



uOttawa

December 20, 2013

To whom it may concern:

I am writing in strong support for Stella's Place, Canada's first community-based integrated assessment and clinical treatment centre for young adults with mental health needs.

I am from the Champlain LHIN where we have piloted multi agency transitional services for 16-24 year olds. From Stats Canada data, it is a fact that from 2003-2008, three times as many 16-24 year olds died from suicide than all forms of cancer combined! Through the Ontario Centre of Excellence for Child and Youth Mental Health, my research team completed a policy ready paper on this subject. It can be found on the Centre website under policy ready papers - *Davidson, S., Cappelli, M., Vloet, M. Policy Ready Paper 'We've Got Growing Up to Do. Transitioning youth from child and adolescent mental health services to adult mental health services'*.

There are thousands of young adults in Ontario who are suffering from mental health disorders, and far too often they fall through the cracks of an overcrowded and poorly coordinated cadre of under resourced services.

Although there are many excellent mental-health clinics and support groups serving adults with mood and other disorders, young adults are being overlooked.

The way health funding in Ontario is structured, a newly diagnosed young person up to 16 years old is assessed and treated in the paediatric mental health services and then transitions or transfers to adult mental health services. A newly diagnosed 16-18 year old can be treated either in paediatric mental health services and transferred or transitioned OR will be treated through the adult system. But, a teenager's experience of a mental-health disorder is very different from that of an adult. They will often feel out of place, alienated and abandon the attempt to heal.

When it opens, Stella's Place will provide comprehensive assessment and treatment services at no cost to young adults between the ages of 16 and 30 with complex mental-health needs. It will not duplicate existing services, but rather help people navigate through the services available in Ontario while offering crucial missing pieces. These will include:

- Comprehensive, integrated assessment and clinical treatment services;
- A flexible menu and help in designing a program that feels right to each individual;
- Access to clinical staff (psychiatry, psychology, social work, nursing, nutrition);

Children's Hospital of Eastern Ontario

401 Smyth Road, Ottawa, ON K1H 8L1  
Tel: (613) 737-7600 · www.cheo.on.ca

Making a difference in the lives of children, youth and families

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Faire une différence dans la vie des enfants et des adolescents

- A suite of clinically proven individual and group therapies, creative arts, fitness, health, wellness and life management strategies, vocational and educational support and planning;
- Peer mentorship; and
- Transition coaches to help them navigate through their recovery process and make connections in the community.

The Stella's Place model aligns with Premier Kathleen Wynne's commitment to move forward with the next stage, the adult stage, of Open Minds Healthy Minds, Ontario's comprehensive Mental Health and Addictions Strategy. It is a perfect example of a private-public partnership as government continues to look for new ways of delivering health care to Ontarians.

Additionally, it can potentially relieve stress on Community and Provincial Social Services and specifically target the ongoing problem of young adults who otherwise fall through the cracks.

Young adults should not be defined by their mental illness. Through prevention, comprehensive assessment, traditional and non-traditional therapies and a focus on lifestyle management, Stella's Place will offer the support and tools they need to help them regain and manage their lives.

For more information on this incredible project, please visit [www.stellasplace.ca](http://www.stellasplace.ca) or contact Donna Green at [dgreen@stellasplace.ca](mailto:dgreen@stellasplace.ca).

Sincerely,

A handwritten signature in black ink, appearing to read 'Simon Davidson', written in a cursive style.

Simon Davidson, M.B., B.Ch., F.R.C.P.(C)  
Professor of Psychiatry and Paediatrics,  
Clinical Professor of the School of Psychology, University of Ottawa;  
Regional Chief, Specialized Psychiatric and Mental Health Services for Children and Youth (CHEO/ROMHC),  
Medical Director of the Mental Health Patient Service Unit,  
Chief Strategic Planning Executive,  
Ontario Centre of Excellence for Child and Youth Mental Health,  
Children's Hospital of Eastern Ontario.