

# Pathstone Mental Health

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# Pathstone's Vision, Mission, & Values

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**Vision:** Foster and nurture a healthy and thriving community for all

**Mission:** Strengthen the quality of life for children, youth and families who are dealing with mental health and addiction challenges

**Values: R-E-S-P-E-C-T**

Research – Engagement – Safety – Professionalism – Excellence – Collaboration – Trauma Informed

Niagara Child Development Centre (NCDC)

**1968**

Niagara Child & Youth Services (NCYS)

**2004**

**1976**

Niagara Centre for Youth Care (NCYC)

**2011**

Pathstone Mental Health

# History

# Who We Are

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- Niagara's primary provider of mental health treatment for children and youth
  - 140+ full time and part time staff
  - 80-100 active volunteers
- Accredited through the Canadian Centre for Accreditation
- 50+ years in the community
- Lead Agency for Niagara for mental health treatment for children and youth
- Receive funding from the Provincial Government – Ministry of Health



# What's In The Name?

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**Pathstone** - guidance along a pathway to improved mental health

**Mental Health** - purposefully included in the name to help reduce the stigma

**Stepping Stones** - solid steps & important milestones in a person's journey toward enhanced mental health



# What We Do

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- Individual, Parent, and Family Psychotherapy & Counselling
- Psycho-Educational Workshops
- Crisis and Support Line
- Mental Health Walk-In Clinics
- Majority of our services are offered FREE of charge
- Serve children and youth up to their 18th birthday





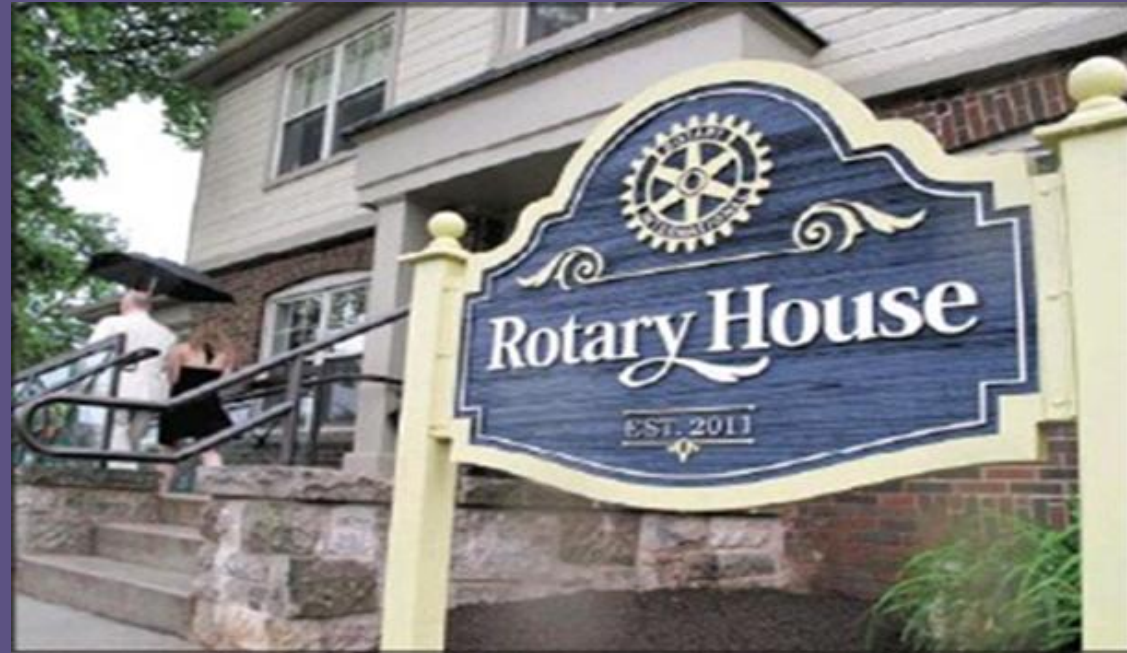
# Branscombe Health Centre

1338 Fourth Avenue, St. Catharines

# Rotary House

6432 Thorold Stone  
Road,

Niagara Falls





# Mountainview Centre for Innovative Learning

1604 Merrittville Highway, RR#2, Welland

# River House

102 River Road,  
Welland



# Pathstone Foundation

Empowered with the mission of raising essential funds to support programs and services aimed at enhancing the mental health of children across Niagara

- Every year we see an increase in need
- Funds support research, innovative programs, and expenditures
- Notable Campaigns: #ProjectPlaid, Hope Gala
- Social Media, Communications, Fundraising events- Hope Gala, Golf etc.





