Message from the Executive Director & President

At Stella’s Place our success is rooted in our boldness. Boldly, this year we doubled in size and delivered for the first time, our full-spectrum of clinical and recovery services for young adults, 16 to 29. It has been a year of discovery and consolidation, and of growth and capacity building. We have built up programs, co-designed with the young adults, to offer wholistic services, supports and opportunities for participants (service users). We have developed a consolidated manual of policies and procedures, robust IT and technology platforms for young adults and staff, and strengthened financial management practices. All this change is supported by our belief that young people have the capacity to choose their path and manage their own mental health.

We have learned that to honour our commitment to respect the capabilities of young adults, we need to embrace complexity. This means being flexible, learning as we go, evaluating constantly, and shifting practices based on continuous feedback and measurement of outcomes.

This start up, pioneering mentality—the boldness to keep moving forward and the flexibility to adjust as needed—has been critical to our growth and success with our participants. We are proud of the overwhelmingly positive outcomes we are seeing—a full 94% of participants are satisfied and 88% agree that their voice is heard here at Stella’s Place.

Corporate and government funders are noticing what Stella’s Place is doing differently—collaborative, co-designed peer, clinical and wellness supports in an integrated community-based hub. In 2017, we received Ministry of Health project funding for our online platform development, and a commitment to operating funds for 2017-2018 and 2018-2019. The City of Toronto has supported our Peer Support Training Program. In addition to support from our generous private donors, we have received funding from RBC, Scotiabank and CIBC to deliver a range of wellness, recovery and online supports.

We applaud the government, private and corporate donors for understanding that young adults deserve better mental health care and investing in the bold solutions Stella’s Place offers. We thank our talented and committed staff and volunteers—true champions for young adult mental health. And to our growing community of young adult participants, we know you have tremendous capacity and capabilities. Thank you for partnering with Stella’s Place for your mental health. We are here for you. And we are here to stay and grow.

Jenny Carver, Executive Director and Donna Green, President
Stella's Place

- young adult-driven
- low barrier
- evidence-informed
- innovative
- safe(r)
- inclusive
- peer support

RESPECT FOR THE CAPACITY OF YOUNG ADULTS TO CHOOSE THEIR OWN PATH

BUILDING COMMUNITY
BUILDING CAPACITY
BUILDING SKILLS
BUILDING RESILIENCE
BUILDING EVIDENCE
BUILDING SAVINGS LIVES

- compassionate
- creative
- collaborative
- inclusive
- evidence-informed
- low barrier
- strength-based
- person-centred
- community-based

ONLINE SUPPORT
PEER SUPPORT
CLINICAL SUPPORT
FITNESS AND WELLNESS
COMMUNITY INPUT & CO-DESIGN
THE ARTS

STEELA’S PLACE

MODEL
Peer Support Training Program (PSTP)

We have developed our own peer support training program which was delivered to 44 participants in 2017. The program reduces stigma, supports recovery, and offers education and employment opportunities to a growing number of young adults. Young people with lived experience are trained to help other young people.

In 2017, we collaborated with the City of Toronto’s Community Healing Project and delivered the training program to a diverse group of participants from six Neighbourhood Improvement Areas across Toronto. In 2018, the collaboration will expand.

You offer such wonderful service. I love that you take such a broad view to mental health including both counselling and things like art and yoga. I felt calmer the first time I walked in the doors and that’s rare for me. Thank you for existing.

Peer Support Training Program 2017

Improved Competency

- Confidence: 23%
- Knowledge: 25%
- Skills: 26%
- Experience: 23%

Young adults who come to Stella’s Place can choose peer-led programs, peer counselling, and/or programs that are co-delivered by clinicians and peers. Peer support focuses on personal strengths, choice, hope, and growth rather than on pathology. It is a key foundation of Stella’s Place. In 2017, we had 12 Peer Support Workers.
Our street-front café is the gateway to our community and to comprehensive mental health services for young adults. In 2017, we recorded over 4,800 visits. Participants inquired about our services, spent time in our café space, and often accessed one of the 18 programs we offered.

Our multi-disciplinary Access Team which includes a navigator, peer supporters and clinicians create a welcoming, inclusive space and offer guidance, information, navigation and support.

Statistics and participant feedback show that this approach is resonating with young people, reducing isolation and increasing enrolment in programs.
Dialectical Behaviour Therapy (DBT)

Dialectical Behaviour Therapy (DBT), has been shown to be effective in treating suicidality, addictions, depression, post-traumatic stress disorder, and eating disorders. DBT skills include skills for mindfulness, emotion regulation, distress tolerance, and interpersonal effectiveness.

