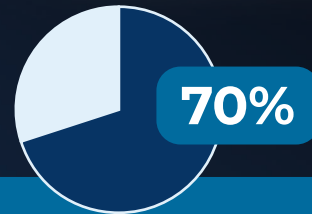


I THOUGHT I WAS INVINCIBLE.

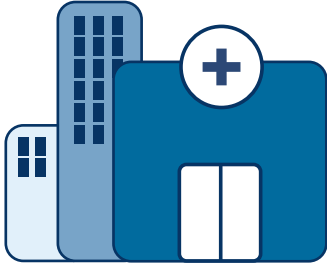
Without help from the Douglas, Martin wouldn't have been able to manage his bipolar disorder. Mental health problems are particularly tragic because they often start at a young age. Early intervention has a proven impact and often creates positive outcomes later in life.

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 by mental illness and over 70% of adults experiencing mental health issues developed symptoms before reaching the age of 25.

Our current situation



Youth suicide and suicidal behaviors are pervasive problems in our society. According to statistics compiled in 2021 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.*

*Data compiled by the Douglas Institute in 2020.

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

Follow us on social media



Douglas
FOUNDATION

MENTAL HEALTH
RESEARCH AND CARE

Centre for Youth Mental Health Service
Innovation, Research, and Training

An integrated approach



Research



Patient care



Education

Through a combination of innovation in health service planning, delivery and research, our Centre is a vehicle for transformative change for youth facing a variety of needs – **health, social and educational and employment needs**. It focusses not only on research to generate new knowledge but to directly applying such knowledge in the delivery of youth mental health services.

Our research group is a unique blend of researchers working to discover and implement scalable solutions in youth mental health. It consists of researchers working on multiple psychiatric disorder with a specific emphasis on prevention and early intervention by studying both risk and resilience factors in mental disorders to improve preventive and therapeutic interventions.

Did you know ?

Each year, more than **15,000 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 2021-2022, this included **25,544 outpatient visits** and nearly **1,500 emergency room visits** by youth aged 0-25.



Dr. Lena Palaniyappan is the Inaugural Director of the Centre of Excellence in Youth Mental Health. His research has a broad focus on exploiting neuroscience to inform early interventions for youth in need and takes a pragmatic approach by using all accessible tools to promote early intervention in psychiatry to build hope for our patients.



MENTAL HEALTH
RESEARCH AND CARE

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.

BUILDING HOPE, TOGETHER.

The need for youth mental health care is important more than ever. Thankfully, there is great momentum driving our efforts to provide youth mental health services and promote research in this field, shored up by the generosity of our donors. Your support demonstrates that we are not alone in our dedication to pursuing innovative research and delivering compassionate care to youth when they need it most.

OUR PRIORITIES

With the launch of the **Centre for Youth Mental Health Service Innovation, Research, and Training**, the Douglas's vision for youth mental health has come into sharp focus. We want to unify our efforts and set the example for youth mental health care and research at large. Our goal is to create more efficient pathways to care, minimize bottlenecks in the health care system, and leverage all support systems at our disposal to help youth in need.

The following **flagship initiatives** are just some of the many projects that are building hope for young patients:

- > **Novel Pathways to Care:** a model urgent consultation pathway for youth mental health needs, connecting primary care to secondary and tertiary care providers.
- > **Family-Positioning System:** a family-based intervention and support programs to sustainably scale-up the resources dedicated to helping youth.
- > **Minds@Work:** vocational support programs to give youth the tools to maintain employment and be resilient in the face of adversity.

INSPIRING THE NEXT GENERATION OF MENTAL HEALTH EXPERTS



Receiving a prize or award can **unlock a student's potential**, and allow them to make breakthroughs in the future. **By funding a student prize or award**, your generosity can allow a graduate student, resident, or postdoctoral researcher with a demonstrable interest in youth mental health to pursue their clinical training and research at the Douglas.

MAKING SPACE FOR HEALING AND INNOVATION



Since its founding in 1881, the Douglas has remained a leader in mental health treatment and research. However, many **infrastructure updates are necessary** to keep the Douglas at the forefront of the field—to both give patients a space for healing, and researchers the means to make their next breakthrough.

To get involved in building hope for youths with mental illness, contact us:

Natacha Lachaine – Director, Major Gifts
(514) 761-6131 ext. 2764 or (514) 777-9486