



GEORGE HULL CENTRE  
FOR CHILDREN & FAMILIES

Changing the  
trajectory of children's  
mental health.



# The George Hull Centre Annual Report 2020–21





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# Executive Director & Chair Message



Susan Chamberlain, Executive Director  
Bradley Fedosoff, Chair, Board of Directors

This past year has been incredibly challenging. Children and youth experienced a disruption unlike any other, removed from normal daily activities and lives, isolated from friends, family, and community. This has taken a toll not only on the children, but their families as well. The increased isolation from the months of lockdown exacerbated many existing mental health concerns for children and youth and it has introduced many others. Several studies have shown an increase in anxiety, depression, domestic violence, and suicidal ideation in children and youth. A recent SickKids survey found that approximately 70% of children and youth reported a worsening of their mental health since the start of the pandemic. We have witnessed this among our own clients over the past year. We have also seen increasingly complex needs in our clients requiring more intensive support. To meet the evolving needs of our clients, our teams have been creative, innovative and most of all, resilient.

When the pandemic began our teams quickly moved to put systems in place to connect virtually with our clients. Programs were reviewed and adapted to ensure our families received support in a safe and timely manner. We would not have been able to navigate these unprecedented circumstances, if not for our exceptionally dedicated staff, from our front-line staff, to management to finally to our support teams. COVID required investment in IT infrastructure and these investments are ensuring that we can connect with our clients seamlessly. These improvements will have long term benefits to client care. Our staff worked tirelessly, to ensure our clients received the care they needed. Like others, they were also balancing their own unprecedented family and personal demands. And despite the challenges, we were able to continue to grow our services.

In early 2020, we launched the *Intensive In-Home Service*, an alternative to residential care. This program allows us to help a larger number of clients with complex mental health needs while keeping families together.

With the mandatory shutdown of EarlyON Centres, families were unable to drop in and participate in valuable early childhood educational programming. To support these families, the George Hull EarlyON team developed virtual programming and video programs, to engage and entertain young minds.

The Community Clinic is participating in *Promoting Healthy Families: A Canadian Evaluation* of Two Evidence-based Parenting Programs, to help strengthen parenting confidence and skills to better support their child.

You can read about these programs and many others in more detail in our report.

We also launched our new 3-year Strategic Plan in November 2020.

With our "One Client, One Centre" priority, we pledge to provide a cohesive and integrated centre of care, to further promote the wellness of our clients. We will "Lower Barriers to Care" to ensure our clients get the right care at the right time by streamlining processes and targeting our waitlist. Our "Leading Voice" pillar aims to develop and increase knowledge of childhood trauma and attachment in child and youth mental health sectors through research and training. Through the "Diversity that Reflects our Community" priority, we will ensure the Centre reflects and serves surrounding communities through staff development, recruitment of new staff and development of new programs to better support the vulnerable communities Etobicoke.

It is our most exciting strategic plan yet, and will help us with our goal to change the trajectory of children's mental health.

## About the Centre

The George Hull Centre regards each child as an individual, a member of a family and a member of the community. The George Hull Centre works in partnership with families and children, with other community services and with community groups to improve the mental health of the children and youth of Toronto.

The Centre works to develop an accessible, flexible, and responsive continuum of service delivery for the community, and to provide specialized services for the Greater Toronto Area.

A commitment to gender equality, cultural sensitivity and accessible economic opportunities provides an organizing framework to the philosophy of the Centre. The Centre takes into account imbalances of power as they exist in the culture and as they affect the lives of children, and advocates accordingly on behalf of marginalized groups.

### Our Vision

Mental wellness from infancy through to adulthood.

### 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.

### Our Values

#### Excellence



Striving for outstanding clinical care, leadership and professionalism

#### Innovation



Creativity in programming and therapy

#### Passion



Doing whatever it takes to make a positive difference

#### Empathy



Understanding without judgement

#### Diversity

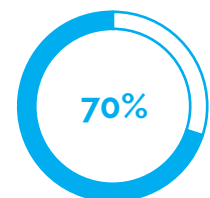


Acknowledging, respecting, including and reflecting the communities we serve

#### Holistic View



Improving children's lives within the context of their families, communities and systems



70% of children and youth reported a worsening of their mental health since the start of the pandemic

# Mental Health Treatment Services



By the time Canadians reach 40 years of age, 1 in 2 have—or have had—a mental illness.

## Community Clinic

The Community Clinic offers services to families with children and youth from birth through 18 who are experiencing significant emotional, behavioural, social, developmental and/or psychiatric difficulties. Staff includes psychiatrists, psychologists, a developmental pediatrician, social workers, and child and youth workers.

"All the facilitators were incredibly helpful and brought great insight but also understanding. I believe this to have been a key element which enabled almost all of us to be able to discuss very personal situations in our lives and to not feel judged. THANK YOU FOR THIS!!"

Served **591** Group Participants **246**

Improved CAFAS® Scores



## Libby's Place

Libby's Place offers both residence and treatment for its six residents, ages 12-18, with an emphasis on relationship-based programming. The highly structured program emphasizes and uses both individual and group strengths, suitable for teenage girls who were struggling with a variety of mental health challenges, including emotional distress and behavioral issues. The therapeutic milieu includes group therapy, group and individual activities, group tasks, and chores. It also includes individual meetings with an assigned child and youth worker.

