



GEORGE HULL CENTRE  
FOR CHILDREN & FAMILIES

Changing the  
trajectory of children's  
mental health.

# The George Hull Centre Annual Report 2019–20





**The  
George  
Hull  
Centre**  
Annual  
Report  
2019–20





The George Hull Centre for Children & Families is an accredited children's mental health centre with a range of prevention and clinical treatment programs for children from infancy through age 18 and their families.

## Our Mission

Through clinical excellence and a continuum of mental health services, our mission is to reduce suffering, provide hope and enhance the quality of life of infants, children, youth and families.

Changing the trajectory of children's mental health.

2019-20 marks another exciting and busy year for the George Hull Centre as we remain focused on our mission to help children and their families achieve a lifetime of mental wellness. Our commitment to delivering compassionate, expert care within a family centred approach, remains at the core of our work and our culture. We are constantly developing and redeveloping our programs in the context of the needs of the families we see, the latest clinical science, and rigorous review to ensure the best possible outcomes. I am very proud of our achievements.

In this report, you will read about many of our accomplishments over the course of the past year. We have established the George Hull Centre Institute for Childhood Trauma and Attachment to share our expertise in the treatment of traumatized children and their families. We created a new group program "from scratch" called Feelings Explorers that will teach children, aged 5-7, how to recognize and cope with their anxiety and we expanded our Day Treatment School Program giving more young teens a chance to grow and thrive. Our Family Group Conferencing Program has strengthened its leadership role provincially to ensure the practice follows the highest standards of quality, and we have collaborated more deeply with our community partners to provide a greater continuum of services and a more seamless experience for families in need of support. This past year, we also successfully closed off our 2017-20 Strategic Plan and I am so pleased with our continued progress and commitment to building a centre of excellence.

I am proud to report that we have been recognized once again by Charity Intelligence as one of the Top 100 Charities in Canada and by Maclean's Magazine who ranked us as one of Canada's best charities of 2020. We are honoured by the recognition and are pleased that our donors and supporters can be confident that their funds are going where they need to go—to our clients.

This past year has been exceptional for the George Hull Centre, full of successes, change and challenges and we are proud of and humbled by the incredible dedication shown by our staff! Thank you as well to our board, volunteers, community partners and donors for your unwavering support. Together, we are changing the trajectory of children's mental health.



**Paul Simonetta, CPA, CA**  
Board Chair



**Susan Chamberlain, MSW, RSW**  
Executive Director

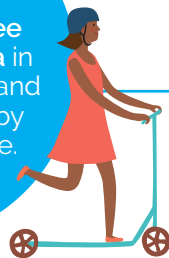


# About The George Hull Centre for Children & Families

The George Hull Centre for Children & Families has served the community of Etobicoke since 1986. We are a non-profit charitable organization and governed by a local volunteer Board of Directors, accredited through the Canadian Centre for Accreditation (CCA).

As a centre of clinical excellence, we offer a full continuum of mental health services to children from infancy to age eighteen, from prevention and early intervention programs to treatment services that include a community outpatient clinic, residential and in-home programs and specialized day programs for both school and mental health.

We ranked as one of the **top three charities in Canada** in Maclean's 2020 list and ranked in top 100 by CharityIntelligence.



## Our Name

Our name comes from a local principal and teacher, George Hull, who was renowned for focusing on children's strengths, not their weaknesses.

## Our Community

We are mandated to serve the local Etobicoke community; however, no one in need is turned away.

## Our Clients

We see a wide range of mental health issues from mild to very complex including anxiety disorders, ADHD, depression, eating disorders and obsessive-compulsive disorders.

**Focus on Children's Strengths**  
We believe in shining a bold light on the strength of each child.

**Intensive Therapeutic Approach**  
Through intensive treatment, we can address a family's complex mental health issues with thoughtful, compassionate, effective strategies for change.



**Family Centred**  
We treat each child in the context of their family because a child's best chance at mental wellness happens when the family is positively involved in that outcome.

**Clinical Excellence**  
Relevant, current research informs our practice. Continuous and routine training ensures our teams provide leading-edge thinking, innovative techniques and evidence-based methods.

**Teaching Centre**  
As a University of Toronto Teaching Centre, we embrace progressive trends, treatments, research and studies in children's mental health.



## How We Make A Difference



**Personalized Support**  
Infants, children and youth receive comprehensive, therapeutic intervention tailored to meet their unique, individual needs.

**Accessible, One-Stop Care**  
We offer a wide range of services, enabling families to navigate the mental health system with greater ease and less complexity in a safe, supportive environment.



**Measurable Impact**  
We are committed to continual program evaluation and quality improvement to substantiate delivery of high quality, effective service.



**Expert, Multidisciplinary Staff**  
Our skilled and experienced team are passionately committed to providing highly responsive, integrated, cross-functional care.



# Mental Health Services

Our skilled and experienced team of mental health professionals work together to provide highly responsive, integrated care. Through innovative, evidence-based treatment and programs and an unwavering commitment to clinical excellence, we help infants, children, youth and families achieve mental wellness.

## Intensive In-Home Service

Launched in early 2020, the Intensive In-Home Service provides therapeutic and psycho-educational services to adolescents and families with complex mental health needs without separating the youth from their caregivers. Interventions take place in locations of immediate relevance to the clients and their families, in their homes, in their schools, and in their communities.



## Libby's Place

Libby's Place emphasizes relationship-based programming. This approach, following developmental research on young girls and adolescents, uses the program for working on, responding to and building relationships. The program approach is strength-based, flexible and recognizes and responds to the individuality of each client.

