

# *Stella's Circle*

Hope Lives Here

All-Party Committee on Mental Health & Addictions  
June 29, 2015



StellasCircle.ca

# About Stella's Circle

- 125 staff
- Volunteer Board of Directors & Foundation Board
- Operating budget \$8 million
- Serves 1000+ participants annually
- Stellar history



# WHO WE SERVE

Adults who have faced challenges that prevent them from full participation in our community, including:

- Poverty
- Mental and/or physical health concerns
- History of conflict with the law
- Addictions
- History of abuse or neglect
- Homelessness
- Incarceration
- Illiteracy, interrupted education, & learning disabilities
- Limited or broken work history

Social Enterprise Training

Employment Counselling

ABE Level 1

CanDo Enterprises



Community Support Program

Just Us Women's Centre

Emmanuel House

Naomi Centre

Brian Martin Housing

Resource Centre

Jess's Place

+ Hungry Heart Café & Catering, Other Social Enterprises,  
Stella's Circle Inclusion Choir, Social and Wellness Programs

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# EVIDENCE OF SUCCESSES

- CanDo - \$1.77 in savings to other systems. Health care services avoided \$268,417 and justice services avoided \$18,810 with the proper supports in place
- 120 people secured employment 2014-15
- CSP - # of days of hospitalization decreased 39.2% and # of days of incarceration decreased 73%

# Pre-Budget Consultation Messages

- Value of Community Services
- Focus on MH&A
- Co-Ordinated Approaches
- Affordable Housing and Homelessness
- Poverty Reduction Strategy
- Multi-Year and Appropriate Funding
- Focus on Social Enterprise



# What's Working Well?



## The Province

- Rent supplements
- Poverty reduction measures (low income drug card)
- Placing traditionally office based staff in the community (Mental Health and Addictions)

## Stella's Circle

- Partnerships in:
  - Dialectical Behavior Therapy
  - Inclusivity (Choir, Shared Space)
  - NAVNET (system co-ordination)

# Average CSP Participant

Age: 44; 51% female, 49% male

Mental Health: 2 diagnoses

Physical Health: 2 conditions

Single

26% have children; 90% minors either in care or with another family member

Unemployed

Education: 64% never attended high school or attended without graduating; 26% have high school diploma; 7% post-secondary studies