# Mental Health Statistics

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- 1 in 5 children/youth will be affected by a mental health issue

(MHASEF Research Team,  
2015)

- Young people aged 15 to 24 are more likely to experience mental illness and/or substance use disorders than any other age group

(CAMH, 2022)

- 70% of mental health challenges have their onset in childhood or adolescence

(Government of Canada, 2016)

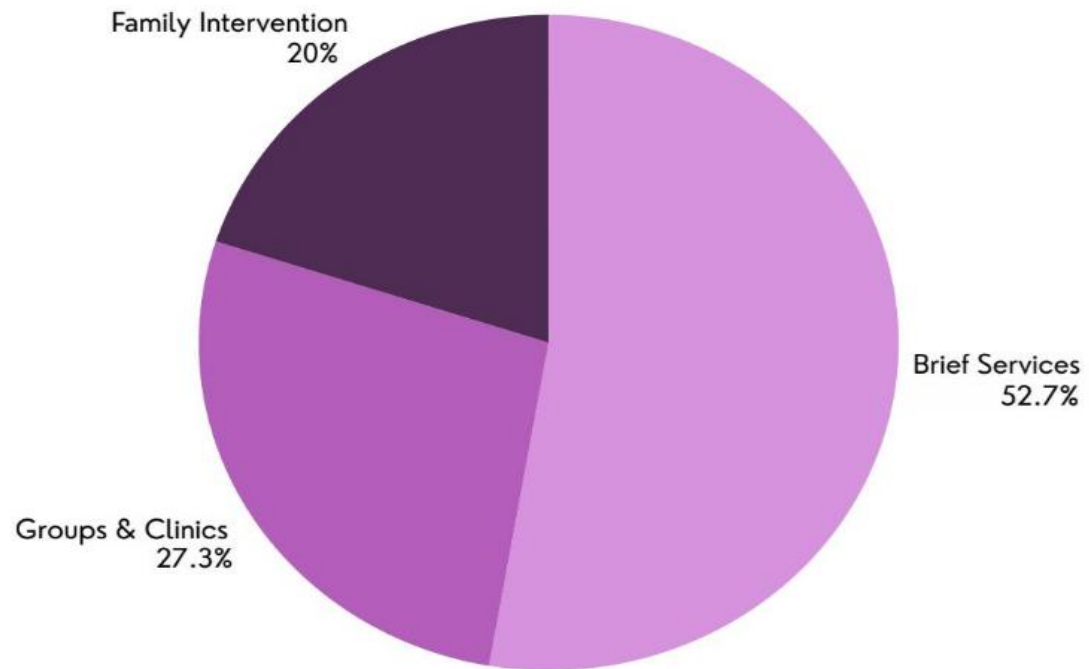
- 28% of students report not knowing where to turn when they needed help

(Boak, et al., 2016)

# Our Impact:



## MOST USED PROGRAMS





## TOP PRESENTING PROBLEMS

1

ANXIOUS, FEARFUL, DEPRESSED, SAD,  
WITHDRAWN

2

MANAGING ANXIETY

3

GLOBAL FAMILY SITUATION

4

BEHAVIOURAL PROBLEMS AT HOME

# Client Statistics

**576**

NUMBER OF  
WALK-IN **VISITS**  
ACROSS THE  
REGION

**63,593**

TOTAL  
**CONTACTS**  
ACROSS THE  
AGENCY

**5,394**

TOTAL  
**UNIQUE**  
CLIENTS

**48,299**

TOTAL  
**DIRECT HOURS**  
FOR ALL  
PROGRAMS

# Pathstone Mental Health Programs & Services

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# Counselling and Therapy

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PATHSTONE MENTAL HEALTH PROGRAMS & SERVICES

# Brief Intervention Programs & Services

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- Primary objective: provide brief individual sessions, group sessions, and workshops to families who are on our waiting list
- Goals:
  - Minimize the impact of wait time on families
  - Offer strategies and supports to clients that require brief services
  - Solution-focused and psycho-educational



