

THE GROVE YOUTH WELLNESS HUB

Palmerston Hub



THE GROVE
YOUTH WELLNESS HUBS ONTARIO

The Grove
Wellington
Guelph

youth
wellness
hubs

ONTARIO



What our community has created for our youth is.....



A “**one-stop-shop**” for youth aged **12-26** designed to meet a **wide range of needs** including:

- **Mental Health**
- **Education**
- **Employment**
- **Housing**
- **Substance Use**
- **Primary Care**
- **Training**
- **Access to Community And Social Services**

WHAT ARE WE SEEING TODAY

In the past year

Over 32,000 youth visits to participate in a range of activities, including:

- **26,000** youth drop in visits
- **4,000** Wellness/Recreation visits
- **1,600** employment/education visits
- **1,100** clinical visits



Palmerston Site

2022-2023- 12,464 drop in visits

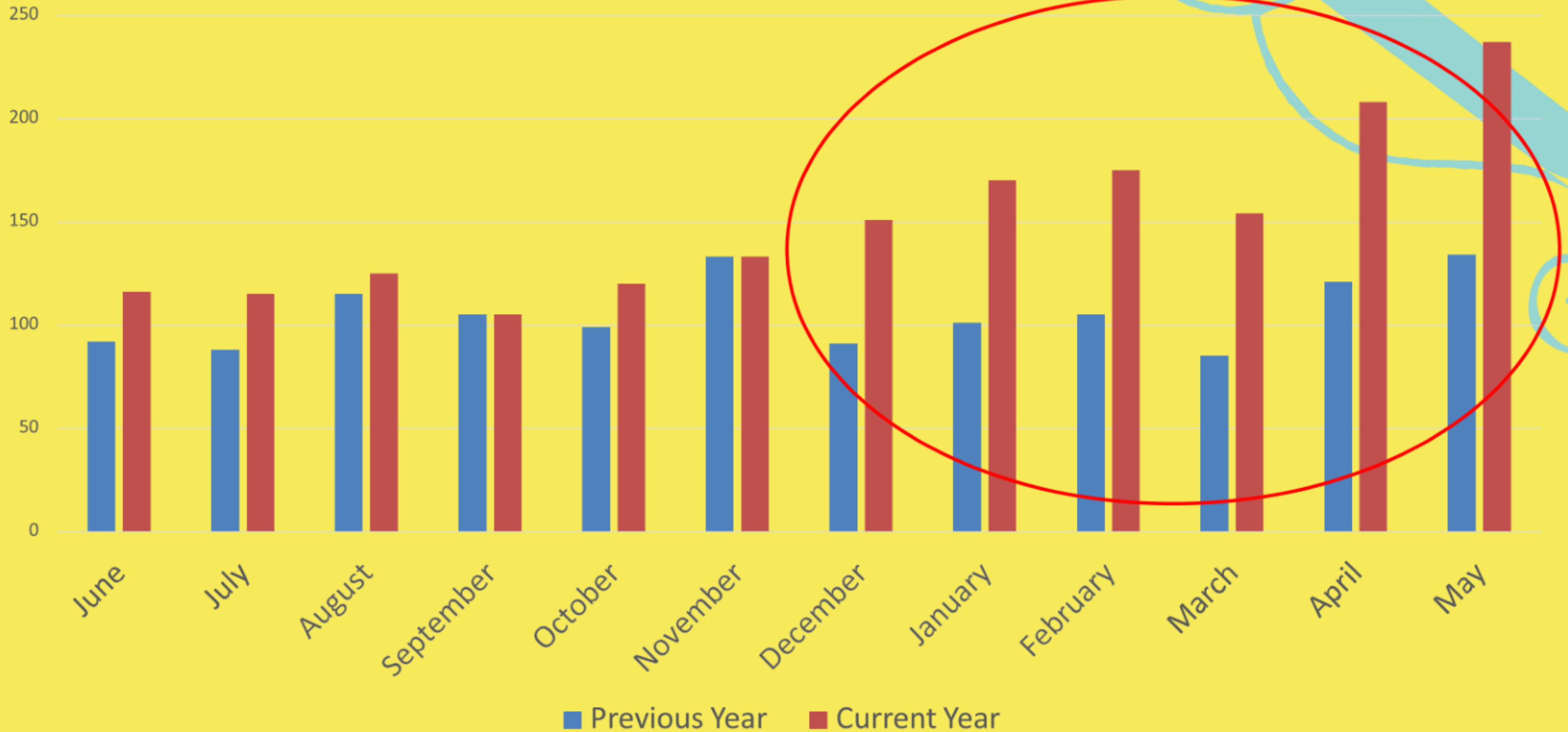
2023-2024 - 12,537 drop in visits

40% of visits coming into the Grove
are coming to Palmerston

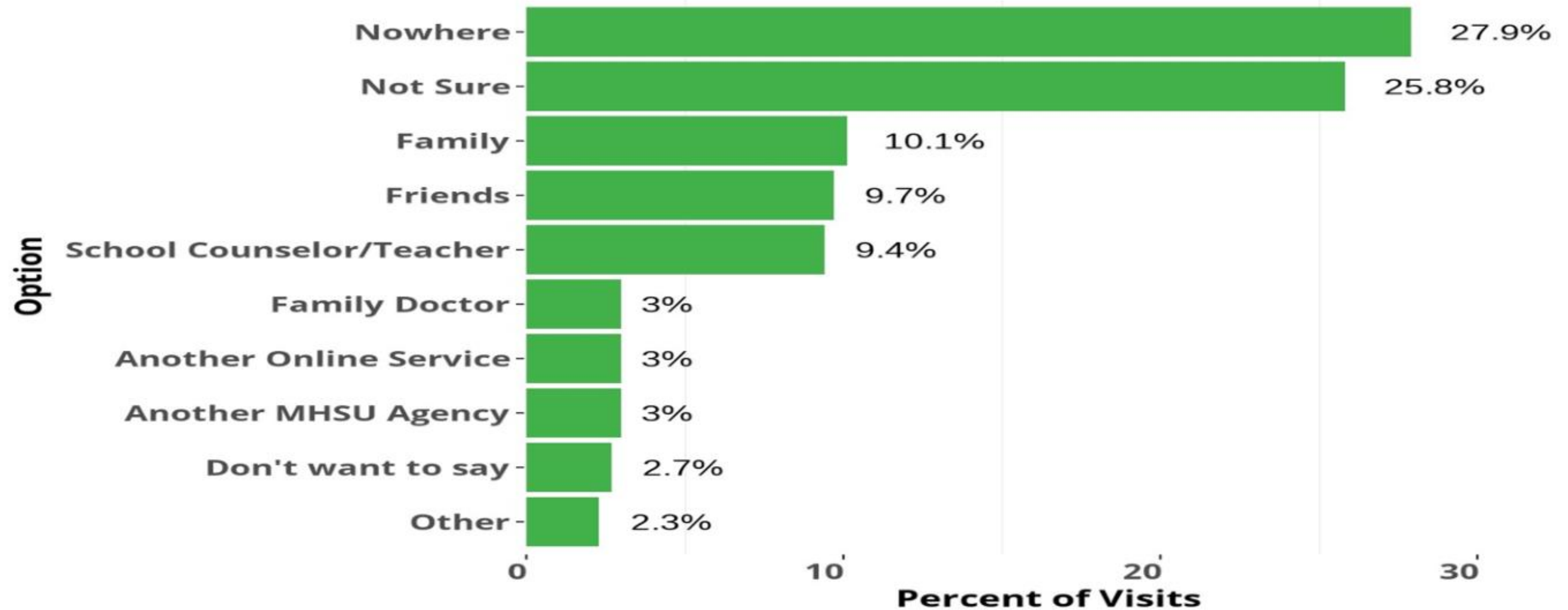
70-100 Young People

EVERY DAY

Clinical Support Youth Visits



If the Grove wasn't available today, I would go to....



Note: <1% have been removed from the graph

The Trends we are seeing....

