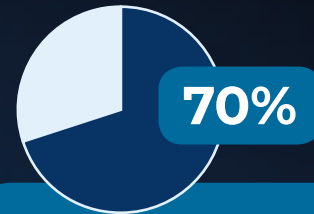


I THOUGHT I WAS INVINCIBLE.

Without help from the Douglas, Martin wouldn't have been able to manage his bipolar disorder. Mental health problems are particularly tragic because they often start at a young age. Early intervention has a proven impact and often creates positive outcomes later in life.

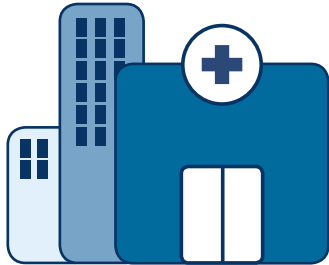
At the Douglas Institute, we believe the fight against youth mental illness begins with building hope, one young patient at a time. Our goal is to streamline and enhance early diagnosis. To help our young patients as quickly as possible and get the support of a patient specific, multidisciplinary team of mental health experts, who can accompany them and their family in their time of need with adequate support. Together, we are building hope for everyone who is affected by mental health problems and their loved ones.



An estimated 1.2 million young Canadians are affected with some type of mental illness and 70% of these mental health problems start before the age of 25.



Our current situation



Youth suicide and suicidal behaviors are pervasive problems in our society. According to statistics compiled in 2019 by the National Institute of Public Health of Quebec (INSPQ), the rate at which children and teens ages 10–19 are hospitalized after a suicide attempt doubled in the province over the last decade.

69%

Overall rise in the number of mental health service requests by young patients under 25 in the last ten years.

122.5%

Increase in admissions for young patients under 25 compared to eight years ago.

42.4%

Increase in emergency room visits for young people in the last ten years.

The Douglas is at the forefront of **research and care in Youth Mental Health.**

Our team is focused on preventing suffering and ensuring that patients **can lead their fullest lives.**

To learn more about our services, visit fondationdouglas.qc.ca

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Child and adolescent psychiatry

An integrated approach



Research



Patient care



Education

The Douglas improves the mental health of young people through research, patient care and education. **We are building hope for Canadian youth** suffering from mental illness by integrating each of these things into a combined and continuous approach. Doing so enables us to offer **easier access to mental health services and better tools to evaluate the efficacy of treatments** given to young patients.

We offer a range of bilingual services to youth aged 0 to 17 years and their families. Our outpatient clinics, child and adolescent day hospitals, in-patient units, and various programs and therapies strive to offer the best patient care that children could hope for to develop a healthy mind and experience full lives.

Did you know?

Each year, over 10,000 patients receive treatments at the Douglas Institute, whether in one of our 266 hospital beds or through our outpatient clinics and day treatment programs. In 2018-2019, this included over 13,000 visits by almost 1,800 pediatric patients.



Dr. Johanne Renaud is the medical chief for the youth section of the Douglas Institute's Depressive Disorders Program—a subspecialized service for children and adults suffering from major depression, suicidal ideation or behavior, or pathological bereavement. In her role as a researcher, she improves preventative and treatment measures by implementing research protocols for innovative interventions for depressed youth and their families.

Prevention and Early Intervention Program for Psychosis (PEPP)

The Prevention and Early Intervention Program for Psychosis (PEPP) is a program for **young people who are experiencing untreated first episodes of psychosis**. PEPP's goal is to spur hope for full recovery in young people suffering from psychosis.



A world-class program integrating high-level clinical care and research put in place at the Douglas Institute.



It allows us to standardize the clinical approach as well as creating a new network of service providers for early psychotic episodes across the island of Montreal.



Makes it possible to conduct multidisciplinary and longitudinal research on first psychotic episodes to integrate the resulting knowledge into better treatments and patient care.

Did you know?

PEPP established and sustained an open referral, rapid-response system to address the chronic systemic problems of long waiting lists and barriers to access for young people who need mental health care. Speeding up this process and allowing for earlier detection of untreated psychosis and effective treatments enables our patients to reinsert themselves into society and lead a better life.



Dr. Martin Lepage is the Deputy scientific director at the Douglas Research Centre and the Coordinator of psychological services for the Psychosis Program. Between 2004 and 2016, he was a Clinical psychologist and neuropsychologist at PEPP-Montreal. Over the years, Dr. Lepage and his team developed a comprehensive applied research program on schizophrenia and early psychosis. His work creates a positive impact on youth mental health and the well-being of patients suffering from psychotic disorders.