

# ready.

2012–2013 ANNUAL REPORT



Ontario Centre of Excellence  
for Child and Youth  
Mental Health



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# leaders' message.

True learning organizations stay connected to the evidence and their people as they ask tough questions and embrace changes that bring them ever closer to their goals. Often, these changes are important but incremental – baby steps toward excellence. Once in a while, however, the ground shifts so significantly it can be a challenge to find solid footing. A game changer, so to speak, and 2012-13 certainly brought one to child and youth mental health in Ontario. In many ways, it is the kind of change the Centre has been getting ready for since we arrived on the scene in 2004.

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## Leaders' message

Like all of you, the Centre has spent a significant amount of time this year considering our place in the system of tomorrow. We reflected on our activities, connected with our stakeholders and considered the changes that might be on the horizon for us. The good news is that we believe we're on the right track – and so are the agencies with whom we have had the privilege of working. After nine years of evolution, transformation has validated our direction and confirmed we've been heading in the right direction all along.

Transformation doesn't change the need for all of us to embrace the evaluation, implementation and sharing of evidence-informed practice – including youth and family engagement. It doesn't change the importance of evidence and its role in effective and accessible services. And perhaps most importantly, it doesn't change the imperative for us all to work together – with a common understanding, language and purpose – to support a strong and sustainable system. In fact, transformation makes all of those things more important than ever, and the Centre is proud to have laid a firm foundation for success.

This report highlights how, in 2012-13, the Centre has prepared for transformation. We have done it by sustaining and enhancing our core services while seizing the opportunity to introduce new initiatives

that will support the shift to a transformed system. We continued to provide practical support to agencies through our evaluation and implementation support services; we provided collaborative youth and family engagement training to communities across the province; and we expanded our collection of Evidence In-Sight reports while introducing Evidence In-Brief – a growing online database of evidence-informed research summaries that directly address challenges in child and youth mental health.

This year also marked the beginning of exciting new initiatives, including a new focus on learning and development, an examination of emerging leadership in child and youth mental health and a strategic evaluation of significant integration and amalgamation activities.

In 2012-13, the Centre also experienced a period of significant growth and transition, adding new space and capacity to ensure we have what it takes to inform and support meaningful transformation. Our work – from the policy level to front-line service – is bringing people and knowledge together to strengthen mental health care for children, youth, parents and caregivers across Ontario.

**We're ready. And we hope you are too.**



*Ian Manion*

Ian Manion, PhD, CPsych  
Executive Director



*Johanne Levesque*

Johanne Levesque  
Chair, Governance Committee



*Simon Davidson*

Simon Davidson, MB, BCh, FRCP(C)  
Chief Strategic Planning Executive





# the big picture.

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## About the Centre

**Vision:** Optimal mental health and well-being for children and youth

**Mission:** We bring people and knowledge together to strengthen the quality and effectiveness of mental health services for children, youth and their families and caregivers.

### Guiding principles:

Integrity  
Collaboration  
Accountability  
Respect  
Innovation  
Excellence

## Who are we?

Still not sure what the Centre's all about? Here's a glimpse into the who, what, when, where and why of what we do.

Your journey  
defines our  
direction

## Strategic goals:

### Learning

Foster a culture of organizational learning to help agencies use evidence to improve client outcomes.

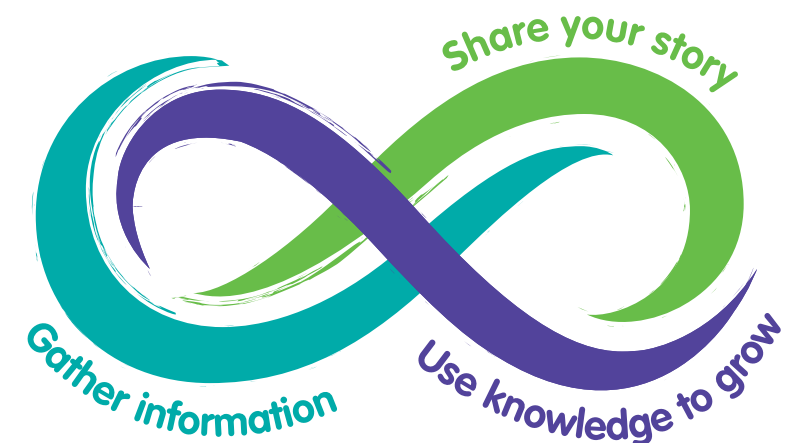
### Collaboration

Build and develop collaborative partnerships to sustain capacity within mental health services.

### Leadership

Be a true learning organization and lead by example.

## The learning journey:







# ready to learn.

The pursuit of knowledge lasts a lifetime. In 2012-13, the Centre examined the learning and development needs of the child and youth mental health sector and worked with partners to fill the gaps with new opportunities and innovative delivery methods.





## A new focus on learning

For everyone who works with children and youth, it's clear that the more we know the more they grow. Knowledge is fluid, however, and as the needs of children, youth and their families change, and the evidence continues to evolve, it can be a challenge to keep up. In 2012-13, the Centre asked professionals what they need to stay connected to the evidence and how best to make use of it to grow. Then we took a look at what's out there and connected with our partners to see how we could work together to fill the gaps.

## Here's what they told us:

### In 2012-13, the Centre:

1. assessed the learning and development needs and desires of the Ontario child and youth mental health sector.
2. scanned the learning opportunities available to the sector.
3. brought together a learning network of agencies and trainers to collaboratively fill the gaps.

What do they want to learn?	Where do they want to learn?	How do they want to learn?	Where do they want to find opportunities?
Specific clinical skills	In-person	Case studies	Nearly 90% were interested in an online, up-to-date listing of child and youth mental health training opportunities throughout the province.
In-depth information on specific child and youth mental health topics	Online facilitated	Small group discussions	
Implementation science	Online self-directed	Demonstrations	



## What's next?

In the coming year, the Centre will use the results of both the survey and the scan, along with ongoing collaboration with the provincial learning network, to develop an education and training plan that sets clear priorities and targeted activities designed to address Ontario's child and youth mental health information needs.

