

HIGH SCHOOL CLINIC 2020-2021

THE POINT IN TIME (PINT) HIGH SCHOOL DROP-IN CLINIC OFFERS YOUTH ATTENDING THE LOCAL HIGH SCHOOL A SAFE AND CONFIDENTIAL PLACE TO ACCESS COUNSELLING WITH A TRAINED MENTAL HEALTH WORKER FROM POINT IN TIME THREE DAYS PER WEEK THROUGHOUT THE SCHOOL YEAR.

10 UNIQUE CLIENTS
ATTENDED 82
SESSIONS AT THE
HIGH SCHOOL
CLINIC DURING THE
2020-21 SCHOOL
YEAR



DUE TO THE COVID-19 PANDEMIC WORKERS WERE NOT ALLOWED INTO THE BUILDING. A TABLET WAS SET UP AT THE SCHOOL WHEN SCHOOL WAS IN-PERSON. WHEN SCHOOLS CLOSED YOUTH COULD CONTINUE TO ACCESS THE WORKER. THE CLINIC CONTINUED TO SERVE CLIENTS BY OFFERING SESSIONS BY PHONE AND ZOOM.

OUTCOME RATING SCALES COMPLETED AT THE BEGINNING OF SESSIONS, DETERMINED THAT ON AVERAGE, 64% OF CLIENTS ACCESSING THE CLINIC WERE CONSIDERED CLINICALLY DISTRESSED. THIS WAS A SLIGHT INCREASE FROM LAST YEAR.

THE TOP PRESENTING ISSUES FOR CLIENTS WERE ANXIETY, PEER RELATIONSHIPS, DEPRESSION, ACADEMICS AND FAMILY CONFLICT.



CLIENTS MOST COMMONLY SELF-REFERRED TO THE CLINIC, BUT OTHER REFERRALS CAME FROM SCHOOL ADMINISTRATION, POINT IN TIME'S QUICK ACCESS CLINIC, CAREGIVERS AND FAMILY DOCTORS.

14 OF THE SESSIONS AT THE CLINIC WERE CONSIDERED CRISIS SESSIONS. FEELING OVERWHELMED WAS THE MOST COMMON PRESENTING ISSUE.

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