

# Biography of Dr. Todd Young



Dr. Todd Kevin Young is a 54-year-old doctor born and raised in Springdale, Newfoundland. Although his small hometown has only about 3,000 people, Todd has had a significant impact locally and across the province. Over the years, he has worked as a family doctor, emergency physician, teacher, and leader in health care. He is now the Medical Director of Main Street Medical Clinic and CEO of MEDICURO Virtual Health Inc., both companies he founded and continues to lead.

## Early Life and Education

After finishing high school in Springdale, Dr. Todd Young pursued his first healthcare profession, a registered nurse. He earned a Diploma in Nursing from the Western Memorial Regional Hospital School of Nursing in 2001. After working in various areas, most notably as an outpost nurse in Indigenous communities of northern Ontario, he went to Lakehead University, where he completed a Bachelor of Science in Nursing and became a Nurse Practitioner in 2000.

Dr. Young's interest in medicine grew, and he became a doctor. He attended McMaster University, earning his medical degree in 2004. Afterward, he completed his residency in rural family medicine at McMaster, focusing on providing care to underserved communities, and finished in 2006. Over the years, Dr. Young continued his education, earning additional qualifications, including an Executive MBA specializing in Occupational Health and Safety. He is currently completing a Diploma in Dermatology from Cardiff University.

## Career in Health Care

Dr. Young began his medical career as a rural family and emergency physician, serving in communities across Ontario and Newfoundland. In Springdale, NL, he took on the role of physician lead at the Green Bay Health Center. As the physician lead, he was responsible for overseeing the medical care provided at the center and ensuring that patients received high-quality treatment. This role was similar to being the Chief of Staff at a larger hospital but with the added challenge of managing resources in a rural setting.

Dr. Young also served as the Medical Director for Valley Vista Seniors Home, where he provided care to elderly residents and worked to improve their quality of life. In addition, he took on the role of Medical Examiner, a position that required him to investigate and certify the causes of death.

## Building Better Health Care

Dr. Young wanted to improve health care for people in Newfoundland and Labrador. In 2016, he founded the Main Street Medical Clinic in Springdale, which quickly became a model for rural healthcare delivery. The clinic combined traditional in-person care with modern telemedicine services, allowing patients to access doctors and specialists remotely. This approach was particularly beneficial for people living in remote areas who otherwise faced long travel distances to receive medical care.

Around the same time, Dr. Young founded Medicuro Virtual Health Inc., a company focused on providing virtual health services. Medicuro allowed patients to consult with doctors, receive prescriptions, and access health information from the comfort of their homes. Medicuro's success showed the potential of technology to bridge gaps in healthcare access, especially in rural and underserved communities.

## Innovations in Addiction Care and Occupational Health

Dr. Young's most impactful achievement was creating Newfoundland and Labrador's first rapid access addictions program. This program provides immediate care and support for individuals struggling with drug and alcohol addiction. It includes satellite offices in Pasadena, Stephenville, Grand Falls-Windsor, Gander, Marystown, Clarenville, Bay Roberts, and St. John's, ensuring that help is available to people across the province. The program has been praised for its effectiveness and has become a lifeline for many individuals and families affected by addiction.

In addition to his work with addiction care, Dr. Young developed a distributed occupational health and safety (OHS) model. This system provides workplace health services to employees across Newfoundland and Labrador, helping to prevent injuries and promote wellness in the workplace.

## Teaching and Mentoring

Dr. Young has spent many years teaching and mentoring the next generation of health professionals. He worked as a professor at Memorial University in Newfoundland and at the Northern Ontario School of Medicine. He has trained students in family medicine, rural health, and emergency care.

Todd has also helped improve medical education. He worked on committees that developed training programs for doctors and was a reviewer for medical education materials.

## Awards and Honors

Dr. Todd Young's contributions to medicine and community service have earned him numerous awards and accolades. Some of the most notable include:

- Human Rights Award Nominee (2020) for his work in creating programs that address addiction and mental health.
- Fellowship in Rural and Remote Health from the Society of Rural Physicians of Canada, recognizing his dedication to improving health care in rural communities.
- Central Health Safety Award (2012) for his efforts in promoting workplace health and safety.
- Fellowship in Family Medicine from the College of Family Physicians of Canada, a prestigious honor that highlights his excellence in family medicine.

## Giving Back to the Community

Dr. Young believes in giving back to his community. He sponsors local hockey teams, helping provide young players with jerseys and equipment. He also donates annually to the Make-A-Wish Foundation and contributes to The Gathering Place, a homeless shelter in Newfoundland.

## Personal Life

Dr. Young lives in Springdale, NL, where he was born and raised. Despite his busy schedule, he remains connected to his hometown and takes pride in improving healthcare for its residents.