## Video: Learning together





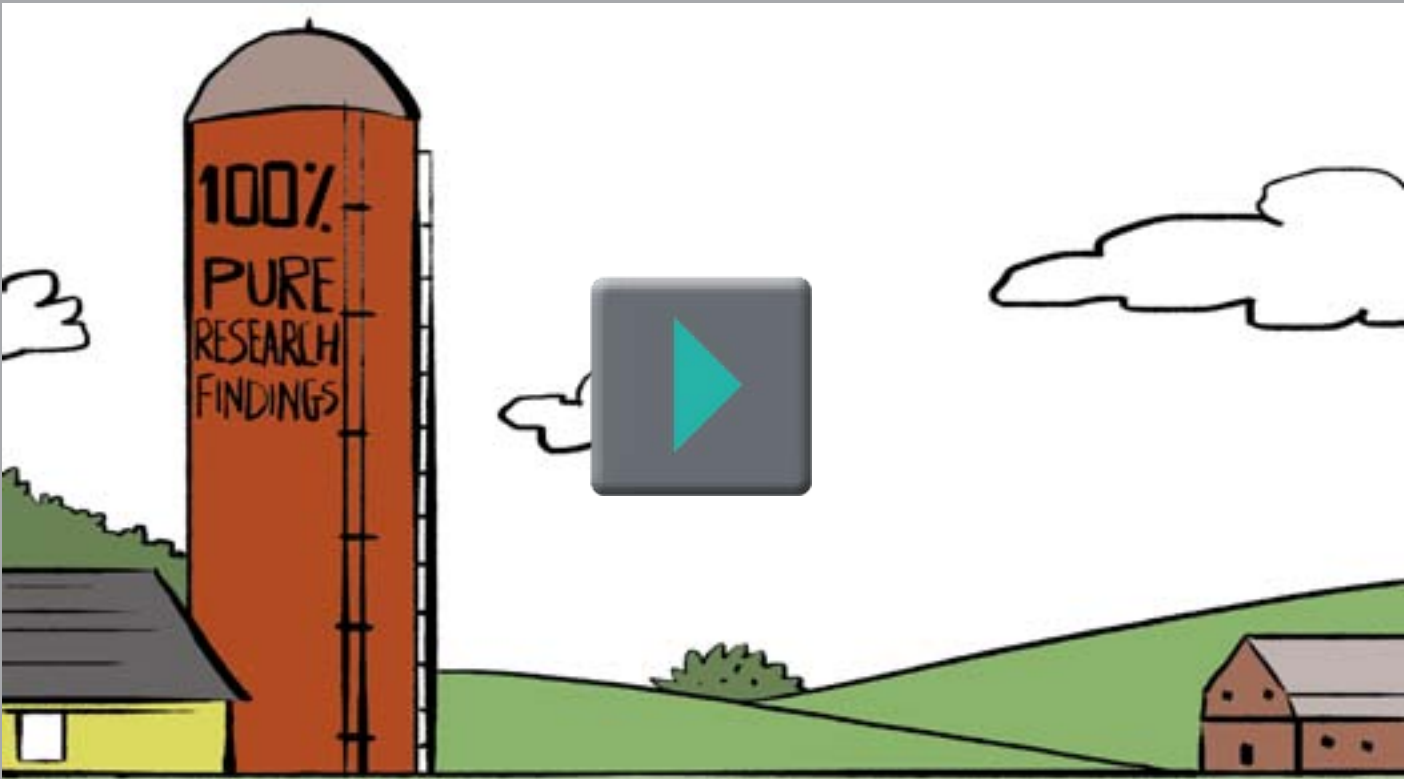
# Plugging in

Effective and accessible learning and development will be fundamental to the successful transformation of the child and youth mental health sector. We know that while there is training available in the province, it’s not always easy to access, especially for those in rural and remote communities.

In 2012-13, the Centre assumed responsibility for the coordination of the Ontario Child and Youth Telepsychiatry Program’s education series. This service provides child and youth mental health practitioners with learning opportunities using video and web casting technology. In collaboration with existing hubs in London, Ottawa and Toronto, we’re ready to deliver timely and relevant learning events to agencies across the province – regardless of geography. In 2012-13, the Centre coordinated the delivery of two sessions: autism spectrum disorders in the fall, and psychosis in the winter. In the coming year, the [Centre will respond](#) to emerging needs in our sector by expanding the program’s current offerings.

## What is a learning organization?

Learning organizations are ready for anything. They’re effective, efficient, responsive and committed to continuous quality improvement. Find out how they do it.



### STAT

In 2012-13, the Centre delivered 12 workshops to 559 people.





# Modular knowledge

The results of the Centre’s learning and development needs assessment and scan reinforced our commitment to providing relevant and accessible products that fill the gaps. Our [online learning modules](#) cover a diverse range of evaluation, implementation and mental health topics. In 2012-13, we developed four new modules to add to the Centre’s collection. These will be available in the fall:

<b>Bullying</b>	<b>Evidence-informed practice</b>
Helping professionals better understand why children bully. Individual differences in bullying and electronic bullying are explored, and prevention and intervention strategies are showcased.	Exploring why evidence is important and how to thoughtfully use it to inform practice. Topics include practitioner experience and judgment, child, youth and family preference, and research evidence.
<b>Stigma</b>	<b>Youth and family engagement</b>
Defining stigma and its implications in child and youth mental health. Participants learn to understand, identify and address issues related to the stigma surrounding mental health issues in their practices.	Exploring what authentic youth and family engagement means and how to make it a reality. Participants discover the importance of incorporating these evidence-informed practices into their organizations.







## Youth engagement

Youth engagement is a pillar of a true learning organization. Research and experience tells us that youth engagement is an evidence-informed practice that benefits adults as well as youth.

By exploring best practices and designing concrete strategies, we can increase the capacity of front-line service providers to engage young people and move youth engagement forward as an evidence-informed practice.

“The partnership between an adult and youth is really what makes this whole youth engagement concept work. I would not be where I am today without the adult allies in my life who have helped me. And I think that’s a really important piece of the youth engagement puzzle that is often missed – it should be reinforced that this is very much a partnership.

**Kathleen Kemp,**  
YOUTH ENGAGEMENT TRAINER

## What is youth engagement?

Learning organizations know that youth engagement is an evidence-informed practice that improves outcomes. Explore the possibilities!







In 2012-13, the Centre delivered youth engagement training to 354 child and youth mental health professionals at eight agencies.

Agency	City
Algoma Family Services	Sault Ste. Marie
Child and Parent Resource Institute	London
George Hull Centre for Children and Families	Toronto
Pathways for Children and Youth	Kingston
Trellis Mental Health and Development Services	Guelph
Turning Point Youth Services	Toronto
York Centre for Children, Youth and Families	Richmond Hill
Youth Services Bureau of Ottawa	Ottawa

