



Noah's House

Registration Number:

753587286 RR 0001

Charity status: Registered

Effective date of status:

2018-07-27

Alexa, Aidan, Dylan, and Ethan

Mental Health

The social issue we chose is:

Mental Health-

- Our **emotional, psychological, and social well-being** .
- Affecting how we **feel, think, and act**
- Mental health determines how we handle stress, relate to others, and make choices.



The Importance of Mental Health to Us

- ▶ **Mental health affects the safety of others and ourselves which is part of the reason we chose this issue. The pandemic caused the mental health crisis to grow already spiking suicide rates to increasing highs.**
- ▶ **In our community of Windsor- Essex county, there is an increasing rate of real estate prices. Cost of living has jumped dramatically, making homelessness skyrocket.**
- ▶ **Mental health is important to us because as teenagers, we are susceptible to experiencing issues with our mental health. (Alexa)**



1,000,000

Did you know?

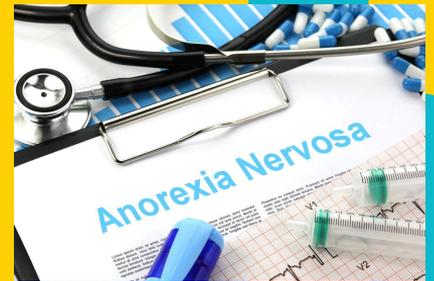
- ▶ According to Noah's House, one million Canadians have a diagnosed eating disorder.



BULIMIA



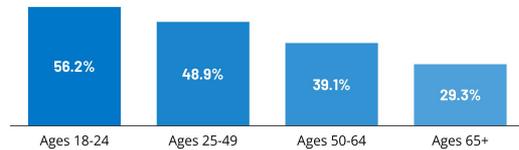
Binge
Eating
Disorder



30,000

- The number of youth in Windsor-Essex county that are in need of mental health support

Younger Adults are More Likely to Report Symptoms of Anxiety and/or Depressive Disorder During the COVID-19 Pandemic



What is Noah's House?

- Noah's House is a foundation invested in working with the youth and young adults in the community to end the stigma of mental health.
- "Noah's House provides a safe, inclusive space that contributes to positive mental health support in a non-clinical setting."



About Noah's House

"We are a mental health charity in Windsor, Ontario. Noah's House was established in 2018 after **Noah Butcher-Hagell** lost his battle with mental illness. Noah's House is working to fill the gap on mental health support in a non-clinical setting for individuals ages 11-25. In Jan 2020, after over a year of searching, we opened our first location. In May 2020, we expanded into the space next door. This would become the home of the Noah's House Youth Centre."



“

Tomorrow

Needs You!”

Noah's House: Mission, Vision, and Values

MISSION

"Empowering and inspiring individuals to break free from the chains of mental illness."

VISION

"To have a youth centre offering a safe, inclusive space that contributes to positive mental health support in a non-clinical setting. Along with the vision of a treatment centre where no person is turned away. Helping to fill the gap in mental and emotional health support."

VALUES

*"Focusing on the mental health needs of youth and young adults.
Giving youth and young adults with mental health issues a voice.
Being transparent and accountable
Safe, supervised and inclusive environment."*

Noah's House Short and Long-Term Goals

- Noah's House has some notable goals for the future that they plan to eventually execute once they are able to financially. One of their goals is to **Expand** the services and programs they offer to be able to target and interest all youth in the community.
- There are multiple programs Noah's House wishes to run in the future that they don't have the capacity to run at the moment. For example, if and when Noah's House is able to **build a basketball court**, they desire to possibly organize a few **basketball tournaments** for the youth in society.



How does Noah's House Help others in the Community?

- ❑ Noah's House allows youth in the community to break free from the chains of mental illness. It **offers support** to these citizens in the community in order to be able to bridge that gap on mental health supports, so that youth has a place to go, say, in between school, or therapy appointments.
- ❑ Since mental health is a significant issue in today's society, Noah's House allows youth in the community to not feel bogged down, and feel like their life is consumed by a certain diagnosis.
- ❑ Noah's House is fully **inclusive**, and is founded upon the goals of having a youth centre, where **no youth is turned away**; it is fully inclusive to all youth in the local community, and ultimately helps the youth understand, protect, and sustain their mental health.