"Very kind and understanding staff"

Served **10**

Improved CAFAS® Scores



## Day Treatment

The Day Treatment Program offers academic and therapeutic programming to 40 children and youth in 5 classrooms. Two of these classrooms are for students in grades 6-8, and are located at Dixon Grove Junior Intermediate School, and three of the classrooms are for students in grades 9-12 and are located at Western Technical Commercial School.

"This program helped develop my social skills and motivated me to do well academically and get my credits."

Served **52**

Improved CAFAS® Scores



# Innovation Spotlight

## Intensive In-Home Service

Launched in January 2020, Intensive In-Home Service delivers mental health support and behavioural planning for kids and families right to the heart of their experiences and their challenges: their homes. This allows us to see family dynamics and children's and adolescents' behaviour first-hand in their life space.

It quickly became apparent that respectful and non-judgemental observation, communication, and support could yield significant positive change in family life, in how mental health challenges manifest, and in the quality of the family members' relationships.

Our clients appreciated the support they were receiving from our In-Home Workers and shared how much it meant to them that our workers came to their homes, instead of having to travel to the Centre office. However, with the arrival of COVID19 in late March 2020, we were unable to continue in-person home visits. To ensure continuity of care, our In-Home Workers and our Therapists immediately pivoted, connecting with clients on Zoom and on other platforms. When COVID infection numbers temporarily improved during the summer of 2020, we were able to see the youth and their families outdoors, in their backyards, public parks, or hiking paths. Since then, fluctuating COVID numbers, and outdoor temperatures determined how much of our service could happen in person or needed to take place virtually.

**In fact, many told us that the isolation and limitations of the pandemic had made our support even more essential.**

In spite of all this uncertainty, our connections with the families remained very strong. The children and youth, and their parents-caregivers continued to express their desire, and need, to meet with our staff. Many told us that the isolation and limitations of the pandemic had made our support even more essential. The challenges facing the young people we work with are serious and heartbreaking: some of the kids put themselves at risk with out-of-control behaviour and worrisome relationships with strangers. Others are living with crippling anxiety and depression so severe that they have not left their homes for weeks. Many experience overwhelming feelings of dread and hopelessness and tell our workers that they have been contemplating self-harm or even suicide. In some cases, parents were unaware of the depth of their child's despair and they express, tearfully, their willingness to do anything to help their child. It is at this low point that families reach out to us, seeking advice and insight into what could have brought them to this point, and what could lead them back to health.

And this is where our professional In-Home Workers come in (literally or virtually): they approach both children and parents with empathy, curiosity, and skill gained from years of experience. Above all, they offer hope, the realistic kind of hope that is based on honesty, communication, and hard work.

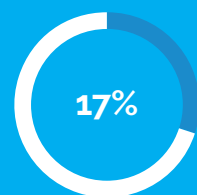
## Intensive In-Home Service

The Intensive In-Home Service provides comprehensive therapeutic services to adolescents and families with complex mental health needs in the context of their own homes. The IHS team works with the most challenging situations and with all members of the family to keep families together and prevent family breakdown.

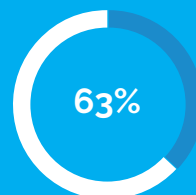
"Our worker gave us the strength we needed during some very difficult days. There has definitely been a positive change and growth in our family dynamics. The tools have been given by our worker, and as a family, we continue to implement them. We

Served **19**

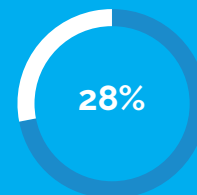
Improved CAFAS® Scores



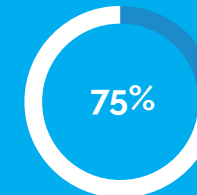
17% of children ages 2-5 years meet diagnostic criteria for mental health problems



63% of youth point to stigma as the most likely reason to not seek help



28% of students report not knowing where to turn when they wanted to talk to someone about mental health



An estimated 75% of children with mental disorders do not access specialized treatment services



# Prevention & Early Intervention Services



## Early Abilities Pre-School Speech and Language

Children begin communicating at an early age. Through communication with important people in their lives, children experience the positive relationships that help them feel secure and ready to explore and learn. Speech-Language Pathologists and other professionals in our Early Abilities Preschool Speech and Language Program work with parents/caregivers and their young children to change their interactions in ways that improve children's communication skills.

**"My clinician was great. I was grateful that services could continue despite the pandemic."**

Served  
**1,415**



## Etobicoke Brighter Futures Coalition

When whole communities come together for young children, they are more able to experience, learn and grow in a safe and healthy environment. The George Hull Centre is the leading agency for The Etobicoke Brighter Futures Coalition (EBFC), a group of 20 collaborative community agencies, that works together to plan, develop, and deliver services that improve the health and well-being of vulnerable young children within the context of their families and their communities. EBFC builds the capacity of local service providers to address the needs of vulnerable families and their young children through collaborative programming, resource sharing, professional development, and collective planning.

Parents Served  
**1,061**

Children participated in one of 12 programs supported in part by funding from the Etobicoke Brighter Futures Coalition

**1,200**



## Family Group Conferencing—Toronto

When family relationships break down and children's well-being and safety are at risk. Family Group Conferencing (FGC) is a program that gives the extended family group a voice in the decision-making and planning process to ensure the safety and well-being of children at risk or in need of protection. FGC is a culturally sensitive, alternative approach to child protection that empowers marginalized families; bringing together family group members to craft a plan of care for their children that addresses concerns identified by child welfare/children's mental health professionals.

