

THE GEORGE HULL CENTRE FOR CHILDREN & FAMILIES

ANNUAL REPORT

2022-2023



**A CATALYST FOR
SIGNIFICANT CHANGE!**



**Courageous Conversations and
Collective Learning**

and more!



GEORGE HULL CENTRE
FOR CHILDREN & FAMILIES

**Changing the
trajectory of children's
mental health.**



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“My child is much calmer, less nervous. She says it herself that she is much better.”

PARENT



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, as mandated.

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

Innovation:

Creativity in programming and therapy.

Empathy:

Understanding without judgement.

Passion:

Doing whatever it takes to make a positive difference.

Excellence:

Striving for outstanding clinical care, leadership and professionalism.

Holistic View:

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

Diversity:

Acknowledging, respecting, including and reflecting the communities we serve.



Message from the Executive Director & Chair of the Board of Directors

As we write this, the World Health Organization has just announced the end of the COVID-19 global health emergency. While we can collectively exhale and congratulate ourselves on surviving a pandemic, it is too early to celebrate. We are now left to untangle the physical and psychological consequences of this unprecedented time.

Many children we are seeing now suffer from anxiety and depression heightened by the pandemic. Spending months without access to their peer group, which is crucial at many stages of development, impacted their feelings of self-worth and confidence, amplifying existing and creating new mental health issues.

Supporting our clients while dealing with a global post-pandemic staff shortage crisis presents us with another hurdle.

But the George Hull Centre wouldn't be one of Toronto's leading children's mental health centres without the resourceful, proactive and people-centred way we tackle any challenge. That's why we feel such pride reflecting on how the Centre has grown over the past 12 months despite certain difficulties.

Our Institute of Childhood Trauma and Attachment continues to thrive. By sharing its groundbreaking research and training with our own staff, external trainees across multiple sectors and trauma experts around the world, it revolutionizes the approach to trauma treatment in our community and beyond.

It is also thanks to the Institute that children with complex trauma-related mental health issues, including racialized trauma, will now have access to innovative treatments typically limited to private organizations and out of reach for many Canadian families.

We are also immensely proud of our accomplishments in the area of Diversity, Equity and Inclusion, a strategic focus for us for many years. Under the transformational leadership of our first DEI Director, in the last year we have implemented the Land Acknowledgement, initiated the inaugural Anti-Oppressive Learning Day, integrated DEI guidelines into our hiring process, developed a toolkit for navigating challenging DEI-related conversations in the workplace and more. These initiatives deepen our awareness of the challenges faced by our racially diverse colleagues and clients, creating a welcoming environment for all and positioning us as a rare provider of culturally sensitive services.

Being able to invest in our first full-time Manager of Project Management last year has also been a significant strategic development. It allows us, a busy centre with over 70 ongoing projects, to work more efficiently and thoughtfully, providing a seamless experience for our clients.

As proud as I feel sharing these achievements, it's the feeling of gratitude that prevails. Gratitude to our exceptional staff, who consistently prioritize the needs of clients regardless of what's happening in the world. And gratitude to our incredible donors for their life-changing support.

It really is our donors who allow us to run our clinics, conduct vital research, share knowledge, and ultimately make a profound impact on the lives of children and families, creating a future free of suffering.



Susan Chamberlain
Executive Director



Bradley Fedosoff
Chair, Board of Directors



Mental Health Treatment Programs

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.

Our skilled and experienced teams



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, social workers, and child and youth workers.

801 served

80% improved CAFAS® score

247 group participants

Intensive Services*

Includes Day Treatment Program, Clinician/Child and Youth Worker Collaboration (CCC), Libby's Place and Intensive In-Home Service.

Libby's Place offers both residence and treatment for its six female residents aged 12-18 who are struggling with a variety of mental health challenges.

The Day Treatment Program offers academic and therapeutic programming to children and youth in five classrooms in Toronto at Dixon Grove Junior Intermediate School, Western Technical Commercial School and St. Stephen Catholic School.

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 Clinician/Child and Youth Worker Collaboration combines the in-depth, evidence and research informed knowledge base of the Clinicians with the practical, community-level, hands-on skill set of the Child and Youth Workers (CYW) to help the client and family meet their goals and reinforce their strengths.