Stella’s Place designed a DBT Skills Program specifically for a young adult population. It is the first of its kind in Canada and is already showing strong outcomes, including statistically significant increases in emotion regulation skills, resiliency and self-esteem. Stella’s Place designed a DBT Skills Program specifically for a young adult population. It is the first of its kind in Canada and is already showing strong outcomes, including statistically significant increases in emotion regulation skills, resiliency and self-esteem.

DBT skills was offered three times in 2017 to 48 participants. Toronto Public Health is a funding partner for DBT through their Urban Health Fund.

I really don’t think there is anywhere else like this! I can only imagine how many other people are stuck in the darkness, trying to find help...I don’t know what I would have done without the place, without the program...it changed my life!
In 2017, our clinical programs included:
- Psychiatry (consult & follow-up)
- Individual Counselling
- Drop-in Counselling
- Access Counselling
- Primary Care Consultation
- Dialectical Behaviour Therapy & Refresh Groups
- Weathering the Storms (DBT Skills Group for Queer and Trans Substance Users)
- People Are Scary (Life Skills Group, Acceptance & Commitment Therapy)
- Go To Sleep (Cognitive Behaviour Therapy for Insomnia)
- Mindfulness Group
- Write it out (Narrative Therapy Group)

Participants accessed individual and group services provided by our full complement of clinicians. In total, 380 individuals registered for specific services in 2017. At intake:
- 64% were identified as being at risk of suicide, 32% reported they had attempted suicide in the past.
- 34% of participants reported they had been to the Emergency Room for mental health concerns.
- 15% of participants had been hospitalized for mental health reasons and stayed in hospital for an average of 20 days.
The arts are a vital part of our wholistic approach. Artistic self-expression can strengthen identity formation, self-efficacy, connection, and confidence.

Stella’s Studio

Stella’s Studio is an arts-based community of young adults with lived experience. Stella’s Studio Meet Ups are a welcoming space where young adults create and share art, including drawing, writing, painting, improv, and music. They experiment with new ideas and mediums and help lead activities and creative sharing. 10-15 young artists participate in this group each week and 90-97% rated it as a positive experience and felt comfortable, safe and included. In the words of one participant, “The more often I come the more included I feel.”

Open Mic Nights

Open Mic Nights are open to the wider community and are held every three to four months. Organized by our Studio Curator, these nights attract 20-30 performers and full-house audiences of 50+ young adults.

I am so grateful to have found Stella’s Studio, it has provided me with so much comfort and relief and it is so helpful that it is free to get the help and support I needed. I feel like I’ve met a group of people I can really relate to for the first time and I’ve learned so many new things every week. I feel blessed to be a part of it and hope it remains. I finally have a sense of acceptance and belonging when I go there.

Arts programs in 2017 included:
- Stella’s Studio
- Open Mic Nights
- Drama Well
WRAP (Wellness Recovery Action Plan) Program

WRAP is a peer-led program that leads the participants through a step-by-step process to assess their mental health needs, identify a plan of action for daily evaluation and self-care, and develop strategies to help during times of stress or crisis.

WRAP was offered three times in 2017 to 30 participants.

When I first started WRAP I was really nervous because it was my first Stella’s Place group session...I have made new friends and learned a lot about myself. The facilitators were really kind and also shared their own stories which helped the majority of the group feel comfortable enough to open up and share with one another.

Wellness of mind and body is important in our wholistic model. Exercise, sleep, nutrition and mindfulness not only improve mental wellness in our day-to-day lives, but evidence indicates they may be an effective intervention for anxiety and other disorders.

Fitness Programs

Our fitness programs have a Peer Support Worker to support participants, in and out of class.

There is time before and after class for check-in and check-out activities, for breaking down barriers, and getting to know your classmates and instructors.

lululemon athletica and Second Harvest joined us as program partners, providing fitness and wellness instruction and generous weekly food donations.

Programs in 2017 included
- OnTrack @JCC, a peer-supported fitness, recreational, wellness and physical literacy program
- Yoga in partnership with lululemon athletica
- Running group in partnership with lululemon athletica
- WRAP program to help participants create a plan of action for self care

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Co-design is a key defining feature of our organization. We believe that young adults must be active participants in their journey to health and are integral to the design, delivery and evaluation of all programs and services.

Our co-design groups in 2017
- Co-Design group: Back on Track
- Co-Design group: Social Skills
- Co-Design group: NexJ Connected Wellness
- Co-Design Group: Peer Support Training

Ambassador Program
The Ambassador Program recruits and trains young adults to speak publicly about their mental health recovery journey and their connection to Stella’s Place.