**"...it was very helpful to talk through different scenarios and how each person could step in to support and assist the family." Service Provider**

- 80% of Family Group Conferences were able to reach full resolution of issues.
- 100% of family members and 85% of professionals agreed that the service providers shared their knowledge but did not tell the family group how to solve the problems.
- 88% of family members and 92% of professionals agreed that the family group was able to resolve differences and come together for the best interests of the children.
- 72% of family members and 76% of professionals agreed that the plan contained solutions that might not have been generated without the FGC.

"They've done an A++ job during COVID-19 keeping us busy with activities, interactive zoom circle times, and entertaining videos. My kids (and I) LOVE attending and they cannot wait to see all their George Hull family again soon."



## EarlyON Child and Family Centre

Our EarlyON Centre invites all families to learn and play together in our parent-child drop-in programs, parenting groups, fun activities and kindergarten readiness classes, all designed to support early learning and strong parent-child relationships; essential foundations for the promotion of infant and early childhood mental health. All EarlyON programs this year were offered virtually to children and their parents.

Virtual Program Visits (Parents and Children)

**10,896**

Virtual Service Hours (Parents and Children)

**530**



## Every Child Belongs

Every child should be able to attend a high-quality childcare centre in their community that meets their unique early learning and care needs. Early signs of social and emotional development concerns in young children are often seen as behaviour problems. Many children who are struggling do not receive the type of support they need, when they need it. The Every Child Belongs Program provides consultation, support and resources to licensed childcare centres to ensure that every child can be successful.

Children Served through individual consultations

**35**

Childcare centres served through program consultations

**6**



## Family Group Conferencing—Ontario Provincial Resource

A quality assurance and training body which maintains the provincial roster of qualified Family Group Conferencing Coordinators, Mentors and Trainers. It provides training, professional development and consultation to Family Group Conferencing practitioners and services across the province.

Rostered FGC Coordinators

**65**

Coordinators in Training

**11**

Mentors

**19**

Trainers

**9**





## Program Spotlight



### George Hull EarlyON Centre Pandemic Programming—YouTube's Newest Stars

The George Hull EarlyON Centre offers drop in and registered programming for young children and their families that supports early learning, parenting and healthy child development. Like many services, our team had to get creative last March when the pandemic closed our in-person programs.

Our Registered Early Childhood Educators and Early Childhood Assistants pivoted to virtual EarlyON services within three weeks of closing our playroom spaces. We offered families drop-in circle times, story hours, kindergarten readiness, movement and exercise programs and parent groups on Zoom. We even started a Spanish language program for our Spanish speaking families!

Our new YouTube channel is where our budding screen stars on the EarlyON team really shine! The staff filmed more than 50 different videos that parents and children can enjoy together. Video programming include circle times, story hours, Spanish language programming, recipes for cooking with kids, science experiments, and arts and crafts.

All the videos have proven to be very popular with our EarlyON families but the runaway favourites have been the field trip series. Staff have taken kids on virtual adventures to an alpaca farm, the pumpkin patch, High Park nature walk, discovering the Niagara Region and to harvest time in a farmer's fields!

Be sure to check out our stars—go to YouTube and search **The George Hull EarlyON Centre**.

### EarlyON Programming during COVID shutdown:

- 1 Virtual Programming
- 2 Zoom Drop In Programs and Special Events
- 3 You Tube Channel Facebook pages
- 4 Individual Family Support via telephone appointments
- 5 Distribution of monthly program kits
- 6 ASQ Developmental Screening

## Collaboration Spotlight

### Journey to Zero

Led by the Children's Aid Foundation and the Children's Aid Society of Toronto (CAST), Journey to Zero (JtoZ) is a child welfare prevention strategy with four different interventions, provided by community partners. The aim of Journey to Zero is to strengthen child welfare involved families so that the children and youth remain safely at home, in their communities and their culture. JtoZ has a strong focus on improving outcomes particularly for children who identify as Black or racialized, as significant disparities in service exists. The name, Journey to Zero, underscores a fundamental objective of the program—no child will grow up in care.

The George Hull Centre provides families with Early Response Family Partnership Meetings (ERFM). Modeled after our Family Group Conferencing Service, ERFMs bring key family members together to identify and secure needed supports and develop a plan to ensure the children's safety and prevent their admission into care.

In the first year of the project (November 2019–October 2020) the George Hull Centre team served 96 families with ERFMs, enhancing safety, stability, and well-being for their children. No cases were reopened within 90 days of closure and 93% of children remained with family or kin and in their communities. 96% percent of families agreed that the partnership was effective and 98% felt supported by their George Hull worker through the process.

### The Story of the Maxwell Family\*

The Maxwell family has been involved with child welfare services for many years as both mom and dad have struggled with addiction and mental health issues that have impacted their ability to care for their children. They were unable to care for their previous children, who were "lost" to adoption. A new baby was due to be born any day and mom and dad were determined to do what it would take to be successful parents this time. Through the Family Partnership Meeting (FPM) process, the parents were able to identify and secure the supports they needed (e.g., family, sponsors, and community services) and present a plan regarding the care of their newborn that CAS was able to support. Paternal grandmother was in tears of relief and joy at the end of the FPM meeting and said, "CAS, you won't be disappointed". The parents thanked their family and CAS, and the facilitator said, "This was a true collaborative process, the (CAS) worker and supervisor were very open and transparent and did a fantastic job!"