**80%**

Youth improved at discharge on the Child and Adolescent Functional Assessment Scale



## Day Treatment Program

The Day Treatment Program provides a therapeutic, academic program to help children and youth with mental health difficulties develop the cognitive, social and communication skills necessary for successful adjustment at home, at school and in the community.

**89%**

Parents surveyed after three months of treatment agreed that they had seen positive changes in their child and family



**60**

Children and youth served in our Day Treatment Program

**100%**

Students said they felt understood, heard and accepted in the Day Treatment Program

## The Community Clinic

The Community Clinic provides mental health services to families with children from infancy through age 18, including assessment, family, individual and group treatment, and specialized consultation. A strong program of evidence-based treatment and psycho-educational groups offers opportunities for peer modeling, social interaction with peers and normalization of behaviour, while reducing social isolation and stigma.



**499**

Children, youth and parents served in groups and workshops in local schools

**95%**

of teens felt that the DBT group helped them deal more effectively with their challenges

## DBT Teen Talk

Our Teen Talk group program utilizes Dialectical Behaviour Therapy (DBT) to make a significant difference in the lives of adolescents with complex mental health issues, particularly youth for whom suicide risk is significant.

**796**

Children, youth and their families served in individual and family treatment



**84%**

Participants felt the Day Treatment Program is helping them manage their relationship with their family



"...they made my child and all of us feel like my child's future was brighter than any other school has made us feel."

—Parent, Day Treatment Program

# Prevention & Early Intervention Services

A continuum of programs for children and families, ranging from universal family support to highly targeted or specialized services, including community development, health promotion, prevention, early intervention and consultation in one integrated service.



## Early Abilities Preschool Speech & Language Services

Provides assessment, group and individual treatment for children up to Junior Kindergarten age and consultation, support and training for their parents and professionals.

**1,297**  
Children were served this year



## The Toronto Family Group Conferencing Program

Helps families involved with child welfare work with their extended family to develop a plan that addresses risks identified by service providers and meets the child's needs for safety and well-being.

**94**

Children were involved in conferences

**54**

Conferences were held

**96%**

Family members and 78% of service providers definitely agreed that the plans developed protected the children's safety

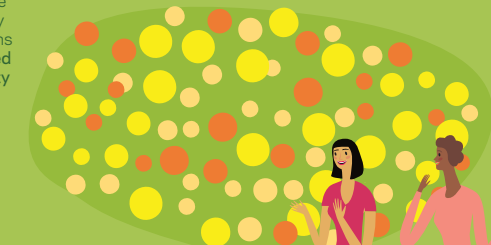


**"Our consultant listened to our concerns and struggles without judgment and provided practical strategies and insights for my child's behavior."**

— Parent

## The Etobicoke Brighter Futures Coalition

A collaborative group of community agencies that work together to plan, develop and deliver services to improve the health and well-being of children from infancy to age six.



## The EarlyON Child and Family Centre

Offers early learning and literacy activities, outreach services, parent training and early identification of children with special needs to families with children from infancy to age six.

**1,247**

Children participated in programming

**1,104**

Parents/caregivers participated in programming



## Every Child Belongs

Provides consultation to childcare centres to support the inclusion of children with special needs from infancy to age 12.



**11**

Workshops

**134**

Workshop Participants

**55**

Children were served this year



## The Family Group Conferencing Ontario Provincial Resource

A quality assurance and training body which maintains a roster of coordinators qualified to facilitate Family Group Conferences and provides training and consultation across the province.

**17**

New mentors and 8 trainers

**73**

Registered coordinators

**23**

Coordinators in training





# Teaching & Training

## Leading the Way with Family Group Conferencing

The George Hull Centre for Children & Families has led Toronto's Family Group Conferencing (FGC) program since 1998.

Family Group Conferencing is a culturally sensitive, alternative approach to working with and engaging families in the child protection context. It gives the family group a voice in the decision-making process to ensure the safety and well-being of children at-risk or in need of protection.

Research demonstrates that separating a child from his or her parent(s) and extended family has detrimental, long-term emotional and psychological consequences that may be worse than leaving the child at home. This is due to the trauma of removal itself, the unstable nature of and high rates of abuse in foster care. FGC provides the extended family group support and the opportunities needed to develop plans of care for their children that address safety and well-being while often keeping children within kinship care, significantly reducing experiences of trauma, attachment disruption and further maltreatment.

In 2019-2020, we provided 51 Family Group Conferences that helped families plan for 88 children, who had either been taken in to care or were at risk to be taken into care. After the conference, 76 of those children had plans that addressed child welfare concerns and allowed them to remain in kinship care.

## Expanding and Supporting Family Group Conferencing Across Ontario

Provincially, the role of the George Hull Centre's Family Group Conferencing Ontario Provincial Resource is to act a locus of expertise and best practice for family group conferencing in Ontario. We recruit, train and mentor prospective FGC Coordinators across the province, manage the Ontario Roster of Family Group Conference Coordinators and provide training, professional development and consultation services to professionals to enhance their capacity to deliver effective FGC services. The George Hull Centre's leadership through the FGC Ontario Provincial Resource ensures that FGC Coordinators are well-trained and supported and that a consistent model of FGC is practiced with the same high-quality standards in every region of the province.

In 2019/20, 23 professionals participated in FGC Coordinator Training delivered by the Ontario Provincial Resource, and 15 newly trained Coordinators pursued their mentorship process.



### Family Group Conferencing Ontario Provincial Resource

96% of family members and 89% of service providers definitely agreed that the family's decisions were respected.

96% of family members and 78% of service providers definitely agreed that the plans developed protected the children's safety.

### Family Group Conferencing of Toronto

99% of participants agreed that they were able to practice new skills, felt safe to explore challenging concepts and felt ready to begin their mentorships.

100% of participants agreed that the trainers effectively supported their learning and there was the right mix of information, discussion and experiential activities.