73 served

71% improved CAFAS® score

Child and Adolescent Functional Assessment Scale (CAFAS®) is used at the beginning and end of treatment to assess client function on a number of dimensions. The scores reflected "youth improvement at discharge".

*Aggregate results are presented as number of discharged clients in individual programs is very low.

"The positive thing about using the CCC model of service was being able to support each other in the work, share resources, have open communication about the case and draw from each other's strengths to support the family."

CHILD AND YOUTH WORKER

"Since Nathan** moved to his new school he's made some new friends and has literally had no issues at school. Nathan loves going to school! So again, a big thank you for all the work you did with Nathan."

PARENT OF CLIENT

**Not his real name

"We are seeing transformational changes in our daughter. She is able to speak with strangers and can be animated when interacting with family. She is showing kindness and empathy towards others. Our daughter had given up on school. She would not attend groups sessions. She had lost her hopes and dreams. She is now attending school and groups. The program has given the family hope. "

PARENT OF DAY TREATMENT PROGRAM STUDENT

The Institute of Childhood Trauma and Attachment:

A Year of Multi-dimensional Growth

We always had bold plans for the Institute, and we are proud to witness its vision already become a reality today, only four years after it was established. From expanding our team's numbers, diversity and expertise, to broadening the menu of client treatments and diving deeper into research - every aspect of our work has been elevated and enriched. It is both exhilarating and validating to witness the Institute take flight after tremendous effort invested in its development.

We trained 913 people in child and youth-serving sectors, almost as many as in the first three years of the Institute's existence combined. And even a higher number of professionals from various organizations (sometimes whole divisions) are already booked to attend our training sessions next year. To be consistently sought out for our expertise, receiving inquiries from as far as Australia - this achievement, attained at such an early stage, fills us with immense pride.





We are also pleased to have implemented three new, unique treatment models last year - SMART (Sensorimotor Arousal Regulation Treatment), EMDR (Eye Movement Desensitization and Reprocessing) and Neurofeedback. It's a huge step for us as these highly innovative treatment options, often effective in complex trauma cases, are extremely rare in the public sector.

Using these models allows our clinicians to increase their knowledge and capacity to address trauma in the children we support. And by sharing our learnings with our trainees, we are empowering professionals across multiple sectors and geographical zones to make a greater impact. In addition, by disseminating our insights to the agencies we collaborate with and presenting them at various conferences, we are involving highly skilled practitioners and trauma experts worldwide in meaningful discussions about trauma.

Diversity is an important focus for us, and last year we welcomed diverse staff members to the Institute. It's always been our goal to have a team that reflects the community we serve, enabling us to effectively address the trauma and experiences faced by our clients.

We are proud to witness our progress as it demonstrates our commitment to being an agency that backs up its promises with action. We are not here to simply deliver training but to bring about a meaningful change in how mental health and other professionals practice by effectively applying the knowledge we impart.

At the heart of our success, last year and every year before, are our amazing staff who work extremely hard to support our clients and create opportunities for other professionals to do so. Each and every one of our clinicians, researchers, trainers, managers and support staff are incredibly passionate about this work. Within the Institute, there is a real sense that our collective efforts have a tangible impact, transforming the lives of children and making a world of difference.

Grateful for the support of George Hull Centre's leadership team and our wonderful donors, we are looking forward to another year of milestones, achievements and progress. The Institute's future and the future of the children and families we serve is looking bright. And it has less suffering and a lot more hope. ■

It's the best feeling in the world when you can treat a family and help them move towards health. To be able to take on extraordinarily difficult cases, helping children and families that have gone through unimaginable pain, to be able to support their healing, seeing the growth and positive outcomes is extremely gratifying. It is the reason we do what we do.

LETICIA GRACIA

Director, The Institute of Childhood Trauma and Attachment

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.

1,558
children served

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. Led by the George Hull Centre, the Etobicoke Brighter Futures Coalition (EBFC) is a collaboration of more than 20 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.

1,392 parents

1,265 children



EarlyON

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.

Virtual Programs – parents and children
3,414 virtual visits

9,940
in person visits

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 and 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.