\*Name changed to protect the privacy of the family.



"Our worker was not judgmental at all; she came to my house; she talked to me, like a person. A lot of people think that when Children's Aid Society is working with you, they are going to take your kids away, but she said she is here to help me and help me become a better parent. It was nice and non-judgmental."

—Parent



# Research & Innovation

The George Hull Centre is currently involved in delivering two parenting programs as part of a Randomized Control Study by McMaster University called Promoting Healthy Families: A Canadian Evaluation of Two Evidence-based Parenting Programs.

- 1. The Triple P program** is derived from social learning theory and cognitive behavioural principles and aims to reduce behavioural and emotional problems in children and improve parenting practices by increasing parents' levels of knowledge, skills and confidence.
- 2. The Circle of Security Parenting Program (COS-P)** is rooted in ideas of attachment theory and aims to increase caregiver sensitivity and reduce risk of insecure and disorganized attachment. The program aims to change a child's behaviour by changing the caregiver's response to their child and helping caregivers to recognize a child's miscues and respond effectively.

## CASTER© | Child and Adolescent Screener for Traumatic Exposure and Response

The Institute of Childhood Trauma and Attachment has completed developing and testing the Child and Adolescent Screener for Traumatic Exposure and Response (CASTER©), a screening tool which allows therapists to identify trauma exposure and symptoms early in the assessment and treatment process.

Systematic screening is critical given that children who experience traumatic distress are often misdiagnosed and therefore inappropriately treated. The tool is unique in that it captures traumatic events, trauma symptoms, and attachment ruptures. It also captures experiences that are typically missed by other measures such as bullying, financial distress, past residency in a refugee camp, parental substance abuse, removal from the home by child welfare authorities, racialized trauma and systemic discrimination. Content validity has been established in consultation with youth with lived experience, parents, children's mental health clinicians, and professional experts in trauma treatment.

The Institute will soon be delivering training on the tool to George Hull Centre clinicians, and they will begin using it in their day to day clinical practice. Other agencies have expressed great interest in implementing this tool and will be partners in the Institute's research project to learn how the tool changes the kind of service children and youth receive when traumatic stress is identified early in treatment. The tool will be widely available for use to improve services across multiple sectors.

The screening tool will be instrumental in promoting trauma responsive service with vulnerable children at the earliest developmental stages, thereby providing the best chances for healing and recovery.

The Institute and George Hull Centre's Early Abilities Preschool Speech and Language team are developing a similar tool for parents of very young children who present to speech and language programs, and whose trauma experiences are often missed and are critical to understand for early intervention. Their paper, The Childhood Trauma and Attachment Gap in Speech-Language Pathology: Practitioner's Knowledge, Practice, and Needs, has been accepted for publication in the American Journal of Speech-Language Pathology. The paper summarizes the results of a survey we did of speech and language clinicians across the province to determine the level of knowledge regarding trauma and attachment and what they needed to become trauma informed. The screening tool will be instrumental in promoting trauma responsive service with vulnerable children at the earliest developmental stages, thereby providing the best chances for healing and recovery.



# Virtual Service Stats

The problems we faced in service delivery were not be anticipated, but our teams rose to the challenges admirably, finding creative ways to ensure our clients were able to access the supports and services they needed.



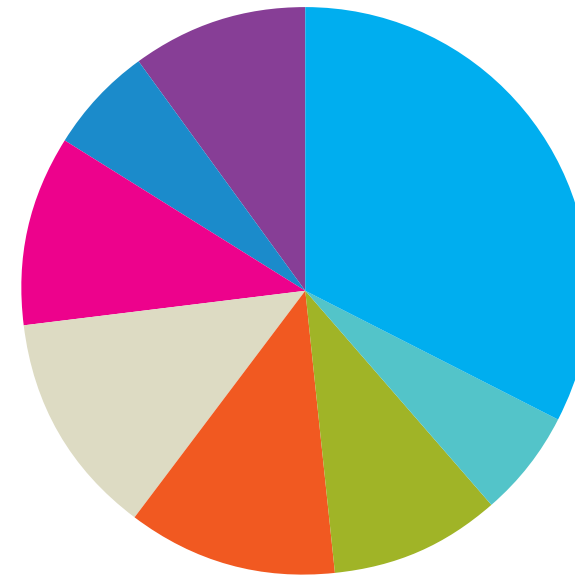


# 2020–2021 Financial Summary

12 month period ending March 31, 2021\*

Funding Streams (\$000's):	
Government Funding	9,567
Other Funding	955
Expense Recoveries	4
Donations	377
<b>Total Revenue</b>	<b>10,903</b>
Expenditures (\$000's):	
Salaries and Benefits	8,257
Facilities	1,163
Professional Services	293
Office and Administration	275
Transportation and Communication	93
Training and Recruitment	80
Other Program Expenses	44
Amortization	195
<b>Total Expenditures</b>	<b>10,400</b>
Funds Received & Managed on behalf of Etobicoke Brighter Futures Coalition (\$000's)	
Public Health Agency of Canada	243
United Way Success by Six	56
Dad Central Ontario	29
Other	16

\*Post Audit



2020-21 Program Funding

- Community Clinic (33%)
- Day Treatment Program (6%)
- Libby's Place (10%)
- Intensive In-Home Services (12%)
- Early Abilities Pre-School Speech and Language [Children Served] (13%)
- EarlyON [Virtual Visitors] (11%)
- Family Group Conferencing – Toronto [Children Served] (6%)
- Other (ECB, EBFC, FGC-Prov, Institute) (10%)

# The George Hull Centre 2021–23 Strategic Plan

The 2021-23 Strategic Plan was developed with the knowledge that our clients are the centre of care. It is our goal to deliver the right care when our clients need it most.