# Early Childhood Mental Health

Our early childhood programs help our clients and their families build confidence and trust in themselves as well as in each other.

**Nurturing Attachments** is a group designed for adoptive, foster, or kin parents who want to learn how to nurture their attachments with their children so that the children will feel increasingly secure and supported by their parents and in turn more receptive to limits and expectations.

Participants reported that as a result of the group they had: increased empathy, increased ability to listen without distraction, lower reactivity, and more patience.

**Hear My Voice**, a therapeutic group for children ages 4-7 who are diagnosed or exhibiting symptoms of selective mutism. Selective mute children are quite social when at home but inhibited when out in the community, at school, or anywhere there is change, putting them into a state of fear.

**Baby Love** is an evidence-based preventative intervention group grounded in attachment theory. Baby Love supports parents and caregivers in strengthening their attachment relationship with their infants and emphasizes the importance of feelings of security, reflective capacity and sensitive caregiving behaviours.

More than **two-thirds** of young adults living with a mental health problem or illness say their **symptoms first appeared when they were children.**

"Research shows that early treatment results in a 60-75% reduction in mental health problems. The George Hull Centre provides services to children and families from infancy to age 18. Our early childhood programs help our clients and their families build confidence and trust in themselves as well as in each other."



## Spotlight on Innovation—Feelings Explorers

**Feelings Explorers** is a new program that was developed by the George Hull Centre in 2019 in collaboration with the Toronto Catholic District School Board with a grant from the Ontario Centre of Excellence for Child and Youth Mental Health.

A 10-session, play-based, and experiential learning program, it aims to increase socio-emotional competence, decreases worry, and decreases emotional distress of children ages 5-7. The program will teach social skills, self-regulation, pro-social behaviour, and empathy. Children will be taught to recognize the physical symptoms of anxiety and will be provided with both skills to cope and combat these symptoms. These include strategies such as relaxation, mindfulness, seeking support, and positive self-talk. Children will also benefit from education about how their brains work and as a result, learn more about self-regulation.



# Our Clients Told Us...

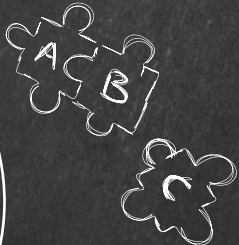
What is the best thing about coming to The George Hull Centre?



The Day Treatment program has helped me work on my personal goals in a safe, supportive environment. It has also connected me to resources I wouldn't have otherwise known about in order to get more specific and varied help to suit both my strengths and weaknesses.  
-Youth

The Positive Parenting group helped me to better understand motivations for behaviour, made me more aware of when I should try to change my behaviour.  
-Parent

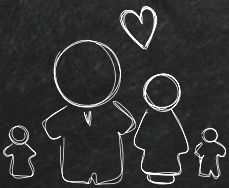
I liked that we were able to share whatever we struggle with raising our kids...All the staff were very friendly and made me feel very comfortably.  
-Parent



I like the welcoming and accepting environment, how the staff genuinely support and care for me while also helping me maintain priorities.  
-Youth



The experience of separating from her in such a calm amiable way. The program staff were truly wonderful.  
-Parent



**Note From A Parent**  
This has been a great program and support for our child, we have seen positive changes in her—more open and communicative. She has still has a way to go but it's better than before.  
-Parent



# Spotlight On...

## Institute of Childhood Trauma and Attachment

Traumatic stress has a profound lifetime impact on the developing brains and bodies of children and youth. The need for trauma-informed training of child and youth-serving professionals is paramount.

For almost ten years, the George Hull Centre has invested in developing expertise in the area of developmental trauma and attachment. In the fall of 2019, the concept of the George Hull Centre Institute of Childhood Trauma and Attachment was developed to help move the sector forward and help improve the lives of vulnerable youth and families.

**Mission:** To elevate practice and improve access to services for traumatized children, their families, and communities through research, knowledge dissemination, and clinical practice.

The information gained through the Institute's research undertakings will ideally drive changes in training, policy and practice to better serve traumatized children and youth.

The Institute is developing two trauma screening tools:

**Child and Adolescent Screener for Traumatic Exposure and Response (CASTER)** allows trauma exposure and symptoms to be identified early in the assessment and treatment process. The tool will help child and youth-serving sectors identify traumatic stress in presenting clients and allow for appropriate clinical and case-planning responses.

In addition, the Institute is developing a similar **trauma screening tool** for parents of very young children who present to the George Hull Centre's speech and language programs, and whose trauma experiences are often missed and are critical to understand for early intervention.

George Hull Centre staff receive ongoing education on the latest advances in neuroscience, the impact of adverse experiences on the brain and body, and empirically supported ways to support children and youth cope with traumatic stress.

This past year, clinical staff in both our outpatient and intensive programs have received training and ongoing consultation in Dyadic Developmental Psychotherapy, a model of treatment for children who have experienced developmental trauma. Staff from these programs have also received training in the assessment and treatment of other forms of trauma, as well as other evidence based models to treat these conditions, such as Watch, Wait and Wonder, Reflective Family Play, Trauma Focused Cognitive Behavioural Therapy, and Dialectical Behaviour Therapy.

The Institute is honoured to host the **2021 Dyadic Developmental Psychotherapy International conference** in June of 2021, welcoming experts in the field to share and increase industry knowledge in the sector.

## Measurable Impact

The **Research and Program Evaluation Department** supports the Centre in maintaining excellence in our services through program evaluation, quality assurance activities, training and consultation, ongoing empirical research and collaboration with other researchers.

We continually substantiate the delivery of high quality, effective service for children and families through a strong program of evaluation.