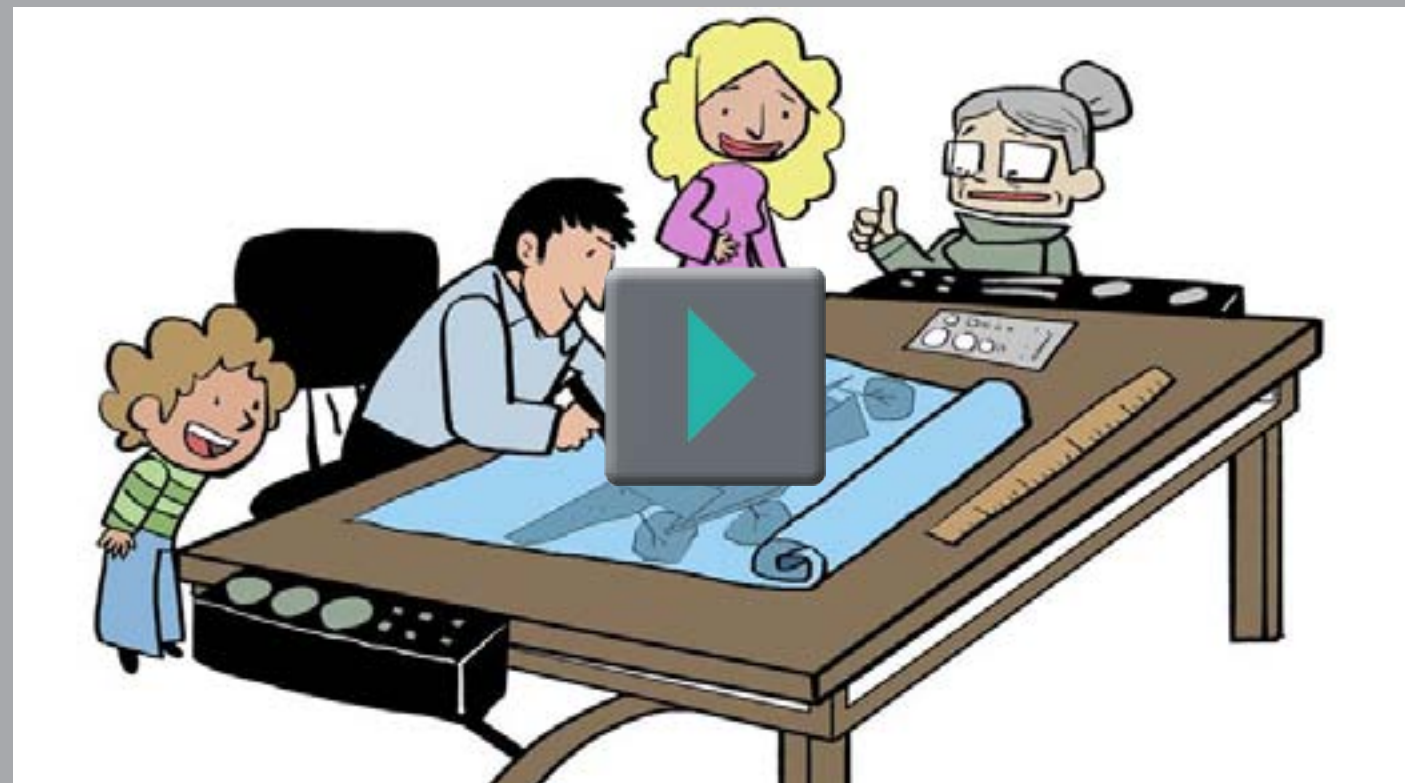
## Family engagement

Family engagement refers to an active partnership between families and service providers. For service providers, this means listening to what families think, engaging them in dialogue and involving them as essential allies in decision making so that their involvement is meaningful and has purpose. When families are engaged, programs and services are stronger and young people are healthier.

In an effort to build capacity among Ontario's child and youth mental health agencies, the Centre, in partnership with Parents for Children's Mental Health, developed family engagement training in 2012-13. The workshop, developed and delivered collaboratively by parents and mental health professionals, will be fully launched in 2013-14.

### What is family engagement?

Helping children and youth facing mental health problems includes making it easier for families and caregivers to embrace their roles as partners in the treatment process.



### Brantford, Ontario

Krista Emmerson understands the power of family engagement. When her son's outbursts prohibited him from attending school, she felt defeated. Though she had been doing her best to work with the professionals and agencies in her community, she never felt like part of the team. When he was removed from school, it came as a surprise to her: "They had been telling me that it was fine. I felt ambushed."

In the months that followed, Emmerson learned that true family engagement can change lives. In a four-month residential treatment program, she truly found her place as a critical member of her son's treatment team. "I thought, *Wait a second; it can be like this everywhere!*"

Emmerson is now a parent trainer with the Centre's family engagement training program. She shares her knowledge, experience and insight with agencies and professionals across Ontario. "When there's fear, it's hard to have success," she says. "If you can engage a family properly in treatment through the entire process, and not just in bits and pieces, that's when you have success."





ready  
to grow.

The Centre is ready  
to grow with you.

As agencies across the  
province increase their  
capacity to use  
evidence to improve  
outcomes, we're  
increasing our capacity  
to help them continue  
to raise the bar.

# Evaluation and implementation support

Evaluation lets you know where you’re at and helps you identify ways to get you where you want to go. Implementation science guides you to your destination and ensures you emerge stronger than ever before. Then you do it all over again and continue to grow.

It’s a never-ending journey that fuels never-ending growth, and the Centre helps agencies every step of the way. Our supports help agencies build the capacity and skill necessary to face the challenges that are right in front of them, while preparing them to handle whatever comes their way in the future.

Evaluation and implementation are essential components of a learning organization and they will be just as important in the process of system transformation in Ontario. In 2012-13, the Centre maintained its focus on delivering customized support to agencies while expanding our commitment to include new tools and supports that can move the entire sector forward – including toolkits, webinars and online learning products that are just a click away, no matter where you are.

In 2012-13, the Centre was pleased to introduce a collection of [learning modules](#) that can support agencies throughout their implementation journeys, building skills and strengths that last long after the project is complete.

We also began converting some of our most popular evaluation webinars into self-directed [online learning products](#) that are ready whenever you are.

## Toronto, Ontario

Program evaluation is more than a project – it’s an ongoing process that strengthens people, organizations and outcomes. The team at Adventure Place in Toronto is amplifying the impact of their work with the Centre, and taking evaluation from something they *do* to something they *are*. Sometimes, evaluation begins with a hunch.

“Our intuition told us that the work we were doing was helping families, we just couldn’t identify specifically how,” explains executive director Cheryl Webb. After receiving evaluation support from the Centre, the team at Adventure Place was inspired to take what they’d learned and spread the benefit to other programs. Webb and her team used the Centre’s services to evaluate a single program, while mirroring the process in the background with other programs. “Whatever stage we’re at in doing the evaluation, we’re applying that knowledge, stage by stage, to two other agency programs.”

Since the integration of evaluation into their agency, Webb has seen a lot of change and progress. “I really see the agency as being in a very different place,” she says.



