



Lakeview Counselling & WELLNESS



WELLNESS WITHIN REACH PROGRAM

2025 PILOT - MUSKOKA

WELLNESS WITHIN REACH

TABLE OF CONTENTS

1. A MESSAGE FROM OWNER, CLINICAL DIRECTOR
2. MENTAL HEALTH IN MUSKOKA
3. PSYCHIATRIC MEDICATION PRESCRIPTIONS
4. SOCIOECONOMIC STATUS AND MENTAL HEALTH
5. GENERAL INCOME STATISTICS
6. LOW-INCOME STATISTICS
7. LAKEVIEW'S IMPACT TO DATE: PROBONO/SUBSIDIZED SERVICES
8. EQUITABLE, TIERED FEE APPROACH
9. WELLNESS WITHIN REACH PROGRAM DETAILS



Lakeview
Counselling
& WELLNESS

WELLNESS WITHIN REACH

A MESSAGE FROM SARAH MCALPINE OWNER, CLINICAL DIRECTOR



I wanted to pilot this program to provide a new approach to affordable mental healthcare in Muskoka:

An equitable and tiered fee structure that is considerate and reflective of need.

Since I opened Lakeview, I have noticed that a one size fits all approach and fee structure might not be feasible for those who need it most. I am hopeful that through this program, we can create **impactful and lasting change in our community.**



Lakeview
Counselling
& WELLNESS

WELLNESS WITHIN REACH

KEY STATISTICS: MENTAL HEALTH IN MUSKOKA

1 suicide

every

7 days

FROM 2018-2022
FOR RESIDENTS OF SIMCOE-MUSKOKA

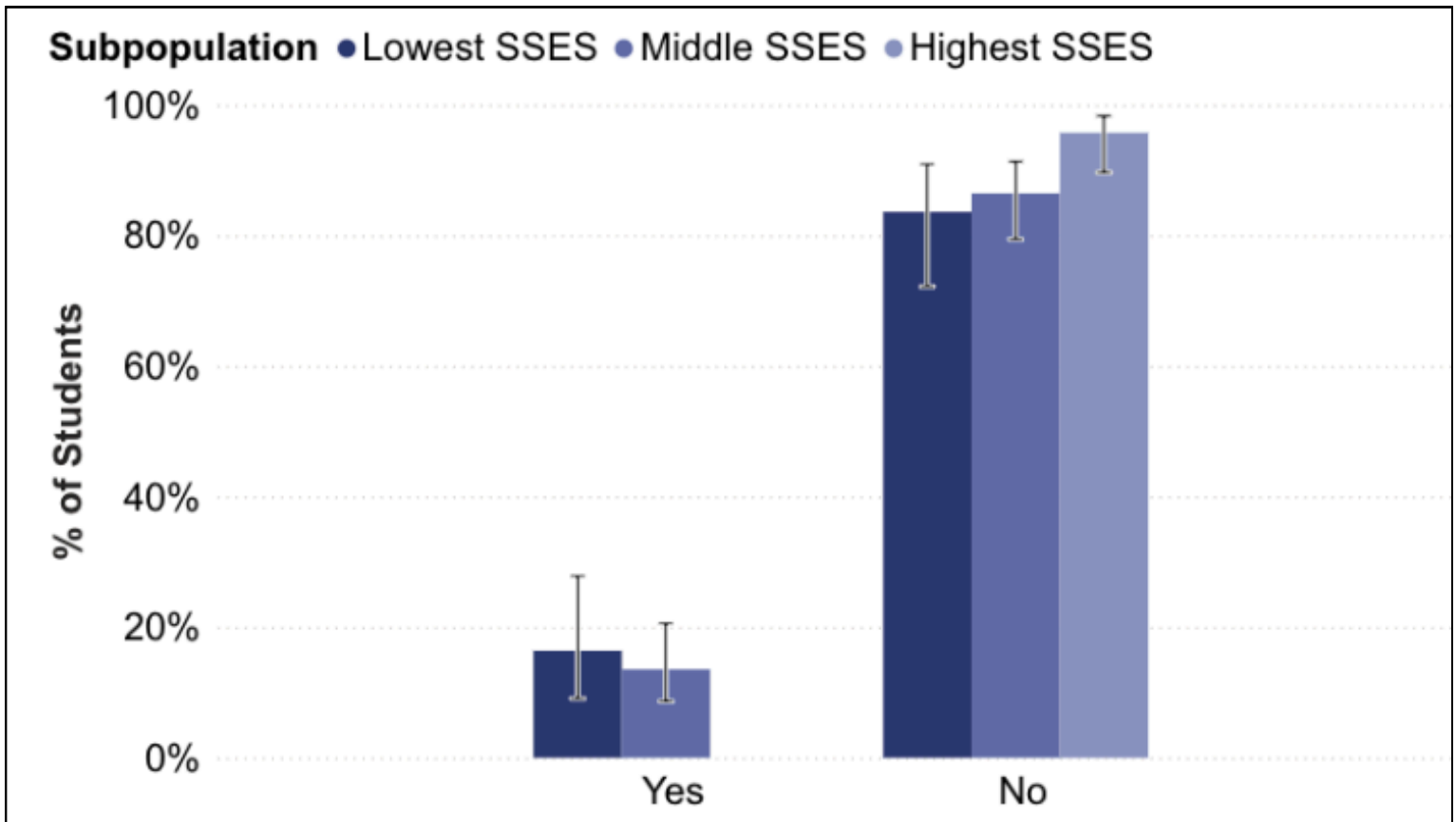
Source: Simcoe-Muskoka District Health Unit: HealthSTATS



