

## **Complex Needs** is...

- Supportive Staff
- In-home support
- Help with medications
- Independent living skills
- Healthy living
- Recreation
- Cultural connections
- Help finding a home

The Lighthouse Supported Living has 16 rooms plus one respite bed allocated for the Complex Needs Supported Housing Program.

Participants are offered a higher degree of independence as opposed to a typical group/care home setting.

Support staff help participants learn basic daily living activities like preparing meals, taking medications, learning essential life skills, and obtaining basic needs.



### **Our Vision**

Building people up holistically with dignity, respect and love.

### **Our Mission**

To be a dynamic, innovative housing and service provider in the communities we serve assisting individuals to reach higher levels of personal growth, independence and resilience by providing supports and meeting needs through a client-centred approach.

**Complex Needs** is a Saskatchewan Health Authority funded program of The Lighthouse Supported Living Inc. in partnership with Mental Health and Addiction Services

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## **Complex Needs Supported Housing Program**



A one-year, by referral, supported housing program for people with complex mental health issues which may include substance use disorder (addictions), who are interested in achieving a higher level of independence.

## **Complex Needs**

### **Program Details**

This is a one-year program. Referrals are primarily through Mental Health and Addiction Services, and the Dubé Centre Inpatient Services. At the end of the stay, staff assist participants to find their next home.

Clients are encouraged to attend programming twice a week consisting of various essential living skills and therapeutic activities.

This can include:

- Independent living skills
- Psychoeducation
- Leisure
- Good hygiene practices
- Keeping a clean home
- Stress/anxiety management
- Time Management
- Education/training support
- Job search

#### **Meals**

Participants have access to three nutritious meals and a snack each day. They are prepared and served in The Lighthouse common dining room.

## **Complex Needs**

### **Program Details** (Cont'd)

#### **Supports Available**

- In-house Community Mental Health Registered Nurse
- In-house SHA medical clinic
- Case manager
- Addictions Counsellor services
- Care Aide services
- Support staff available 24/7
- Spiritual/cultural care
- Free laundry
- Free cable

#### **Rooms**

Each of the Complex Needs rooms features its own bathroom, a bed, dresser, and chair.

Most participants find ways to make it their own home by adding things like a TV, sofa, DVD player, stereo, mini-fridge, coffee maker or a microwave.

Participants also have access to a community room and gym.

## **Complex Needs may be for you if:**

- ✓ You are recovering from a mental illness or substance use disorder.
- ✓ You are struggling to manage your mental health or substance use disorder.
- ✓ You need help getting back on your feet.
- ✓ You are working to become more self-sufficient and want to live more independently.

## **Interested?**

### **Have questions?**

Talk to:

- Your Dubé Centre nurse
- Your Community Mental Health Nurse
- The SHA Community Liaison Nurse (306)514-8096
- The Lighthouse Intake Coordinator (306)653-6664