52
children served

2
program consultations



Family Group Conferencing of 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.

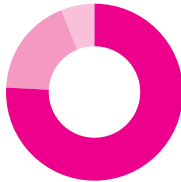
"It was a meeting where all types of responses were respected, and all opinions were respected, and each opinion was taken into account." FAMILY GROUP CONFERENCING PARTICIPANT

Family Group Conferencing: 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.

57 children
served

33 conferences
April 1, 2022-March 31, 2023



76% had full resolution
18% had partial resolution
6% had no resolution

100% of participants and 100% of service providers agreed that the FGC process respected their culture, identity, and needs.

66 Rostered
FGC Coordinators

18 Mentors

5 Trainers



Closing the Gap:

Collaboration Between Clinicians and Child and Youth Workers is a Catalyst for Significant Change

Four months after the program, we are thrilled to report that we have hardly had problems. Since my son moved to his new school, he's made friends and has literally had no issues. - PARENT



We knew that pairing the expertise and deep knowledge of our clinicians with the care, persistence, and empathy of the child and youth workers would result in significant positive change for the young people and their families. It's hard to imagine a family that wouldn't benefit from this program.

If you bring your child to our Community Clinic, our clinicians will go above and beyond to support you during weekly family therapy sessions. But for some children struggling with certain behaviours, severe anxiety, and school or community-related issues, this is simply not enough. Thanks to an incredible donation from the FDC Foundation, one of the most generous in the history of the Centre, we have been able to address this gap by designing and implementing an innovative new program for our clients.

We knew that the hands-on approach of the child and youth workers (CYW) who can provide personalized support beyond clinic sessions, engaging with families in their homes and communities, would substantially enhance the evidence-based family therapy delivered by our clinicians. The Clinician/Child and Youth Worker Collaboration (CCC) program combines these services in a way that benefits the clients and staff and enhances the quality of clinical work. It is not surprising that the program's first year has been a great success.

But how do you make such complex mental healthcare collaboration work?

From the start, we recognized that finding the right child and youth workers to complement our existing clinicians would be vital to the program's success. We were fortunate to find two

exceptional, highly competent CYWs fully committed to the well-being of our clients and the program as a whole.

Another priority was building a strong working relationship between the clinicians and CYWs, which we achieved through ongoing communication, multiple information sessions, and the integration of CYWs into the clinical teams.

A lot of time was spent providing CYWs with specific clinical, DEI and other relevant training and developing comprehensive processes and protocols to address various program aspects such as assessment, family engagement, and home visits.

Actively supported, the CCC program staff were able to gain a better understanding of clients' issues, collaborate on creating more effective treatment plans and extend support beyond the clinic's walls through specific activities connected to the individual treatment goals.

For example, to complement weekly therapy sessions for a child with severe anxiety going through a school transition, CYWs would join the child on tours of the new school building and area where it's located, meet school staff, help identify quiet areas for relaxation and obtain timetables early. For a child with problematic screen dependency, CYWs would

TAHMO GHARABAGHI

Director of Intensive Treatment Services,
Co-creator of the Clinician/Child and Youth Worker Collaboration (CCC)

explore alternative leisure activities, such as sports and board games, while providing parents with guidance on establishing meaningful screen limits and how to enforce those.

One year in, we are pleased to see so many of our CCC clients and their families thrive. Not only were we able to provide significant support and create positive outcomes for the 21 families, but every team member reported a notable improvement in service delivery thanks to the collaborative knowledge exchange.

It's exciting to witness the transformative power of the CCC program in the lives of the families and read their grateful testimonials. However, even more meaningful is the program's far-reaching impact. By offering comprehensive support to vulnerable children at an early stage, we are preventing the escalation of their mental health challenges and shielding them from a life burdened by unnecessary suffering. A perfect example of George Hull Centre's mission in action. ■



Courageous Conversations and Collective Learning:

Game-changing First Year with
the DEI Director at the Helm

It's incredibly satisfying to observe the culture shift our efforts and dedication are creating at the Centre.



When it comes to diversity, equity and inclusion, there's so much to learn as we often don't realize how our actions and words can affect others. I'm proud to work in an organization where both leadership and staff have the courage to have uncomfortable conversations and the will to grow beyond them. Our people have embraced DEI initiatives, and I am grateful for their support.

