



# The Welcome Basket

Transitional Support after Mental Health and/or Addictions Treatment

## What is the Welcome Basket Program?

The Welcome Basket is a peer-based program to support individuals transitioning from hospital based Mental Health and/or Addictions treatment to community settings. Through this program we offer individualised baskets with either clothing, toiletries, small household appliances or groceries within a limited budget.

Our purpose is to welcome individuals back into the community by providing peer support, referrals and social support to prevent relapse. This program has been successful in the United States for the past 20 years, and has been implemented at the Centre for Addictions and Mental Health (CAMH) for the past 5

## How does it work?



- 1 Krasman Centre's Peer Supporters first meet individuals at hospital. A check list of needs and goals is prepared.
- 2 A Welcome Basket with clothing, toiletries, groceries, resources etc. is handed over in a community setting.
- 3 Peer Supporters continue to follow up with individuals in the community and at home to ensure wellness.

## What are the Benefits?

- Research at CAMH has shown individual improvement in community functioning, community integration and quality of life through the Welcome Basket program.
- Seamless integration into community following hospital discharge may reduce costs associated with repeated hospitalization.
- Individuals are more comfortable sharing their concerns with peers, as opposed to clinicians due to stigma or fear.
- The program is grounded in the recovery-based model, which complements the medical model as it offers a person-centered approach increasing comfort levels.

## What is Peer Support?

Peer Support is where people who have common experiences can share their stories of success and recovery, learning from each other how to cope, thrive and flourish. Speaking with a peer can be beneficial because individuals are more open to honestly sharing their struggles with others who have been there, and have lived experience of similar circumstances.

## What is the Krasman Centre?

The Lance Krasman Memorial Centre for Community Mental Health is a physical hub and resource for psychiatric and addiction survivors, homeless individuals and their families and friends. We serve York Region through drop in centres at Richmond Hill, Newmarket and Alliston. We operate all of our recovery-based programs with a variety of peer, mental health and addictions support and referrals to social services.



For details, or to register, please contact either Peer Supporter:

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