

News

Wellness centre gets 40K boost to reduce wait times

TIMES & TRANSCRIPT

A Riverview clinic has received funding to reduce wait times for at-risk youth seeking mental health care in the region.

Medavie Health Foundation announced Tuesday a \$40,000 grant for Atlantic Wellness Community Centre's Open Doors counselling program.

The centre offers free mental health care to youth aged 12 to 21, coordinating services between stakeholders like family physicians and school guidance counsellors.

The funding will provide 1,200 extra hours of therapy, making sure a client's first appointment is within 14 days of contact with the centre.

The wait list for publicly-funded clinical counselling in southeastern New Brunswick is about a year, and the majority of youth seeking help don't get service within 30 days.

"For youth suffering from depression, anxiety or other mental disorders, a wait time of up to a year can seem like a lifetime," Lesley Smyth-Adams, clinical therapist, executive director and founder of Atlantic Wellness Community Centre said in a press release. "By providing 1,200 additional hours

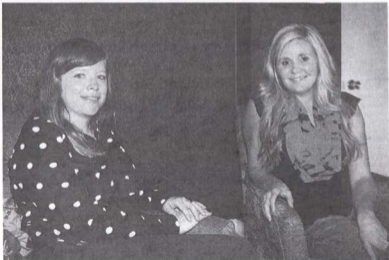
of free therapy, we are offering these youth a lifeline."

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Since opening in 2012, the clinic has privately treated more than 550 youth and their families, helping youth miss fewer days of school, depend less on drugs as a coping mechanism and be more self-aware, among other benefits.

The funding will be officially announced later today at an open house at the centre, 252 Coverdale Rd., at 5 p.m.



Danielle Whalen and Lesley Smyth, Executive Director and Founder of the Atlantic Wellness Community Centre in Riverview.

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