Navigating the complexities of diversity, equity, and inclusion can be challenging. There is so much to consider, and the risk of making mistakes is high. But here at George Hull, we don't shy away from this work and take great pride in our continuous efforts in this area. And the last year, under the transformational leadership of our first Diversity, Equity & Inclusion (DEI) Director, was particularly remarkable.

We believe that the only way to create an equitable and accepting organization where everyone feels welcomed and included is through providing staff with ample learning opportunities and cultivating a safe and non-judgmental environment, which became our focus last year.

We have implemented a monthly allyship learning circle and initiated two employee resource focus groups - for racialized and non-racialized staff. During these meetings, we delve into various topics that directly impact our work, such as learning how to be a better ally, microaggressions at work, intersecting identities, being inclusive in the workplace and more.

Our managers now work with the DEI Director to identify areas of development, and the Director's active involvement in team meetings enables us to address issues as they arise, reducing personal bias. These conversations, though uncomfortable

at times, play a vital role in examining how we serve clients and interact with one another at a systemic level in our daily collaborative work.

Another highlight of this year was accomplishing our ambitious goal of hosting an all-staff Anti-Opressive Learning Day, a tradition we plan to uphold annually. It was exciting to see over a hundred people come together to discuss a range of 2SLGBTQIA+ and anti-oppression topics.

That initiative highlighted our staff's need to establish a norm within the Centre for addressing DEI issues in a safe and constructive manner. To facilitate this, we developed the Yellow Flag toolkit (yellow as in a traffic light system), a framework which can be used to caution each other when something in a conversation doesn't feel right. The toolkit provides guidance on how to engage in a courageous conversation in order to further create a culture of equity and belonging in the workplace. We look forward to introducing this useful conflict-resolution tool to all staff next year and hope to share it with teachers and corporate clients in the future.

In the past year, we also created and introduced an agency-wide Land Acknowledgement, now displayed throughout the Centre. Staff are encouraged to use it during meetings and have been provided with guidance on how to create their personal version.

We also began reviewing our policies with the goal of making them DEI-relevant, improving those that deal with gender-inclusive practices, anti-racism, equal access and opportunities.

Enhancing our recruitment process with DEI principles has been another significant development. We have designed a list of specific questions that can be asked during interviews and a guide to access responses. This helps us evaluate candidates' level of DEI knowledge, identifying individuals that may need further development in this area.

It's incredibly satisfying to observe the culture shift our efforts and dedication are creating at the Centre. People are more comfortable discussing complex topics, we treat each other and our clients in a more DEI-informed way and as a result, a more diverse community wants to work with us.

The more we accomplish, the more it seems there is to be done. While the journey ahead is long, we remain committed to relentlessly advancing diversity, equity, and inclusion within our organization and beyond. ■

Research at the Centre



The Preschool Speech and Language Trauma Screening Project, led by Anna Rupert, Manager, Special Projects & Program Design, Institute of Childhood Trauma and Attachment.

This groundbreaking project was well underway in 2023, with our speech-language pathologists now universally screening all new clients in the speech and language program for potential exposure to trauma. The interested families were also provided with an opportunity for a social-emotional and trauma screening appointment with the Centre's Early Childhood Service.

We continued to learn a lot about the children and families in the program, their needs regarding mental health services, how to support them in accessing those services, and how to provide collaborative care. Last year brought us closer to meeting our goal of 50 completed screenings for families participating in research and we are excited to begin to analyze the project data next year. We also look forward to sharing our findings with relevant organizations and presenting at Empowered Kids Ontario and Infant and Early Mental Health Promotion conferences.

The Feeling Explorers Program, led by Leticia Gracia, Director, Institute of Childhood Trauma and Attachment

This 10-week social-emotional learning program developed at George Hull is the only one, to our knowledge, that has been customized specially for Canadian culture and population through the usage of images, language, and ideas that resonate with a wide variety of ethnically, racially, and culturally diverse Canadian children. Geared for children in grades 1 to 3, this program is also unique because it incorporates principles of attachment theory and the latest advances in neuroscience.

