



Food | Housing | Health | Youth

**GBF Community Services**  
**is proud to support**  
**Mental Health Initiatives**  
**in our community.**





Food | Housing | Health | Youth



Thomas E. Beach  
Chair - GBF Mental Health Program



Stacy Elia  
Executive Director

The GBF organization is pleased to be in a position to support such a valuable initiative. The idea of funding a mental health project for our community received a unanimous vote from the GBF Board of Directors.

This project, aiming to support youth and young adults with mental health challenges, is completely synchronous with the attitude and decision-making profile of GBF; attention to our youth, community health and well-being, and sustainability. Therefore, we've made a generous contribution.

GBF spent many months researching the medical and educational fields in an effort to locate the most efficient conduit to success. We are very pleased to support the West Niagara Mental Health service at Hamilton Health Sciences. Data collection and research from the work will keep this program current and resourceful for years to come.



GBF Community Services is proud to support Mental Health Initiatives in our community.



Food | Housing | Health | Youth



Christopher Conley M.S.W., RSW  
Senior Clinical Specialist,  
West Niagara Mental Health,  
Hamilton Health Sciences

This project aims to equip frontline clinicians who are already treating youth and young adults in the community with current evidence-based Cognitive Behavioral Therapy for depression and anxiety disorders.. A number of components are used to provide an effective treatment. This includes direct training, consultation , and computer assisted therapy. Through the WILLOW platform from Evidence-Based Practice Institute, frontline staff have access to video instruction, handouts, and depression/ anxiety measurement tools. Youth who are receiving treatment also have access to WILLOW for the self-management/self-treatment tools. The project is being measured through a research protocol to evaluate the processes.



GBF Community Services is proud to support Mental Health Initiatives in our community.



# Finding mental health solutions for youth in West Niagara

**We are enabling an evidence-based community approach to treating youth living with depression and anxiety disorders in West Niagara.** We're equipping practitioners who already serve this population with additional tools to address these challenges.

The project includes:

- Training to participating practitioners in evidence-based treatment for depression and anxiety using Cognitive Behavioral Therapy (CBT)
- Utilizing the innovative software, **WILLOW**
- Collecting data as part of a research study to assess the benefits for community providers of implementing a consistent approach

## Why use the **WILLOW** software?

**Cognitive Behavioral Therapy is a proven effective approach to mental health treatment.** **WILLOW** provides treatment plans and resources with an evidence-based approach to CBT. Plus, it's simple for different community providers to use. Resources include video instruction, handouts, and depression/anxiety measurement tools. There are also self-management/self-treatment tools for patients, allowing them to be involved in their own treatment.



**This project is generously supported by GBF Community Services.**