## Lower Barriers to Care

We pledge to ensure our clients' needs are met at the right time and in the right place by reducing the barriers that prevent them from accessing critical mental health supports. This will be done by:

- Development of a hybrid model of care
- Increasing geographic access to services by expanding programs in North Etobicoke
- Reducing our outpatient waitlists to <6 months

## One Client, One Centre

Clients are at the centre of care and will find themselves supported by a cohesive, integrated centre that will meet their evolving needs. This will be achieved through:

- Collaborative care across the Centre
- Multi-disciplinary, integrated approach to treatment

## Becoming a Leading Voice

Through the Centre's Institute of Childhood Trauma & Attachment, we pledge to transforming how child and youth-serving sectors respond to children and youth who have experienced traumatic experiences and attachment disruptions. We will do this by:

- Development of the George Hull Clinical staff in identifying and assessing trauma
- Establishing partnerships in academic and training to increase our knowledge and expertise
- Hosting conferences and training in the field of childhood trauma and attachment

## Diversity that Reflects Our Community

It is our pledge that the George Hull Centre will reflect the community it serves. We are committed to ensuring diversity, inclusion and equity is woven into our processes, our recruitment and in the development of treatment plans. We will accomplish this by:

- Expansion of mental health treatment services to the black community
- Identifying and addressing systemic bias in our policies and practices
- Learning in development in the area of anti-oppression/anti-racism to better serve our clients



# Exceptional People of the George Hull Centre

## George Hull Centre Awards of Excellence 2021

Every year, we ask our staff to nominate those who are a part of making the George Hull Centre an exceptional organization. These are these year's award recipients—congratulations and thank you for being a part of the George Hull Centre family!

### Libby Ridgely Award for Clinical Excellence

**Abraham Nehmad** is seen as the "family therapy guru". He embodies the family therapy tenets and philosophy that Libby Ridgely brought to the George Hull Centre, which have set us apart as an agency. He is able to see and work with the family system impressively. He has the ability and wisdom to meet a family and work collaboratively through question and reflections, to link the presenting struggles with the relationship dynamics in the family as well as the generation before. This takes the weight off the child and/or youth and changes

the environment and relationship in the family. It opens up the possibility for true and lasting change for the children and youth that come to our centre. Even though Abraham's work appears to be magical, it is grounded in a deep understanding of human relationships and family dynamics. He is a dedicated, talented therapist with incredible amount experience who can speak with transparency and honesty about difficult things with clients and temper it with the right amount of humour and a lot of kindness. He is humble, but without question, is always willing to have others watch, videotape, observe, comment on and join his sessions. He is an incredible teacher, therapist and person.



### Friend of the Centre Award

**Lisa Ottini** has been part of our Day Treatment Program for 23 years and has exemplified the definition of commitment. She rarely misses a day, and is the person to go to for resources, advice, what and where to go next. She has worked closely with staff and has greatly contributed to what the program has become.

Clients immediately feel comfortable upon meeting Lisa and parents feel reassured knowing their child will be so taken care of. Lisa's approach is kind, laid back, fun, playful and engaging. Kids immediately feel that she is someone that is trustworthy and is often sought after for advice and support by clients and staff.

Lisa brings to the work a genuine care and concern for all clients. This can be seen through the kids who return to visit her and thank her for all her hard work in supporting them. Lisa's level of empathy is profound, and her resourcefulness is incomparable. She has high standards for her kids, while at the same time, understands their challenges. She shares so much with the clients - bringing fresh baked treats to the kids, sharing family stories, bringing in books and games from home to encourage literacy and finding innovative ways to engage the kids academically and therapeutically. Lisa has been one of the best partners and friends to me, staff, clients and the George Hull Centre and we are incredibly grateful.



### Nyron's Above & Beyond Award

**Rae Masche** has been the pillar of the community clinic and especially since the pandemic. She has taken on multiple roles in supporting the team in all aspects of our work. All clinicians turn to her when unsure how to proceed, where to find something and how to run something. If Rae does not have the answer, she does the research and figures it out and supports all the clinicians to solve all sorts of challenges we have faced during this time.

She has mastered every form of platform we work on. She assists and attends almost every group and training program to support the process and follow up on any IT issues at hand to allow the program to continue to run smoothly and free up the clinicians to continue to facilitate their program. She has even served as a consultant to many as she has had increasingly more exposure to the work that is occurring at the CC.

Rae has been our ROCK and our Guiding Light. She has become an increasingly more valuable and integral part of the work all clinicians are doing at the CC.

She participates in groups and training programs, supporting the participants and facilitators. She maintains efficient and respectful communication with all.