**The Centre is currently involved in several external research projects involving our clients and staff. The following are new this year:**

### 1. The Longitudinal Youth in Transition Study (LYITS)

The primary goal of the study is to better understand how youth with mental illness transition out of child and adolescent mental health services (CAMHS) to adult mental health services (AMHS) and describe the effect transitioning has on their mental health and functioning.

A longitudinal cohort study funded by the Canadian Institutes of Health Research (CIHR). LYITS is a five year study and is being conducted at the Centre for Addiction and Mental Health (CAMH, primary research site), the SickKids Centre for Community Mental Health (CCMH), SickKids, and the George Hull Centre (GHC).

### 2. Knowledge, Outlook and Practice amongst Clinical Practitioners in the Field of Speech and Language Pathology regarding Developmental Trauma and Attachment

This study is being conducted to investigate and better understand the current state of SLP practitioners' knowledge, beliefs and practices regarding developmental trauma and attachment, amongst those who work primarily with children from infancy to age six.

## Collaborative Work

### Working together for children's mental health

Navigating the system or accessing the right supports is an overwhelming challenge for any parent.

Recognizing these challenges, the George Hull Centre for Children & Families began meeting regularly with Central Toronto Youth Services, the Child Development Institute, Yorktown Family Services, and YouthLink with the intention to work collaboratively to create a more seamless experience for families. Their work will focus on aligning service pathways and enhancing service capacity with the goal of children and families getting the help they need, when they need it.





# Strategic Plan

The George Hull Centre 2017-20 Strategic Plan reflects our goal to deliver services that are accessible, flexible and responsive to the needs of our community. We are thrilled with our accomplishments this final year of our Strategic Plan and are proud of our staff's continued commitment to building a centre of excellence.

## Technology

**Goal:** Adapt processes and services to operationalize efficiently and ensure clients are supported using best practice, while ensuring the security and privacy of client, staff and donor information.

**Progress:** Our clinical files are now paperless, the intake process has been leaned out, and the Centre has migrated to Q365, creating efficiencies across the board, via file sharing and communications. In the wake of COVID, we pivoted quickly to develop and implement a virtual model ensure minimal disruption to therapeutic intervention in a safe and secure way.

## Diversity

**Goal:** Address barriers to service to better serve and meet the needs of our diverse community.

**Progress:** We have retained a consultant to support the George Hull Centre's efforts in becoming better allies to black and marginalized groups and to reframe how we offer services to ensure we are reaching and meeting the needs of our communities.

## Measuring outcomes

**Goal:** Ensure outcomes measured and reported focus on criteria of clinical excellence to build the profile of the Centre.

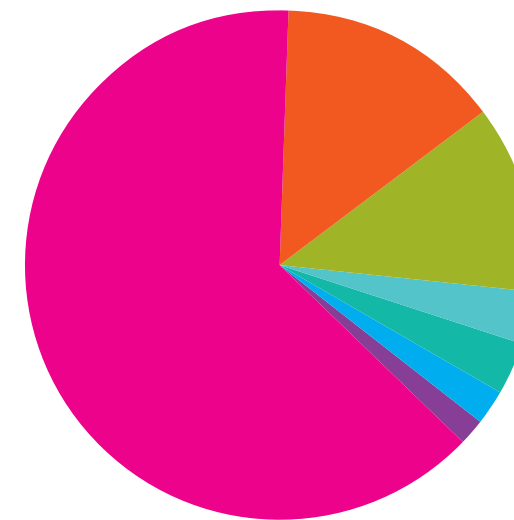
**Progress:** Developed broad criteria which will help us further our work in identifying indicators and measures of success as a Centre of Excellence.

## Marketing

**Goal:** Refine our core message to attract additional support and develop new capacity through partnerships.

**Progress:** We refreshed our logo and refined our core message. We have revamped our marketing materials and seasonal campaigns to highlight our mission to change the trajectory of children's mental health.

# Our Budget



### Mental Health (63%)

- Mental Health Treatment

### Prevention & Early Intervention Services (37%)

- Speech & Language
- EarlyON Child & Family Centre
- Etobicoke Brighter Futures Coalition
- Family Group Conferencing Toronto
- Special Needs Resourcing
- Family Group Conferencing Provincial

# Financial Summary 2019-2020

12 month period ending March 31, 2020\*

### Revenue (\$000's):

Ministry of Children, Community & Social Services	6,413
City of Toronto	2,865
Other Funding	636
Donations	358
<b>Total Revenue</b>	<b>10,272</b>

### Expenditures (\$000's):

Salaries and Benefits	8,034
Building Occupancy	1,140
Professional Services	404
Program and Client Expenses	203
Office and Administration	200
Communication	74
Training and Recruitment	90
Amortization	175
<b>Total Expenditures</b>	<b>10,320</b>

### Funds Received & Managed on behalf of Etobicoke Brighter Futures Coalition (\$000's)

Public Health Agency of Canada	243
United Way Success by Six	77
Dad Central Ontario	15
Other	8

\*Pre-audit



# Staff Awards

Staff Awards of Excellence recognize exemplary performance by individuals who have consistently excelled in their positions and demonstrated a strong commitment to the mission and values of the Centre.



## The Friend of the Centre Award

Recognizes the outstanding contributions of an external individual, agency or corporation to the mission, goals and work of the Centre, thereby positively impacting the lives of children, youth and families, and the community as a whole.

The winner of the 2019 Friend of the Centre Award is **Miodrag (Miki) Minic**. Miki has been a friend of the Centre for over 25 years, and his work ethic has always been something to be admired. To be honest, he adopted the George Hull Centre as family right from the start, taking care of our Centre—no job too small or too large and ready at a moment's notice, handling all the emergencies. He approaches every task with our staff and clients' comfort and safety in mind. More than just a friend of the Centre, this person is part of our family.

