

VISION : LEARNING : LAUNCH



ANNUAL
REPORT

2016



FROM THE EXECUTIVE DIRECTOR AND PRESIDENT

Vision. What does it mean? Vision helps us to see where we are going and feeds the creative, intellectual and physical energy we need to get there. I believe that our vision for Stella's Place is the driving force behind our many successes this year. At the heart of this vision is the belief that young adults must have a meaningful role in developing services relevant to them and their peers. To support this vision we have developed evidence-based peer and clinical support programs that promote connection and recovery.

SP is a hub that engages young people in wholistic programming and supports them with tried and true ways to travel on the road to recovery. I am always energized to see the dedication and hard work of the participants and the staff that support them. Over and over again the people at SP dig deep to make our vision, and their individual goals, a reality.

I am truly grateful for the commitment of the staff at SP, and to the young adults who keep us learning and growing to make SP better.



Jenny Carver, Ellie Perkins, and Donna Green

A handwritten signature in black ink that reads "Jenny Carver".

It's not easy having a child (now a young adult) who needs professional attention and none is available. I know about that anguish. That's why my family and I started Stella's Place.

We could not have imagined that today we would have such a vibrant, young adult-oriented organization that has launched multiple programs, has a peer support app in development, and has established clinical services. To make this even more meaningful, the Ontario government has made young adult mental health a priority and Premier Wynne made a visit to Stella's Place.



Premier Wynne with Stella and Donna

There is momentum gathering for effective services to be put in place for young adults. At Stella's Place those services are already in place, generously supported by private donors, government grants, foundations and individuals. Perhaps most importantly there is a growing and thriving community of young adults and their families, volunteers, peer supporters and clinical staff at 18 Camden St. and online.

A handwritten signature in black ink that reads "Donna Green".

THANK YOU!

We are grateful for all the support we receive and we are listing the donors who made gifts of \$500 or more.

\$500 - \$4,999

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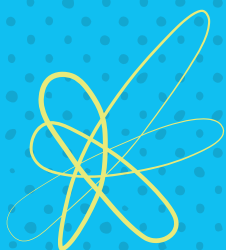
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Green Sanderson Family Foundation

We gratefully acknowledge the
caring individuals who honoured the
memory of

Mathew Kirby
Bradley Whalen-Strauss
Daniel Dacosta

“WE MAKE A
LIFE BY WHAT
WE GIVE.”



VISION



”
Participating in the positive and motivating community of Stella’s Studio is important to me. My personal growth fostered by Stella’s Studio services is definably helped by the warm and inviting community.

Stella’s Place participant

DREAMS

: our **dream** is to support/cultivate/foster a young adult driven space, both physically and online, that provides clinical and wellness support. We engage young adults (YA) in activities and services that support their recovery, their education, and their job prospects.

VALUES

: we **value** every person; we honour capabilities and contributions; we work to understand systemic barriers and individuals within the context of their lives; we value vulnerability and humility, collaboration, and compassion.

BELIEFS

: we **believe** that young adults are able to self-manage their own wellness. This means having access to a diverse menu of age-specific services, choice about their recovery path, collaboration on program design to ensure relevancy, and participation in meaningful evaluations.