# Family Intervention

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- Individual and family therapy for clients aged 6-18 and their families
- Outpatient service
- Collaboratively identify goals for therapy utilizing evidence-based interventions
- May include consultation with psychiatrists, psychologists, pediatricians, etc.
- Liaise with schools and other community agencies
- Longer term counselling (3- 6 months)



# Early Years (0-6 Years)

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- **Kids and Families Matter:**
  - Consultation and direct behavioral support for child care professionals in licensed child care centers and Ontario Early Years Centre
- **Early Assessment, Support and Intervention:**
  - Preschool age children
  - Play therapy
  - Parenting training & guidance
  - Behaviour management
  - Train professionals working with 0-6yrs



# Psycho-Educational Clinics



- Collaborative Problem Solving (CPS) – Parent/Caregiver/Guardian
- Strategies, Teachings and Relationships (STAR) – Parent/Caregiver/Guardian
- Anxiety Clinics – Children/Youth
- Trauma Clinic - Parent/Caregiver/Guardian and Children/Youth

# Specialized Services/Programs

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- High Risk
- S.T.O.P. (Sexualized Treatment Outpatient Program)
- T.A.P.P.-C The Arson Prevention Program for Children
- Mental Health Court Worker program



# Intensive Services

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PATHSTONE MENTAL HEALTH PROGRAMS & SERVICES

# Day Treatment

Offered at the Mountainview Centre for Innovative Learning and in DSBN Secondary Schools across the Niagara Region

- **Goal:** assist children and youth to develop their academic, behavioral, and social skills in order to re-integrate back into a regular classroom
- Intensive treatment service provided in a specialized classroom setting
- Treatment planning, parent training, and family counselling



# Live In Treatment Services: Rotary House

Provides:

- Home-like atmosphere
- Individual, family, parent, and group interventions

Goals:

- Youth & family learn coping strategies
- Work to strengthen family/foster parents
- Reintegration or independent living



# Outreach Services

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- Three programs are included in Outreach Services:
  - *Intensive Child & Family Services*
  - *Mobile Intensive Treatment Team*
  - *Family Preservation Program*
- Capable of providing support in the home, school, or community
- Therapy, consultation, parent training, and/or behaviour management
- Services are flexible and varied depending on the goals for the service

# Other Services

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PATHSTONE MENTAL HEALTH PROGRAMS & SERVICES

# Supervised Parenting Time Niagara (SPTN)

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- Families dealing with separation and divorce situations
- **Supervised Exchanges:**
  - Transfer child from one parent to the other
  - Parents do not come into contact with another
  - child related info relayed by staff
- **Supervised Parenting Time:**
  - Opportunity for parent to spend time w/ children
  - Maintain or re-establish relationship w/child
  - While custody/ visitation issues being resolved



# Fee for Service Workshops

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- Divorce & Separation: New Beginnings

# Zane- Pathstone Facility Support Dog



-2 year old male Standard Poodle

-A partnership with Lions Foundation of Canada Dog Guides

-Animal Assisted Therapy (AAT) is a goal oriented intervention that incorporates animals into the treatment process. AAT is grounded in social learning and attachment theory, emphasizing the importance of relationships, empathy and emotional safety in a clients' healing journey.