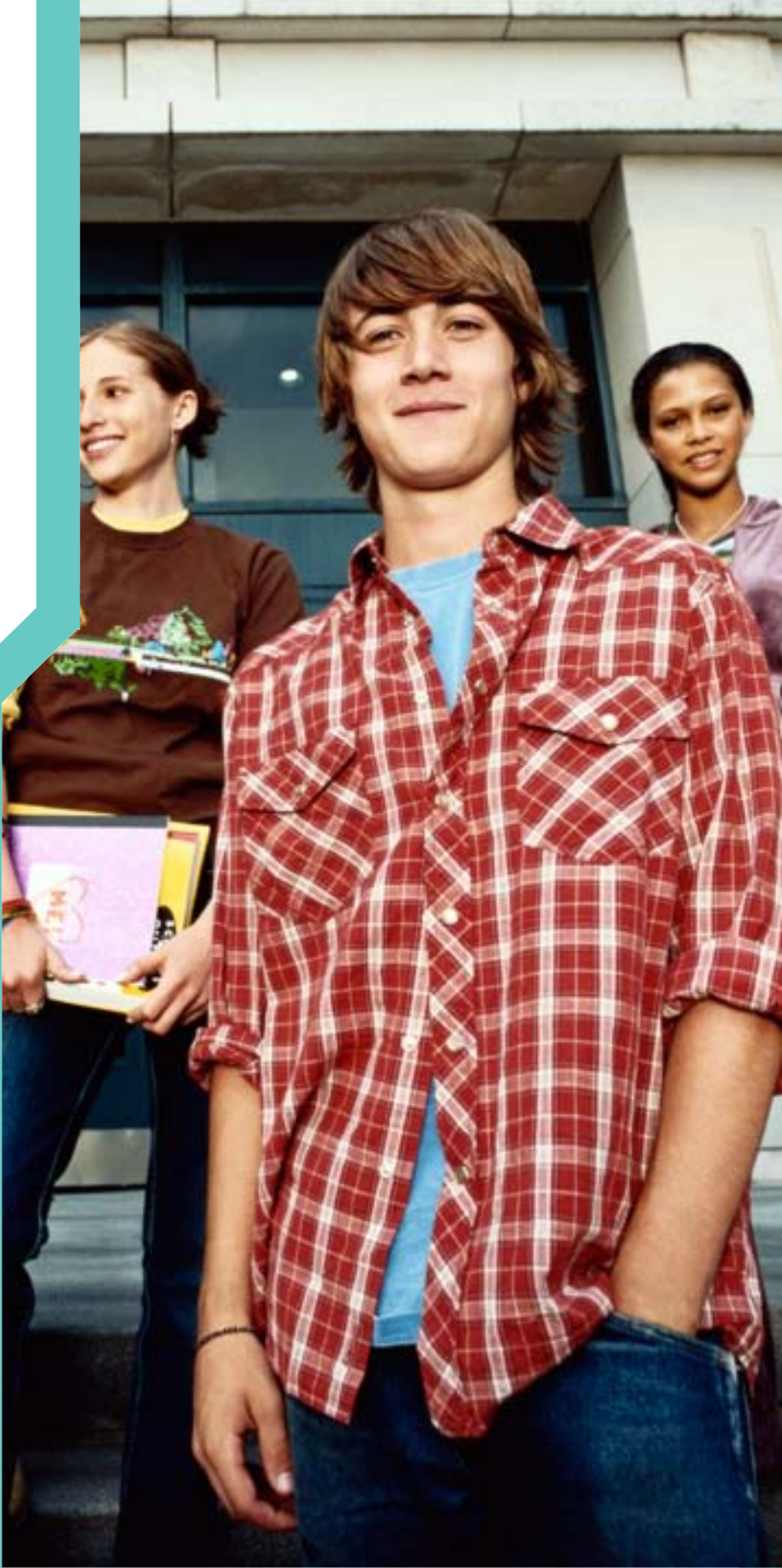
## In 2012-13, the Centre supported the following evaluation projects:

Agency	Project
Adventure Place	Early intervention services
Algoma Family Services	A system for evaluating Triple P outcomes across Ontario
Alternatives for Youth	School-based program evaluation
Centre Francophone de Toronto	Programme de traitement de jour Passerelle
Child and Family Centre	School-based mental health
Children's Hospital of Eastern Ontario	Optimizing individual treatment planning: Best practices in eastern Ontario
Community Services Coordination Network	Transition and Beyond
Contact Brant	Single-point access: Intake and referral
Frontenac Youth Services	Day-treatment program
Good Shepherd Youth Services	Community mental health program for street-involved and homeless youth
Merrymount Family Support and Crisis Centre	Mom's House, Dad's House
Nelson Youth Centres	Intensive half-day therapy program
New Path Youth and Family Services of Simcoe County	Youth engagement
Phoenix Centre for Children and Families	Rethink
Sarnia-Lambton Rebound	STAGE (Strategies Towards Achieving Girl Empowerment)
Valoris pour enfants et adultes de Prescott-Russell	Developing evaluation capacity: An example of Triple P evaluation

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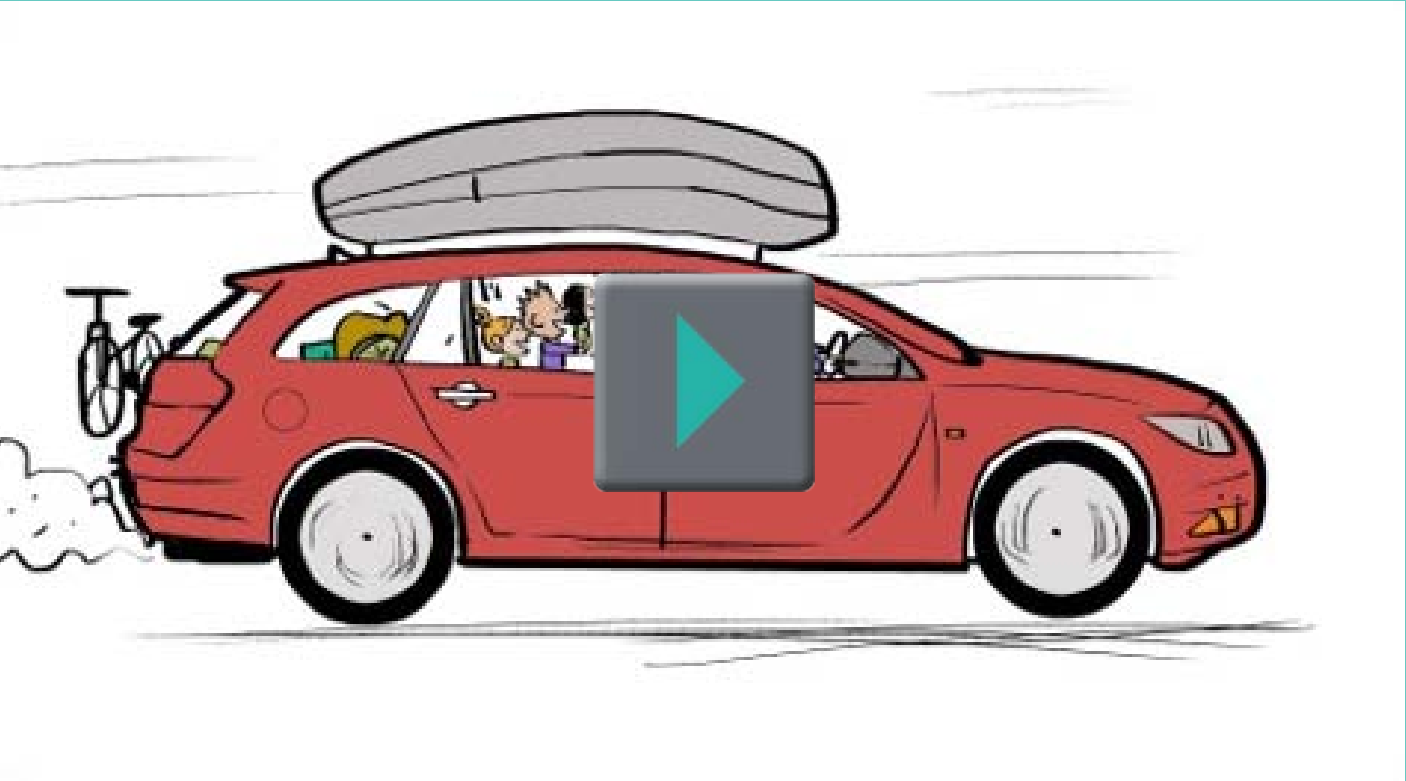
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Agency	Project
Windsor Regional Children’s Centre	Planning for the evaluation of the Triple P parenting program
Youth Assisting Youth	Peer and group mentoring
Youthlink	Residential program for young women



Evaluation = evidence

Evaluation provides a constant source of directly-relevant evidence. It’s the GPS of service delivery – telling you where you are, how far you are from your destination and where to turn in order to get there.



