



CANADIAN MENTAL  
HEALTH ASSOCIATION

ASSOCIATION CANADIENNE  
POUR LA SANTÉ MENTALE

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## FACT SHEET

# Transitional Bed Program

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### The basics:

- Transitional Beds are intended as temporary housing while you proceed on a gradual transition to independent living and mental health recovery.
- You must have a mental health disorder / illness - which can include Dual Diagnosis (mental illness with a developmental disorder) or Concurrent Disorder (mental illness with substance abuse).
- The location is staffed 24 hours/day by Mental Health Workers - non-clinical personnel specializing in mental health support in the community.
- Involvement is completely voluntary – you can leave or discharge at any time. Likewise, if you do not honour or respect the program guidelines, then you will need to find alternate living arrangements.
- You must be voluntarily involved with our Community Case Management or Court Support Services prior to considering intake to the Transitional Bed Program.
- The length of stay can be anywhere from 2 weeks to 52 weeks, depending on numerous variables.
- There is a cost to stay which includes both shelter and food – typically ranging from \$514 per month to \$665 per month or more – dependent on income.

### The details:

- The location is not a detention or monitoring facility – you can come and go at will.
- The residence is not intended to replace the purpose of a community shelter or hostel – it is specifically for assisting you by providing a stable living environment while you focus on mental health recovery.
- The Transitional Bed Program is not a bail Program; therefore it cannot replace or act the role of a surety.
- If you choose to leave the residence, emergency services are only contacted by staff if there is a perceived risk to your health and safety and/or others in the community.
- You will be responsible for independently completing activities of daily living – there are no supports on-site that will assist with personal care or completion of residence cleaning duties
- Alcohol and non-prescribed drug use is not allowed while you are involved with the program unless it is endorsed in writing as a harm-reduction strategy by an Addictions Counsellor.
- The location is not a clinical or hospital setting – there is no physician or nursing support on-site.
- Availability varies; therefore, there may be a wait list for service.

If you have further questions regarding the Transitional Bed Program, please contact us.