

Mobile clinic gives youth access to mental health care

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One in five youths lives with a mental illness, according to the Canadian Mental Health Association.

For many of those youth across York Region, access to mental health services is limited, out of reach or shrouded in stigma. CMHA aims to change that with Ontario's first and only mobile health clinic known as MOBYSS (pronounced mo-bees).

MOBYSS stands for Mobile York South Simcoe and it serves as a "clinic on wheels" for individuals between the ages of 12 and 25. It's been operating in York Region and southern Simcoe County for the last 18 months and in addition to saving at least three lives, CMHA says staff have helped 4,170 youths in that time or 230 per month.

On Monday, Nov. 7, MOBYSS stopped by at the office of Markham-Stouffville MP and federal health minister Jane Philpott, who toured the bus while getting briefed by CMHA York and South Simcoe branch CEO Rebecca Shields.

Philpott - who's stated many times her commitment to increasing access to mental health care - was impressed with the unit, praising it a creative solution.

"It (MOBYSS) addresses some of the real concerns we have in terms of responding to mental wellness needs for Canadians," she said. "One of the challenges is often accessing care. People either don't know where to get care or they can't get to places where it's provided.

"The beauty of the mobile unit is that it goes to where people are," Philpott added.

The mobile clinic brings mental and physical health services

directly to high schools, youth shelters and community centres, so youth with hindered or limited access have the means to receive health care.

Services include mental health assessment, suicide intervention, counselling, sexual health and addiction education, basic primary care and health screening.

CMHA found that 40 per cent of appointments required mental health counselling.

"What we're learning is that young people are very self-aware that they need mental health support," Shields said. "Our ground-breaking clinic is providing life-saving support for youth in our catchment area. We'd like to see similar initiatives in other communities."

MOBYSS is staffed with a nurse practitioner, a mental health counselor and a peer support specialist, who together provide "holistic and barrier-free" medical, sexual and mental health care seven days a week.

The idea came out of feedback from focus groups organized by CMHA. Shields says the feedback they received made it clear that there was a need for such a service in the region.

"We talked to them (youth) and we heard over and over that youth couldn't access services," Shields said. "We knew they said it's too hard to get around York Region, so we put it together by listening to those who needed the service."

At \$150 per visit, MOBYSS is funded by a variety of sources which includes the provincial government, corporations, individual and family donations and fund-raising initiatives.

"We're always looking for sustainable funding to expand services," Shields said. "We know there is a need because of lineups at high schools."

REMEMBRANCE

The main event of the week is Remembrance Day. I know that for most of you, it would have been your parents or grandparents involved in the last world war, and as time passes, fewer and fewer actual vets are here to tell the tale, should they wish to.

What we've done this week is to consult the Food Network for 'dishes' that were popular during those times of sacrifice, austerity and rationing. This was all necessary because much was still imported and therefore obtained with difficulty, and much went to our armed forces, which numbered about 10% of our total population - a number that eclipses that of many countries, including our friends to the south. While rationing and shortages didn't last long after the war in Canada, in England and most of Europe they did, and our country was (and is) a pretty good place to be - something else to remember, as well!

CLEMENTINES

These sweet little citrus wonders come from Spain or North Africa. Their name was coined by Winston Churchill who, when confronted with them in Morocco, likened them to the sweetness of his wife, Clementine. They are now a huge hit, both in Europe and in North America, and this makes sense given how easy they are to work with, and how delicious they are... and the price isn't bad either! **2.5kg size, this week**

\$5.99
EA

PIZZZZA!

Our feature this week will be our version of **Margarita**, featuring sliced tomatoes, fresh basil, bacon and bocconcini. **Feature here will be**

Now, if you want my version of this, with extra cheese and pepperoni, you can get it too. **Feature for this will be** (And it's really good too!)

\$10.95

\$12.95
EA

OUR MARINATED-FLANK STEAKS

Another of the wartime initiatives was to use more of the slow-cooked 'tougher' cuts of meat, in order to conserve and/or more fully utilize the livestock. Such an item was flank steaks, which until rather recently, was one of those items that was a laggard in terms of movement. I like to think that it was my Mother-in-Law, the famous Doreen, who made this the popular dish that it is today. What makes it great is: (a) the flavour (b) the ease of preparation, and (c) the price, when you make the comparison to other cuts of steak. We've made a lot, so hopefully your Q is not yet away for the winter, but if so, a hot oven works good as well.

Reg. \$12.95/lb, and

25% OFF
THIS WEEK

featured at

PRINCE EDWARD ISLAND

These come from the mussel farms on the North Coast of PEI, and are in 2 lb bags. These are always a fun way to start meal, and a couple recipes will be available. **Featured at**

\$5.95
EA

PASS THE CHEESE PLEASE!

Our cheese of choice will be **'Dorset Drum'** an aged cheddar, from England. This is a brick of white cheddar aged 1 year, but you would definitely think longer. I am nibbling this as I write, and it's darn good cheese. **\$6.99**
Reg. \$8.99/200g brick - and featured at

Also this week we'll have our **Hockey Puck Beer Cheese** on hand. This is from Pine River near Goderich, and it comes in black wax. Let it temper, and serve it in nibbling wedges. We went big on these, and for **\$9.95 each**, it will be at the centre of most cheese boards in town, and may end up in some nets, as well.

