

Info Items:

Recovery Ottawa:

An Ottawa doctor is taking on the city's cocaine and opioid "epidemic" by opening up his own addiction treatment clinic in Vanier. Dr. Mark Ujjainwalla, who has been an addiction specialist for 25 years, says nearly 8,000 addicts in Ottawa tried to get help between 2011 and 2012 alone, and most of them were met with long waiting lists at area treatment centres.

The long waiting lists sent most of them back to the streets – to "steal, prostitute and deal drugs" to fund their addictions, he says. His new Recovery Ottawa treatment centre is ready to start treating these addicts as soon as they seek help.

"Even if you don't have an (Ontario Health Insurance Plan) card, I'll see you today and start you on methadone today," Ujjainwalla said Wednesday. His clinic officially opens next Tuesday. "We have people dying left, right and centre. It's devastating, it's shameful."

The brand new, 6,000 square-foot centre will be staffed by five physicians, pain management specialists, a nurse practitioner, Hepatitis C specialists and opiate case workers to help steer addicts away from a life of substance abuse. With no government funding, Ujjainwalla is footing the entire cost for the centre himself. It's not about money, he says, but about helping people with an addiction disease. A recovered addict himself, Ujjainwalla doesn't think it's fair that addicts have a stigma against them.

"These people are sick," he said. "These are not bad people who have to get good, these are sick people who need to get well."

Recovery Ottawa, which is modeled on a similar project in the U.S called Recovery Kentucky, officially launches Nov. 19.

<http://www.ottawacitizen.com/news/ottawa/methadone+clinic+aims+give+addicts+immediate+help/9186546/story.html>

Partners for Mental Health:

It's time to do right by our youth

Did you know that 3 out of 4 children and youth with a mental health problem or illness will not receive treatment? As well, more than 20% of children with diagnosed mental health issues wait more than a year for treatment; the average delay is 12 months.

In many cases, children and youth in Canada who need mental health services are often unable to access them, unless their families are able to pay for services privately.

We need change. We need to be doing more to provide for the mental health needs of our young people. The consequences of failing to do so can be tragic:

- Suicide is the #1 cause of non-accidental death among youth.
- Almost 90% of people who die by suicide have a mental illness.
- 23% of all deaths for youth aged 15 to 19 can be accounted for by suicide.

Learn more about our new campaign, ***Right By You***, and find out how you can take action to improve access to youth mental health services.

[GET INVOLVED](#)

TAKE THE PLEDGE

<http://www.partnersformh.ca/>
