

Men's Mental Health

Curb Notes

The First Layers of Men's Mental Health

Jessica Gowers, Communications & PR Coordinator

Every program at Mission Services of London intersects in some way with men's mental health, a thread running through the experiences of many men facing crisis, homelessness, addiction, and/or recovery.

"Coping with mental health challenges is a journey that lasts a lifetime, **but we do see improvements immediately,**" says Lisa Misselbrook, Director of Addiction & Mental Health Programs. Lisa oversees MSL's four-month, live-in addiction treatment centre for men, Quintin Warner House (QWH), as well as our crisis outreach and intervention teams, Community Mental Health Programs.

"For men who have been worried about where they will sleep, if they have been able to sleep at all, that first night at QWH provides a safe bed and a room of their own, something they may have never experienced," Lisa explains. **"By the very next morning, we often see the first signs of change in their well-being."**

At the Men's Mission, MSL's emergency shelter for men aged 16 and older, staff also recognize how mental health often reveals itself in day-to-day interactions. "Struggles can show up in many ways, through anger, outbursts, tears, isolation, a combination of these, or something entirely different," says Mary-Jo Hartman, Direct Care Supervisor. **"Sometimes, the only sign that someone is struggling may be that their actions seem hard to understand."** Our role as the direct care team is to stay attentive to each individual's patterns so we can be there when they need us. In doing so, we want to show them they are cared for, create a safe space to foster healing, and build trust."

Continued...



Lisa Misselbrook
*Director of Addiction & Mental Health
Programs (QWH & CMHP)*



Mary-Jo Hartman
*Direct Care Supervisor
(Men's Mission)*



Paola Dugand
*Direct Care Supervisor
(Rotholme Family Shelter)*



Len Devost
*Food Services Supervisor
(Shelters)*



This same attention is vital at Rotholme Family Shelter, MSL's emergency shelter for families, where it is not uncommon to see single fathers. "Building a strong rapport between the parent(s) and their caseworker is very important," notes Paola Dugand, Rotholme's Direct Care Supervisor. **"For men in particular, being vulnerable can be difficult because of the pressures surrounding masculinity and what it means to open up and ask for help."** It often takes time to develop a sense of emotional and mental safety."

Fostering spaces that promote trust and stability is a continuous effort across all of MSL's sites and programs. Meeting immediate needs forms a foundation for mental well-being, but mental health support is also woven throughout staff interactions and programming.

"All aspects of QWH's addiction treatment program are intentional with mental health in mind, especially since addiction and mental health are often addressed together," Lisa explains. "Over four months, and for some men, up to an additional year in our Annex Aftercare Program, we focus on routine and overall health. This includes nourishing meals prepared by the kitchen and participants, daily exercise at the gym, group activities and living in a community to reduce isolation, individualized treatment plans with an Addiction Counsellor, rebuilding healthy relationships, anger management, and more."

As Lisa mentioned, nutrition and meals are one of the ways MSL supports both physical and mental health. Len Devost, Food Services Supervisor of the Men's Mission and Rotholme kitchens, sees food as a bridge to connection. "My hope is that when people come to the dining room, they're able to experience a moment of pause and ease. **Sharing a meal together, with food serving as a universal language and even an icebreaker, opens the door for new conversations, and potentially new relationships, for people who may not have had the opportunity to connect otherwise,"** Len shares.

Just as the dining room can foster a sense of welcome and belonging, Mary-Jo stresses that every space at the shelter contributes to mental wellness, nurtured by staff and volunteers who share MSL's values of compassion, hope, integrity, and diligence. "We want them to know that all of us here care about them, whether they're passing by in the hallway, sitting in a common area, or stopping for a chat."

She continues, "It's also crucial for caseworkers to earn the trust of the participants they directly support. **We want each man to feel that he has a place to honestly discuss the barriers he perceives to achieving the future he desires, which may include issues related to mental health, because understanding those barriers is where real differences can be made and support provided."**

This same principle extends to housing. Paola and the direct care team at Rotholme note that progress toward housing supports mental wellness, while mental wellness, in turn, is essential for sustaining housing. "After a family obtains stable housing and leaves Rotholme, a Housing Stability Worker stays connected with them," Paola explains. "We recognize that the transition from shelter to housing is significant, and as we prepare the parent(s) for this step, mental health referrals may be part of their broader network of support. **Across MSL, we understand that mental health care is ongoing, and we want participants to feel ready as their journey continues beyond our programs."**

For anyone, male or female, struggling with mental health, support is available. MSL's Streetscape team can provide guidance, resources, and care. You can reach them at (519) 439-7700, Monday to Friday, 8:00 AM to 4:00 PM. To learn more about Streetscape and the supports available, visit: missionservices.ca/cmhp.

