

Addiction Services of Thames Valley, CMHA Elgin Middlesex and CMHA Oxford **Announce Integration**

LONDON | ELGIN | OXFORD, ONTARIO, April 13, 2021: Igniting hope and fostering change by providing a continuum of mental health and addiction education, supports and services will be the mission of the soon-to-be Canadian Mental Health Association (CMHA) Thames Valley Addiction & Mental Health Services.

After many months of working together at the governance, leadership and staff levels, Addiction Services of Thames Valley, Canadian Mental Health Association (CMHA), Elgin Middlesex branch, and Canadian Mental Health Association (CMHA), Oxford branch, have agreed to formally become one agency. It was a unanimous vote by all the Boards of Directors.

The vision we strive to reach: **Resilience for all through positive mental health and freedom from addiction.**

The integrated agency will be led by Beth Mitchell and Linda Sibley as co-CEOs for a period of approximately 12-18 months. “This will allow us to ensure an effective transition toward transforming our services,” says Beth Mitchell, CEO of CMHA Elgin Middlesex.

“The integration of addiction and mental health services will be a game-changer for our communities. In order to ensure we do not lose our specializations, Beth and I will work as a team to lead this important integration,” stated Linda Sibley, Executive Director of Addiction Services of Thames Valley.

The current Executive Director of CMHA Oxford, Lynn Wardell, will become the VP of Program Operations and Oxford Site Director. “Our model will strengthen local services. We will work hard at implementing a model that ensures services stay close to home. You have our commitment. Through this approach, we will have Regional Centres, hubs and mini-hubs throughout the Thames Valley region, creating programming across county boundaries – current boundaries that can get in the way of great service,” Ms Wardell explains.

Over the coming months, a transition plan will be executed, which will include the selection of the new Board of Directors as well as the Leadership Team for the integrated agency. It is anticipated that the integration will be finalized by July/August 2021.

Join us as we celebrate this incredible milestone!

About Addiction Services of Thames Valley

Addiction Services of Thames Valley provides community-based services to individuals living in London, Middlesex, Oxford, and Elgin Counties. ADSTV provides screening, assessment, treatment planning and addiction treatment services to persons who are concerned about substance use, problem gambling, and other behavioural concerns. ADSTV also provides support, education and treatment for family members. ADSTV operates in co-operation with local addiction, mental health and health care providers, through the Thames Valley region.

www.adstv.on.ca

About Canadian Mental Health Association, Elgin Middlesex

CMHA Elgin Middlesex provides community-based mental health services, housing supports, outreach and education through many locations across London, St. Thomas, Elgin county, Middlesex county, Strathroy, Exeter and Goderich. We promote mental wellness through responsive and innovative services and empower individuals on their recovery journey.

www.cmhamiddlesex.ca or www.cmhaelgin.ca

About Canadian Mental Health Association, Oxford

Canadian Mental Health Association (CMHA) Oxford is a community organization committed to building inclusive, healthy communities in Oxford County since 1986. Their current mission/vision statement is “We pursue hope, recovery and resilience for all”.

With a main office in Woodstock, and two secondary offices in Ingersoll and Tillsonburg, CMHA Oxford supports individuals struggling with mental health concerns, concurrent disorders (mental health and addictions) and/or homelessness. There is a variety of different programs and services, offered both in Woodstock and throughout Oxford County. CMHA Oxford is one organization in a group of agencies and individuals working in partnership. The Oxford County Mental Health & Addictions Network identifies and plans for county mental health services and resources. It is important for all of us to be aware of these partnerships. Efficient and appropriate service planning and provision involves the co-operation, flexibility and commitment of many people.

www.cmhaoxford.on.ca

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