

FUTURE in FOCUS

**ANNUAL REPORT
2015-2016**



**Ontario Centre of Excellence
for Child and Youth
Mental Health**

IT'S CLEAR.

THE FUTURE OF CHILD AND YOUTH MENTAL HEALTH IN ONTARIO IS IN FOCUS.



“It’s an exciting time
both in child and
youth mental health
and in the evolution
of the Centre.”

MICHELLE HURTUBISE
Executive Director

LEADERS' MESSAGE

Looking back on the past year, one thing is clear – the future of child and youth mental health is coming into focus.

The Ministry of Children and Youth Services' strategic plan, *Moving on Mental Health* is in full swing with lead agencies gaining stride in their new roles, agency and community partners working more closely together and leaders and decision-makers helping address system-level questions. All of this to ensure children, youth and families get the mental health services they need, when and where they need them most.

We are pleased to share our 2015-16 annual report. It is both a look back at our collective achievements and a look forward at the future that lies ahead.

In it, you'll read how our work is supporting agencies in strengthening skills to enhance service outcomes, how we continue to share knowledge through consultations, facilitated training and events and how we're fueling innovative ideas to propel the sector forward.

This was also a year of renewed focus for the Centre with the launch of our refreshed strategic plan: *A Shared Vision*. This plan is a direct response to the changing needs across the sector. It reinforces our commitment to our mission and vision while outlining three new strategic directions: strengthening skills and knowledge across service areas, providing consistent, evidence-informed approaches at the system level and delivering innovative solutions

It's an exciting time both in the child and youth mental health sector and in the evolution of the Centre. As the sector continues to progress, we will also enhance our work, delivering more in-depth support to meet the changing needs of the agencies we serve.

In looking at what is to come, it is important to remember those who have helped pave the way. We would like to acknowledge Dr. Ian Manion, founding executive director who retired earlier this year. Through his vision, the Centre is today a leader in child and youth mental health, poised to respond to what is required to move the sector forward.

We look forward to where these new possibilities will take us in the years ahead.

MICHAEL BAINE
Governance Committee Chair

SIMON DAVIDSON
Chief Planning Executive Officer

MICHELLE HURTUBISE
Executive Director

GOVERNANCE COMMITTEE

Michael Baine

Committee Chair and member
CHEO Board of Trustees

Jeffrey Hawkins

Executive Director
HandsTheFamilyHelpNetwork.ca

Ewa Deszynski

Executive Director
The Etobicoke Children's Centre

Jane Fjeld

Associate Executive Director
Youth Services Bureau of Ottawa

Michael Lafontaine

Manager
Commercial Banking,
TD Commercial Banking

Alex Munter

Ex-officio
President and CEO
Children's Hospital of Eastern
Ontario

Michelle Hurtubise

Ex-officio
Executive Director
Ontario Centre of Excellence for Child
and Youth Mental Health

Amy Boudreau

Ex-officio
Director,
Strategic Planning and Operations
Ontario Centre of Excellence for Child
and Youth Mental Health

