Each year, NYC provides over 10,000 hrs of mental health support treatment, to develop children and youths' social competency.

Clients receive 54 hours of clinical programming at an average cost of $38 /hour.

$0.90 of every dollar we receive goes directly to treatment.

We can accommodate 400 Children, Youth and Family members, every year.

When we welcome a child to NYC, 80% of the time we are able to work with the Family as well.
Our Services

Nelson Youth Centre works with children and youth who are experiencing significant mental health issues. All of the children and youth that come to the centre have been identified as having mental health issues and have received some early intervention before being referred to NYC.

Nelson Youth Centres provide intensive clinical services with 90% of the children and youth having mental health issues in two or more domains. Using the Ministry definition this puts the children and youth we serve in the complex range of need.

With the diminished number of residential treatment options in the region, it is important to focus on community-based interventions.

The majority of the children and youth who use our services fall into the Tier 3 of mental health needs requiring the use of more intensive services with a higher level of expertise in clinical programming.

NYC services works with a three-pronged approach, incorporating the individual, family, school and community needs in the planning of clinical treatment. We provide group, family and individual therapy. We offer child-centered, whole-person care. Our services are unique with little or no duplication with other children’s mental health providers.

The community has developed 4 tiers to identify the mental health needs of children and youth:

1. **Tier one is defined as community awareness of potential risk to children and youth.**
2. **Tier two is defined as children and youth who have received early identification/treatment.**
3. **Tier three is defined as children who require a higher intensity of services.**
4. **Tier four is defined as children and youth needing the most intrusive and intensive service including in-home supports.**

Nelson Youth Centres
Changing Young Lives