Further, we've arranged a feature on **Cranberry Wensleydale**. This is another star from our counter, and it excels on looks and taste! If you haven't tried it, you'll find it on the crumbly side, and when tempered, full of a long and lingering flavour - (white wine is good with this; just sayin') **1/3 PRICE**
Reg. 5.99/100g, and featured at

25% OFF
THIS WEEK

MUSSELS

These come from the mussel farms on the North Coast of PEI, and are in 2 lb bags. These are always a fun way to start meal, and a couple recipes will be available. **Featured at**

\$5.95
EA

HONEY GARLIC SAUSAGES

This is actually a fairly mild sausage with a long and smooth flavour, especially if you like garlic. During these cooler days it's not always possible to use your BBQ, so these can be roasted in the oven and served as a dinner sausage - or even cut into pasta or a stir fry. It's all good! **25% OFF**
Reg. \$5.99/lb.

25% OFF
THIS WEEK

WHAT'S HAPPENIN' OUTSIDE!

The initial festive shipment from last week in long gone, and an avalanche of festive arrangements is either in now or on-the-way, including those beauty trees that we have had for the last couple of years. What you'll find are wreaths, boughs, swags, front step arrangements and urn inserts. Now, if you don't find what you would really like, we'd be happy to make it for you. Just ask Vi or her illustrious and creative crew.

WHAT'S FOR DINNER?

We'll have two items from the freezer this week. The first is a nicely **Ontario Cauliflower Soup**, and the second will be our **Beef Stroganoff** in the 8x5 foils. You will enjoy these with almost any thing. **Reg. \$8.95 and \$22.95 each.**

And they will both be featured at **25% OFF**

WHAT'S COOKIN' AT THE DELI!

Let's start with a new salad, **Kale & Feta Couscous**. This is made with black beans, fresh kale, sweet onions, Canadian feta, fresh parsley, and dressed in a lemon vinaigrette, **featured at**

\$1.29
100g

Next, we'll have **'Victory Garden Chowder'**. A victory garden was a vegetable garden that was encouraged by the wartime government to make folk more self-sufficient in food. This is a vegetable chowder that we got from the Food Network, from circa 1942. Enjoy it at

\$5.95
900ml

Following this will be **Evan's Pork and Beans**. In actual fact, these are my dad's, who was a cook in the navy. He was so used to feeding a crew of 300 that he never adjusted to the size of his post-war crew of 7 - and when he cooked beans at home, they might last the full week - or even longer if you actually looked to the back of the fridge. We use navy beans of course, our bacon, sweet onions, ketchup, brown sugar and molasses, smoked pork hocks and sliced sausages - you won't find this in a can! **Featured this week at**

\$5.95
4x5 Foil

Next, we'll be making my **Aunt Minnie's Meat Loaf**. The word at the time was 'clever extending', and through the judicious use of bread crumbs, my dad's oldest sister could turn a pound of ground beef into a delicious feast - at least we kids thought so. Truth be known, we use more meat than she did, and it's just as delicious, for sure. **Also featured at**

\$7.95
4x5 Foil

Our Sous Vide item for this week will be our **Jack Daniels Chicken Breast**. It's been oven-roasted with Kulam's J.D. BBQ sauce, and packed - follow the directions to great chicken, either on its own or sliced over a salad. **Featured at**

\$3.99
100g
THIS WEEK

And lastly, our salad dressing for this week will be our **Champagne-Mango**, and I can just taste this either as a dressing for steamed shrimps, or on Boston lettuce. **Reg. \$5.99/250ml, and featured this week at**

\$3.99
JAR

BLUEBERRIES!

Now that the North American crop is done, these come from Argentina...really! They are flavourful, plump and fairly sweet, and so is the price this week.

\$1.99
1/2 PINT



WHAT'S FOR LUNCH?

We'll be making our **Stuffed Roast Pork Loins Sandwiches on Kaisers** this week, using our slow-roasted pork loins which have been stuffed with our sage and onion stuffing, piled pretty high on a kaiser, with a choice of a few toppings. **These will be featured at**

\$6.99
EA

On Friday, all members, past or present, of our **Canadian Forces**, eat on us. Just identify yourself, and we'll serve you! Further, on Friday and Saturday morning this week, all coffee and breakfast treat payments (muffins, bagels, etc) will be donations to the 'Poppy Box'. - So come, sit and chat, and help out!

Sunday Brunch will begin with Cream of Tomato Basil Soup, followed by either Beef Stroganoff, Fusilli with Chicken or Kulam's Butter Chicken, tea or coffee, and a dessert **\$11.95** PER PERSON
ration, all for Served from noon till 2.

WHAT'S THE BUZZ!

Join us on November 24th for our Holiday Open House. 7-10 pm. With Christmas one month away, we invite you to join us for an evening of demonstrations and tastings. Come meet our superstars.. Evan will show you how to carve a turkey with his favorite knife. Let us help make your holiday season merry and delicious!

SPECIALS IN EFFECT FROM THURSDAY TO CLOSING SUNDAY, NOVEMBER 13

Hours: Mon. ~ Fri. 8:00-8:00 | Sat. 8:00-6:00 ~ Sun. 9:00-6:00

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