ADVISORY COMMITTEE

Darryl Fillmore

Algoma Family Services
Co-chair

Grace Loucks

Lynwood Charlton Centre
Co-chair

Heather Bullock

Centre for Addiction and Mental Health

Sarah Cannon

Parents for Children's Mental Health

Cathy Clarke

Keystone Child, Youth
and Family Services

Marie-Adèle Davis

Canadian Paediatric Society

Ewa Deszynski

The Etobicoke Children's Centre

Linda Dugas

Child and Family Centre

Jane Fjeld

Youth Services Bureau of Ottawa

Lynn Forget

Centre de santé communautaire
Hamilton-Niagara

Tahmo Gharabaghi

The George Hull Centre for
Children and Families

Peter Gindl

Youth Services Bureau of Ottawa

Enid Grant

Delisle Youth Services

Steve Martin

Open Doors for Lanark
Children and Youth

Assia Messaoudi

Youth engagement representative

Vicki Mowat

Kinark Child and Family Services

Kim Moran

Children's Mental Health Ontario

Sheeba Narikuzhy

East Metro Youth Services

Kathy Payette

Lutherwood

Caralyn Quan

The New Mentality

John Rice

Canadian Mental Health Association

Meagan Schellenberg

Mental Health Commission of Canada

Abi Sprakes

Thunder Bay Counselling Centre

Jeff St. Pierre

Child and Parent Resource Institute

Susan Sweetman

Children's Mental Health Services
Hastings and Prince Edward Counties

Nadine Wallace

Contact Niagara

FINANCIALS

Salaries and benefits \$3,661,059

Agency supports \$814,010

Rent and administrative fees \$490,155

Purchased services \$209,586

Travel and meeting expenses \$518,528

Office supplies/expenses/equipment \$160,772

Education and training \$45,890

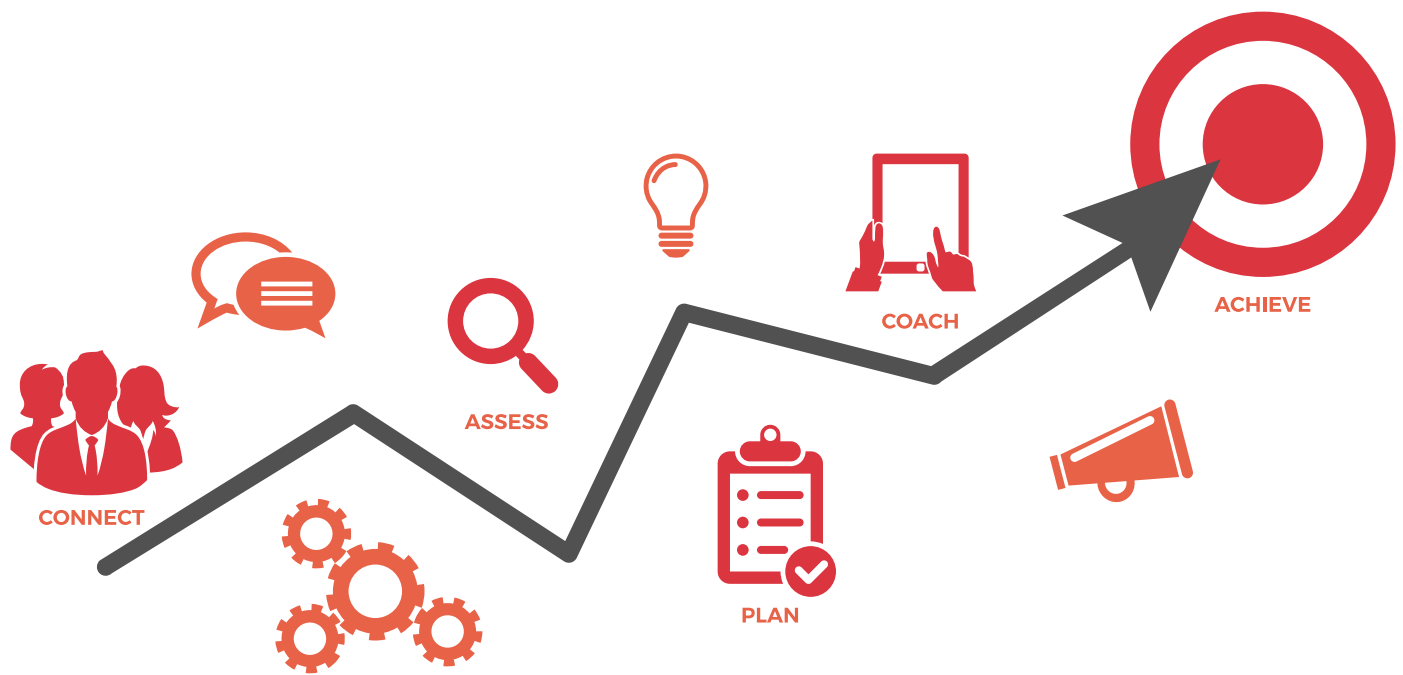
Total \$5,900,000

STRENGTHENING SERVICES

YOUR GOALS, OUR FOCUS.

The Centre promotes a community-based approach to service area planning, delivery and evaluation. We support agencies in strengthening skills and enhancing outcomes. Our evidence-informed training, resources and services are complemented by customized consultations facilitated by our team of knowledge brokers.

HERE IS A LOOK AT HOW WE HELP YOU STRENGTHEN YOUR SERVICES:



THE CENTRE'S PROGRAMS AND SERVICES HELP AGENCIES IMPROVE MENTAL HEALTH OUTCOMES FOR CHILDREN, YOUTH AND FAMILIES.

- we connect directly with lead agencies through our knowledge brokers
- we learn about the unique strengths and needs of each service area
- together, we co-develop a plan for continuous growth and improvement (**in key areas: implementation, evaluation, performance measurement, youth and family engagement and youth suicide prevention*)
- we provide tools, training and customized coaching
- we ensure agencies reach their goals of improved services for children, youth and families

WHAT WE DO

- provide direct consultation support to child and youth mental health lead and service agencies
- deliver evidence-informed training and learning opportunities across service areas in the areas of implementation science, change management, evaluation, performance measurement, youth engagement and family engagement
- facilitate Communities of Practice to address common challenges and share solutions

