

ADDITIONAL INFORMATION:

Supervision

The Youth Treatment Centre will be staffed 24 hours a day, with a minimum of one staff person for every two youth. During the week days there will be many more professionals on-site, including counselors, teachers and support staff.

Safety

The young people will not be in treatment due to criminal behaviour as the treatment centre is not a youth corrections facility. Some of the residents may have a history of engaging in risk taking or disruptive behaviour in the community, which will be addressed through the treatment program.

Community Input

A local advisory committee has been established to provide ongoing input to the program development. Representation from an additional community member would be welcome.

Interested parties should contact Susan MacLeod, the Program Manager at 752-4950 or by e-mail at: susan.macleod@easternhealth.ca.

FOR ADDITIONAL INFORMATION CONTACT

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INTRODUCTORY INFORMATION

Treatment Centre for Youth with Complex Mental Health Needs

YOUTH TREATMENT CENTRE

The Treatment Centre for Youth with Complex Mental Health Needs has been announced for the Town of Paradise, NL. It is being developed by the Provincial Government under the direction of the Department of Health and Community Services, and will be operated by Eastern Health.

A second Youth Treatment Centre for Youth with Addictions will be located in the Town of Grand Falls-Windsor, NL. Together, these two facilities will enhance services and treatment options available to youth in our own province. At present, youth who require these levels of treatment are required to travel outside the province for extensive periods of time.

The facility in Paradise will have capacity for up to 12 young people between the ages of 12 and 18 years. It will be divided into three living areas which will each house a maximum of four youth.

There will also be classrooms, recreational space, an administrative/office area and an apartment for visiting families.

The treatment centre will include a program manager and staff from a number of specialized clinical fields including child and youth care, nursing, psychology, psychiatry, social work, occupational therapy, recreation therapy, art therapy, music therapy and the public school system.

ABOUT THE YOUTH

Young people at the treatment centre will come from a wide variety of backgrounds and struggle with a wide array of complex mental health issues.

Most of the young people referred would have already received mental health services in the community; however, due to the seriousness of their issues, they require a more intensive treatment environment to achieve their goals.

Some may have a diagnosis such as depression, bipolar disorder, conduct disorder or attention deficit hyperactivity disorder (ADHD) and have trouble coping at home and in their community. They may have a combination of mental health issues that cause them to experience self-harming behaviour or thoughts of suicide.

Some young people may have experienced trauma, abuse or have serious conflict within their family and may be having trouble coping as a result.

Many of these young people will not have experienced success in the regular school system due to their particular issues or challenges and may have major gaps in their learning.

Some may have used alcohol or other substances as a way of coping with their problems or may have engaged in other risk taking or self-destructive behaviour.

However, if addiction is their primary problem they will be referred to the treatment centre in Grand Falls-Windsor.

ABOUT THE PROGRAM

Young people from around the province will be referred to the treatment centre by a professional working with them in the community. A provincial admissions committee will screen referrals and make a determination based on the nature of the young person's issues, as to whether the young person is most suited for the complex mental health centre in Paradise or the addictions treatment centre in Grand Falls-Windsor.

The average length of stay at the treatment centre will be 6 months; however young people may stay for up to a year, depending on their individual needs.

The treatment program offered at the centre will include individual, group and family counseling. The centre will provide a safe environment for young people, providing structure and routine, and use everyday life experiences as a guide to daily living and coping skills. Youth will also engage in therapeutic recreation, art and music therapy. Young people will attend school on site with learning goals based on their individual needs.

Staff will work closely with families of the young people to ensure that when they return home following treatment, the transition is positive and families have the tools they need to continue to support the youth.

As this is a provincial service, many youth will be far away from their family and home community while at the centre. For this reason, an apartment will be provided on site that family members can use, so they can be comfortable while participating in the program with their child.