



Backgrounder

Developed and delivered by Dalton Associates for the OPPA, in cooperation with the Ontario Provincial Police (OPP) and the Government of Ontario, the Encompas Mental Health Wellness Program will provide OPPA members and their families with unprecedented access to the support they need.

Encompas Mental Health Wellness Program Highlights

OPPA, COA and Retired OPP Members

- 24/7-365 access to regulated health professional case managers who will be able to triage and connect individuals to the appropriate clinical professional services
- Experienced clinicians who have special training in law enforcement culture
- First responder treatment facilities (exclusive centres available to active and retired OPP members when referred by the clinical professionals)
- Holistic circle-of-care inclusive of aftercare services
- Specialized website with a secure portal for confidential access to wellness resources
- Tailored programs and assessment tools
- Immediate crisis support
- Distance (virtual) counselling

Eligible Dependents

- Access to an expansive list of mental health professionals in all relevant OPP locations
- Family members can call Encompas to establish a point of contact on behalf of a member who may be reluctant to reach out
- Access to aftercare resources to support the member and their family through the continuous care cycle

Dalton Associates, established in 1995, is a mental health and psychological services organization whose mission is to provide specialized mental health and wellness services that are culturally sensitive, safe, accessible, and timely, within communities throughout Ontario. Over the past two and a half decades, Dalton Associates has grown to include over 150 psychologists, psychotherapists, and social workers throughout the province, all of whom have specific skills and experience to support individuals of all ages, couples and families deal with a myriad of mental health and wellness challenges. Specifically, they have worked with first responders, including police officers, for decades through their counselling and assessment services divisions, supporting them towards sustainable mental wellness at home and at work.

Useful Links

Encompas Mental Health Wellness Program – www.encompascare.ca

Dalton Associates – www.daltonassociates.ca

Ontario Provincial Police Association – www.oppa.ca