



YOUVILLE CENTRE

Programs and Services

YOUVILLE CENTRE

AT A GLANCE

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ABOUT US

OUR MISSION

Youville Centre is an innovative centre that inspires, educates and nurtures young mothers and their children to utilize their strengths and achieve their goals.



OUR VISION

Hope and support for pregnant and parenting young mothers and their children to achieve their full potential by leading the community in programs and services in mental health, education and child development.



ABOUT US

OUR STORY

Founded in 1985 and granted charitable status in 1987, Youville Centre is the brainchild of Sister Betty Ann Kinsella, a member of the Grey Sisters and a former teacher at Immaculata High School. Youville Centre is named in honour of Sister Marie-Marguerite D'Youville, founder of the Sisters of Charity (Grey Sisters). The Centre continues to carry on Sister Marguerite's legacy of helping those in need, particularly women and children.



Youville Centre provides innovative programs and services for young mothers and their children each year. Making a difference with two generations, breaking cycles and providing a hand up to young mothers remains our priority.



TREATMENT

OUR PHILOSOPHY

Kids do well if they can

Trauma-informed

Evidence-based

Research-based

Collaborative Problem Solving

Weekly Multidisciplinary Community of Practice meetings

Case Management

Facilitation of Trauma Recovery

Individual Treatment Plans

Referrals to community agencies as required



Be Respectful
Be Responsible
Be a Role Model

TREATMENT

Intensive Treatment Support Program (ITSP)



- Front line staff provides support to help clients navigate the myriad of programs and services at Youville Centre.
- All students have an Individual Treatment Plan, which include treatment goals collaboratively set by treatment staff and the individual student.
- Front line staff is trained in and utilized Collaborative Problem Solving when supporting clients.
- Students receive help with psychological, emotional, behavioural, social, educational and everyday living concerns.
- ITSP staff will make a referral to one of our on-site Registered Psychotherapists who will meet with the client to explain how she can access on-site mental health and substance use therapy.
- Various assessment tools are used including CANS-PPY and Thinking Skills Inventory.

TREATMENT

Mental Health and Substance Use Counselling



- We offer mental health and substance use counselling to all students. All students are required to attend an initial counselling session and can choose to continue counselling as needed.
- Both individual therapy and group therapy sessions are offered including a monthly visit by a therapy dog.
- Our counsellors are Registered Psychotherapists and belong to the College of Registered Psychotherapists of Ontario.
- A trauma specific approach is used with various therapy models including, but not limited, to motivational interviewing, cognitive behaviour therapy, and acceptance commitment therapy.
- Various assessment tools are used including, but not limited to, the CANS-PPY, GAIN-SS, , BDI II, BAI and the TOPSE .

TREATMENT

PARENT-CHILD ATTACHMENT COUNSELLING



- Clients are offered individual and group parent-child attachment counselling provided by an on-site psychotherapist.
- This program aims to increase parental sensitivity in mothers and promote secure attachment in the child.
- The counsellor may use the following evidence-based programs during counselling: Positive Discipline in Everyday Parenting and Circle of Security.
- Both members of the mother-child dyad's mental health needs are supported during parent child attachment counselling.
- Various assessment tools are used including CANS-PPY, Keys to Interactive Parenting, ASQ-3, and ASQ-SE.

TREATMENT

INFANT MENTAL HEALTH PROMOTION & INTERVENTION

- Infant Mental Health Promotion (IMHP) refers to the social, emotional, and cognitive well-being of the infants and young children.
- Early Intervention occurs when children are identified as being “at risk”.
- IMHP encourages a sense of security, safety, and the ability to establish and maintain satisfying and healthy relationships.
- IMHP empowers parents to learn how best to experience, control, and express their own emotions and help develop those skills in their children.



TREATMENT

CHILD DEVELOPMENT PROGRAM (CDP)



- All staff in the Child Development Program (CDP) are trained Registered Early Childhood Educators.
- We implement Early Learning for Every Child Today and How Does Learning Happen in our CDP.
- Program goals are early intervention and identification.
- CDP staff use a virtual documentation tool called “Storypark” to post stories and videos about the learning that occurs with the children.
- Developmental Support Plans are created as required.
- Staff use the Ages and Stages Questionnaires (ASQ-3, ASQ-SE) to screen development.

YOUVILLE/TREATMENT

PARENTING (BIRTH - ONE YEAR)

- Make the Connection birth-1 promotes secure attachment, communication, and brain development. It combines hands-on activities, parent reflection and discussion, and personalized video feedback.
- The course focuses on the skills and knowledge parents need, including maternal health, pregnancy, birth, and the early years of human development.
- Students learn how to meet the developmental needs of their young children, communicate with them, and effectively guide their early behaviour.



YOUVILLE/TREATMENT

PARENTING (ONE - TWO YEAR)



- Make the connection 1-2 helps parents support their child's development during his/her second and third year of life.
- MTC 1-2 combines hands-on activities, parent reflection and discussion, and personalized video feedback.
- The course prepares students for supporting child behaviour and development.
- Through study, practical experience, facilitator modelling and guidance, students learn how to meet the developmental needs of their young children, communicate with them, and effectively guide their behaviour in the toddler stages.

YOUVILLE/TREATMENT

TRANSITION COURSE



- This course, designed to facilitate a smoother transition from Youville Centre to community resources, employment/post secondary education, includes guest speakers, post secondary facility tours, certification in WHMIS and Smart Serve.
- Students work with staff to create individualized plans for their futures increasing their ability to advocate for themselves and their children in areas such as childcare, education, health, dental, housing and counselling.
- Scholarships, grants, bursaries, and other financial aid information is investigated.
- This is the final course that students take before embarking on life outside of Youville Centre.

ACADEMIC

HIGH SCHOOL CREDIT PROGRAM



- Youville Centre has a Partnership Agreement with M.F. McHugh Education Centre as well as St. Nicholas Adult Highschool.



- Courses in Grades 9 to 12, are offered at Youville Centre including: **The Arts, Guidance and Career Education, Business Studies, Health and Physical Education, Canadian and World Studies, Interdisciplinary Studies, Classical Studies, Mathematics, Computer Studies, Native Studies, English, Science, Social Sciences and Humanities, Technological Education.**
- Graduation Requirements are outlined on the Ontario Ministry of Education website.