- Low Mood
- Anxiety
- Housing and food insecurity
- Suicidal Ideation & Attempts
- Substance use (Cannabis & Vape)
- Social challenges
- Familial challenges
- School avoidance

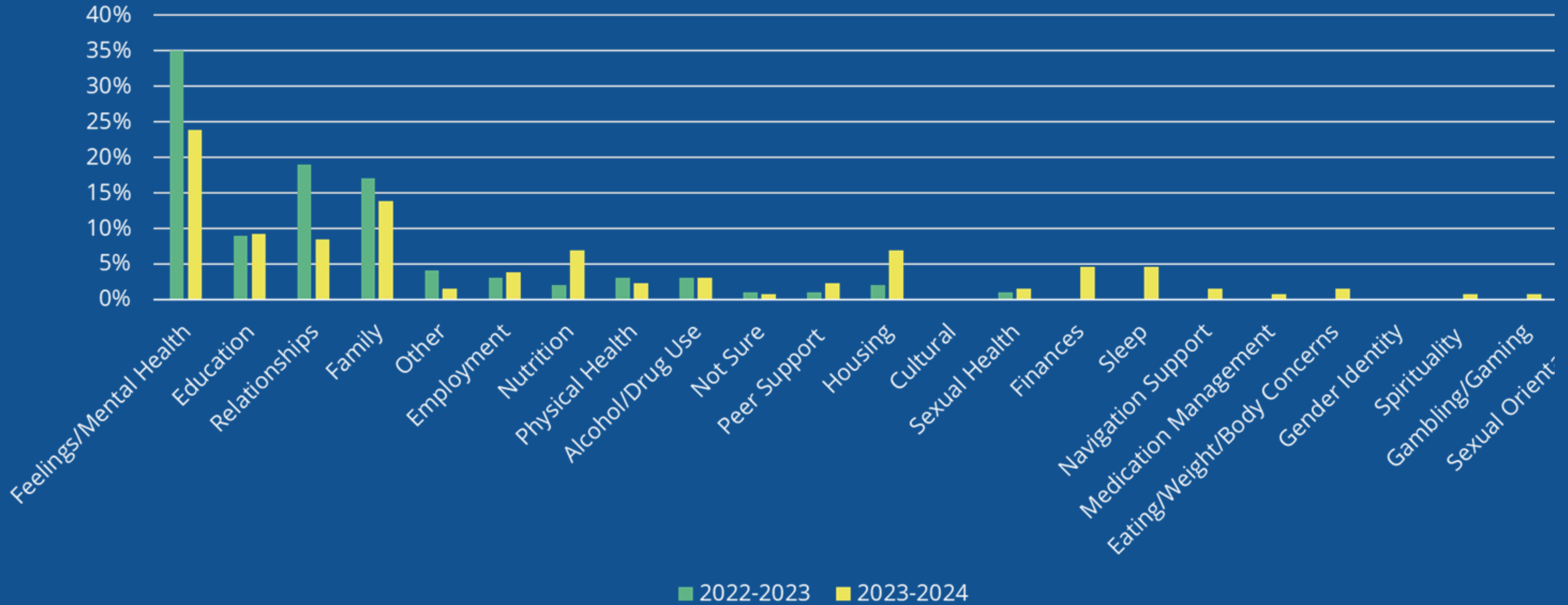


Improved Wellness



Variable	% Change
Self Reported MH	+41.5%
PHQ – Suicidal Ideation	-34.0%
GAD-7- Anxiety	-14.1%
PHQ-9- Depression	-13.2%
K6- Psychological Distress	-6.5%
GAIN-SSS- Substance Use	-3.1%