# Leadership

## Board of Directors

Bradley Fedosoff, *Chair*  
 Adrienne DiPaolo, *Vice-Chair*  
 Sandra Waechter,  
*Secretary-Treasurer*  
 Chetan Baweja  
 Jodi Clare  
 Nathalie Hull  
 Mary Lewis  
 Judy MacGowan  
 Uros Karadzic  
 Gregory Miziolek  
 Angela Molinari  
 Christopher Parkes  
 Anne Tauber

## Foundation Trustees

Robert G.S. Hull, *Chair*  
 Darlene Cade  
 Kevin Doyle  
 Bradley Fedosoff  
 Judy MacGowan  
 David R. Singh  
 Anne-Marie Vanier  
 Sandra Waechter  
 Darryl Yates  
 Director of Philanthropy:  
 Seana Massey  
 Director of Fundraising:  
 Kara Spedding

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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,  
 Community Clinic  
 Leticia Gracia, Director,  
 Institute of Childhood  
 Trauma & Attachment  
 Dr. Gregory Lodenquai,  
 Psychiatrist-in-Chief

# Remembering Libby Ridgely

by Clive Chamberlain, Founding Executive Director of the George Hull Centre

I remember Libby.

It was July 1967. Libby and I had just completed our professional training, the then CM Hincks Treatment Centre had just opened and we were both assigned to the same team. We connected instantly. Libby was full of energy, very smart and lots of fun. She was professionally self-confident, sometimes outrageously so.

We worked together for five years and learned from each other.

After we had moved on to work in other clinical settings, we kept in touch, often referring clients to each other. By 1983 I was Executive Director of Thistleton Regional Centre. I persuaded Libby to take over as Clinical Director of the Community Program in charge of an inpatient unit, a day program and three outpatient teams. By this time Libby had established a great reputation as an outstanding family therapist.

By the mid-eighties with a view to ensure mental health services were accessible within the communities they served, Libby and I invented the George Hull Centre and she became Clinical Director and I became Executive Director.

Once in this position Libby made the new children's mental health centre the major centre for training in family therapy.

By 1993 Libby took over as Executive Director. The Centre grew in size, reputation and range of programs under her leadership. I have been fortunate in my career to have worked with any great colleagues of many disciplines, but Libby stands out as particularly memorable. She was creative, a great mentor for students and staff and always fun and stimulating.

Libby was Executive Director of the George Hull Centre until November 2008. She made an indelible mark on the centre and her commitment to clinical excellence and family therapy remain important corner stones of the Centre in 2021. Libby died October 21, 2020, after a lengthy illness of Alzheimer's Disease.



# Volunteer Spotlight

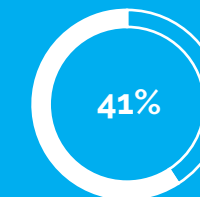
Thank you to all of the amazing volunteers who joined our team this past year!

Julia Cusato, Sawlat Tirtha, and Danielle Warren are recent graduates in the mental health arena who have contributed countless hours to supporting research and knowledge development at the George Hull Centre Institute for Childhood Trauma and Attachment. They have been specifically involved in the research and development of the Child and Adolescent Screener for Traumatic Exposure and Response (CASTER), a brief trauma screener to be used in Children's Mental Health agencies. To support the project, they researched other tools, compiled inventories of questions and trauma exposures, symptoms, developed questions, and formatted the tool for easy delivery and comprehensibility. They have also been intensely involved in the development of Feelings Explorers, an innovative children's Social Emotional Learning Program that incorporates the latest advances in neuroscience, attachment theory, and trauma informed practice. They have done exceptional preparation for various knowledge dissemination events and resource development on behalf of the Institute.

J'bai Deschamps has been a superb champion and supporter of our Family Gift Match Program, which helps provide needy families with donations of essential goods over the holiday season. This program has delivered life saving support in the form of groceries, clothing, and other basic necessities to over 600 families over the last 6 years. This year, with J'bai's unrelenting passion and drive, plus her extraordinary community connections, we reached a record-breaking number of donations. Over 100 families received at least \$600 worth of gift cards for basic necessities. This is an extraordinary achievement, which has helped alleviate the intense suffering of some of our most vulnerable families, especially during the pandemic.



Almost 12.7 million Canadians, aged 15 and older, volunteered for charities in 2018.



This accounts for 41% of the Canadian population



Translated to 1.6 billion work hours





## Community Partners

The George Hull Centre partners with a variety of community agencies to ensure children and families are receiving the best care possible. We work together to share the resourcing of services for children in the community through consultation, community development and planning initiatives with the goal of developing a comprehensive service for children and families which is community wide.

Adoption Council of Ontario  
Attachment Association  
of Canada  
Braeburn Neighbourhood  
Place  
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 River Hospital  
Islington United Church  
Jean Augustine Centre for  
Young Women's Empowerment  
Jewish Family & Child Service  
of Toronto  
LAMP Community Health  
Centre  
Lumenus  
Macaulay Child  
Development Centre  
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  
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  
Surrey Place  
Terry Tan Child Centre  
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 of Etobicoke  
YMCA Toronto  
York University  
Yorktown Child & Family Centre

# The George Hull Centre Foundation

The George Hull Centre Foundation was established in 1995 to raise and maintain funds which support children's mental health activities at the George Hull Centre for Children and Families. We believe that supporting children's mental health is an investment in our children and families, in our communities, our society and our future.

## Donor Spotlights

### Peter and Heather Senst

What do you do when spring break is cancelled, you aren't allowed to gather in person, and you want to raise funds to support children struggling with their mental health? You host a virtual *March Mental Break Wine Tasting!* We are so grateful to **Peter and Heather Senst** for organizing this social evening to benefit the George Hull Centre. Guests' generosity flowed, capped off by **Moray Tawse** matching all gifts. By evening's end, they had raised \$40,000! A toast to Peter, Heather, Moray and friends—thank you!



