



**Canadian Mental
Health Association**
Newfoundland & Labrador
Mental health for all



*years of
community*

“Over the last 10 years,

the Justice program has had the privilege of supporting 112 individuals. These individuals allowed us into their lives as they embarked on a journey of change and recovery. We walked with them on this journey as they put in the hard work, dedication and the commitment to change their lives.

Since the Justice Program began, we have seen our clients reconnect with family, complete secondary and post-secondary education, begin careers, and make meaningful connections in their community.

The Justice program cannot do this work alone. We have had tremendous support over the years from our key stakeholders, including the Department of Justice, Health and Community Services, Newfoundland and Labrador Housing, Advanced Education, Skills and Labour, Her Majesty's Penitentiary, Regional Health Authorities, and partnering community agencies. Collaboration has allowed for the individuals of the program to ensure their needs are met.

The generosity of our community should also be noted. Donations of clothing, cell phones, household supplies, bus passes, gift cards, and hygiene products help to build our Release Kits and provide necessary provisions to the individuals in the Program. Perhaps, just as important, this kindness shows the members of our Justice Program that their community supports them and cares about them.

This program would not be the success it is if it wasn't for the dedicated Social Work Case Managers who have offered endless compassion, accountability, and a belief in each individual's capacity to live a different life. I would like to thank each team member, past and present, for their commitment and contribution to the Program.

It has been an honour to be a part of the Justice Program from its inception and I look forward to what the future will bring as CMHA-NL continues to grow and expand this exceptional service.”

Heidi Edgar

Justice Program Manager



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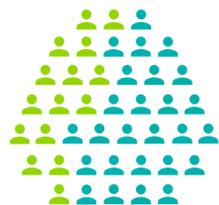
About the Justice Program

The Justice Program provides individualized support services to persons diagnosed with a mental illness, concurrent disorder, or dual diagnosis within the correction system. Social Work Case Managers work with members of the program during incarceration and after release for a period of 12 - 18 months.

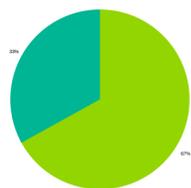
Case Managers of the Justice Program work to build a trusting and productive relationship with the individual, providing the support and resources needed to achieve goals, and stabilize and improve the individual's quality of life.



100% of members of the Justice Program living in the community are currently living in their own apartments, or with family members.



15/41 client referrals were accepted to the program in 2019, allowing us to provide support and intensive case management to an additional 15 individuals.



67% of the individuals supported by the Justice Program have not reoffended/been reincarcerated.

*Data as of March 31, 2019.



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“They [the Justice Program Case Managers] have been a big help. When you have no one to turn to by burning bridges or lose [sic] trust – you know they are there if you screw up. I don’t want to screw up or let them down. They don’t judge you or look down at you. They don’t condone but understand if you screw up.”

“I have GST, Income Support, got my ID, got my high school degree, longest I've been out of jail, got a bus card. My life is put together. If I never had their help I would be back in jail. I have more stable housing. I was in a bedsitting room and now have my own two-bedroom apartment.”

“I learned that there are people that will help you. Something good came out of being in prison - being connected with the Justice Program and John Howard. I had a lesser charge since the program and then nothing. In the past I had been evicted multiple time [sic] from my housing; now I have a stable home.”

“[Since being in the program], I can now talk openly. I am choosing now to take ownership of my actions. I am choosing a better way than aggression to deal with my frustration. I am able now to let things go and make positive choices. I am eating better and healthier. I now only worry about me - less worrisome. I am less arrogant. I am better communicating and listening... Still taking meds for my mental health, but better options.”

WHAT OUR MEMBERS ARE SAYING ABOUT CMHA-NL'S JUSTICE PROGRAM

“My life will be better. I used to be unmanageable; I was not able to cope with things and was living life on the edge. I had no self-esteem or confidence and was doing irrational things. Now I am starting to find myself – to live a little.”

“Better- sobriety; shelter; reconnected with child; improved self-confidence. I don’t think I would be here without the program - not in the same point now (with my life together). Helped with mental health, so I am not back in jail.”

“I got new life skills (how to stay clean and sober); how to stay away from negative influences. Have recently got on methadone. Longest time not in trouble: it took me 20 years to be 100% free. Usually I am back in jail in less than six months. This is the first time I am free. More contact with my child since the program.”



Visit www.cmhanl.ca/what-we-do/justice-program/ to learn more.



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Which Items Would You Need to Start Your Day?

In addition to intensive case management, the Justice Program also provides individuals with 'Release Kits', which can include an assortment of every-day hygiene products, basic household items, clothing, and other essentials.

Metrobus Transit passes, pre-owned cell phones and prepaid phone cards are also necessary tools and can assist our members in attending appointments, seeking employment, and securing stable housing.

The Justice Program welcomes community support and frequently accepts donations of new and gently used items. Which items can you donate?

- shampoo
- chapstick
- toothpaste
- toothbrushes
- deodorant
- deodorant
- soap
- toilet paper
- paper towel
- light bulbs
- clean linens
- clothing
- furnishings
- small appliances
- gift cards
- bus passes
- phone cards
- pre-owned cell phones

For a list of current needs, please contact CMHA-NL's Justice Program Manager at 709-753-8550 or office@cmhanl.ca.