## Nyron's Above and Beyond Award

Recognizes a staff member who goes above and beyond their job requirements to help and empower clients through direct or indirect service.

The winner of the 2019 Above and Beyond Award is **Rosemary Britto**. One of Rosemary's many roles is to support the FGC Provincial Resource with administrative tasks. With ease and care, she supports initiatives and mentors other staff to also do their best and go above and beyond. It may only take a few extra minutes of time, but in the end it will direct the mission/task/service and those involved to a successful outcome.

Rosemary's 35 plus years of experience has created a plethora of knowledge that she can easily access to support the many programs she is connected to. She takes care of the people who support the work, ensuring they have what they need so they can focus on our clients' needs.



## The Libby Ridgely Award for Clinical Excellence

Recognizes a staff member who demonstrates clinical excellence and/or exemplary work with clients and is named in honour of Elizabeth Ridgely, noted family therapist and former Executive Director of the George Hull Centre.

The winner of the 2020 Award for Clinical Excellence is **Talia Lexzcz**. Talia is a brilliant speech language pathologist who actively seeks out ongoing learning and professional development. She can be relied on to work through challenging cases and to get fun new ideas to work on specific goals in therapy. Her clinical strengths extend across all the specific areas of communication that we deal with: the difficult to engage, non-verbal kids with ASD, to the verbal kids with ASD who are working on social skills and pragmatics. She uses her strong clinical knowledge and skills to support, educate and empower caregivers and families to help their child succeed. We are fortunate to have her on the team.

# Our Staff Told Us...

**“** I am proud that the George Hull Centre is focusing on diversity and being more inclusive and aware as an agency. **”**

**“** I'm very proud of all my colleagues in all the different programs—GHC employees are awesome people doing awesome work. **”**

**“** I very much enjoy my job. I feel that it is meaningful and valuable. In many ways, I feel supported in my role. I am fortunate to have support from my manager. **”**

**“** Staff here feel supported and encouraged through supervision, flexible management, learning opportunities, clinical support and opportunities for growth. **”**

**“** The George Hull is a terrific employer that values and mentors talent and innovation. The agency is progressive and values happy healthy employees and clients. **”**

## Leadership

### Board of Directors

- Paul Simonetta, Chair**  
 Bradley Fedosoff, *Vice-Chair*  
 Sandra Waechter, *Secretary-Treasurer*  
 Chetan Baweja  
 Adrienne DiPaolo  
 Robert Edmonds  
 Nathalie Hull  
 Mary Lewis  
 Judy MacGowan  
 Uros Karadzic  
 Gregory Miziolek  
 Angela Molinari  
 Christopher Parkes  
 Tania Saccoccio

### Foundation Trustees

- Robert G.S. Hull, Chair**  
 Darlene Cade  
 Kevin Doyle  
 Judy MacGowan  
 Paul Simonetta  
 David R. Singh  
 Anne-Marie Vanier  
 Sandra Waechter  
 Darryl Yates  
*Director of Development:*  
 Seana Massey

### Senior Leadership Team

- Susan Chamberlain, Executive Director**  
 Rick Arseneau, *Director, Finance & Operations*  
 Diane Bartlett, *Director, Research & Program Evaluation*  
 Kim Curran, *Director, Prevention & Early Intervention Services*  
 Tahmo Gharabaghi, *Director, Residential & Day Treatment Services*  
 Elina Di Luca, *Director of Community Clinic*  
 Leticia Gracia, *Director, Institute of Childhood Trauma & Attachment*  
 Dr. Gregory Lodenquai, *Psychiatrist-in-Chief*



# We Are George

## Young Professionals Group

Fostering the next generation of mental health advocates and philanthropists

We Are George (WAG) is the George Hull Centre's young leaders group, comprised of a group of passionate young professionals in Toronto committed to raising awareness, breaking the stigma, and increasing funding to the under resourced sector of children's mental health. Their goal is to also foster the next generation of mental health advocates and philanthropists.

Over the last five years WAG has hosted several special events to promote the work of the Centre as well as raise much needed funds. Their 5th annual event raised over \$36,000 for the Centre's programs and services.

The George Hull Centre is grateful for the support of these exceptional professionals:

**Kai de Bruyn Kops,**  
ReThink Canada, Co-Chair

**Meghan Hull,**  
Gowling WLG, Co-Chair

**Brandon Amiel,**  
Nissan Canada

**Cameron Chamberlain,**  
Fidelity Investments

**Zac Resnick, Blake,**  
Cassels & Graydon LLP

**Jeri Davies,**  
The T1 Agency

**Bridget Tweedley,**  
FGL Sports

**Martina Esteves**

### A Heartfelt Thank You To All Our #FlashBackFriday Sponsors

#### Gold Level



#### Silver Level

Avison Young  
Sun Life Financial

#### Bronze Level

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Blaney McMurtry LLP  
Cassels Brock & Blackwell LLP  
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Pinchin Ltd  
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Torys LLP

#### Beverage Sponsors

Prairie Organic Spirits  
Belgian Moon

# Making a Difference

## A word from one of our generous donors

One of the core areas that the Patrick and Barbara Keenan Foundation supports is mental health. Our focus is providing programs and services for children and youth which help them reach milestones both with regards to the treatment of their illness as well as academically.

The George Hull Centre for Children & Families is an excellent example of this type of service provider. It provides a safe, supportive and caring environment. The Patrick and Barbara Keenan Foundation gift enables young people, residing locally to access and receive day treatment that best meets their needs.

Christina Sharma, daughter of Patrick and Barbara Keenan, says that her family's decision to support the day program classroom at the George Hull Centre for Children & Families came from a deeply personal place. "As a young person, I struggled with mental illness for many years. There was no talk of mental illness at that point in time. Mental health resources were scarce and hard to attain."