The program is intended to promote children's mental health and wellness through skills-based prevention and intervention. Last year we finalized the program, created the manuals, and delivered training. We also planned and designed the research to be completed next year. This program is linked to the Ontario curriculum and has been piloted in the Toronto District Catholic School Board.

CHAMPP4KIDS – A Public Health Approach to Positive Parenting: Acceptability and Feasibility of Parenting for Lifelong Health Materials Among Practitioners and Caregivers of Children (2-6 years old) in a Canadian Context, led by Dr. Andrea Gonzalez, McMaster University

The George Hull Centre was selected as a recruitment site for this research study which is designed to establish the extent to which universal parenting materials developed post-COVID by the Parenting for Lifelong Health group in collaboration with WHO and UNICEF, apply to Canadian parents and caregivers. Through research, interviews, and focus groups, the study seeks to determine if tips and strategies offered in these resources are appropriate and meaningful to parents and relevant service providers in Canada, or if modifications are required. Last year, the collaboration designed and implemented the caregiver and provider surveys, identified and engaged a diverse group of participants, and ran the caregiver and provider focus groups. Work is now underway to consolidate all the data collected. The Centre looks forward to receiving findings and exploring how they will inform our practice and support our families.

Understanding Racialized and Newcomer Families' Experiences Accessing Parenting Supports or Mental Wellbeing Services for their Children, led by Dr. Andrea Gonzalez, McMaster University

In this second study led by Dr. Gonzalez, McMaster University partnered with George Hull Centre-led Etobicoke Brighter Futures Coalition with funding from the Public Health Agency of Canada. The goal of the research is to increase support and well-being for racialized and newcomer families with children from birth to age 17. As part of the community engagement study, last year McMaster ran six focus groups in various languages to obtain key information from racialized and newcomer caregivers about obstacles and aids to accessing parenting support or mental well-being support tools for their children. We are eager to receiving the study findings and implement learnings with our most vulnerable families.

2022-2023 Financial Summary*

Revenue (\$000's)

	\$
Government Funding	11,013
Other Funding	1,064
Expense Recoveries	7
Donations	1,335
Total Revenue	13,419

Expenditures (\$000's)

	\$
Staff Compensation	10,528
Transportation and Communication	87
Occupancy costs	768
Staff Development	323
Community Awareness	38
Repairs and maintenance	397
Professional services	264
Purchased client services	630
Insurance	83
Other supplies and equipment	114
Amortization	239
Total Expenditures	13,471
Deficiency of Revenue over Expenses	(52)

2022-2023 Program Funding

Community Clinic	36%
Live-In Program	9%
Day Treatment Program	7%
Intensive In-Home Services	7%
Institute of Childhood Trauma and Attachment	6%
Speech & Language	14%
EarlyON	9%
Other (ECB, EBFC, FGC - Tor & Prov, DEI)	12%



* 12 month period ending March 31, 2023 (post audit)



The George Hull Centre 2021-23 Strategic Plan – Year Two

The Centre's Strategic Plan has seen incredible progress this past year in ensuring that we put our clients at the centre of care, by increasing the access to service, developing a collaborative care plan across the Centre, increasing knowledge within and across the sector in the area of trauma and developing programs that reach marginalized communities.

**One Client,
One Centre**

**Become a
Leading Voice**

**Lower Barriers
to Care**

**Diversity that
Reflects our
Community**

One Client, One Centre

The George Hull Centre will function as one cohesive, integrated centre for the wellness of our clients.

What we achieved in year 2:

- Integrated Technology Infrastructure - The Centre has implemented REDCap as the primary tool to manage and report on client surveys.
- Collaborative Care - Extensive cross-departmental working groups identified key focus areas to improve collaboration.
- Consistent Training- Training Plan Roadmap created and reviewed for all clinical/client-facing staff.
- Informal Connections – Compiled orientation videos to inform new staff of Centre-wide programs and services, centrally located.

Become a Leading Voice

The George Hull Centre will become known as a leading voice of expertise and care in its communities.