Alicia Raimundo speaking at a conference in Dublin, Ireland

Our Mission
Stella’s Place is partnering young adults and professionals, respecting them equally, to pioneer a collaborative model of mental health services that is desperately needed.
Young adults use online platforms for everything they do. We believe that offering a virtual front door to Stella’s Place and allowing young adults to check us out from their screens, engage slowly, and build trust is a key part of our strategy to improve the mental health of young adults.

BeanBagChat™ is a web-based platform and mobile application offering secure chats. Online support is provided by trained Peer Support Workers with clinician back-up. BeanBagChat was soft-launched at the end of November with some 40 chats completed by year-end. The average length of a chat was 36 minutes, the average age of participants was 25. We expect to see rapid uptake and growth of this service in 2018.

NexJ Connected Wellness

In April 2017, the Ontario Centres of Excellence announced their investment of $500,000 in the development and testing of an innovative and engaging platform to help young adults self-manage their mental health, awarded to Stella’s Place, Reconnect Community Health Services, and NexJ Health Inc. This research project aims to customize, test, and improve the NexJ Connected Wellness platform over two years at sites in Toronto (Stella’s Place) and Hamilton (Youth Wellness Centre).
**Strong Outcomes**

The end of 2017 marked year 1 of a 3-year demonstration period of our service delivery model. Rigorous research and evaluation are important to us. We continue to build the quality of our measures and evaluation methods. We use standardized measures for many of our programs, chosen by co-design to best capture participant experiences. Standard statistical tests are also used when possible to measure change over time.

In 2017, a participant survey measured mental health outcomes after at least three months’ involvement at Stella’s Place. Our evaluation shows that the number of individuals experiencing high distress and a high impact on functioning is decreasing after accessing Stella’s Place services.

**Distress and Impact on Functioning**

<table>
<thead>
<tr>
<th></th>
<th>Pre</th>
<th>Post</th>
<th>%Change</th>
</tr>
</thead>
<tbody>
<tr>
<td>High Distress</td>
<td>49</td>
<td>36</td>
<td>25%</td>
</tr>
<tr>
<td>Impact on Functioning</td>
<td>54</td>
<td>48</td>
<td>12%</td>
</tr>
</tbody>
</table>

Emergency Room visits decreased significantly for participants surveyed (n = 82).
Statistical Significance, t(57) = 3.47, p = .001

**Promising reductions in mental health symptoms**

<table>
<thead>
<tr>
<th>Symptoms</th>
<th>Pre</th>
<th>Post</th>
<th>%Change</th>
</tr>
</thead>
<tbody>
<tr>
<td>depression</td>
<td>81%</td>
<td>63%</td>
<td>22%</td>
</tr>
<tr>
<td>insomnia/sleep problems</td>
<td>75%</td>
<td>69%</td>
<td>8%</td>
</tr>
<tr>
<td>anxiety</td>
<td>74%</td>
<td>74%</td>
<td>0%</td>
</tr>
<tr>
<td>distressing memories/trauma</td>
<td>85%</td>
<td>65%</td>
<td>24%</td>
</tr>
<tr>
<td>suicidal thoughts</td>
<td>32%</td>
<td>28%</td>
<td>13%</td>
</tr>
</tbody>
</table>

66% of participants reported exploring career and school options since coming to Stella’s Place
Overall, 94% of participants are satisfied with the services they receive at Stella’s and 88% agree that their voice is heard and their silence is respected.

Participant Demographics
• 62% female
• 5% identify as Genderqueer, Transgender, or Two-Spirited
• 59% between 22 and 27 years old
• 59% of participants identified as White, 27% as a visible minority, and 13% as multiple or mixed racial identity

Strong Outcomes

Participant survey results show overall satisfaction with the Stella’s Place space, culture, and programming. Over 60% of respondents also agreed that they are learning skills and making progress towards their goals. 94% would refer a friend or family member to Stella’s Place services and 91% are overall satisfied with our services.

At the time of the survey, 74% of respondents reported being employed and/or in school. This total has increased since intake where 56% of participants were employed and/or in school. Although it is not statistically significant, these improvements show promising shifts towards employment and independence.

Since starting at Stella’s Place, have you...