Lakeview
Counselling
& WELLNESS

WELLNESS WITHIN REACH

KEY STATISTICS: PSYCHIATRIC MEDICATION PRESCRIPTIONS



Prescribed Medication for Anxiety and Depression
among Simcoe-Muskoka Students (Grades 9-12) by
Subjective Socioeconomic Status (SSES)

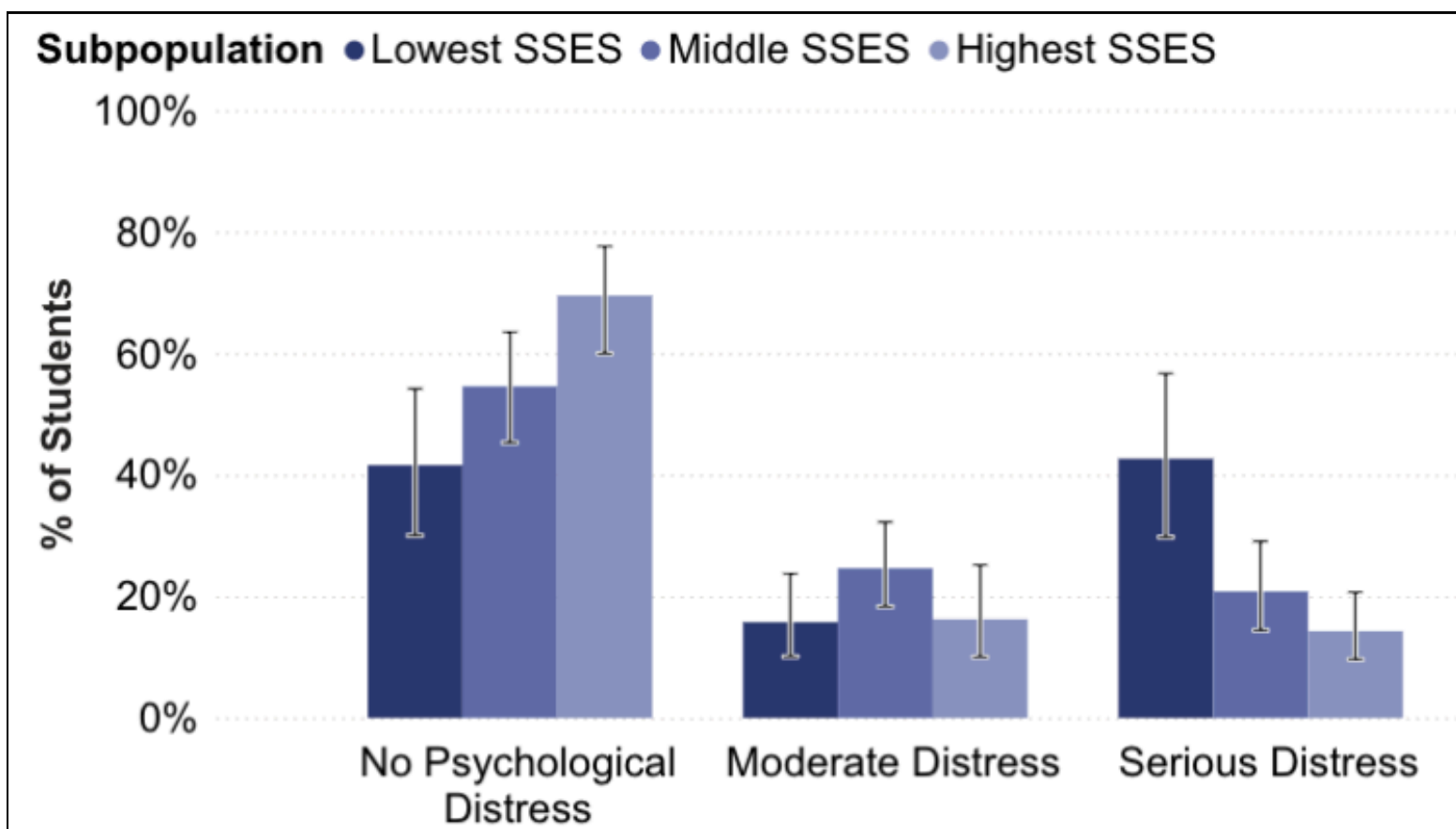
Source: Simcoe-Muskoka District Health Unit: Youth in Simcoe-Muskoka



