

Enabling Recovery through Action

A continuum of community and workplace interventions aimed at supporting personal recovery, return to work, and mental health wellness.



ERA Mental Health Services are provided by an occupational therapist specializing in mental health rehabilitation. ERA is a goal-oriented rehabilitation program that looks beyond illness to see individual resilience and capacity for recovery.

Assessment

Assessment is undertaken in the individual's environment to determine current mental health functioning, ability to perform daily living skills, and rehabilitation requirements

Individualized Rehabilitation and Activation

Individualized Rehabilitation: Recovery oriented services that include psychosocial rehabilitation; skill development in activities of daily living; active problem solving; rehabilitation readiness; cognitive behavioural techniques; early intervention or referral for crisis management; collaboration with other treatment professionals; and case management

Activation Programming: Structured goal setting and gradual integration of home and community activities; may also include exercise programming

Return to Work Services

Cognitive and Psychological Job Demands Analysis

Workplace Accommodation Assessments

Return to Work and Stay at Work Programs: Structured, goal oriented plans; integration of duties based on functional abilities and limitations; skill and strategy development to enable optimal job performance; regular onsite follow-up

Training Workshops: Mental health wellness and awareness



Work-Able SOLUTIONS

Occupational Therapy Consulting Services

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