What we achieved in year 2:

- Training Manager, Research Assistant, and Special Projects Manager hired for the Institute.
- The Institute has participated in 4 major conferences focusing on trauma, sharing their experiences and expertise.
- The Institute trained 913 people as part of sharing our methods.
- Feeling Explorers school program developed and delivered in collaboration with the TCDSB.
- Trauma training for staff of the Catholic Children's Aid Society Toronto.
- Launched the inaugural Measurement Based Care pilot for Day Treatment clients with Greenspace.
- Developed Ontario model of Transitional Planning Conferences for supporting youth transitioning from child welfare care.

Lower Barriers to Care

The George Hull Centre will measurably reduce barriers that prevent its clients from receiving care.

What we achieved in year 2:

- Through an intensive learning process, the Preschool Speech and Language staff strengthened their capacity to implement intervention plans that more effectively support neurodiverse children's way of learning and processing language. In our recent feedback survey, 94% of parents strongly agreed or agreed that their child's strengths and needs were supported by the clinician in therapy.
- Intensive Services and R.I.T.E.S. programs offered at the new Islington location.
- Delivered Anti-Black Racism training to 58 Family Group Conference Coordinators across the province. After the training, 91% of respondents agreed or strongly agreed that they felt better able to recognize and were more confident to acknowledge and address anti-black racism in their interactions with families, colleagues and community members.

Diversity that Reflects our Community

The staff and clients of the George Hull Centre will increasingly reflect the surrounding communities.

What we achieved in year 2:

- Held an all-staff full day anti-oppressive practice Learning Day training in February 2023. Participant feedback highlighted a need for a toolkit for staff that addresses and safeguards conversations around discrimination, bias, macroaggressions, and prejudice.
- Increased presence in the community through attendance and participation at monthly CMHO Equity Community of Practice meetings where agencies within Toronto's infant, child, and youth mental health sector work together to create a measurable impact to dismantle anti-black racism and share strategies to promote equity.
- Participated at the Honouring our Promises: ending anti-black racism (HOPE symposium).
- Participates in North and South Etobicoke Cluster meetings to share resources, strengthen collaborations, and identify common concerns in order to improve our community involvement.

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.

Abiona Centre (formerly Massey Centre)	Humber College	STRIDES
Adoption Council of Ontario	Humber River Hospital	Sunnybrook Hospital
Attachment Association of Canada	Infant Early Mental Health Promotion (HSK)	Surrey Place
Black Health Alliance	Jean Augustine Centre for Young Women's Empowerment	Taibu
Braeburn Neighbourhood Place and Boys and Girls Club	Jewish Family & Child Service of Toronto	Terry Tan Child Centre
Canadian Consortium of Trauma Informed Services	LAMP Community Health Centre	The Hanen Centre
Capitalize4Kids	Lumenus	The Hospital for Sick Children (SickKids)
Catholic Children's Aid Society of Toronto	Macaulay Child Development Centre	The Humber Institute of Technology and Advanced Learning
Center for Addiction and Mental Health	Martin Grove United Church	The Knowledge Institute
Central Toronto Youth Services (CTYS)	McMaster University	The Loyan Foundation
Centralized Access to Residential Services	Mothercraft	The Speech and Stuttering Institute
Children's Aid Society of Toronto	Native Child & Family Services of Toronto	The University of Guelph-Humber
Citywide	North York Community House: Settlement and Education Partnership in Toronto	Toronto Art Therapy Institute
Community Living Toronto —Etobicoke/York	Ontario Association of Family Mediators	Toronto Catholic District School Board
Davenport Perth Neighbourhood & Community Health Centre	Parent Child Mother Goose Program Toronto	Toronto Children's Services
Delta	Peel District School Board	Toronto Community Housing Corporation
Developmental Trauma Action Alliance	Planned Parenthood	Toronto District School Board
Dixon Grove Junior Middle School	Rathburn Area Youth Project	Toronto Metropolitan University
Dyadic Developmental Psychotherapy Network	Rexdale Community Health Centre	Toronto Public Health
Early Childhood Development Initiative (ECDI)	Rexdale Home Child Care	Toronto Public Library
Ernestine's Women's Shelter	Rexdale Women's Centre	Turning Point Youth Services
Family Association for Mental Health Everywhere (FAME)—Etobicoke	Room to Grow Child Centre	University of Toronto
Family Health Team	Royal Ontario Museum	University of Toronto, Child and Adolescent Psychiatry
Fellowship Christian Reformed Church	Sashbear	University of Toronto, Faculty of Social Work
First Stage Child Care Centre	Second Harvest	West End Sexual Abuse Treatment Program
Foster Parents Society of Ontario	Seneca College of Applied Arts and Technology	Western Technical-Commercial School
Four Villages Community Health Centre	Sheridan College Institute of Technology and Advanced Learning	Women's Health in Women's Hands
George Brown College of Applied Arts and Technology	Sick Kids CCMH	YMCA Toronto
Highfield Junior School	Silver Creek Centre for Early Learning & Development	York University
Holland Bloorview Children's Rehabilitation Hospital	St. Joseph's Health Centre, Collaborative Care Clinic and Emergency Department	Yorktown Child & Family Centre
	Stonegate Community Health Centre	Youth Wellness Hubs Ontario
		Youthrex