Noah's House: In Person Social Services

Noah's house is open for youth's in the local community Monday through Friday, from **9AM** until **5PM**. Noah's house ultimately offers care for young adults in two different domains: the **clinical side**, and the **non-clinical side**. The clinical side is where you can choose to seek free counselling offered inside the centre. The non-clinical side offers peer-to-peer support, where teenagers and young adults can talk to volunteers associated with Noah's house that are of a similar age, essentially allowing more in-depth support due to the fact that they may be able to relate to what these citizens are possibly experiencing.



Noah's House Programs

Youth Centre

- ❑ Ages 11-25
- ❑ Games, puzzles & books
- ❑ 3-in-1 games table
- ❑ TV with PS4 & XBOX One

Peer Mentors

- ❑ Provide a youth-led experience
- ❑ Specialized training
- ❑ QPR training
- ❑ Able to handle crisis situations

- Free one on one counselling available by appointment.



Dylan

Additional Programs

Bro Code:

- ▶ “Bro Code is for anyone who is male-identifying. Each week will explore topics related to communication, boundaries, relational aggression, and so much more to motivate and inspire young men to get in touch with themselves, find their self-worth, and discover their passions. (Age 13-17)”

Self Love Club:

- ▶ “Self-Love Club will explore topics related to self-love, boundaries, relational aggression, and so much more to motivate and inspire young women to get in touch with themselves, find their self-worth, and discover their passions. (Ages 13-17)”

Art Night:

- “Crafting can help with the symptoms of anxiety, depression, and loneliness, according to research. So join us where each week we do a new craft and focus on positive mental health activities.”

Lessons For The Soul:

- Coming Soon!!

How would Noah's House use \$5000?

During an extensive interview with a support member at Noah's House, we came to the conclusion that **\$5000 dollars** could go a long way at Noah's House. When visiting the establishment we discovered that they had a generous amount of toys and games for youth there. An abundance of indoor board games, electronics, and stationary toys like foosball tables. However, the representative that we spoke with expressed an interest and need for a cement pad at the facility to be poured for the use of a basketball court. A healthy way to get the youth outdoors when the weather permits to promote a healthy and interactive environment for the attending youth.

Noah's House: Social Information available to the Community

Noah's house provides multiple social media pages and websites available for the community, allowing locals to have the opportunity to contact the charity if they may seek help. In addition, Noah's house uses these platforms as reminders of upcoming events that the community can participate in.



Website - Noahshouse.ca



Instagram - [noahshousewindsor](https://www.instagram.com/noahshousewindsor)



Facebook - [Noah's House Inc.](https://www.facebook.com/Noah's House Inc.)

Funding:

The charity is **not funded by the government.**

They are primarily funded through resident fees, as well as the generosity of caring people.

The fees are remarkably low considering the immaculate services they provide. With only a total of \$1,250 per month.

They also raise money through their fundraising galas and golf tournaments, as well as merchandise.



<https://youtube/9VjDP2zezAs>

Nicholas Jakowiec, Director of public relations and member of Noah's House, politely took the time to participate in an interview with our group. A link to the video is provided above.

Noah's House Sponsors



Canadian Mental
Health Association
Windsor-Essex County
Empowering transitions to wellness.



STEP AHEAD FOOTWEAR



Contact Noah's House Today:

If you or a friend you love is struggling, you can contact (519) 250-9096 for support and safety.

You can also visit the site, info@noahshouse.ca

Noah's House website also provides youth with an online, interactive chat room where youth can talk with an active support staff about any questions, concerns or support they need.

Noah's House Youth Centre is located at 2341 Pillette Rd. Windsor, Ontario N8T1P7

*Tomorrow
Needs You!*



The background features a dark blue field with several overlapping geometric shapes. A large orange rectangle is positioned in the upper-middle section. To its right, a light blue rectangle is partially visible. Further right, a dark blue vertical bar contains a smaller yellow rectangle near the bottom. The overall composition is modern and minimalist.

Thanks For Watching!

Remember:
“Tomorrow Needs You!!”