



Minister's Medal Honouring Excellence in Health Quality and Safety

Team-Based Initiative

Adolescent Treatment & Learning Alternative Service

Within the Outpatient Mental Health Clinics at Markham Stouffville Hospital is a unique program run in collaboration with the York Region District School Board called the ATLAS (Adolescent Treatment and Learning Alternative Service) program. This program targets adolescents between the ages 12 and 19 who are struggling with depression and/or anxiety and are having significant difficulty attending or succeeding at school. The program combines a classroom experience, individual and group therapy to help participants learn to better cope with their difficulties in order to prepare them for a return to their home school.

The ATLAS program is staffed by a multi-disciplinary team which includes teachers (funded by the York Region District School Board), child and youth counsellors, a social worker, psychologists, and a psychiatrist.

ATLAS is uniquely focused on adolescents with behavioural issues arising from anxiety and depression. For many of these adolescents, early intervention and treatment can minimize the impact of school absenteeism as well as minimizing the chronic course of these illnesses. The program has only just started (as of October 2013) but the preliminary data has demonstrated significant success in the reduction of symptomatology as well as return to school attendance.

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*The information provided above is taken directly from 2014 Minister's Medal applications –
Facts and information herein have not been checked for accuracy.*