

## ***ADDITIONAL INFORMATION:***

### **Supervision**

The Youth Treatment Centre is staffed 24 hours a day, with a minimum of one staff person for every two youth. During the week days there are many more professionals on-site, including counselors, teachers and support staff.

### **Safety**

The young people will not be in treatment due to criminal behaviour as the treatment centre is not a youth corrections facility. Some of the youth may have a history of engaging in risk taking or disruptive behaviour in the community, which will be addressed through the treatment program.

***For additional information, call:***

***709-752-3914***

***Please ask to speak with one of our  
intake coordinators***



# ***YOUTH TREATMENT CENTRE***

**Paradise,  
Newfoundland and Labrador**

**A Treatment Centre for Youth  
with Complex Mental Health  
Needs**

[www.easternhealth.ca](http://www.easternhealth.ca)

## ABOUT THE YOUTH

Young people at the treatment centre in Paradise come from a wide variety of backgrounds and struggle with a wide array of complex mental health issues.

Most of the young people referred for treatment have already received mental health services in the community; however, due to the seriousness of their issues, they require a more intensive treatment environment to achieve their goals.

Young people may be referred to the centre for various reasons, including:

- depression
- bipolar disorder
- conduct disorder
- attention deficit hyperactivity disorder (ADHD)
- self-harming behaviour or thoughts of suicide
- trouble coping at home and in their community
- trauma, abuse or serious conflict within their family

Due to their particular issues or challenges, many of the youth at the centre will not have experienced success in the regular school system and may have major gaps in their learning.

Some may have used alcohol or other substances as a way of coping with their problems or may have engaged in other risk taking or self-destructive behaviour. However, if addiction is their primary health concern, they will be referred to the Youth Addictions Treatment Centre in Grand Falls–Windsor.

## YOUTH TREATMENT CENTRE

The new treatment centre for youth with complex mental health needs is located in the Paradise, NL, and is operated by the Mental Health and Addictions Program of Eastern Health.

The Paradise Youth Treatment Centre has capacity for up to 12 young people between the ages of 12 and 18 years. It is divided into three living areas which will each house a maximum of four youth.

There is a school on-site with three classrooms so young people residing at the Youth Treatment Centre may attend school while receiving treatment. There is also recreational space, an administrative/office area and an apartment for visiting families.

A program manager works on-site. Also on-site are staff from a number of specialized clinical fields including child and youth care, nursing, psychology, psychiatry, social work, occupational therapy, recreation therapy, art therapy, music therapy and teachers from the Newfoundland and Labrador English School District.

## ABOUT THE PROGRAM

Young people from across Newfoundland and Labrador may be referred to the treatment centre by a mental health professional working with them in the community. A provincial admissions committee reviews all referrals and makes a determination, based on the nature of the young person's issues, as to whether the young person is most suited for the complex mental health centre in Paradise or the addictions treatment centre in Grand Falls–Windsor.

The average length of stay at the treatment centre is six months; however, young people may stay for up to 12 months, depending on their individual needs.

The centre provides a safe environment for young people with structure and routine, and uses everyday life experiences as a guide to daily living and coping skills. Youth also engage in therapeutic recreation, art and music therapy and attend school onsite with learning goals based on their individual needs.

The treatment program offered at the centre includes individual, group and family counselling. Staff work closely with families of the young people to ensure that when they return home following treatment, the transition is positive and that families have the tools they need to continue to support the youth.

As this is a provincial service, many youth will be far away from their family and home community while at the centre. For this reason, there is an onsite apartment for use during a family members' stay.