### Jacoby Family

The combination of indoor Covid restrictions and cold winter weather made it challenging for Libby Place clients to meet with their clinicians and family in person. Longtime supporters **Neil Jacoby, Karen Brown and family** came to the rescue with the wonderful donation of a spacious gazebo, outdoor furniture and cozy heaters, making it possible to hold individual therapy and family visits safely and comfortably no matter what the weather! A new BBQ rounded out their generous gift, making it the perfect four-season gathering place for years to come.



### Cooper Equipment Rentals

For the past ten years, Cooper Equipment Rentals has been a loyal and caring George Hull corporate partner. Joining us first at our annual Golf Tournament, followed by several years as a Silver Sponsor at Laugh Out Loud, in 2020 Cooper extended their generous support by providing critical funding to launch our Intensive In-Home Services program (see pg 5).

**"Though awareness is improving, mental health is often an under-funded and under-acknowledged issue, and resources can be scarce - especially for children. That's why it's important to us to support the exceptional work of the George Hull Centre. We are proud to partner with them on this key initiative that opens up possibilities for children and their parents."**  
—Darryl Cooper, President & COO



### Darlene Cade & Associates

As a longtime friend and supporter of the George Hull Centre, Darlene Cade has always been passionate about ensuring children have the best chance at good physical and mental health by providing new parents with the foundation, tools and knowledge to care for and understand their child. So when she decided to pledge \$30,000 together with her firm, Cade Associates Insurance Brokers Ltd., she knew exactly where she wanted it to go: our new Early Childhood Clinical Group Programs!

**"This is exactly the kind of work I think is so critical to the future mental health of children as they grow up. I'm delighted to contribute towards the wonderful and professional work you do every day to help kids. This gift is truly my pleasure."**







# WE ARE GEORGE

YOUNG LEADERS 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 cultivate the next generation of mental health advocates and philanthropists.

- Cameron Chamberlain**, Co-Chair  
Fidelity Investments
- Martina Esteves**, Co-Chair  
The Abrigo Centre
- Kai de Bruyn Kops**, Rethink Canada
- Amy Amodeo**, KPMG
- Tarini Chandak**, Deloitte
- Nicole Abbott**
- Brianna Carrasco-Bonilla**,  
York University Undergraduate Degree  
in Psychology and Sociology
- Martine Steiner**,  
University of Toronto  
Masters of Public Health

## Community Supporters

100 Women Who Care Toronto West  
Ashy's 8th Birthday!  
Kevin Doyle and Michelle Koerner  
—Screenagers Online Event  
Kingsway-Lambton United  
Church Women  
RBC  
St. George's On-The-Hill  
St. James Gate Toronto  
TD Securities  
Tonica Beverages Ltd.  
Tony Luchetta, Marble Trend Ltd.  
—Superbowl 2019 Party



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

## Our Donors

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**"I chose to donate the proceeds from the sale of children's spoon puppets to the George Hull Centre. Mental health is so important to me that I hope the funds help children and families feel supported, cared for and loved." —Meghan**