"I am a much calmer parent, I see my children differently and meet them where they are at. I learned to sincerely be emphatic towards my kid's behaviours." PARENT OF GROUP PARTICIPANT



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.**

Thousands of children come through the George Hull Centre doors each year. Many of these children are impacted by mental health issues, some in very complex ways. Our work is vital to ensuring infants, children and youth suffering from mental health issues have the chance for hopeful and healthy futures.



"I have a couple of grandkids now too, and when you look at the state of the world, you really want to help."



The Hulls'

Lemonade Stands,
Donating Securities and
Chairing Boards

Life of giving



I have been involved with the Centre for many years, and I have seen first-hand the challenges that our children are facing now. They are never-ending - drugs, poverty, the pressures of social media, and most recently, the pandemic and isolation. Sadly, the need for George Hull's services keeps increasing."

Some families enjoy board games, movies or camping together, but for the Hulls - it's giving back.

Robert and Cathy Hull's support of the Centre spans decades and includes countless volunteering hours, over \$100,000 in donations and two generations of the family serving on various Centre's boards.

It's no surprise that the Centre has always had a presence in Robert's life. Established when he was a young man, it was named in honour of his father George, a principal, coach and teacher renowned for focusing on children's strengths, not their weaknesses, to unlock their true potential. This compassionate approach, which remains at the core of the Centre's work and culture, reflects Robert's family values.

Raised to be an empathic person, Robert was always taught the importance of helping others, whether it's through funds, time or effort.

He began supporting the George Hull Centre through small monthly donations, and as he got older and developed his career, the desire to make a bigger impact grew. When in the 2000s, the Centre made a conscious decision to focus on private fundraising, allocating staff and resources, Robert supported this initiative by increasing his regular donations and becoming the Chair of the George Hull Centre Foundation Board.

As a father, he tried to instill the same philanthropic and societal family values in his children, who also became passionate supporters of the Centre. At first, it was fundraising through toy drives and lemonade stands. In their 20s, both of his daughters became a part of George Hull Centre's Young Leaders Group, involving their friends and colleagues. Later, Robert's daughter Nathalie continued the family tradition and became the second generation board member, serving on George Hull's Board of Directors for six years.

Robert and Cathy have never contemplated stepping away. While they haven't had to call on the Centre's services, they have friends and colleagues that have. Witnessing the

ROBERT HULL

suffering of families with children who are suicidal, depressed, or suffer from mental issues or addiction, deepened their determination to be there for those in need.

This is why in 2021, in addition to their monthly donations, Robert and Cathy became multi-year donors pledging to transfer an incredibly generous \$30,000 to the Centre over the course of three years. As Chair of the George Hull Centre Foundation Board at that time, Robert wanted to role model his support while providing the Centre's Fundraising team with a powerful example to attract additional substantial donations.

A successful lawyer and businessman, Robert has chosen to donate securities by transferring shares into the Centre's ownership. This win-win approach combines empathy with strategy: the donor is not taxed on the capital gains accumulated during their ownership of shares, and the organization can sell shares at the most advantageous time.

As the final year of their current pledge approaches, Robert and Cathy are planning to renew and potentially increase their three-year donation. They are also considering including the George Hull Centre in their wills.