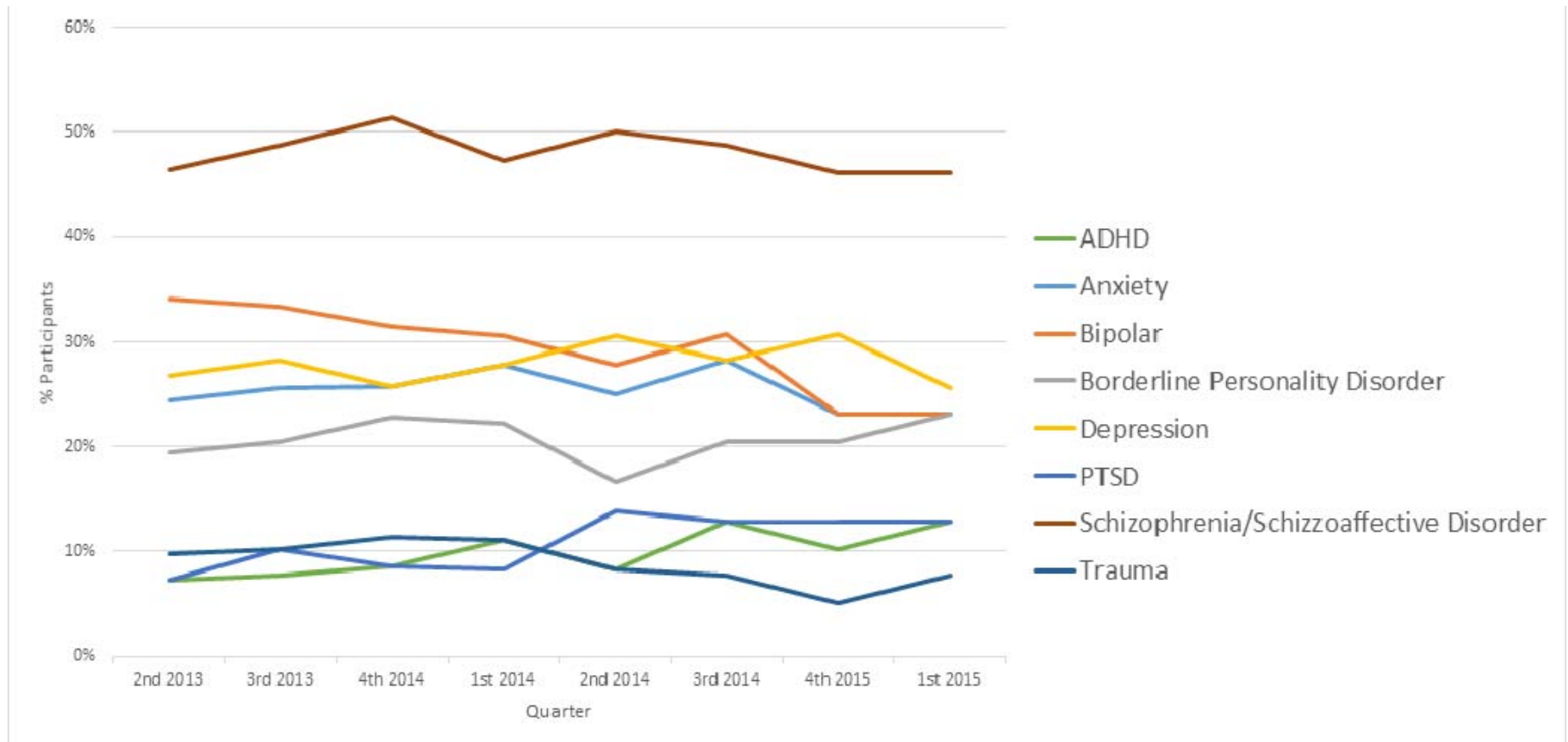
Addictions: 80% have 1 addiction



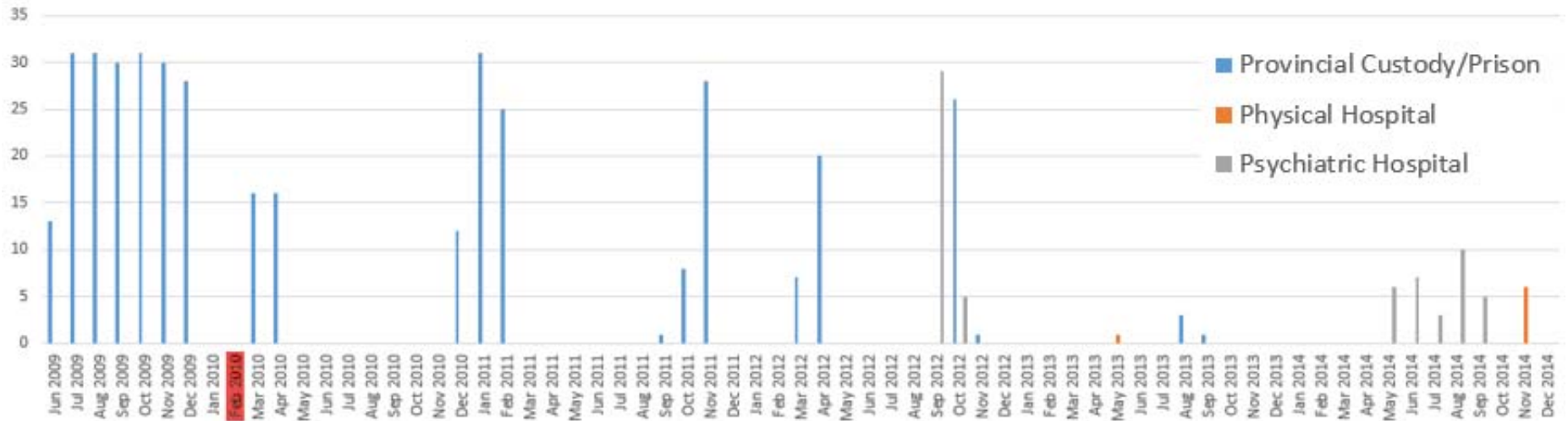


# CSP: Mental Health Conditions Comparison

## Most Common Diagnoses



# CSP Participant Institutionalizations



# CSP Case Example

- Male with schizophrenia, psychosis, poly substance abuse, FASD, ADHD
- Mental Health intervention since age 11; foster care system intervention; justice system intervention; years spent in hospital
- Was able to identify positive goals to achieve
- Started slowly with CSP staff visits to hospital and community
- A multi-system involvement
- Helped navigate return to school
- Helped to identify family arrangement based on his wishes
- Gradual overnights with family through to official discharge.
- One year in community with continued CSP support to assist him and family

# Where are the gaps in our community?

- Adult children with cognitive or physical disabilities who live with aging parents
- Homecare for those who age poorly
- Mental health training in facilities caring for those with physical health challenges
- Transitions from youth to adult and adult to seniors
- Access to medical practitioners, particularly downtown
- Transportation
- Stigma

# What we need to do...

- Continue to combat stigma with education and awareness (include employers and those working within our health care system)
- Look at policies and services that impact transition stages (youth to adult; adult to senior)
- Educate those who support seniors in the area of mental health
- Continue to develop and grow programs that build on partnerships
- Recognize the link between health and poverty and ensure those who are marginalized have access to medical programs



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