



Where We Are

● Montreal
centreofdreamsandhopes.org

Contact

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About the Centre of Dreams & Hopes (CDH) Project

Persons living with neurodiversity and their caregivers are vulnerable to experiencing mental health issues due to stigma, invisible mental health needs, precarity in access to services, and challenges associated with developmental life cycles. The CDH project aimed to implement mental health supports and training for mental health workers with best practices such as trauma-informed care and suicide prevention to support service users.



Promising Practice

CDH developed mental health services, such as group counselling programs, that did not typically exist within the public system. Those that did exist were not necessarily accessible and adapted to their neurodivergent clients' needs (i.e., flexibility in managing behaviors that are challenging in group settings, adapted materials to meet diverse learning needs, integration of multiple forms of materials to convey information). A whole-family approach considering the needs of clients and caregivers was also used.



★ Key Success Factors

- Sufficient mental health professionals to allow for individualized attention in group settings
- Collaborative team environment



Group programs tailored to neurodivergent adults enabled them to share their needs and gain a deeper understanding of their mental health experiences.