"To have people approach you at the Centre's events or meetings and tell you how George Hull Centre's services saved them or their kids when they were depressed or suicidal, and how with the Centre's help they were able to overcome their challenges and build successful lives, having families and careers - it is the best reward."

We are immensely grateful to Robert and Cathy's family for their unwavering support over the years. The Hull family legacy serves as a testament to the life-changing power of giving and the profound effect it can have on individuals and communities. ■

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"I found this program very helpful to understand ways to help my child manage his feelings. This program also provided my child with ways to explain himself and gave me confidence to work through situations. I highly recommend this program."

PARENT OF GROUP PARTICIPANT

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Awards of Excellence Recipients

Libby Ridgely Award for Clinical Excellence

This award 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.

Rebecca Maiese, Clinician

We admire the way Rebecca consistently pushes the boundaries of her clinical training.

She is one of the few at The Centre to complete a rigorous process to achieve the certification in DDP (Dyadic Developmental Psychotherapy), our most central therapeutic model that's been transformative for many clients and families. Having taken the DDP clinical lead role since, Rebecca has been instrumental in amplifying the power of this model by providing opportunities for others to learn and offering new, unique approaches to DDP work.

She never stops challenging herself and keeps adding to her already formidable treatment arsenal, having recently acquired training for SMART and EMDR, our new and incredibly complex treatment modalities.

Rebecca often puts up her hand to work with our most vulnerable and challenging clients. Thoughtful, gentle and approachable, she has a gift for creating and maintaining relationships with not only young children and parents with vastly divergent treatment needs but also her colleagues. Leading by example, she is always available to contribute and meet the needs of teammates and the clinic, an epitome of excellence in every way.

Nyron's Above and Beyond Award

This award honours the passion and commitment required to help families succeed. Named for Nyron Sookrah, a GHC Family Group Conference Coordinator, this award recognizes a staff member who goes above and beyond their job requirement to help and empower clients through direct or indirect service.

Sharon Jones, Child and Youth Worker

If Sharon were a superhero (which we believe she is), her catchphrase would be "Wherever you need me." And her superpower - the ability to stay calm and grounded in challenging times.

Sharon's commitment to meeting clients where they are - at home, in the community, or at the office - truly sets her apart. Focused on helping families and children reach their highest potential, she never loses sight of their strengths, reminding

them of their capacity to change. And Sharon's strong clinical insight and many years of experience allow her to get right to the heart of a case and quickly understand complex family dynamics.

With a unique ability to connect instantly with colleagues, clients and families, Sharon has also become a tremendous source of support to our clinical teams. As a key support and consultant for our clinicians, Sharon creates nurturing partnerships that enhance our services and help mitigate the risk of burnout for our teams in difficult times. Her wisdom, energy, and good humour help put things in perspective when colleagues or clients feel overwhelmed.

Sharon has helped change more lives than we can count and is a true inspiration to us all.

The Award for Inspiration and Contribution to Project Management

This award is for any staff member who has made significant contributions in the area of project management. Their contributions have enriched the George Hull Centre and have inspired others through their participation in projects.

Anna Rupert, Manager, Institute of Childhood Trauma and Attachment

We have Anna to thank for the success of our groundbreaking Preschool Speech and Language Trauma Screening Project, which equips speech pathologists with skills for early trauma identification and treatment for the very young. From the project's inception to exceptional project management and inspirational leadership, Anna's contributions have been nothing short of outstanding.

Despite filling her other responsibilities at the Centre, Anna has emerged as the driving force behind this project, shouldering the majority of the workload, devising innovative solutions, and motivating her colleagues, all while consistently meeting deadlines.

Whether writing grant applications or research papers, supporting her team members, presenting the findings or gracefully navigating the project challenges, Anna does it all with passion, enthusiasm and focused intensity. Her positive attitude, together with excellent communication and collaboration skills, have fostered a positive atmosphere of growth within the Centre, undoubtedly a key factor in the project's success.

We admire and applaud Anna's work ethic and dedication to empowering others, which ultimately enhances the clinical work of The Centre as a whole.



Partners in Care

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

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.

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FOR CHILDREN & FAMILIES

Changing the
trajectory of children's
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