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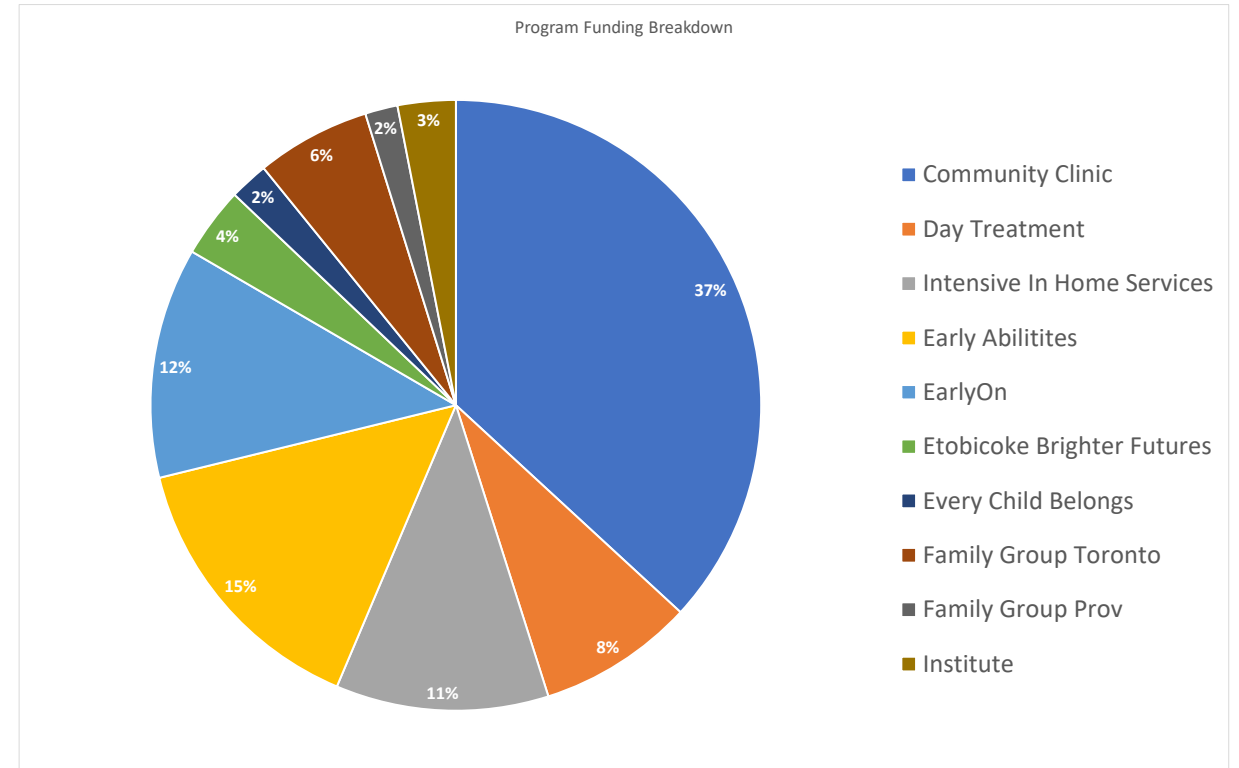
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**IN ANY GIVEN YEAR, 1 IN 5 CANADIANS EXPERIENCES A MENTAL ILLNESS OR ADDICTION PROBLEM. BY THE TIME CANADIANS REACH 40 YEARS OF AGE, 1 IN 2 HAVE—OR HAVE HAD—A MENTAL ILLNESS. MENTAL ILLNESS IS A LEADING CAUSE OF DISABILITY IN CANADA. AN ESTIMATED 75% OF CHILDREN WITH MENTAL DISORDERS DO NOT ACCESS SPECIALIZED TREATMENT SERVICES. 70% OF CHILDREN AND YOUTH REPORTED A WORSENING OF THEIR MENTAL HEALTH SINCE THE START OF THE PANDEMIC. CHILDREN WITH NO PREVIOUS DIAGNOSES ARE NOW EXPERIENCING HIGHER RATES OF DEPRESSION, ANXIETY, IRRITABILITY, AND INATTENTION. 50% INCREASE IN YOUTH COMING TO THE HOSPITAL WITH EATING DISORDERS. INDIVIDUALS AGED 15-24 ARE EXPERIENCING THE STRONGEST WORSENING OF MENTAL HEALTH. 70% OF MENTAL HEALTH PROBLEMS HAVE THEIR ONSET DURING CHILDHOOD OR ADOLESCENCE. 17% OF CHILDREN AGES 2-5 YEARS MEET DIAGNOSTIC CRITERIA FOR MENTAL HEALTH PROBLEMS. 28% OF STUDENTS REPORT NOT KNOWING WHERE TO TURN WHEN THEY WANTED TO TALK TO SOMEONE ABOUT MENTAL HEALTH. CANADA'S YOUTH SUICIDE RATE IS THE THIRD HIGHEST IN THE INDUSTRIALIZED WORLD. 63% OF YOUTH POINT TO STIGMA AS THE MOST LIKELY REASON TO NOT SEEK HELP. AVERAGE WAIT FOR SERVICES IN TORONTO IS 2.5 YEARS.**





	2020/21	2020/21 Funding	2019/20	2018/19	2017/18	NOTES
<b>Mental Health Services</b>						
<b>Community Clinic</b>						
# of Clients	591	\$3.6M	796	812	749	Services were significantly impacted by COVID-19. The number of clients coming to the Centre were impacted by a number of factors:  With some of the referral pathways (schools, physicians, etc.) shutdown due to COVID, the Centre saw received fewer referrals.  The feeling of isolation, a result of the ongoing pandemic, took its toll on children and their families and the Clinic saw a significant increase in demand for more intense services. As a result, clinicians extended the length of service to ensure the clients were receiving the critical support they needed. This resulted in fewer clients being picked up by staff.  Some families paused their services or chose to delay treatment until in-person services resumed.
Counselling Hours	7880		7036			
Group Treatment Programs	246		325	294	362	As the Centre adjusted to remote delivery, groups were revamped for the virtual environment. The transition to on-line groups was slower than anticipated and the Clinic began to see more clients in the 3rd and 4th quarter. In some instances, virtual delivery was not possible and the groups were paused.
<b>Intensive Treatment Services</b>						
Day Treatment Program	52	\$ 807,000.00	57	52	62	
Libby's Place	10	\$1.1M	10	9	12	
Residential Days of Service	1188		2075	4011	3947	
Intensive In- Home Service	19	\$ 912,000.00	11	N/A	N/A	
<b>Prevention and Early Intervention</b>						
Early Abilities Pre-School Speech and Language   Children served	1415	\$1.45M	1297	1509	1406	
EarlyON   Virtual visits	10986	\$1.19M	1247	1458	1889	EarlyON locations were closed due to COVID-19, the EarlyON team revised their program offerings to virtual drop ins and education videos. Virtual delivery increased the accessibility of the programs resulted in a broader reach and increased numbers of participants and visitors to the program.
Every Child Belongs   Children served	35	\$ 20,100.00	55	82	67	
Family Group Conferencing - Toronto   Children served	85	\$ 591,000.00	186	126	125	
Journey to Zero   Children served	96		40	N/A	N/A	
Family Group Conferencing - Provincial   New Coordinators added to the Provincial Roster	9	\$ 168,000.00	8	7	8	





## The George Hull Centre for Children and Families

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Toronto, Ontario  
Canada M8Z 5W3  
T (416) 622-8833

[reachus@georgehullcentre.on.ca](mailto:reachus@georgehullcentre.on.ca)  
[www.georgehullcentre.on.ca](http://www.georgehullcentre.on.ca)

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