

INTEGRATING WELLNESS SUPPORTS INTO HOUSING PROGRAMS

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The Mustard Seed



THE MUSTARD SEED

- Christian Street Ministry
- Locations in Calgary, Edmonton & Red Deer
- Serving those experiencing poverty and homelessness since 1984
- Offering a range of holistic and innovative services
- Building Community, Growing Hope, Supporting Change



WELLNESS CENTRE (EST. 2016)

- [Wellness Centre Video](#)
- Services are provided on a drop in and appointment basis
- Care plans are individually tailored to meet the needs of each client
- Services are free of charge



WELLNESS SERVICES

- Services provided include:
 - General counselling, addictions counselling, massage, physiotherapy, chiropractic, occupational therapy, medical, advocacy, chaplaincy, literacy, hep C assessment & management, tax filing
 - Information and referral (internal & external)

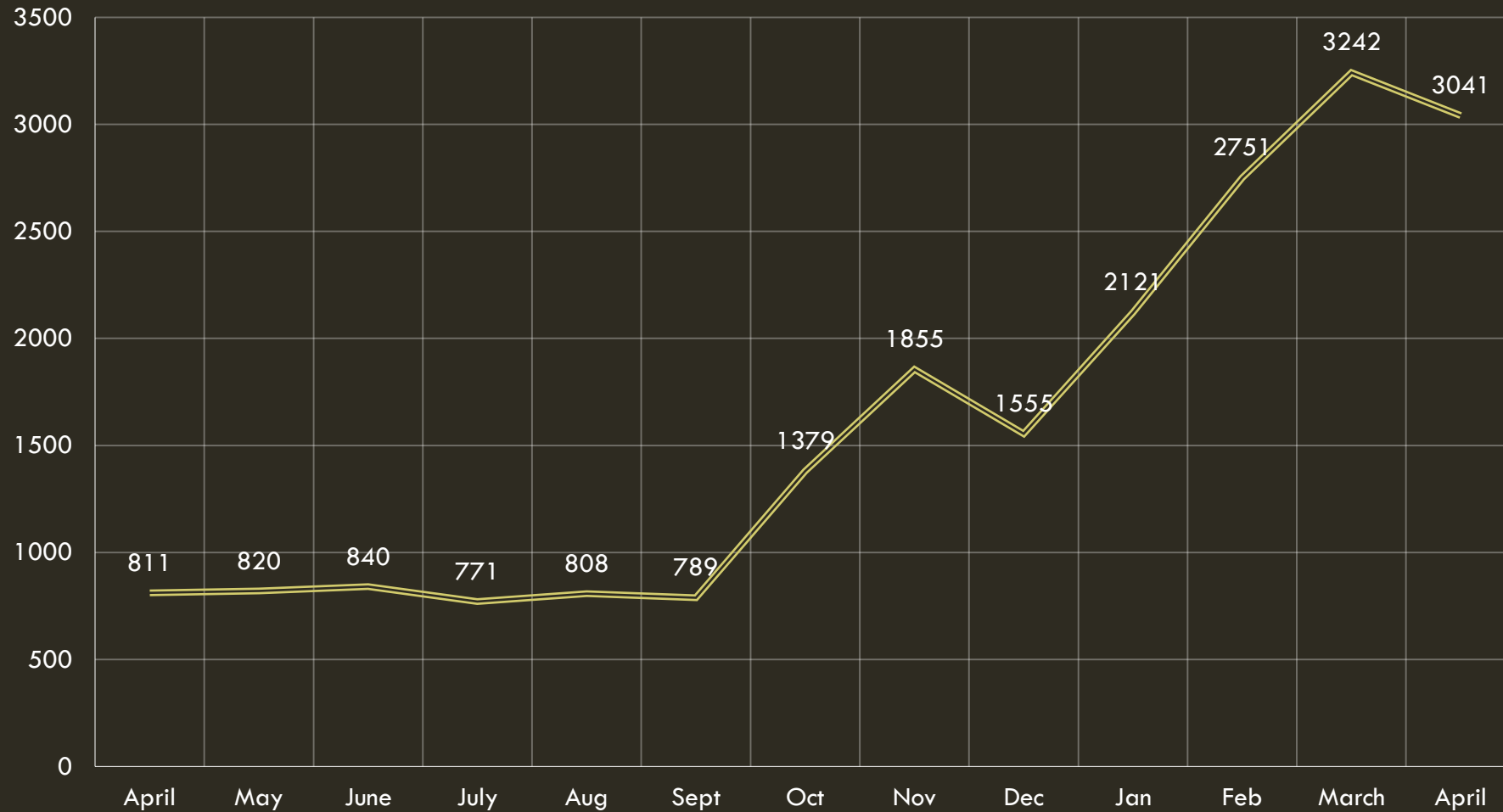


STAFFING MODEL

Paid Staff	Professional Volunteers & Students
<ul style="list-style-type: none">○ Registered Psychologist○ Addictions Counsellor○ Occupational Therapist○ 3 Advocates○ 1 Receptionist○ 1 Chaplain	<ul style="list-style-type: none">○ Receptionists○ Medical Doctors (CUPS)○ Physiotherapists○ Chiropractors○ Massage Therapists○ Faith Companions○ Counselling Students○ Occupational Therapy Students○ Social Work Students○ Nursing Students



WELLNESS SERVICE TRANSACTIONS



HOUSING & WELLNESS SUPPORTS

- Wellness Centre located in the base of PSH tower
- Supports intended to increase housing retention
- Staff work to improve physical health, mental health, spiritual health of clients
- Building relationships is key



CLIENT IMPACT

“A lot of people won’t go to another area – they won’t walk a mile to go see a doctor.”

“It’s not only the services they provide. It’s more, they treat you like a person here. Even if you just walk into those doors for the first time, they treat everybody the same. You’re not treated like a street person or somebody down on their luck.”



MOVING FORWARD

- Continue to tailor services to meet the need
- Increase service provision whenever necessary
- We are currently experiencing a lack of staff capacity and program space
- Funding is always an issue



CONTACT INFORMATION

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