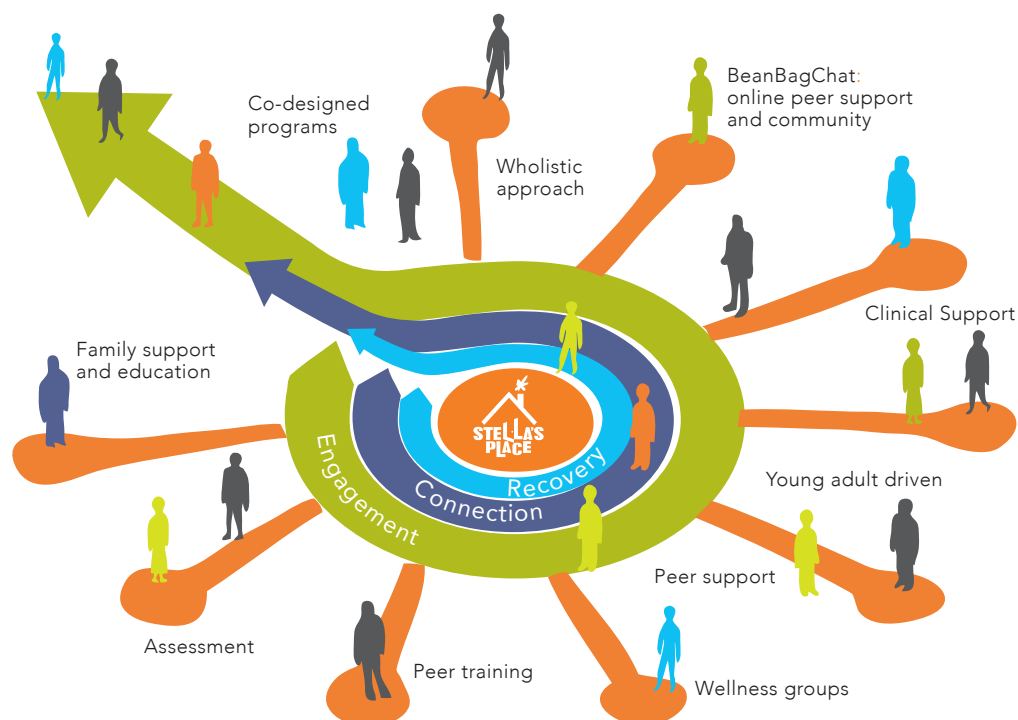
EVIDENCE

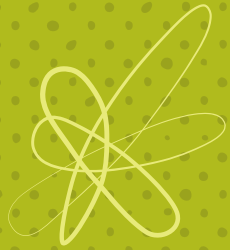
: we base our programming on **evidence** from studies in the mental health field around the world. We are formally evaluating our work to continually improve our practices, and to contribute to systemic change through building the knowledge base about young adult mental health.

FYI...

Stella's Place is delivering a new model of mental health services. The traditional model involves a linear progression through clinical services (assessment and referral to appointment-based care), is often based in hospitals (emergency, inpatient and outpatient settings), generates long waitlists, and responds slowly to new research and practices. Even at highest capacity, the traditional model cannot serve all the young adults that need treatment and support, and gives them very few choices.

ENGAGING WITH STELLA'S PLACE





LEARNING



I am so grateful to have found Stella's...it has provided me with so much comfort and relief and it is so helpful that it is free... I feel like I've met a group of people I can really relate to for the first time...I feel blessed to be a part of it...I finally have a sense of acceptance and belonging...

Stella's Place participant

RESEARCH

: the demographic data we are gathering shows how much young adults need a model like Stella's Place. Young adults coming to Stella's need intensive mental health services, education and employment supports, and access to a community of peers.

EVALUATION

: we have been working with a group of YA and experts for two years to develop an evaluation framework with outcomes that are relevant to young people. Stella's Place uses surveys, interviews, attendance, as well as pre/post and self evaluation metrics to really understand how we are doing, and what we can do better.

CO-DESIGN GROUPS

: co-design groups bring together young adults with lived experience, subject experts, and staff, and are a key practice at Stella's Place that ensures the development of engaging services. In 2016 we held co-design groups for overall program strategy, dramawell, BeanBagChat, evaluation, and facility and space design.

STAFF DEVELOPMENT

: our staff doubled in 2016, adding a wide variety of skills and life experiences to the team. This included peer support, clinical, wellness, evaluation, and technology staff. This significant growth coincided with the launch of our on-site services and the beginning of the Stella's Place pilot (at partial capacity). This involves growing, evaluating, and evolving to prove the model and get the data we need to scale up and expand to other locations.

CONFERENCES

: SP works hard to promote the Stella's Place model and cultivate system-level change. Our staff participated in and presented at a number of conferences, panels, educational and public events. We participated in the Telus Sandbox conference, Toronto Central LHIN consultations, Toronto Youth Equity Strategy advisory groups, and presented at the Canadian Psychiatric Association conference, the Addictions and Mental Health Ontario conference, the Peer Support Accreditation and Certification Canada conference, and to Toronto high schools.

FYI...

The current predominant model of mental health service delivery is not engaging or accessible enough for young adults, and is not meeting many of their needs. Fewer than 25% of youth with mental health and substance use issues receive any service (BCIYS, 2015).



LAUNCH



*I realize it doesn't all
have to be temporary,
I don't have to be alone.*

Stella's Place participant

CLINICAL SUPPORT

: we launched our counselling program, with 2 clinicians, 5 peer supporters, psychiatry 1 day/week, and an access counsellor, laying the groundwork to expand to full model in early 2017.

: we launched our integrated model of clinical and peer support delivery of programs which offers a high staff to participant ratio allowing for more personalized support.