George Hull provides classrooms in which children and youth can learn how to manage and succeed academically while still receiving the mental health supports that facilitate it.

We hope that by financially supporting the creation of an additional classroom, a greater number of young people will be able to access mental health treatment and coping mechanisms so as to succeed in whatever educational path they choose.

— Rohit Sharma



# Thank You...

Thank you to all the sponsors, participants, volunteers and donors who supported our fundraising events—you are making a difference in the lives of vulnerable children and families.







**Thank you to our generous individual and corporate donors, sponsors and foundations—your donations have touched many lives.**

## Tribute Gifts

### In Memory of...

**George and Olive Hull**  
Bruce and Anne Campbell

**Daniel Foy**  
Jennifer Babe  
Ann Harrington  
Andre Nowakowski

**Grey McGuire**  
Bonnie McGuire

**Marilyn Gallant**  
Susan Chamberlain  
Victoria Dawe  
Arthur J. Gallant  
Arthur J. Gallant  
Ina O'Brien  
Stanley Sherr

**Mary Chamberlain**  
Carolyn Bugar  
John Kennedy  
Sandra Steen

**Paul Leger**  
David Cooke Wealth  
Counsellors Inc  
Lowe's North Etobicoke  
Laura and James Campbell  
Elizabeth And John Carter  
Felix and Judy Cianflone  
Donna Erjavec  
Wesley Horsman  
Carole and Charles Marshall  
Pat And David Westlake

### In Honour of...

**Alison Chamberlain**  
Anonymous

**Arnold D. Massey and Carole Cole**  
Arnold C. Massey Jr.

**Elizabeth Ridgley**  
Anonymous (2)  
Louise Lore

**Jeff Zakrzewski**  
Anonymous

**Jennifer Zakrzewski**  
George and Lynda Zakrzewski

**Jess Serricchio**  
Nikolai Efimov

**Kerri Porter and Nick Badame**  
Lisa Anderson

**Leticia's 50th Birthday**  
Celia Denov  
Roland Deschamps  
Alice Olsen  
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 Grace Petrucci  
 Tyrone and Kanisa Subhan  
 Andrew Suboch  
 Elaine Wilson  
 Tim Yuan

## Echoage Birthdays

**Cillian and Cleo's 8th Birthday**  
 Jetmire Beqiri  
 Elsa Budianto  
 Claudia Caravaggio  
 Katherine DiTomaso  
 Marianne and Chris Galberg  
 Claire McCann  
 Thi Nguyen  
 Jacquilene Sarilan

**Emma's 7th Boulderz Birthday Bash**  
 Erin Billowits  
 Robert and Jayne Edmonds  
 M Kapala  
 Thul Miles

Colby Norrington  
 Fraser Robertson

**Hadley's 6th Birthday Party**  
 Jenn and Blake Carson  
 Jessica Cutsey  
 Dana Donald  
 Sarah Duff  
 Julie Georgas  
 Meghan Oxley  
 Tara Perrin  
 Linda Sammut  
 Mary Jane Schuessler  
 Mary Clare Spracklin  
 Jennifer Stahlke  
 Colin and Julia Stewart  
 Christine Sumarah

**Marc's 9th Birthday Skateboard Party**  
 Sarah Dabit  
 Rachel Doll  
 Jessica Graham  
 Orchid Jahanshahi  
 Jason and Genta McVeigh  
 Janice Ryder  
 Maya Shenoy Catsaros

**Miles' "Sports" Birthday Party**  
 Carlo Blandi  
 Farrah Bourre  
 Nichole Cornacchia  
 Nancy Currie  
 Donna Densmore  
 Hazel Godoyo  
 Slavica Liker  
 Lindsay Walker and  
 Matthew Kitcher  
 Christine Mitchell  
 Marta Stangret  
 Jane Stephens  
 Heather Strupat  
 Darcie Vujacic  
 Melissa Wilcox

**Olivia's 6th Birthday**



Shannon Johnson and Fred Roy  
Catherine Green  
Daniel Kupisz  
Diana Lawlor  
Jennifer Stahlke

#### Rory's 9th Birthday!

Natasha Barrett  
Jenn and Blake Carson  
Sarah Duff  
Zoe Gavsie  
Melissa Haw  
Joshua Lopez  
Madelaine Lowenberg-frick  
Angela Nikolakakos  
Tara Perrin  
Mary Jane Schuessler  
Kathy Smith  
Mary Clare Spracklin  
Christine Sumarah  
Bianca Williamson  
Shirley Wright

#### Simas' Birthday Party

Natalia Chala  
Jessica Jennings  
Jason and Genta McVeigh  
Tanja Milutinovic  
Muriel Richard  
Olena Shtepura

## Third Party Events

#### Superbowl Party

Marble Trend Ltd.