Lakeview
Counselling
& WELLNESS

WELLNESS WITHIN REACH

KEY STATISTICS: SOCIOECONOMIC STATUS AND MENTAL HEALTH



“The % of Simcoe-Muskoka students in lowest subjective socioeconomic status (SSES) category that reported psychological distress was 2.5x that of students in the highest SSES category.”

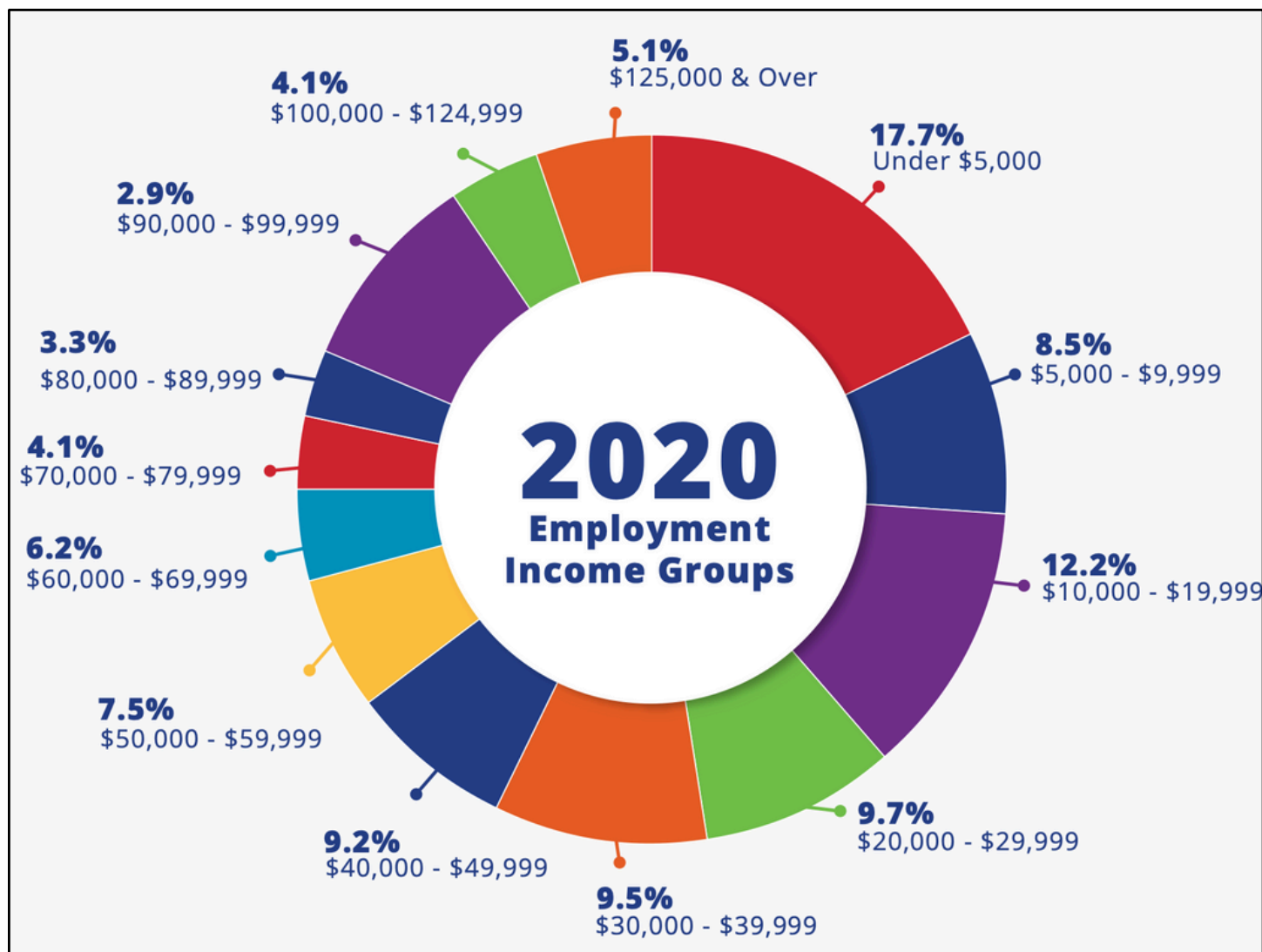
Source: Simcoe-Muskoka District Health Unit: Youth in Simcoe-Muskoka