WHAT WE DELIVERED

136 capacity building sessions, across **120** communities

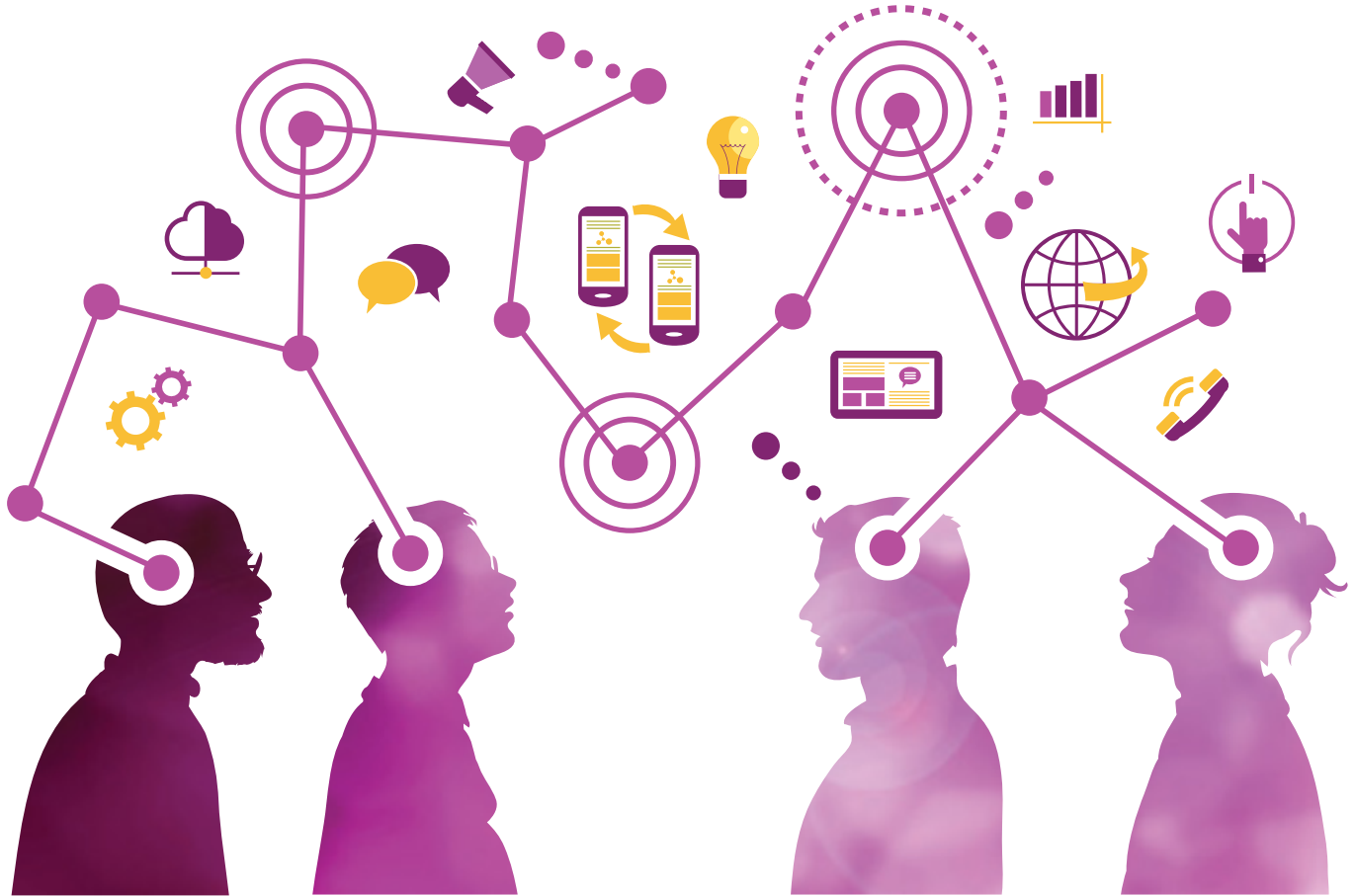
- 72 face-to-face training and facilitated sessions with lead agencies and core service providers
- 50 youth engagement and family engagement consultations in support of lead agency community mental health plans and core services delivery plans
- 5 virtual training sessions on youth suicide prevention and support for 5 Tele-Mental Health service sessions including: Developing appropriate mental health and addictions services for transitional-aged youth and emerging adults, Eating disorders in children and adults, Gender variance and gender dysphoria in children and adolescents, Tourette's syndrome and Fetal Alcohol Spectrum Disorder
- 3 lead agency Community of Practice meetings and 1 lead agency launch meeting



SHARING KNOWLEDGE

GIVING YOU WHAT YOU NEED, WHEN YOU NEED IT MOST.

Staying connected to the latest evidence is critical in child and youth mental health. The Centre helps agencies find, use and share evidence to ensure effective evidence-informed decision-making and continuous improvement at agency, service area and system levels.