Fiscal Year Comparison

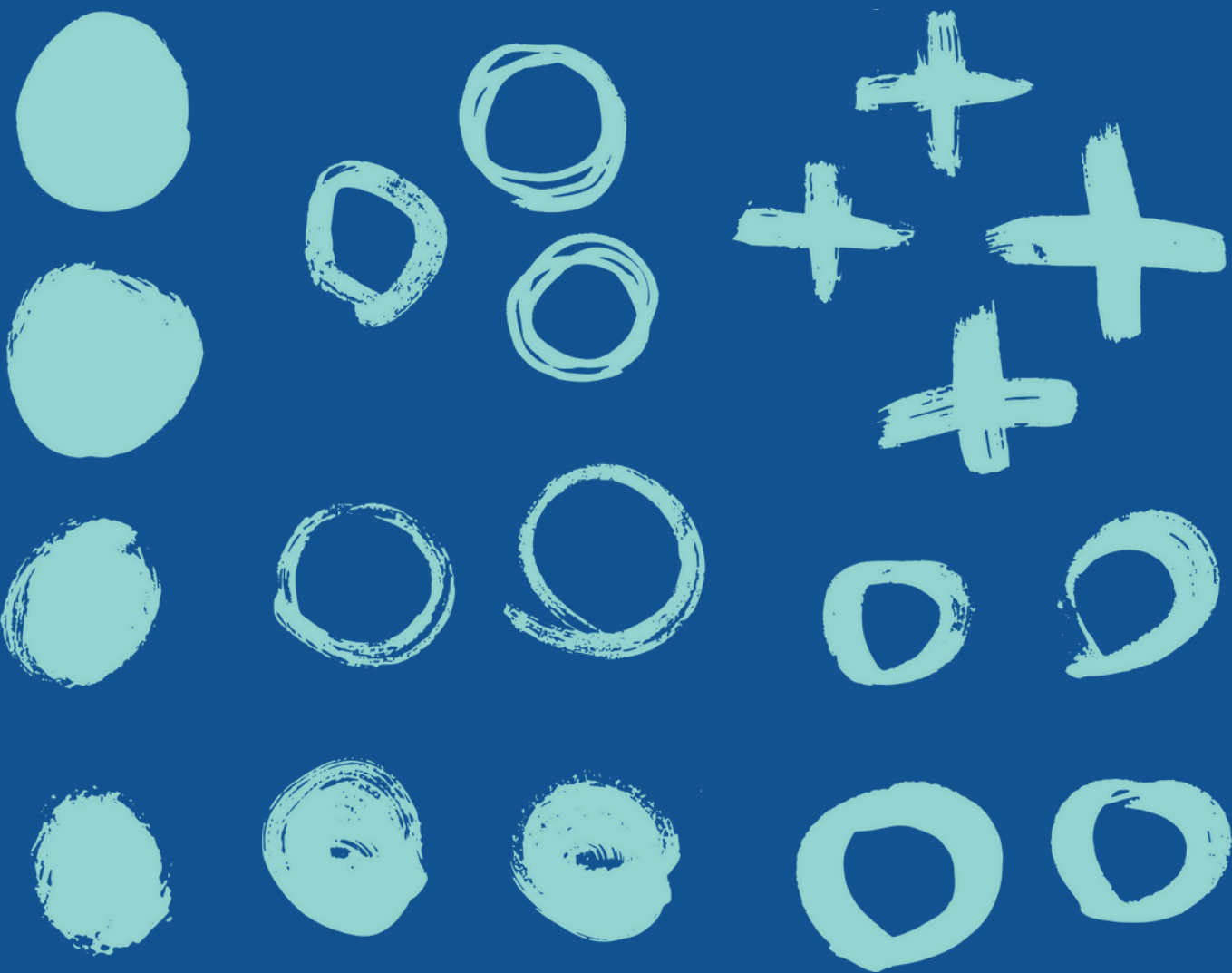


Updates for 2023-2024

Increased skills and wellbeing program
attendance

Increased access to Wellness and Peer
Support services

Increased community partnerships



Mapleton & Minto Township

- Supporting Sub Hub location in Drayton and Harriston
- Day Camp Wellness Programming
- Afterschool Program Wellness Programming
- Continued site support in Palmerston

Minto Mapleton Family Health Team

- Collaborative ran Mental Health Anxiety Group at the Grove
- Nurse Practitioner partnership on site twice a month for primary care needs

Partnerships

School Collaborations

- Wellness programming provided to
 - Palmerston Public School
 - Maryborough Public School
- Continued Wellness Support Collaboration with Norwell DSS
- Ongoing communication and supports with all schools in the area

“ Success Stories



Were able to support a young person experiencing suicidal ideation and not attending school in connecting with mental health supports onsite and then able to return to school and obtain their semester credits.

A young person who experienced bullying at school found a safe place to spend lunch hour here at the hub, and has since joined the Minto Youth Action Council (MYAC)

Supported a young person in rural Mapleton by providing transportation to the hub, through building rapport learning of the home life struggles, and providing referrals and warm handoffs to financial and housing supports.



Thank You!

All this wouldn't be possible with your support.



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