#### Mt. Kilimanjaro Climb

Anonymous (13)  
George Barkas  
Anton Brunga  
Adetoun Dinah  
Carol Faull  
Jeff and Jennifer Feeney  
Matthew Gedge

Cornelia Iliescu  
Edward Kelterborn  
Ellen Kim  
Stephanie Lyn  
Michael Mallinos  
Taje Mohabir  
Susan and Gordon O'Reilly  
David Pauli  
Catalina Pittet Buob  
Sarit Seeman  
Ally Tosello  
Jonathan Turner  
Darie and Alexandra Urbanky  
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#### Reveal Maquerade Gala

Blockwall Masonry 18 Inc  
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Loreta Giammaria  
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Nick Marchese  
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#### Arthur Gallant's Birthday

Anonymous

#### Mariya's Birthday Fundraiser

Anonymous

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Abby Fedosoff Memorial Fund

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**"Your programs have been a godsend for our child and us! Not sure what we would have done without the Centre. You have all been so supportive, caring and patient! We are blessed that you have all been there for our child...we can't thank you enough..."**


**—Parent**

## Community Partnerships

Adoption Council of Ontario  
Adventure Place, now Lumenus  
Aisling Discoveries Child and Family Centre,  
now STRIDES  
Attachment Association of Canada  
Braeburn Neighbourhood Place and  
Boys and Girls Club  
Capitalize4Kids  
Catholic Children's Aid Society of Toronto  
Center for Addition and Mental Health  
Central Toronto Youth Services  
Centralized Access to Residential Services  
Children's Aid Society of Toronto  
Community Living Toronto—Etobicoke/York  
Dad Central Ontario  
Davenport Perth Neighbourhood  
& Community Health Centre  
Developmental Trauma Action Alliance  
Dixon Grove Junior Middle School  
Dyadic Developmental  
Psychotherapy Network  
Family Association for Mental Health  
Everywhere (FAME)—Etobicoke  
Fellowship Christian Reformed Church  
and Martin Grove United Church.  
First Stage Child Care Centre  
Four Villages Community Health Centre  
George Brown College of Applied Arts  
and Technology  
Highfield Junior School  
Holland Bloorview Children's  
Rehabilitation Hospital  
Humber College  
Humber River Hospital  
Islington United Church  
Jean Augustine Centre for Young  
Women's Empowerment  
Jewish Family & Child Service of Toronto  
LAMP Community Health Centre  
Lumenus Community Services  
Macaulay Child Development Centre  
Martin Grove United Church and Fellowship  
Christian Church

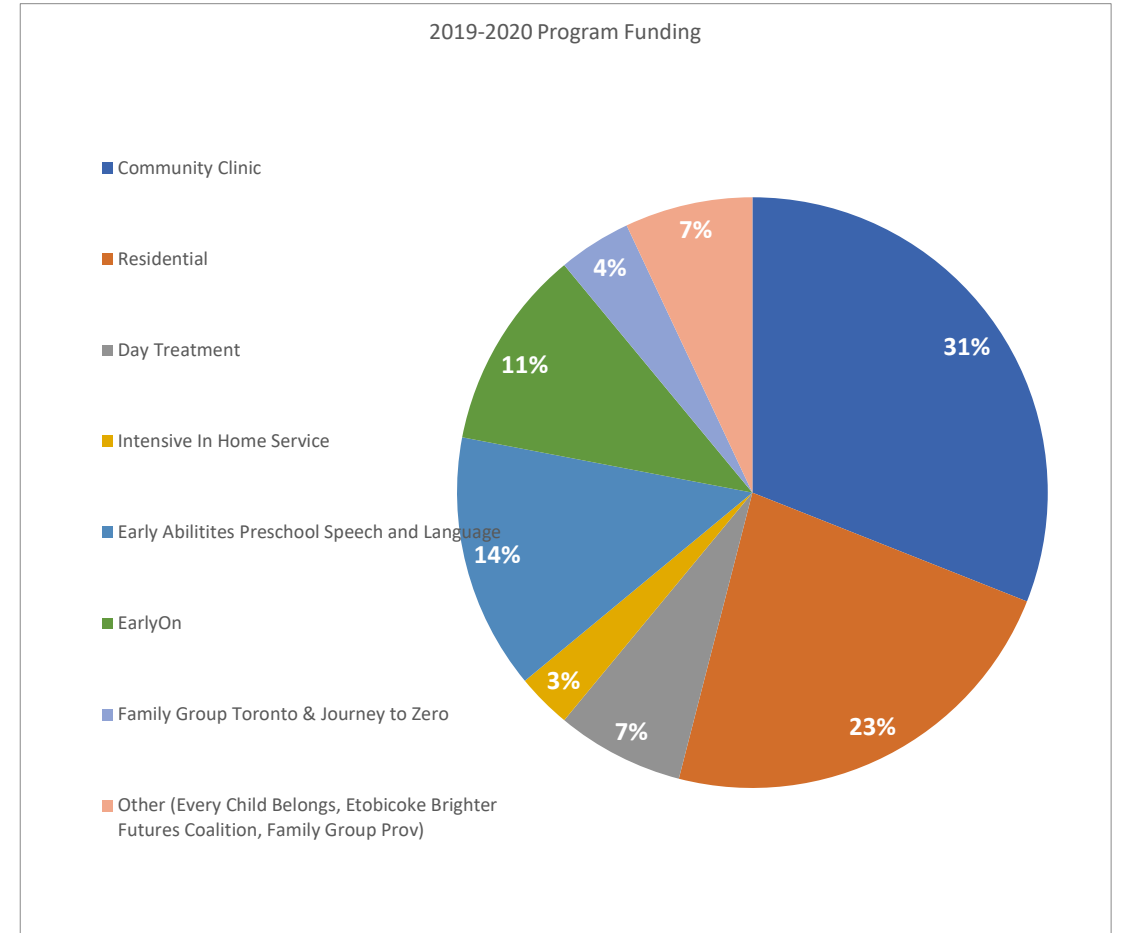
McMaster University  
Mothercraft  
Native Child & Family Services of Toronto  
North York Community House: Settlement  
and Education Partnership in Toronto  
Ontario Association of Family Mediators  
Parent Child Mother Goose Program Toronto  
Planned Parenthood  
Queen's University  
Rathburn Area Youth Project  
Rexdale Community Health Centre  
Rexdale Home Child Care Centre Agency  
Rexdale Women's Centre  
Room to Grow Child Centre  
Royal Ontario Museum  
Ryerson University  
Sashbear  
Seneca College of Applied Arts  
and Technology  
Sheridan College Institute of Technology  
and Advanced Learning  
Silver Creek Centre for Early Learning  
and Development  
St. Joseph's Health Centre, Collaborative  
Care Clinic and Emergency Department  
Stonegate Community Health Centre  
STRIDES, formerly East Metro Youth Services,  
Toronto, Lead Agency for Children's  
Mental Health  
Suitcase Theatre Arts and Education  
Outreach Inc.  
Surrey Place  
Terry Tan Child Centre  
The Etobicoke Children's Centre,  
now Lumenus  
The Hanen Centre  
The Hospital for Sick Kids  
The Humber Institute of Technology and  
Advanced Learning  
The Speech and Stuttering Institute  
The University of Guelph-Humber  
Toronto Art Therapy Institute  
Toronto Catholic District School Board  
Toronto Children's Services  
Toronto Community Housing Corporation  
Toronto District School Board  
Toronto Public Health