WHAT WE DO

- find and share the latest evidence on key topics of interest to our stakeholders
- host events that help facilitate knowledge sharing across the province
- connect with partners to ensure coordinated approaches to system transition
- develop practical and accessible tools and resources

WHAT WE DELIVERED

Events (7 in-person events with close to 350 people)

- 2 orientation events held in Kingston and Toronto for new lead agencies
- 2 train-the-trainer events for youth and family engagement trainers from across the province held in Toronto and Ottawa
- 2 youth engagement forums in Kingston and Windsor
- 1 youth suicide prevention/life promotion forum in Thunder Bay

Resources (25 evidence-informed resources)

- 22 Evidence In-Sight reports
- 2 policy ready papers
- 1 web-based youth engagement toolkit

Websites (97,092 visits to our five websites)

- www.excellenceforchildandandyouth.ca
- www.togethertolive.ca
- www.kmbtoolkit.ca
- www.yetoolkit.ca
- www.daretodreamprogram.ca

SPARKING INNOVATION

HELPING YOUR IDEAS REACH NEW HEIGHTS

The Centre's programs and initiatives are designed to foster innovation and growth across the province and keep it going. Together with youth, lead agencies and core service providers, we're helping advance change across child and youth mental health.



**INSPIRING
YOUTH
TO TAKE
THE LEAD**

**COLLABORATING
WITH AGENCIES
TO IMPLEMENT
CHANGE**

**USING
EVIDENCE
TO INFORM
SYSTEM LEVEL
OPPORTUNITIES**

WHAT WE DO

- inspire youth to take the lead in promoting positive mental health and well-being
- support agency initiatives that help build capacity and lead to improved outcomes

WHAT WE DELIVERED

- funding for 23 youth-led Dare to Dream projects
- dedicated support to 6 agencies implementing evidence-informed practices
- direct funding and capacity building support to 15 service areas through lead agencies

Dare to Dream

Youth leading the way to well-being. *Dare to Dream* is a youth-led funding program that helps young people create and implement project ideas that promote mental health and well-being. This year, the Centre invested close to \$95,000 in 23 projects across the province.

Celebrate YOUTH

Hamilton East Seventh Day Church
Hamilton

Etc. Youth Programming

KIND
Ottawa

Youth and Elders Teaching Circle

White Owl Native Ancestry
Kitchener

Girls Night In

Notre Dame Secondary School
Burlington

Project Comfort

Norman Johnson Alternate
Ottawa

Project Smile

St. Ignatius High School
Thunder Bay

Mental Health Awareness Group:

Stomping Out Stigma

Fr. Bressani Catholic High School
Woodbridge

What About Me?

Westlane Secondary School
Niagara Falls

Colours of Culture Coffee House

Youth Services Bureau of Ottawa
Ottawa

Man Up 4 Mental Health

Bell High School
Ottawa

Art of Resilience

Sir William Mulock Secondary
Newmarket

Building Your Mind One Block at a Time

Holy Cross Secondary
St. Catherine's

Emotions in Motion

James MacDonald Elementary School
Hamilton

Girls and Mental Health

Youth Services Bureau of Ottawa
Ottawa



I Love My Selfie

BOOST
Toronto

#lionsmindsmatter

Mississauga Secondary School
Mississauga

Mental Health Awareness Month

Notre Dame Catholic High School
Ajax

My Mental Health is Your State of Mind

Pathways for Children and Youth
Kingston

Open Mic Coffee House

WAYS
LondonProject Comfort
Norman Johnson Alternate
Ottawa

Reach Out LDH

Longfields Davidson Height Secondary School
Ottawa

Signal

Haldimand-Norfolk REACH
Townsend

STAs Girls Night In

St. Thomas Aquinas Catholic Secondary School
Oakville

People Advancing Change through Evidence grants

This past year, the Centre supported agencies through the People Advancing Change through Evidence (PACE) grants – a program to help agencies implement evidence-informed practices. This marks the final year of funding and consultation support delivered to agencies over a three-year journey.

Dialectical Behaviour Therapy for Adolescents

Delisle Youth Services
Toronto

Facing your fears: Implementing an anxiety treatment group for latency aged children and their parents

Aisling Discoveries Child and Family Centre
Toronto

Better child, youth and family outcomes through the implementation of solution-focused therapy (SFT)

York Centre for Children, Youth and Families
Richmond Hill

Leveraging sustainable change with evidence informed practices:**Collaborative problem solving**

Hands TheFamilyHelpNetwork.ca
North Bay

Implementing solution focused brief therapy as an evidence informed practice

Child and Family Centre
Sudbury

Improving evidence-based treatment and mental health outcomes for complex, hard to service families

The George Hull Centre for Children and Families
Toronto

LOOKING FORWARD

Building a coordinated and accessible system of care for children, youth and families requires all of us working together. As your needs evolve, the Centre is ready.

YOUR FUTURE IS OUR FOCUS

WE'RE ALWAYS READY TO CONNECT



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