- started exploring and thinking about career options? 66%
- gone from unemployed to employed? 20%
- increased hours of employment? 14%
- applied to a degree, diploma, certificate, or training program? 15%
- started a degree, diploma, certificate, or training program? 19%
- returned to school to complete a degree, diploma, certificate, or training program? 16%
- completed a degree, diploma, certificate, or training program? 6%
- started a business or charity? 3%
Financials for year ending December 31, 2017

Revenue

<table>
<thead>
<tr>
<th></th>
<th>2017</th>
<th>2016</th>
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</thead>
<tbody>
<tr>
<td>Donations-undesignated</td>
<td>$1,902,955</td>
<td>$939,318</td>
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<tr>
<td>Donations-designated</td>
<td>363,638</td>
<td>143,518</td>
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<tr>
<td>Government Grants</td>
<td>233,360</td>
<td>43,915</td>
</tr>
<tr>
<td>Other</td>
<td>20,118</td>
<td>4,239</td>
</tr>
<tr>
<td><strong>Total Revenue</strong></td>
<td><strong>2,520,071</strong></td>
<td><strong>1,130,990</strong></td>
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</table>

Expenses

<table>
<thead>
<tr>
<th></th>
<th>2017</th>
<th>2016</th>
</tr>
</thead>
<tbody>
<tr>
<td>Program</td>
<td>$1,940,459</td>
<td>$749,190</td>
</tr>
<tr>
<td>Adminstr</td>
<td>506,798</td>
<td>348,438</td>
</tr>
<tr>
<td>Amortizt</td>
<td>13,691</td>
<td>2,052</td>
</tr>
<tr>
<td><strong>Total Expenses</strong></td>
<td><strong>2,460,948</strong></td>
<td><strong>1,099,680</strong></td>
</tr>
</tbody>
</table>

Excess Of Revenue Over Expenses

<table>
<thead>
<tr>
<th></th>
<th>2017</th>
<th>2016</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>59,123</td>
<td>31,310</td>
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</tbody>
</table>

Financial Goals for 2017

- Decrease proportion of spending on administration
  - Went from 31.7% in 2016 to 20.7% in 2017
- Increase revenues to support operation of full program delivery
  - More than doubled from 2016
- Increase government funding so that by end of three years 50% of revenue is from government
  - Grants increased 431% in 2017

Financial Successes for 2017

- RBC, CIBC, and Scotiabank all came on board with generous funds for programming.
- Through generous private donors, we purchased a permanent home for Stella’s Place. The new building will ensure accessibility for young adults, accommodate the growing needs of the organization, decrease long-term occupancy costs, and strengthen our capital asset base.
- For the third year in a row, we have a small operating surplus.
You made this possible! Thank you

Program Donors

We gratefully acknowledge the caring individuals who honoured the memory of

Breana McGroarty
Matthew Kirby
Joel Brown
Sabina Silininkas

Gifts In Kind

Alan Greenberg
lululemon athletica
Second Harvest

$500 – $999

Vicki Clarke
Andrew Scott Davis
Peter Detwiler
Tanya Edey
Carol Fenn
Freedom International Brokerage Co.
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Richard and Nancy Hofford
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Gillian Kern
Erica Leyland
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Harry Oh
Cheryl and Stephen Phillips
Martha Rice
Paula Rosen
Megan Ryley
Scott Sandler
Lionel Schipper
Paula Schipper

Schulich Charity Association, Student Club
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Diane Sidenberg
Shavey Tishler
Julie Vrable
Susan Weisbarth
Brenda Wintraub

$1,000 – $4,999

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Megan Barclay
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The Judy Nathan Bronfman Foundation
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The Salsa Club
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Dagmar Schroeder & Uwe Stueckmann
Nancy Seto
John Swain
Martha Tory
Richard Tse
Grace Vidal-Ribas
Libby Wildman

$5,000 - $24,999

Anonymous (1)
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Aquaduct Foundation
Canadian Hadassah-WIZO (CHW) Toronto CTR
The Mark Daniels and Andrea Weissman-Daniels Charitable Foundation
Raizi & George Fleischmann Fund
The Christina Mary Hendrie Trust
The Warren And Debbie Kimel Family Foundation
David J. Matlow Professional Corporation
The Morel Family Foundation
Oulahen Family
Owemanco Charitable Foundation
Scotia Wealth Management

PASSION LED US HERE
You made this possible! Thank you

$25,000 - $49,999
- CIBC
- Echo Foundation
- Barry & Laurie Green Family
- David Green, Daphne Wagner, Lita and Mikey Green
- Norine Rose
- Toronto Urban Health Fund, City of Toronto
- Verdiroc Holdings Ltd.

$50,000 - $199,999
- Anonymous (1)
- The Azrieli Foundation
- Toronto Youth Equity Strategy, City of Toronto
- Ministry of Advanced Education and Skill Development
- Minto Foundation Inc.
- RBC Foundation
- Scotiabank

$200,000 - $599,000
- Comart Foundation
- The Green Fischer Family Trust
- Green Sanderson Family Foundation
- The Lindy Green Charitable Foundation
- Ministry of Health and Long Term Care

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