Toronto Public Library  
University of Toronto  
University of Toronto, Child and  
Adolescent Psychiatry  
University of Toronto, Faculty of Social Work  
Village of Humber Heights, Oakwood  
Retirement Communities Inc.  
West End Sexual Abuse Treatment Program  
Western Technical-Commercial School  
Women's Habitat  
Women's Habitat of Etobicoke  
YMCA Toronto  
York University  
Yorktown Child & Family Centre

15,000 CHILDREN UNDER 12 IN TORONTO ARE EXPERIENCING SERIOUS MENTAL HEALTH ISSUES. **70% OF MENTAL HEALTH PROBLEMS HAVE THEIR ONSET DURING CHILDHOOD OR ADOLESCENCE. YOUNG PEOPLE AGED 15 TO 24 ARE MORE LIKELY TO EXPERIENCE MENTAL ILLNESS AND/OR SUBSTANCE USE DISORDERS THAN ANY OTHER AGE GROUP.** 34% OF ONTARIO HIGH-SCHOOL STUDENTS INDICATE A MODERATE-TO-SERIOUS LEVEL OF PSYCHOLOGICAL DISTRESS (SYMPTOMS OF ANXIETY AND DEPRESSION). **14% INDICATE A SERIOUS LEVEL OF PSYCHOLOGICAL DISTRESS.** AN ESTIMATED 75% OF CHILDREN WITH MENTAL DISORDERS DO NOT ACCESS SPECIALIZED TREATMENT SERVICES. **WAIT TIMES FOR COUNSELLING AND THERAPY CAN BE LONG, ESPECIALLY FOR CHILDREN AND YOUTH.** IN ONTARIO, WAIT TIMES OF OVER ONE YEAR ARE COMMON. **AS MANY AS 1 IN 5 CHILDREN AND YOUTH IN ONTARIO WILL EXPERIENCE SOME FORM OF MENTAL HEALTH PROBLEM—5 OUT OF 6 OF THOSE KIDS WILL NOT RECEIVE THE TREATMENT THEY NEED.** ABOUT TWO-THIRDS (66%) OF CAREGIVERS REPORTED THAT THEIR FAMILY MEMBER'S MENTAL HEALTH HAD CAUSED THEM TO BECOME WORRIED, ANXIOUS OR DEPRESSED. 



	2019/20	2019/20 Funding	2018/19	2017/18	NOTES
<b>Mental Health Services</b>					
<i>Community Clinic</i>					
# of Clients	796		812	749	
Group Treatment Programs	325	\$ 3,100,000.00	294	362	
<i>Intensive Treatment Services</i>					
Day Treatment Program	57	\$ 647,000.00	52	62	
Libby's Place	10		9	12	
Boys House	5	\$ 2,303,500.00	12	16	The Boys House closed in September 2019, making way for the Intensive In-Home Program which launched in January 2020. The closure of the residence meant that the Centre is now able to provide treatment to up to thirty youth a year, in their environments with their families, with the same funding required to run an out of home treatment program.
Residential Days of Service	2075		4011	3947	
Intensive In- Home Service	11	\$ 251,000.00	N/A	N/A	The program offers comprehensive therapeutic services for adolescents ages 11-17 with complex mental health needs and their families in the context of their own homes. By working in the youth in their environments, they protected from the sense of abandonment and rejection that is often associated with out-of-home treatment programs.
<b>Prevention and Early Intervention</b>					
Early Abilities Pre-School Speech and Language   Children served	1297	\$ 1,400,000.00	1509	1406	The program experienced a pause in May 2019 as one site was relocated to merge with another program location. Merging the teams in one location provided a more supportive environment, allowing staff to collaborate, consult and support each other and their clients in a greater capacity.
EarlyON   Children served	1247	\$ 1,100,000.00	1458	1889	In May 2019, the south Etobicoke EarlyON site relocated to north Etobicoke to serve a more vulnerable community. Several months, post-move, were spent building connections and reaching out to the the community to bring families to the new location. In June 2019, the EarlyON in-school program located in Highfield Junior School was closed as it no longer fit the new funder mandate for services, eliminating a valuable in-classroom early learning support program for vulnerable kindergarten children.
Every Child Belongs   Children served	55	\$ 20,000.00	82	67	Funder reduced each consultants caseload to intensify services, providing greater support to clients.
Family Group Conferencing - Toronto   Children served	186	\$ 340,000.00	126	125	
Journey to Zero   Children served	40	\$ 95,000.00	N/A	N/A	Journey to Zero launched in November 2019, in partnership with the Children's Aid Society-Toronto.
Family Group Conferencing - Provincial   New Coordinators added to the Provincial Roster	8	\$ 168,000.00	7	8	





## The George Hull Centre for Children and Families

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