

How to Join YPAHD

It's free to join YPAHD. Here's how to connect:

Email YPAHD to receive communications about activities: ypahd@huntingtonsociety.ca



Follow us on social media:

Facebook: @YPAHD

Instagram: @ypahdfeed



More Information about the Youth and Young Adult Mentorship Program

For more information, visit our website at:



Scan here to visit site

www.huntingtonsociety.ca/learn-about-hd/youth/youth-mentorship-program/

Our Story

Huntington Society of Canada's (HSC) mission is to improve the quality of life for those affected by Huntington disease (HD) by delivering support services and enabling others to understand the disease.

What is Huntington Disease?

- Huntington disease, or HD, is a genetic neurodegenerative disorder with physical, mental, and emotional symptoms
- Huntington disease is often described as having elements of Parkinson disease, ALS, Alzheimer disease, and schizophrenia, all at the same time
- To date, there are no treatments to slow or stop the progression of HD, only options to ease some symptoms

Ongoing Canadian and global research holds promising options for future treatments.

Huntington Disease Facts & Figures

- HD is a rare disease
- One in every 7,000 Canadians has HD and approximately one in every 5,500 is at-risk for developing the disease
- HD touches many people as a caregiver, family member, or friend
- Each child of a parent with Huntington disease has a 50% chance of having the gene mutation that leads to the progression of Huntington disease

For more information or to donate

www.huntingtonsociety.ca
info@huntingtonsociety.ca

1-800-998-7398

Huntington Society of Canada
375 Hagey Blvd, Suite #114, Waterloo, ON N2L 6R5
Charitable Registration Number:
11896 5516 RR0001



YOUTH PROGRAMS



What is YPAHD?

YPAHD stands for Young People Affected by Huntington disease. YPAHD is a chapter of the Huntington Society of Canada for youth ages 14 to 35.

The goal is to provide a support network and community for youth affected by HD.

YPAHD activities include:

- Virtual and in-person social and educational activities
- Organizing and participating in fundraising initiatives
- Raising awareness about HD
- YPAHD Day, an in-person conference full of education, social time, and connection (annual)
- The opportunity to take on a leadership as an area representative or member of the YPAHD Executive

YPAHD Topics

YPAHD discusses situations unique to the community. Group members have lived through common experiences and are available to help and listen. Topics include:

- Finding out the gene mutation that leads to HD runs in the family
- Genetic testing
- When a parent has HD
- Navigating relationships
- Family planning
- Career considerations



Youth and Young Adult Mentorship Program

HSC's Family Services team and Young People Affected by HD (YPAHD) have developed a mentorship program for youth affected by Huntington disease. The program is designed to support young people across Canada who face the everyday challenges of growing up in a family affected by HD.

Goal

The mentorship program offers young people the opportunity to connect with a volunteer mentor who will provide valuable support at critical points in a young person's life.

The program strives to:

- Encourage and help prepare youth for the challenges they may face
- Break down the sense of isolation that many young people affected by Huntington disease experience
- Assist youth in making informed decisions about their lives and futures
- Provide youth with positive role models and support
- Connect youth to YPAHD, HSC, and the HD community

Mentees and Mentors

The program is composed of HSC-trained volunteer mentors and their mentees.

Mentees are:

- 12 years and older
- Members of families affected by Huntington disease
- Youth interested in the guidance and support of a mentor who shares similar life experiences

Mentors are:

- Young adult volunteers from families affected by HD
- Sharing this common experience will assist mentors in better understanding and connecting to youth mentees

How to Become a Mentee

- Email the Youth Mentorship Coordinator at mentorship@huntingtonsociety.ca
- Submit an application form (with their parents or guardians, if they are under the age of 18)
- The Youth Mentorship Coordinator will use the background information from the application to make an appropriate match with a mentor

Mentor Selection and Training

All potential mentors go through a selection and training process including:

- Application
- Interview
- Reference check
- Criminal records check
- Mentorship training program
- Ongoing training and support
- Minimum one-year commitment

Communication Between Mentors and Mentees

Depending on where the mentors and mentees reside, they will interact on various online platforms and in some instances in person.