

Krembil Neuroscience Centre  
Youthdale Treatment Centres

HELPING YOUTH IN DISTRESS

There's always an answer. *We'll find it.*

# A new-found courage



Photo courtesy Field Day Inc. and Howard Chang Photography

Lindsay's sparkling eyes and spunky hair fit her vibrant personality and she shows a level of maturity rare in someone so young. At 16 years of age, her emotional journey has been a difficult one.

Lindsay lost her father at two and was raised in a single parent home. From this young age, she showed some of the symptoms of neurodevelopmental disorders such as biting her tongue, jerking her shoulders and making high-pitched sounds.

Dr. Paul Sandor, Director of the Krembil Neuroscience Centre's Tourette Syndrome (TS) Clinic – diagnosed Lindsay with TS, Obsessive Compulsive Disorder and Separation Anxiety. She was only seven years old.

As Lindsay entered her teens, in spite of psychiatric help and her mother's love, she was staggering under the weight of severe depression, frequently cutting herself and contemplating suicide.

Lindsay was a 15-year-old in serious danger when she was finally admitted to Youthdale Treatment Centres for intense counseling and group therapy.

Today Lindsay's busy life is full of promise, and her love of children has led to plans of becoming a prenatal nurse. "Youthdale helped me change," says Lindsay. "I found a strength within myself that I didn't know was there."

*Lindsay came back from the brink of suicide with the help of focussed psychiatric care and compassionate, expert counseling.*

*Duston's parents were desperate, their son was frightened. When they finally entered Youthdale, Dr. Sandor diagnosed Duston with Tourette Syndrome.*

## A future that looks bright



Photographics, UHN

When Duston was in first grade he used to yell a lot – plenty of children do. Over the next couple of years, involuntary movements, or tics, became part of his increasingly challenging behaviour. He was loud, restless, distracting, teased and falling behind. To his teachers, Duston was a ‘bad kid’.

His parents knew otherwise but felt powerless to convince anyone that their son was not seeking negative attention. And they were also painfully confused – why *did* he act this way? Then Duston grew silent and withdrawn. He cut himself with sharp objects. He took an overdose of painkillers. He threw himself out of a speeding car. At age 10, Duston not only wanted to die – he was determined to take his own life.

Mom and Dad were desperate and Duston was frightened. When they finally entered Youthdale, Dr. Paul Sandor diagnosed severe depression and Tourette Syndrome (TS), a neurodevelopmental

condition with no known cure. The family was shocked but also relieved to learn at last what Duston had been struggling with for five long years.

Within weeks Duston began to change. Skillful psychiatric and pharmaceutical treatment gave Duston his life back. Today, his confidence shines in spite of puberty, which makes his TS harder to manage with the usual medications. At 13, he enjoys math, competes on lacrosse, tennis and swim teams and plays acoustic and electric guitar.

“My tics are vocal right now – grunting and coughing – but Dr. Sandor is helping me with some new meds,” says Duston. “I’m not scared anymore. I’m glad other kids like me can go to Youthdale because they really know what to do to help.”



# Help us restore hope and health to

**More than two-thirds of Canadian children suffering from Tourette's Syndrome, attention deficit, obsessive compulsiveness, aggression and a myriad of related disorders are not getting the medical and psychosocial help they so desperately need.**

Their parents struggle to access health care, education and social services from under-funded resources – many of which operate in isolation and are unqualified to address the complex needs of these children.

The Krembil Neuroscience Centre (KNC) and Youthdale Treatment Centres (YTC) collaborate in the assessment and treatment of emotional and behavioural disorders so debilitating to self-esteem. These leaders have created a single point of entry to deliver neuropsychiatric research, highly qualified outreach and clinical expertise *unrivaled in Canada.*

## The crisis and the cure

A child struggling to cope with the emotional burden caused by a mental illness often fails in the school system, becomes a dysfunctional teen and faces an

isolated adulthood. For many of these children, Youthdale is the last hope.

