

January 7, 2014

Donna Green
Founder, Stella's Place
dgreen@stellasplace.ca

Dear Donna,

I am writing in support of Stella's Place Assessment and Treatment Centre, a proposal to develop Canada's first non-residential community-based centre for young adults with mood disorders.

The mental health and addictions needs of transitional aged youth require increased attention and a refocusing of resources. Young adults represent the future of our province and too many of these individuals who suffer from mental illness experience challenges in accessing the assessment and treatment resources they need to thrive in the community and plan for productive lives.

Stella's Place aims to provide thorough multidisciplinary assessment and holistic individualized treatment. Programming in this innovative centre would be based on individual needs, interests and stages of discovery enabling young adults to develop skills and build resiliency within a peer-driven, recovery-focused culture. Clients between the ages of 16 and 30 would have access to therapeutic and educational groups, mentors, fitness and nutrition expertise, a drop-in café, internet, art and other creative work and resource information. Clients would be able to choose their level and intensity of involvement and the activities would be integrated in their involvement in school, volunteering and work.

Stella's place also plans to offer best practice treatment interventions including Cognitive Behaviour Therapy (CBT) for depression, anxiety and addiction, Dialectical Behaviour Therapy (DBT) for complex mood disorders, personality disorder, self harm and other behavioral challenges and Mindfulness Based Stress Reduction (MBSR) for stress and symptoms management and relapse prevention.

A comprehensive plan has been set out for the creation and staged development for Stella's Place including staffing, budget, programming and program evaluation. As the project develops, CAMH will look forward to collaborating so that we can provide the best care possible for this vulnerable population.

Sincerely,



Catherine Zahn, MD, FRCP(C)
President and CEO