PROGRAMS

: we launched one to one peer support and clinical services, as well as a number of groups including Wellness Recovery Action Plan, DBT (behavioural therapy, which showed high engagement and great outcomes, catalyzing a young adult led "Refresher Group" where graduates can drop in to practice skills in a supportive, relaxed environment), Dramawell, Write It Out, Family Recovery Group (delivered in partnership with Family Outreach and Response), the ONTrack Fitness Program (in partnership with the Miles Nadal Jewish Community Centre), and our Peer Support Drop-In.

: we ran our second session of the Peer Support Training Program, funded by the Ministry of Health and Long Term Care, with 100% graduation rate.

STUDIO

: Stella's Studio is a young adult-led drop-in arts group which we now run weekly and is very well attended. It provides low barrier access to a community that understands having mental health challenges.

: the Studio published the anthology, *A Place For Us* (totally peer-produced), featuring writing and illustrations from the young adult community; hosted two Open Mics, very successful events that provide young adults with the stage to find their voice; visited the AGO; offered cooking classes, improv nights, visual arts workshops, and displayed peer art work throughout our building.

BEANBAGCHAT

: BeanBagChat is an online community providing peer support to young adults through an app or browser. A young adult co-design team worked on designing every aspect, preparing for a launch in 2017.

CAFÉ

: the Café is our front door to support, offering a space for young adults to use, hang out, connect, and get both clinical and navigational support.

: the Café furniture was co-designed and created with students from Sheridan College—young adults making custom furniture for other young adults.

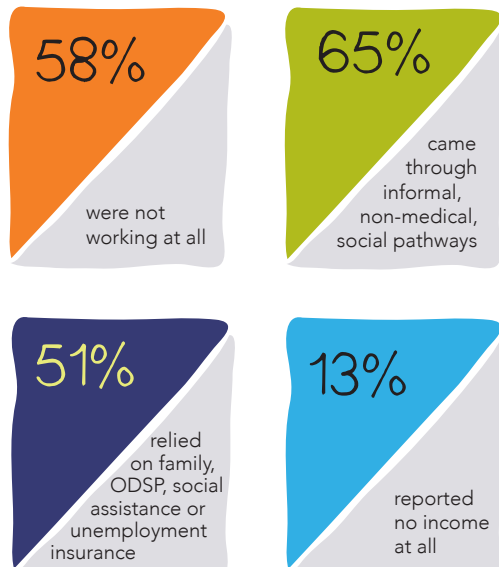
FYI...

Participation in mental health services is key to positive health outcomes, but within the traditional mental health system up to 60% of young adults drop out of services, a higher rate than any other age cohort (Edlund, 2002).

Current approaches to treating young adults with mental health challenges are clearly inadequate, in terms of capacity, accessibility and relevance (CAMH, 2000; Mental Health Commission of Canada, 2015; Kurdyak, 2016).

STATS

Of the young adults participating in programs at Stella's Place:



From August to November in 2016 we had:



In Toronto, there are close to 510,000 young people between the ages of 15 and 29, and approximately 20% of these — or 100,000 — will have mental health needs as they become adults. Currently, only one in six receive any mental health support for their condition.

At Stella's Place:

26% reported going to an ER in the past 6 months



52% young adults feel critically distressed and unable to function well in their daily lives



53% screened positive as a suicide risk



Peer Support Training Program (PSTP)

90%
attendance

100%
graduated

40%
increase in paid employment in mental health field

60%
are working in peer support

92%
identified that the PSTP contributed significantly to their increased involvement in education, employment and volunteer work.

FINANCIALS

BOARD OF DIRECTORS

REVENUE	2016	2015
Donations	939,318	575,096
Grants	187,433	166,250
Other	4,239	7,596
Total Revenue	1,130,990	748,942

EXPENSES	2016	2015
Administration	350,490	321,490
Program	749,190	410,228
Total Expenses	1,099,680	731,718

I donate to Stella's Place because I know—from my own experience as a young adult—how accessible mental health care can change the course of a person's life, from a place of crippling anxiety to empowerment.

Kathryn Elton, Board Member



Donna Green

Founder & President,
Stella's Place
Co-owner & Director,
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THANK YOU TO OUR TALENTED STAFF

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AND TO OUR WONDERFUL VOLUNTEERS

Dagmar Schroeder
Lorraine Housego
Ian Jarlett
Ellie Perkins
Jack & Rika Alvo
Laurie Green
Carrie Schipper



UNCOVER. DISCOVER. RECOVER.