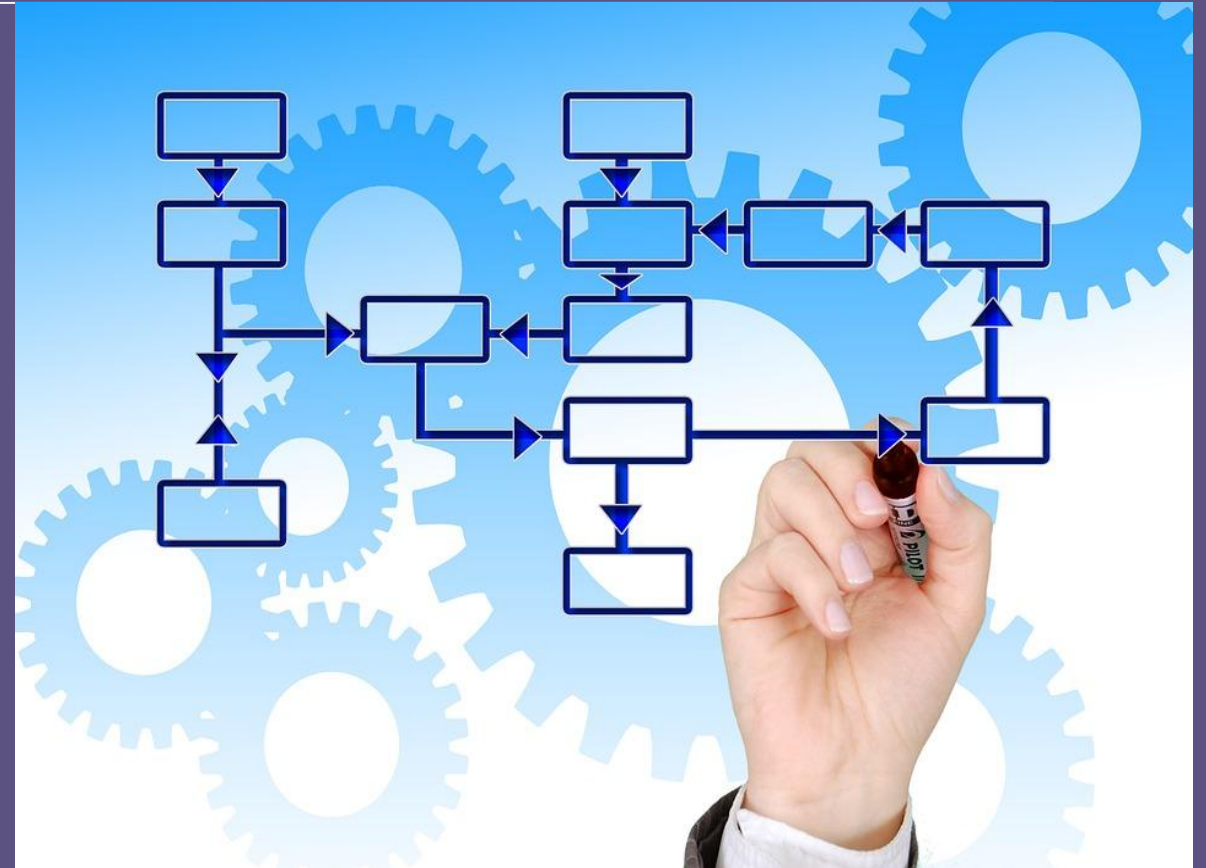
-Task trained service animal who provides support and helps client work through issues like emotional regulation, empathy, mood management and trauma.

# How to Access Pathstone Mental Health Services:

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# Intake Team

- All Children's Mental health referrals
- Intake team of 4 staff
- Complete intake assessment
- Refer to appropriate service/program



# Walk-In Clinics



- Monday through Friday
- No appointment needed
- No OHIP card needed
- Various locations across Niagara – including Pen Centre and Seaway Mall

\* Walk-In Clinic Hours are subject to change.  
When possible please call to confirm: **1-800-263-4944**

# Walk-In Clinic Pen Centre and Seaway Mall



## St. Catharines

**Mondays to Thursdays: 10:00 am –  
8:00 pm**

**Fridays: 10:00 am – 6:00 pm**

Pen Centre: 221 Glendale Avenue

Mondays – Seaway Mall, Welland

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**4944**

# Pathstone

Mental Health