



The Maples Adolescent Treatment Centre & Complex Care Unit in Coquitlam, B.C.

A new purpose-built mental health facility

The Maples Adolescent Treatment Centre is located on the traditional territories and ancestral lands of the [kʷikʷəłəm](#) (Kwikwetlem) First Nation in Coquitlam, B.C., with specialized assessment and treatment programs offered for youth ages 12-18 who are living with significant mental health, emotional or behavioural challenges that impact many aspects of their lives.

Most youth who participate in these programs are referred through [B.C. Child and Youth Mental Health \(CYMH\) teams](#) under the Ministry of Children and Family Development. Involvement by family members and caregivers is an important aspect of these programs.

həyχʷət kʷθə ʃxʷhəli? Ieləm Healing Spirit House

Most youth stay on-site at Healing Spirit House in Coquitlam while attending the programs because the severity of their challenges can often be better addressed through the intensive programming available through on-site treatment.

An integrated team of professionals

The Maples programs were developed and are delivered by a team of highly qualified and experienced mental health, medical, vocational and education professionals who work as an integrated team.

Child and youth care workers, nurses, psychiatrists, a medical doctor, psychologists, social workers, a vocational counsellor, and B.C. qualified teachers through the Burnaby School District enable youth to receive intensive treatment that takes into consideration all aspects of their lives.

Four specialized programs

Response, Dala, Bifröst and Crossroads are the four main programs offered to address the needs of youth, ages 12-17, who are living with significant emotional, behavioral or mental health challenges that impact their everyday experiences with family, at school and in the community.

Response Program

The program designs a care plan for the teen, their family and the community team who supports them. The objective of the plan is to build understanding about the teen's life and offer strategies for solving problems. This 28-day program has eight beds in addition to serving youth in the community.

Dala Program

This three-month program provides assessment and intervention for fragile teens with symptoms like depression, anxiety, schizophrenia or other thought disorders. The program has 6 beds.

Bifröst Program

This program provides a community-based, intensive intervention for teens and their families to support positive family relationships and mental health. The program is three months in length and serves eight clients and their families in each cohort. It is offered three times per year in the Lower Mainland.

Crossroads Program

This program serves as a custodial setting for youth found Unfit to Stand Trial or Not Criminally Responsible Due to a Mental Disorder as well as voluntary clients under the Mental Health Act. These youth typically are living with psychiatric and behavioral disorders. The program has 8 beds.

Connect Attachment Programs

In addition to the four programs, the [Connect Attachment Program](#) is a 10-week, trauma-informed program designed to support birth, kinship or foster caregivers of youth to create stronger relationships with their pre-teens and teens.

The Connect Attachment program has been offered in more than 40 communities across B.C., including urban, rural and remote regions of the province and delivered in small groups by trained facilitators.

National and international clinical trials show that the Connect Attachment Program reduces caregiver stress and depression, increases parenting confidence and satisfaction, and promotes attachment security with adolescents, as well as promoting improvements to their mental health. The interventions are evidence-based and trauma informed.

Complex Care Unit

Complex Care programs are for children and teens (aged 7 to 18) in care of the ministry who have persistent mental health, developmental and/or behavioral needs that affect their ability to function in the routines of daily life, at home, at school and in the community. The program develops positive behavior plans for each child or teen and teaches community caregivers how to put those in place.

Tlatsini Indigenous programming

Tlatsini is a Tlingit word pronounced “Klatseenee” gifted to The Maples for Indigenous programming and means “The Place We Gather Strength.” The Tlatsini program offers direct services to the youth admitted to The Maples as well as support to staff to provide culturally safe services to Indigenous and non-Indigenous youth, families, caregivers and communities.

Culturally Safe

All youth who stay on-site are invited to join the weekly group activities. Within the Tlatsini program, there is an Indigenous Cultural Coordinator, an Indigenous Awareness Worker and Knowledge Keeper to work with Indigenous and non-indigenous youth and support them.

Amenities

hə́yχʷət kʷθə ʃxʷhəli? leləm Healing Spirit House

This new purpose-built facility opened in February 2019 after The Maples relocated from its long-time location in Burnaby at Willingdon. The building is built to Gold LEED standards and incorporates a strong

Indigenous feel through art to honour both the history of the lands, the k^wik^wə^łəm (Kwikwetlem) First Nation, Indigenous youth, and as a reminder of the healing nature that connection to cultural heritage and practices can bring.

A West Coast-inspired design transports the outdoors inside through large windows, a two-storey main foyer, nature and outdoor Indigenous-themed murals and lighting. Amenities include: a gym, weight/fitness room, three classrooms, Indigenous cultural programming space, outdoor patios, and individual rooms for the youth who live on-site.

For more information about the Maples programs:

Monday to Friday: 8:30 a.m. - 4:30 p.m.

Phone: 604-660-5800

Web: <https://www2.gov.bc.ca/gov/content?id=6AC262D2A93E4745ADBCA594C5EB45B4E>

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