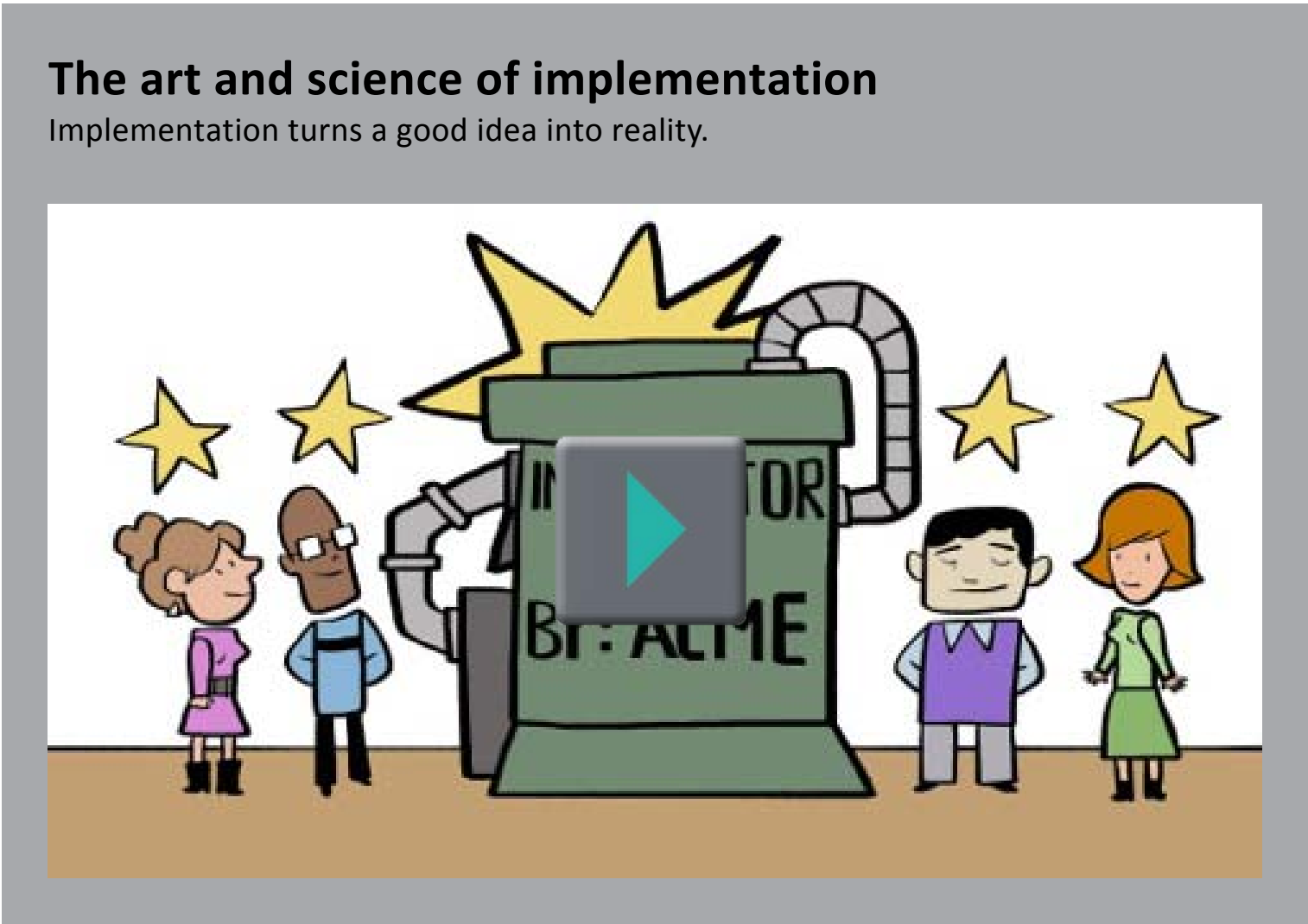


In 2012-13, the Centre provided implementation support to nine agencies:

Agency	Project
East Metro Youth Services	Building capacity in implementing applied behaviour analysis
Delisle Youth Services	INSTA-Help
The York Centre for Children, Youth and Families	Better child, youth and family outcomes through the establishment and implementation of an evidence-informed practice
Hands TheFamilyHelp Network.ca	Leveraging sustainable change with evidence-informed practices: collaborative problem solving
Child and Family Centre	Implementing solution-focused brief therapy as an evidence-informed practice
Integra	Fostering a learning organization: Developing the capacity to deliver evidence-informed programming to wait-list families
Aisling Discoveries Child and Family Centre	Facing your fears: implementing a new evidence-informed practice to improve outcomes for children with anxiety (and their parents)

Agency	Project
The George Hull Centre for Children and Families	Improving evidence-based treatment and mental health outcomes for complex, hard-to-service families

Agency	Project
Lynwood Charlton Centre	The implementation of evidence-informed practices



...is a given now. We are committed to consciously investing time and resources to evaluation, so that evaluation “just is.”

*Randy Penney, Acting Director, Lutherwood*

...is not scary anymore and I’m really excited about it! Our confidence has grown and it allows us to make better decisions about our programs.

*Chantal Lafleur, Program Manager, Child and Family Centre, Sudbury*

...is important and vital to any good clinical practice.

*Chiachen Cheng, Child & Adolescent Psychiatrist, St. Joseph’s Care Group, Canadian Mental Health Association, Thunder Bay*

...can be a terrifying thing to consider but the Centre helped us to both develop and implement an effective and efficient process that we can sustain ourselves.

*Andrew Debicki, National Development Director for Wraparound Services, Shalem Mental Health Network*

# EVALUATION

...is the opportunity to collect relevant data about a program in order to make informed decisions about how to enhance service delivery.

*Trevor Bosse, Quality Assurance Associate, Child and Community Resources*

Working with the Centre has allowed our organization to more fully develop our evaluation knowledge and capacity. It has also afforded us the opportunity to demystify the process for frontline staff whilst, at the same time, pushing us to maintain a focus on client outcomes.

*Tony Calabrese, Manager of Research and Evaluation, Delisle Youth Services*

...is worth it!

*Fred Schmidt, Psychologist, Children’s Centre Thunder Bay*

...is asking “how can we do better?” as a positive challenge, which is creating a culture of open inquiry and exploration of ways to improve service.

*Jane Ashmore, Coordinator, WrapAround Northumberland (a program of Highland Shores Children’s Aid)*



## Walking the talk

At the Centre, we talk a lot about the importance of evaluation. Without it, how can you assess what you’ve done, define where you’re at and plot a course for the future? Not only do we support child and youth mental health agencies in their evaluation work, but we’re also constantly evaluating our own work.

