

### ***Plaisirs Glacés***

#### **This summer, a refreshingly good cause on the grounds of the Douglas Institute**

**Montreal, May 31, 2010** - Érick Godin has been pretty busy lately. With the help of Julie Barrette, special education teacher, and Dominique Paquin, clinical administrative manager of the Psychotic Disorders Program rehabilitation unit at the Douglas Institute, he's been working hard on the Monday, June 7 launch of a new summer dairy bar, *Plaisirs Glacés*.

This is a challenge that Érick, a young man in his late twenties, is looking forward to with great enthusiasm. The last few months have seen his life take a positive turn: he recently moved into an apartment after completing a series of treatments over several years at the Douglas Institute. It's fair to say that Érick has had his share of hardship. He's been dealing with bipolar disorder since his youth and has also had to cope with a drug addiction problem and psychotic disorders. He's now in a transitional period, another important step in his recovery. *Plaisirs Glacés* promises to keep him busy all summer and will help him gain work experience that could come in useful later on.

#### ***Plaisirs Glacés* – a refreshingly good cause**

Through collaboration with the Douglas food services and a contract with Nestlé, Érick and his team will be selling luscious iced treats, fruit smoothies and frappuccinos to passers-by, cyclists and local residents wanting to take a refreshing break in the cool greenery of Bruce Le Dain Park, located in the heart of the Douglas grounds.

Assisted by Julie, Érick will oversee supplies, service and administration for the project. He's hoping not only to balance his books, but also to make a bit of a profit. "Because the profits will help fund activities for the beneficiaries of the Psychotic Disorders Program rehabilitation unit," he explains. If the hot weather keeps up, sales certainly won't be a problem and Érick can look forward to having his hands full. "In the summer, the Douglas grounds are always busy with Frisbee players, cyclists and pedestrians, who I'm sure won't be able to resist our frozen desserts; they'll come looking for us!" he adds confidently.

"We also want to meet the people who come to enjoy this urban oasis so that we can help raise awareness and reduce the stigmas associated with the Douglas and individuals living with a mental illness."

So, the next time you're thinking of visiting our neck of the woods, make sure to bring some cash and treat yourself to some delicious *Plaisirs Glacés*. ***The dairy bar will be open daily as of June 7 and until September 3, from 11 a.m. to 8 p.m.***

## What?

### ***Plaisirs Glacés – Grand Launch***

Choose from

Nestlé frozen desserts

Fruit smoothies

Frappuccinos

Juices and healthy lunch boxes

## When?

***Monday, June 7, 2010***

*11:00 a.m. Opening speech and ribbon cutting*

*12:30 p.m. Wellington Centre choir*

## Where?

*Summer pavilion, Bruce Le Dain park, Douglas Institute (entrance at 6875 LaSalle Blvd.)*

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### **About the Douglas—[www.douglas.qc.ca](http://www.douglas.qc.ca)**

The Douglas is a world-class institute, affiliated with McGill University and the World Health Organization, which treats people suffering from mental illness and offers them hope and cures. Its teams of specialists and researchers continually advance scientific knowledge, integrate it into patient care, and share it with the community to increase awareness and eliminate stigma around mental illness.