Lakeview
Counselling
& WELLNESS

WELLNESS WITHIN REACH

KEY STATISTICS: INCOME IN MUSKOKA



18%

earned under \$5,000
dollars

48%

earned under \$29,999

Source: District of Muskoka - 2024 Fast Facts Report

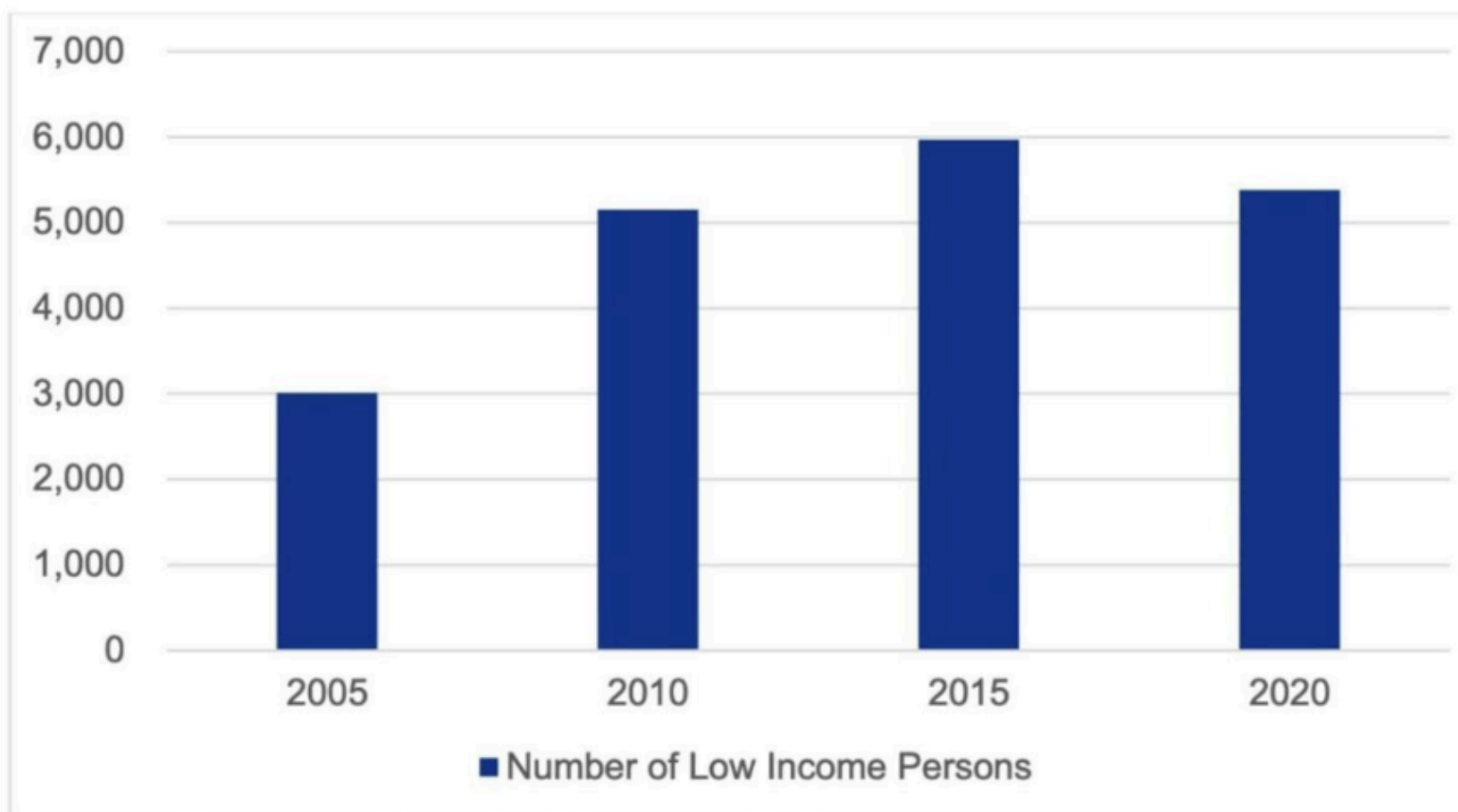


Lakeview
Counselling
& WELLNESS

WELLNESS WITHIN REACH

KEY STATISTICS: LOW INCOME IN MUSKOKA

Figure 2. Number of Low-Income Persons (18+) in Muskoka, 2005-2020



Source: Statistics Canada, Census 2021



Lakeview
Counselling
& WELLNESS

WELLNESS WITHIN REACH

LAKEVIEW'S IMPACT TO DATE

PRO BONO AND SUBSIDIZED SERVICES

OVER

65 PRO BONO SESSIONS

780 SUBSIDIZED SESSIONS

FROM 2023 - 2025



**Lakeview
Counselling
& WELLNESS**

WELLNESS WITHIN REACH

LAKEVIEW COUNSELLING & WELLNESS PROGRAM PROPOSAL

EQUITABLE, TIERED FEE STRUCTURE

| Household Income Tiers | Cost Tiers (50-Min Sessions) |
|------------------------|---------------------------------|
| Under \$15,000 | \$0 *Limited Pro Bono Spots |
| \$15,000 - \$35,000 | \$30 - \$45 |
| \$35,000 - \$50,000 | \$45 - \$60 |
| \$50,000 - \$75,000 | \$60 - \$75 |



Lakeview
Counselling
& WELLNESS

WELLNESS WITHIN REACH

PROGRAM DETAILS

***Ages 4+**

***Residents of Muskoka**

***Low-Income Households**

***Limited spots available**

***First-Registered-First-Served**

***When spots are full, registrants will be added to waitlist**

***All registrants will be contacted with status**

ONGOING REGISTRATION OPENS FEB 24 9AM

**CLICK HERE
FOR REGISTRATION FORM**



**Lakeview
Counselling
& WELLNESS**