Evaluation informs our decisions at the program, operational and strategic levels. As a learning organization, the Centre uses evaluation in a way that is timely and responsive to both the needs of our stakeholders and the broader sector.

Evaluation is incorporated into each project plan at the Centre, allowing teams the time to carry out the evaluation but also to share it internally and with relevant stakeholders. By regularly evaluating and reporting on our deliverables and targets, we can track success and, where necessary, shift priorities within and across our programs and services.

### Video: Growing together







# ready to share.

The dynamic flow of evolving evidence makes all of us stronger. Knowledge exchange is an essential ingredient for a more effective and efficient child and youth mental health system. Join the Centre as we transcend the silos and embrace innovative practices that turn knowledge into outcomes.



# Evidence is everywhere

When it comes to strengthening mental health services for Ontario children, youth and families, knowing is only half the battle. We need to use – and share – that knowledge to achieve a more effective, efficient, consistent and accessible system of care.

[Evidence In-Sight](#) provides evidence-informed answers to practice-related questions from the field, and it’s one way the Centre is sharing relevant knowledge throughout the child and youth mental health sector and beyond. In 2012-13, we continued to expand our collection of reports (25 new reports were released) and launched a condensed report offering – [Evidence In-Brief](#). These are Evidence In-Sight reports boiled down to two pages of must-know information. The briefs summarize key findings, recommendations and the general state of the research on a specific topic. Evidence In-Brief is available online in a searchable database. To date, 30 briefs have been released and that number will continue to grow in the coming months and years.

## Evidence-informed practice

Evidence is everywhere, and it’s always evolving. Evidence-informed practice means staying connected to up-to-date knowledge and using it to grow.



### STAT

Between November 20, 2012 and March 31, 2013, Evidence In-Brief reports were downloaded 628 times.

## Knowledge exchange

In this time of dramatic change, the free flow of evidence, knowledge and information is more important than ever. Transformation will be a collaborative effort, with partners coming from different ministries, sectors and communities. Everyone brings something valuable to the table, and our success depends on our ability to understand one another, find common ground, build on each other's work and stay connected as we strive to meet our common goals.

### Video: Helping you share





In 2012-13, the Centre supported nine innovative knowledge exchange projects:

Project	Recipient
From regional to provincial: Improving access to quality parenting education through an Ontario community of practice	Algoma Family Services
Diversity in action: Sharing our success stories	Psychology Foundation of Canada
We've got more growing up to do: A knowledge exchange activity for youth mental health transitions	Children's Hospital of Eastern Ontario
Learning consortium on best practices for evidence-informed practice implementation	Integra
2gether: Youth and educators engaging together for suicide prevention	Lynwood Charlton Centre
Summit for children and youth mental health	Coalition for Children and Youth Mental Health
Round table for military family symposium	Phoenix Centre for Children and Families
First steps for systematic evaluation of child and youth mental health and addiction treatment	Pine River Institute
Diversity, Equity and Inclusivity Symposium	Kinark Child and Family Services



## The ties that bind

Child and youth mental health agencies across Ontario are looking for ways to work together to provide more effective and efficient services. In recent years, some have amalgamated or integrated key services and programs in an effort to strengthen outcomes on the front line of care. They've learned a lot in the process, and the Centre wanted to capture that knowledge so it can be shared throughout the province. Our special call on amalgamation and service integration targeted those agencies with a story to tell, and aims to help them evaluate their experiences, identify their successes and discover how they overcame the challenges they met along the way.

These agencies have a wealth of information and the Centre is working directly with them to capture important knowledge. At the end of the process, we will collect what the agencies have learned and produce a practical toolkit to help others who are considering or are engaged in a large organizational change, or wanting to evaluate their own experiences.

## Timmins, Ontario

A few years ago, three agencies became one and North Eastern Ontario Family and Children's Services (NEOFACS) was born. It was a challenging experience for the people and organizations involved (Services Familiaux Jeanne Sauvé Family Services, Child and Family Services of Timmins and District, and Timiskaming Child and Family Services) but their hard work was rewarded with a stronger, more connected network of services that better meets the needs of the children, youth and families in their communities.

"It's been a wonderful exercise in really stretching ourselves, learning about each other and designing a new agency that is really about the very best of each legacy agency," says Catherine Simunovic, manager of communications and quality improvement at NEOFACS. "As a result of rich dialogue, curiosity and patience, the NEOFACS way of doing business is slowly being defined and implemented."

There's no question that this kind of change brings a unique set of challenges: anxiety, loss of identity and uncertainty. NEOFACS is working through these challenges and preparing to share their experience through the Centre's exploration of service integration and amalgamation. We wanted to know what works, what doesn't work and how it's possible to overcome the barriers. NEOFACS answered the call, and their experience will inform the Centre's work on a new toolkit for integration and amalgamation initiatives in child and youth mental health.

As a learning organization, NEOFACS appreciates the rich knowledge they've gained over the past year. "It's really about taking the opportunity to reflect on the work we've done, to gain clarity and to be really honest about the whole process," says Simunovic. "We are confident that our lessons learned, successes and challenges will continue to inform our journey of amalgamation but also any organization moving through a similar organizational change process."



## The following agencies are contributing to the toolbox for successful integration and amalgamation:

Recipient	Agencies/services	Experience
Firefly	Lake of the Woods Child Development Centre Patricia Centre for Children and Youth	Over a three-year period (2009-12), LWCDC and PCCY created a new amalgamated child and youth mental health agency called FIREFLY. Using a formative evaluation approach, FIREFLY will evaluate their experiences and identify best practices for amalgamation of social service organizations.
Lynwood Charlton Centre	Charlton Hall Child and Family Centre Lynwood Hall Child and Family Centre	A retrospective evaluation of the merger of two agencies to identify and reflect on the successes and challenges while developing guidelines and tools to support future mergers and integration of services.
Windsor Regional Children's Centre	Windsor Regional Hospital Glengarda Child and Family Services	This evaluation will focus on a new service delivery model in which children's mental health programs and services for children aged 6 to 12 years will be delivered by a sole agency in Windsor-Essex County.
Kinark Child and Family Services	Kinark Central Intake (KCI) Durham Central Intake (DCI)	KCI and DCI integrated to support child service agencies within Central East and beyond. This evaluation will examine the work completed to date and generate products and resources to help others conceptualize, implement and evaluate central intake services.
North Eastern Ontario Family and Children's Services (NEOFACS)	Services Familiaux Jeanne Sauvé Family Services Child and Family Services of Timmins and District Timiskaming Child and Family Services	NEOFACS will evaluate the processes and tools they used during their recent amalgamation and produce a toolkit to be shared with others in the field.



# ready to lead.

Meaningful transformation will require coordinated commitment at all levels of the child and youth mental health system. The Centre believes in the potential of young people, decision makers, professionals and organizations to lead the charge together.



# No more, no less

In order to make wise and effective public policy decisions, decision makers need credible information based on reliable research evidence. Working with decision makers and subject matter experts, the Centre identifies emerging trends and policy challenges in the field. In 2012-13, the Centre released [No more, no less: Brief mental health services for children and youth](#) (Duvall, Young and Kays-Burden). Since its release in November 2012, it had been downloaded 1,257 times.