Community Resources for Mental Health or Crisis Support

Streetscape:

(519) 439-7700

<https://missionservices.ca/cmhp/>

The Crisis Centre:

(519) 434-9191

<https://cmhatv.ca/find-help/mental-health-addictions-crisis-centre/>

Reach Out:

(519) 433-2023

<https://reachout247.ca/>

Thanksgiving at Mission Services of London

Men's Mission, Rotholme Family Shelter, and Quintin Warner House recently celebrated Thanksgiving with the participants we are blessed to serve. Thanks to Dillon Consulting and other generous donors, each site enjoyed a festive meal complete with turkey and all the traditional fixings, prepared by Mission Services of London's (MSL) talented cooks.



Dillon Consulting

At Quintin Warner House, the celebration extended beyond current program participants, as men in the Annex Aftercare Program and past graduates were welcomed back to the main dining room to reconnect and share the holiday together.

The holidays hold special meaning in our emergency shelters and addiction treatment centre, providing an opportunity for participants to feel supported and cared for on a day often spent with family, friends, and loved ones.

MSL is deeply grateful to the donors who made these celebrations possible, whether by donating food that the cooks prepared with care or by helping cover the cost of holiday meals. Thank you for ensuring our neighbours in need experienced the warmth of Thanksgiving.

Scan Away Hunger™ Returns to Grocery Stores in London!

Thursday, November 6, 2025 — Wednesday, December 17, 2025

Participating Locations:

- Remark (1190 Oxford St. W, London, ON)
- Your Independent Grocer — Wortley (179 Wortley Rd, London, ON)
- Your Independent Grocer — Oxford (234 Oxford St. E, London, ON)
- Mission Store (797 York St, London, ON)



By adding \$4.49 (or multiples thereof) to your total at checkout, or by donating online at missionservices.ca/helpscanawayhunger, you can help cover the cost of a meal for a man, woman, or child in one of our emergency shelters or our addiction treatment program.

Across Mission Services of London's (MSL) three kitchens, located within the Men's Mission, Rotholme Family Shelter, and Quintin Warner House, over 500 meals are served per day. In the 2024-2025 fiscal year, 184,420 meals and snacks were served.

Thank you for considering your neighbours in need, and for coming alongside MSL to help ensure that individuals and families can receive the support they seek.

Nourishing the Mind, Body, and Soul

Whether your heart is for supporting mental health or providing nourishing meals, your online donation will support men, women, and children receiving care through Mission Services of London. **Thank you for helping provide both physical nourishment and support for mental wellness.**



[missionservices.ca/
nourishmentandmentalwellness](https://missionservices.ca/nourishmentandmentalwellness)

Impacting LIVES through sites and programs:

Men's Mission

459 York Street
519-672-8500

Rotholme Family Shelter

42 Stanley Street
519-673-4114

Quintin Warner House

457 York Street
519-434-8041

Community Mental Health Programs

4-797 York Street
519-439-7700 (Streetscape)

Mission Store

4-797 York Street
519-438-3056

Mission Services of London Foundation

4-797 York Street
519-433-2807

Administration Office

4-797 York Street
519-433-2807

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LinkedIn, and Instagram

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jgowers@missionservices.ca

Charitable Registration

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Thank you to our
government funders:



Ontario
Health



Wind Down of Summer at Rotholme Family Shelter

Summer is always full of life at Rotholme Family Shelter, with children out of school and eager to stay active. Thanks to the generous support of Jill Wilcox Foundation, Kiwanis of Forest City, Kiwanis of Middlesex, May Court Club of London, TD Bank Group, Ursuline Sisters of Chatham, and other donors, Rotholme Summer Camp provided engaging activities and fun all season long. This year, camp ran from Monday, July 7 to Friday, August 29.

TD Bank Group's volunteers also hosted another Summer of Hope Day, on Wednesday, August 13, giving the children a joyful day filled with excitement, from a bouncy castle to an afternoon visit to the London Children's Museum.

Toward the end of summer, on Wednesday, August 27, each child picked out their backpacks and school supplies for the year ahead. This was made possible by generous donors to this year's Fill the Bus campaign, including Kindness Above Everything, which contributed 40 backpacks filled with essential items.

Mission Services of London extends heartfelt thanks to all the donors and contributors who helped make this summer and back-to-school season memorable for the children at Rotholme Family Shelter.



*TD volunteers and the bouncy castle
at Rotholme Family Shelter*



*Summer colouring page by one
of the children*



*TD volunteers at the London
Children's Museum*



*Kindness Above Everything
and Rotholme staff*