individuals as they develop their personal Wellness Recovery Action Plan (WRAP), either individually or within a group.

To Register

Interested in joining SPECTRUM? Speak with your mental health worker, who will be required to send a referral to our office.