*Rather than viewing brief services as “the best we can do” in light of fiscal pressures and wait lists, the research indicates that brief modalities show promise for strong clinical outcomes in ways that are economically sound. Innovative research is currently underway, and evaluations of specific interventions indicate that brief services can positively impact wait times, clinical outcomes, and client satisfaction in an efficient and convenient manner. Research shows that for most people, therapy is typically brief. Therefore, therapists and systems must organize their work to optimize therapeutic outcomes within a few sessions, with allowance for more intensive, longer-term services as required. By providing brief but effective interventions, precious system resources are freed up to provide adequate care for children and youth who have more intensive needs.*

–Excerpt from No more, no less: Brief mental health services for children and youth



## STAT

The Centre’s policy papers were downloaded 26,633 times in 2012-13.

Policy papers in the works:

- Care pathways for youth with concurrent disorders
- The use of technology in service delivery
- Mental health in the early years

## Leading the way

The Ontario child and youth mental health sector is at a critical point in its evolution. Transformational change requires visionary leadership and many established leaders in the field are approaching retirement. Who will step up to guide the sector to more effective and more innovative places? How can we support them as they initiate, implement and sustain the momentum that is required to meet the changing needs of Ontario's children, youth and families? The Centre is doing its part to meet that need and in 2012-13, we gathered experienced and emerging child and youth mental health leaders to identify current trends, needs and system gaps in leadership development.

### Video: Emerging leaders







The Centre's Dare to Dream program promotes youth engagement by supporting youth-led mental health initiatives across the province. In partnership with adult allies, the program provides youth with the opportunity to raise awareness about mental health issues in their schools and communities.

The Dare to Dream program is youth-led, both inside and outside the Centre. Applications are reviewed twice a year by a team of young people, which in 2012-2013 included:

Name	City
Khadija Ahmed	Ottawa
Andrei Biltan	Burlington
Curtis Chisholm	Thunder Bay
Mirian Dang	Markham
Emma Davidson	Ottawa
Sanel Fajkovic	London
Danielle Lanouette	Ottawa
Quenten Lundie	Orleans
Amanda McGraw	Windsor
Alyse Schacter	Ottawa
Darryl Souliere-Lamb	Toronto
Noah Souliere-Lamb	Whitby

## Windsor, Ontario

Sonja Llancari does way more than dare to dream – she realizes her dreams and then reaches out for more. The Centre is proud to support young people like her. Llancari's *i-am* youth engagement group has received three Dare to Dream grants, and with the support of adult ally Rita Gidillini from the Windsor Regional Children's Centre, the group is making waves in Windsor. They have hosted Battles of the Bands, an awareness campaign and a children's fair aimed at supporting healthy self-esteem in children under 12. Dare to Dream may have been the spark, but Llancari, along with the group's Chair, Jessica Sartori, Gidillini and the rest of the *i-am* group have kept the youth engagement fire burning through passion and hard work.

"Dare to Dream came in and really helped us to get started and to get our name out in the community, promote youth engagement, and promote mental health awareness. It was really our lifeline to maintaining our youth engagement group in Windsor," says Llancari.

Youth engagement helps communities, but it's also good for the individuals involved. "It's given me a voice and it's taught me things about myself that I didn't know," says Llancari. "It's also given the *i-am* youth engagement group in Windsor a voice. It was our main and most successful way to get out into the community." The *i-am* group continues to build momentum in Windsor, and we can't wait to see where they go next.

## In 2012-13, the Centre invested \$121,000 in 27 unique Dare to Dream projects:

Recipient	Project	City
Aldershot High School	Respect and Restore	Burlington
All Saints High School	Bounce back: Resilience is brilliance	Kanata
Brantford Collegiate Institute	ASIST team stressbuster days	Brantford
Canterbury High School	Use your voice: A mental health and wellness initiative	Ottawa
Cardinal Newman Catholic Secondary School	iMATTER: Taking care of teen mental health (Part 3 - Building bridges, not walls)	Stoney Creek
Clarkson Secondary School	Clarkson's New Mentality	Mississauga
Essex Youth Centre	Stand together	Essex
Hamilton East Kiwanis Boys and Girls Clubs	Unheard voices of youth	Hamilton
John Campbell Public School	I Am Who I Am	Windsor
Michael Power - St. Joseph	Speak up	Etobicoke
Notre Dame Catholic Secondary School	Mental health awareness week	Ajax
Orleans Bengals Football Club	Be a Bengal Not a Bully – I was a Bully	Ottawa
ROCK: Reach Out Centre for Kids	Disable the Label – The New Mentality 3rd annual conference	Burlington

Recipient	Project	City
Robert Bateman High School	The Wild Den	Burlington
Sacred Heart School	Y.E.A.H. (Youth Educating Against Harassment)	Midland
Saugeen District Secondary School	Stress-bust that stigma	Port Elgin
Sir William Mulock Secondary School	The Smile Campaign	Newmarket
St. Joseph's Catholic High School	Jaguar Cubs	Barrie
St. Lawrence College	Be The Change / Be Unique / Be Bill 13	Kingston
Sutton District High School	Girls Night In	Sutton
Ten Oaks Project	Project Acorn	Ottawa
Twin Lakes Secondary School	Elevated grounds	Orillia
Ursuline College	Stand Up UCC!	Chatham
Westlane Secondary School	What About Me + You (Year 2)	Niagara Falls
Windsor Regional Children's Centre	I Am – Reach Out	Windsor
YAK Youth Centre	Dreaming out loud!	Perth
Youth Services Bureau of Ottawa	Queer and Trans Connect	Ottawa





# ready for anything.

The province is preparing to build the effective, efficient and accessible system that Ontario's children, youth and families deserve.

Learning organizations are ready for anything. The Centre is ready to help you build a toolbox that sets you up for success – no matter what the future holds.

- ☒ Evidence
- ☒ Experience
- ☒ Evaluation
- ☒ Implementation
- ☒ Youth engagement
- ☒ Family engagement
- ☒ Knowledge exchange

# We're ready. Are you?

## Video: Ready for anything







# what to look for next year.

- Online learning library
- Provincial training calendar
- Policy papers:
  - Care pathways for youth with concurrent disorders
  - The use of technology in service delivery
  - Mental health in the early years
- Integration and implementation toolkits
- New learning modules on key topics identified by the sector
- Knowledge exchange forums across the province
- Expanded learning opportunities through the Ontario Tele-Mental Health education and training series

A young boy with curly hair and large black-rimmed glasses is smiling and looking upwards. He is wearing a dark suit jacket, a light blue shirt, and a red tie. He is holding a large, dark wooden mallet with both hands, lifting it above his head. The background is a bright blue sky with soft, white clouds. The word "governance." is written in large, white, lowercase letters across the bottom half of the image.