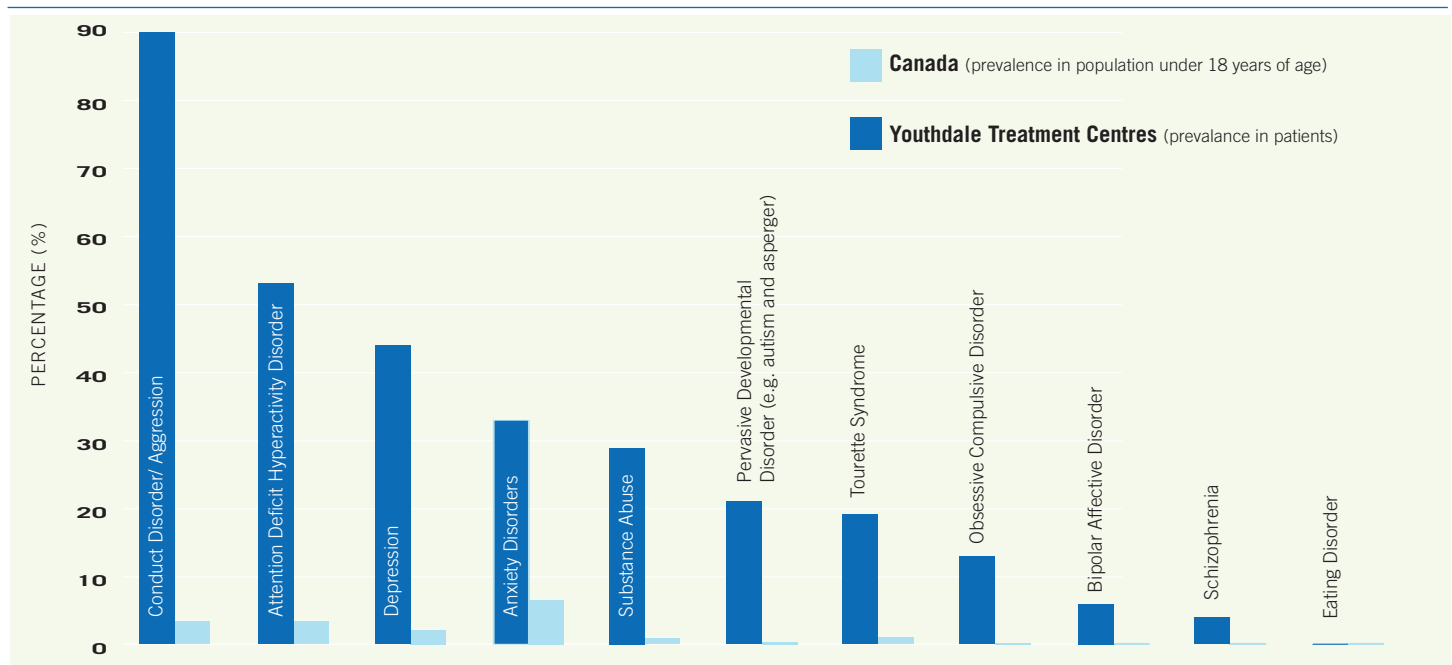
“Even with our best efforts, we are serving a small minority of the youth who need our help. A random survey of youth in the general population shows that 15 to 25% suffer from mental illness. Of these, fewer than one in three receive some form of treatment.”

– **Dr. Paul Sandor**

*Director, Tourette Syndrome/Neurodevelopmental Disorders Clinic, KNC;  
Director of Neuropsychiatric Studies, YTC*

Each year, Dr. Paul Sandor and a team of child psychiatrists at Youthdale treat over 400 youth suffering the most acutely – often with two or three disorders concurrently. Clinical research at Youthdale focuses on the genetics of aggression, thinking and decision-making, sleep disturbances, medicine in epilepsy and the patterns and prevalence of neuropsychiatric disorders in children.

Many of these childhood disorders reflect the impact of biological factors (e.g. genetics, alcohol or drug exposure in utero, trauma) rather than parenting practices, and often require biological interventions, including neuropharmaceuticals.



**Prevalence of Neuropsychiatric Disorders in Children and Adolescents (%)**

# youth fighting for their self-esteem.



“Recent progress in brain biology, genetic and imaging allows a deeper level of understanding of childhood mental health disorders. Youthdale is in an excellent position to take advantage of these advances by developing a program in pediatric neuropsychiatry research that will build on their broad range of outstanding clinical services. I enthusiastically support these initiatives.”

