



Jessica D'Arcey, Board Member - Jessica is a graduate student at the University of Toronto, Institute of Medical Sciences where she researches novels, electronic-based means of engaging youth in mental health services. Currently, Jessica works with young people with a diagnosis of psychosis or schizophrenia at the Centre for Addiction and Mental Health and has found this to be an extremely rewarding and stigma-busting experience. Before her academic pursuit, Jessica grew up in Fordwich, ON and attended Listowel District Secondary School. In her youth, she struggled to find resources for her own mental health and has dedicated herself to help improve access and engagement in care for young people, particularly in rural settings where resources are scarce. Jessica has always been struck by the difficulty in navigating the mental health system, let alone trying to recognize early warning signs. To this end, she felt the Huron-Perth Centre was an excellent clinic to support in their efforts to provide much needed care to young people in the area.