# governance.



# Governance Committee

The Centre reports to a voluntary Governance Committee that oversees our strategic direction and financial health. In 2012-13, its members included:

**Johanne Levesque** (Chair)  
Board of Trustees,  
Children’s Hospital of Eastern  
Ontario (CHEO)

**Jeff Boyd**  
Regional President,  
RBC Royal Bank  
(resigned November 2012)

**Marg Cox**  
Executive Director,  
Point in Time Centre for  
Children, Youth and Parents

**Ewa Deszynski**  
Executive Director,  
The Etobicoke Children’s Centre

**Alan J. Leslie**  
Partner,  
KPMG LLP  
(joined February 2013)

**Ian Manion**  
Executive Director,  
Ontario Centre of Excellence for  
Child and Youth Mental Health

**Alex Munter**  
President and CEO,  
Children’s Hospital of Eastern  
Ontario (CHEO)

**Nancy Pereira**  
Youth Engagement Coordinator,  
Nexus Youth Services

# Advisory Committee

**Michelle Bates**

Hamilton-Wentworth  
District School Board

**Alexandra Fortier**

Le Centre Francophone de Toronto

**Dwight Syms**

Trellis Mental Health and  
Development

**Kathryn Bennett**

McMaster University

**Kevin Bérubé**

Sioux Lookout First Nations  
Health Authority

**Heather Bullock**

Centre for Addiction and  
Mental Health

**Morley Burwash**

Member-at-large

**Sarah Cannon**

Parents for Children's  
Mental Health

**Sibel Cicek**

Children's Mental Health Ontario

**Cathy Clarke**

Keystone Child, Youth and  
Family Services

**Marie Adèle Davis**

Canadian Paediatric Society

**Ewa Deszynski**

The Etobicoke Children's Centre

**Darryl Fillmore**

Algoma Family Services

**Jane Fjeld**

Youth Services Bureau of Ottawa

**Tahmo Gharabaghi**

The George Hull Centre  
for Children and Youth

**Peter Gindl**

Youth representative

**Bertrand Guindon**

Child and Family Centre

**Jeffrey Hawkins**

Hands TheFamilyHelpNetwork.ca

**Angela Kays-Burden**

Reach Out Centre for Kids

**Sarah Kibblewhite**

The Hincks-Dellcrest Centre

**Alan Leschied**

University of Western Ontario

**Steve Martin**

Open Doors for Lanark  
Children and Youth

**Cathy Paul**

Kinark Child and Family Services

**Nancy Pereira**

Nexus Youth Services

**Camille Quenneville**

Canadian Mental Health  
Association, Ontario

**Alyse Schacter**

Youth representative

**Karen Tataryn**

Children's Hospital  
of Eastern Ontario

**Gaby Wass**

Parent/lived experience  
representative

**Wendi Waters (Rodic)**

Parent/lived experience  
representative

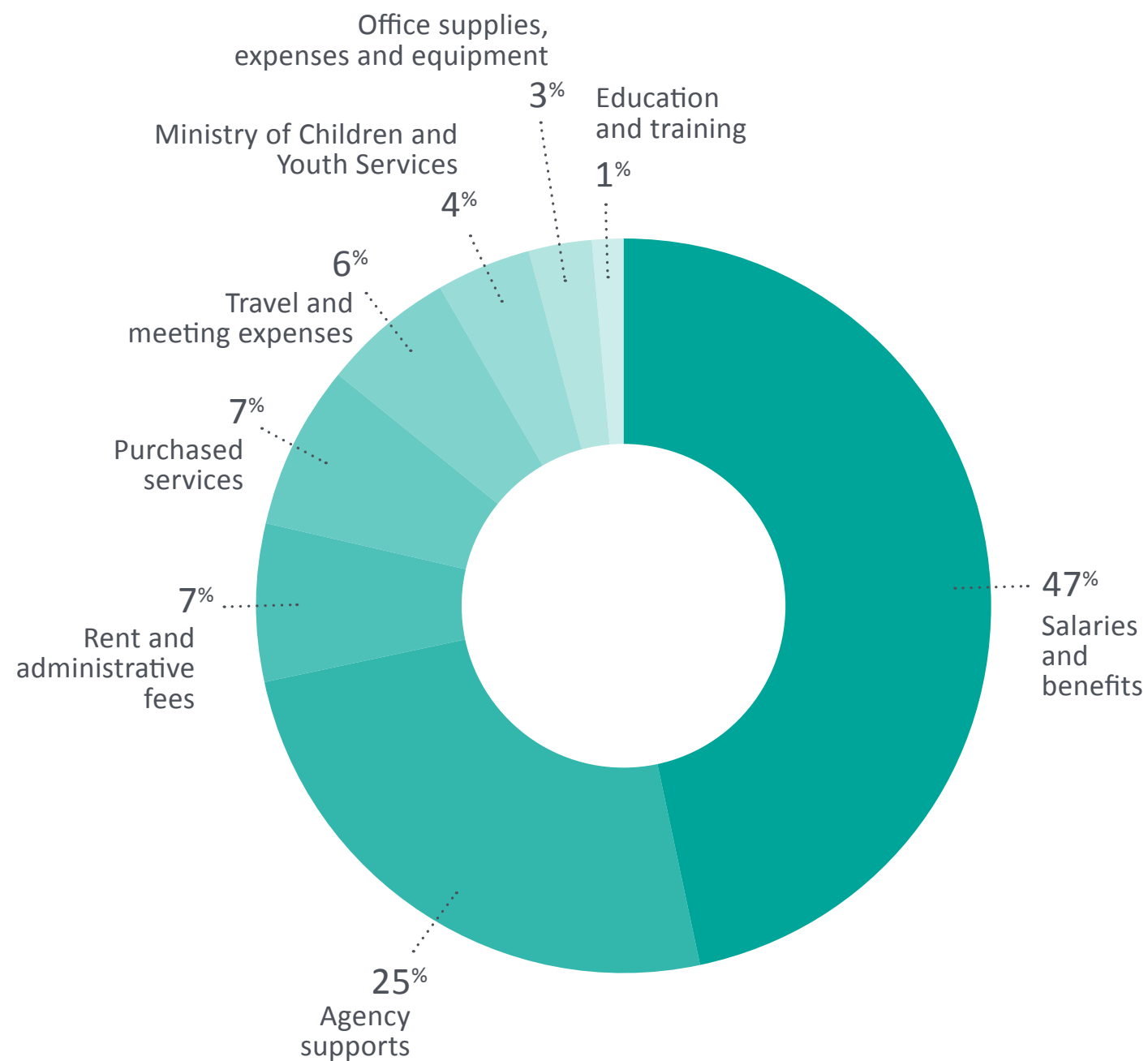




# financials.

# Financials

Salaries and benefits	\$2,753,853
Agency supports	\$1,483,222
Rent and administrative fees	\$426,117
Purchased services	\$410,683
Travel and meeting expenses	\$350,806
Ministry of Children and Youth Services	\$235,000 (reported under-expenditure and reallocated to CYMH sector)
Office supplies/expenses/equipment	\$174,132
Education and training	\$66,187







Ontario Centre of Excellence  
for Child and Youth  
Mental Health

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CONTENTS	LEADERS' MESSAGE	THE BIG PICTURE	READY TO LEARN	READY TO GROW	READY TO SHARE	READY TO LEAD	READY FOR ANYTHING	NEXT YEAR	GOVERNANCE	FINANCIALS	CONTACT US
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