– **Joseph Beitchman**

*BSc, MDCM, MPH, Professor and Head,  
Division of Child Psychiatry, University of Toronto*

**We have the potential to revolutionize the diagnosis and treatment of these disorders before they lead to a crisis.**

Our scientists are identifying the factors that *cause* the disorders. Their focus on genetics will have *global impact* – when discoveries influence scientific thinking around the world they can prevent untold suffering for millions of children.

Your donation can help prevent pain and hardship for countless young people besieged with every imaginable mental health problem. Often these children are of above average intelligence, but when left untreated they become a population of adults that creates a huge economic burden to society. There is a solution.

**The Krembil Neuroscience Centre and Youthdale Treatment Centres – no other partnership in Canada holds such promise for changing the futures of children at risk.**

---

## We need your help to give youth a fighting chance.

Toronto General & Western Hospital Foundation is committed to fundraising to enable a KNC/YTC program that will have the maximum impact on those who need help.

Support is urgently needed to accelerate and sustain the translation of research into innovative clinical interventions *and* to foster the dissemination of best practices to health practitioners working with youth in distress in the broader treatment community.

To leverage the rich potential of the KNC/YTC connection and to establish academic leadership, we need to create a **Chair in Neurodevelopmental Psychiatry**, to be held by an eminent clinician-research scientist.

The Chair will collaborate with a cohort of specialists to ensure an approach that integrates developments in the neurosciences with the delivery of clinical services.

Students from multiple disciplines (neurology, child psychiatry, neurobiology and neuropsychology) will be trained to align research to clinical work and vice-versa. Schooled in this approach, graduates can go on to be highly effective in the community.

Your gift can make a profound difference in the lives of disturbed children. Your support helps find the answers that can dramatically transform quality of life for these youth and their families – *now and for generations to come.*

*Thank you for your support.*

---

## Krembil Neuroscience Centre

Located at Toronto Western Hospital, the Krembil Neuroscience Centre (KNC) is home to the largest and most diverse Neuropsychiatry Program in Canada. For over 20 years, the Program has been offering much needed services to 3,000 patients each year. Through the Tourette Syndrome (TS) Clinic – the first and largest in Canada – the Sleep Clinic and the Acquired Brain Injury Clinic, patients receive expert assessment, treatment and counseling for TS and its associated disorders, sleep disturbances and acquired brain injuries.

Neuroscientists concentrated at KNC are at the top of their field. Their research focuses on the molecular biology of brain function – herein lies the key to understanding and safely treating neurodevelopmental disorders. Leading neuropsychiatrists use the latest neurodiagnostic procedures and state-of-the-art brain imaging, including functional MRIs, to identify the effect of disorders and brain damage, and to assess the impact of treatments.

## Youthdale Treatment Centres

A founding member of the children's mental health movement in Ontario, Youthdale Treatment Centres' (YTC) innovative approach to community medicine has earned the prestigious Gold Award of the American Psychiatric Association.

For over 35 years, Youthdale's highly skilled health care specialists have been providing a continuum of integrated mental health services *unmatched* anywhere in Canada.

Each year, their Crisis Team handles 5,000 calls from youth and families in distress – of these, 400 are admitted to YTC's residential or inpatient program for intense treatment. In addition, YTC annually sees approximately 600 youth on an outpatient basis.

## **Donate. Volunteer. Get involved.**

For more information please contact:

**Andrew Finn**

Associate Director, Major & Planned Gifts  
Toronto General & Western Hospital Foundation  
(416) 603-6498  
andrew.finn@uhn.on.ca

Krembil Neuroscience Centre

**Paul Sandor, MD, FRCPC**



Krembil Neuroscience Centre  
There's always an answer. *We'll find it.*  
Toronto Western Hospital



Toronto General & Western  
Hospital Foundation  
There's always an answer. *We'll find it.*

Youthdale Treatment Centres

**Dan Hagler, CEO**  
**Paul Nightingale, Chair**



Youthdale Treatment Centres  
Youthdale Foundation  
YDL Institute for  
Pediatric Neurosciences