

ERA MENTAL HEALTH SERVICES

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

ERA Mental Health Services are provided by occupational therapists in mental health.



OUR MISSION

To look beyond illness to enhance individual resiliency and capacity for recovery.

To develop practical and collaborative strategies to overcome challenges.

To provide evidence-based services.



Work-Able SOLUTIONS

Occupational Therapy Consulting Services

Work-Able Solutions offers a full suite of occupational therapy services that may be covered by health insurance benefits.

Mental Health Rehabilitation

Cognitive Assessment and Rehabilitation

Physical and Cognitive Demands Analysis

Return to Work and Stay at Work Programs

Workplace Accommodation Assessment

Functional Capacity Evaluation

Home/Activities of Daily Living Assessment

Accessibility/Equipment Needs Assessment

Office and Industrial Ergonomic Assessment

Ergonomic Design Consultation

Ergonomics and Injury Prevention Training

Wellness Training



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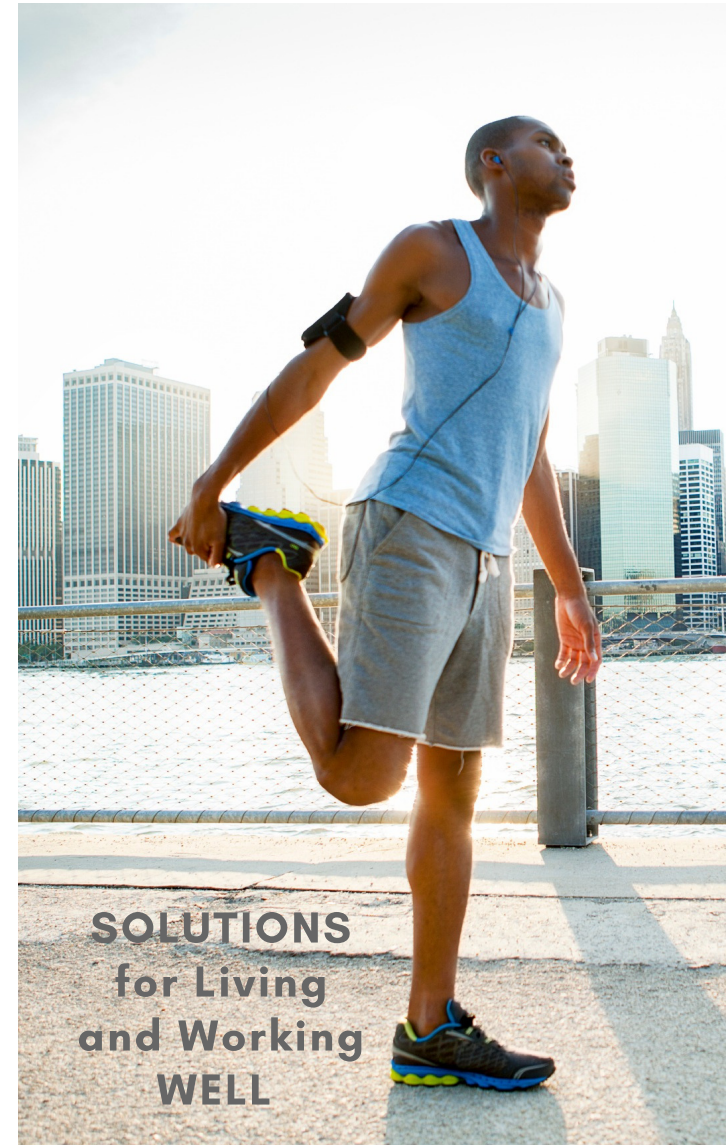
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Enabling Recovery through Action
ERA MENTAL HEALTH SERVICES



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ASSESSMENT

Assessment is undertaken in the individual's home or workplace to determine mental, cognitive, and physical health functioning. Functional skills, abilities or behaviours that support or limit participation in desired roles and daily tasks are identified. Factors such as level of engagement in daily life and return to work potential are identified.

REHABILITATION

Rehabilitation is individualized, activity-oriented, and may include psychosocial rehabilitation, activation, exposure therapy, action-based and work-focused CBT, mindfulness, cognitive work hardening, and environmental adaptations. The occupational therapist will teach practical strategies and life skills that support recovery and positive mental health. Rehabilitation helps to structure and enable participation in daily activities, assist to change unhelpful thought patterns and behaviours, facilitate return to work, increase confidence in abilities, and support relapse prevention.

WORKPLACE SERVICES

Early Intervention/Stay at Work Program

Early workplace intervention is an effective strategy when mental health difficulties are impacting attendance or work performance. The occupational therapist will work with the individual and the employer, identify areas of concern, provide targeted interventions aimed at building skills and coping strategies to improve productivity, reduce absenteeism, and prevent time loss. Consultation services are also available for supervisors to allow them to confidently support employees with mental health concerns and manage workplace issues proactively.

Return to Work (RTW) Program

The occupational therapist will coordinate the RTW, provide weekly follow-up, and assist the individual to develop skills that enable optimal job performance for a sustainable return to work. Structured, goal-oriented RTW plans are provided, with clearly defined integration of duties based on functional abilities and limitations.



Cognitive Demands Analysis (CDA)

An objective evaluation of the cognitive, emotional and behavioural demands required to perform a job. Our reports can be used to determine a job match, plan return to work, identify accommodation needs, enhance an existing job description, and facilitate communication with health care providers.

Workplace Accommodation

The occupational therapist will determine specific and reasonable accommodation strategies to fit an employee's functional abilities and restrictions to the job, and ensure compliance with current legislation.

Mental Health and Wellness Training

Improve wellness and mental health resiliency within your organization. We offer a variety of training sessions on mental health awareness and wellness topics such as mindfulness, stress management, sleep, exercise strategies, communication skills, life balance, time management, and much more.



**For more information or to
make a referral please call
204-338-0601 or email
info@workablesolutions.ca**