

Celebrating **25 years!**



Annual Report 2009-2010



THE GEORGE HULL CENTRE
for Children and Families

From the Board Chair & Executive Director

Twenty-five years ago, as International Youth Year was celebrated around the world, The George Hull Centre opened in Etobicoke. The timing was coincidental, but our goals had a common genesis.

The United Nations themed its special year on participation, development and peace. We endeavoured to reduce suffering and enhance the quality of life of children, youth and families.

We have not wavered. During our silver anniversary year, we have looked back, but also forward at the futures we have helped shape. Our first clients are into adulthood now, some in their middle ages. With one in five children suffering from a mental health issue, those kids we helped may today be your neighbours, your therapists, or your children's teachers.

In August, the second UN International Year of Youth began with a call to understand better the needs and concerns of youth and to recognize the contributions they can make to society.

We thank our dedicated staff, Board, funders, and generous donors and sponsors for joining us in doing just that.

Jane Bray, M.S.W., R.S.W.
Executive Director

Susan M. Armstrong
Board Chair

Mission Statement

The George Hull Centre is one of Ontario's leading multidisciplinary, innovative children's mental health centres. The purpose of The George Hull Centre is to reduce suffering and to enhance the quality of life of children, youth and families. The George Hull Centre engages the community, its families and volunteers in a variety of partnerships to provide hope, solutions and positive outcomes.

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1 in 5 kids in Ontario struggles with their mental health.

- Most indicators of mental health problems emerge in childhood or adolescence. When children are not effectively treated, they become more vulnerable and less resilient as they approach adulthood, which may result in adult mental illness, involvement with the law and homelessness.
- Anxiety disorders affect one in eight children (Anxiety Disorders Association of America). Research has shown that if left untreated, children with anxiety disorders are at higher risk to perform poorly in school and engage in negative coping strategies such as substance use, suicidal thinking, school avoidance and delinquency. Some of the anxiety disorders that begin in childhood can persist throughout life if no treatment is given. (Offord Centre for Child Studies)
- Suicide is the 2nd most common cause of death for Canadians between the ages of 10 and 24, after motor vehicle accidents. (Canadian Psychiatric Association)
- Young people with mental health disorders are at greater risk for dropping out of school, ending up in jail and of not being fully functional members of society in adulthood. (UNICEF, 2002)
- The economic cost attributable to untreated mental health disorders in Ontario is \$22 billion. (Auditor-General of Ontario, 2008)
- According to Ontario's Office of Child Advocacy, 80% of young offenders have mental health needs.
- The average cost of youth detention is \$120,000 per child per year. The average cost of treating children's mental health problems in a community-based agency is less than \$2,500 per child per year. (2004)

Children's mental health services make economic sense.

- Early intervention and treatment are critical to providing a hopeful and healthy future for children and youth struggling with their mental health.
- The George Hull Centre for Children and Families is an accredited children's mental health centre offering hope and healing to families with children from birth through to age eighteen.
- The George Hull Centre is committed to working with the strength of families and helping them rediscover their competence and resources.
- The Centre's services are designed to have the flexibility necessary for individual families to plan for themselves and their child.





Love, Perseverance and New Beginnings

Baby Namaya has been welcomed into the family with the same love and amazement as when Khadra welcomed Libin into the world 19 years ago. Khadra describes Libin as her miracle.

When Khadra and her husband left Somalia during the civil war, they had very little money and Khadra became ill with malaria on the journey. She was pregnant and gave birth prematurely to her fourth child, a daughter, while they were on foot. Her new baby, Libin, weighed 1 kg, but survived the journey without a hospital in sight. Khadra recounts this story as though she was a very lucky woman.

When Libin was four months old, the doctor at the refugee camp in Kenya immunized her for polio. She was one of the rare cases that contracted the illness, badly deforming her leg.

Libin was so young when she arrived in Canada that it is the only country she and her younger siblings know. Her spirit of survival remains as she receives the love and support of her mother and family. Libin and her family have received and continue to receive services from The George Hull Centre.

Libin is now a mother to beautiful Namaya. She feels that the support she has received from The George Hull Centre has helped her welcome her baby into the world with the same love and confidence with which her mother welcomed her, despite the difficult conditions.





Dedication & Professional Excellence

There is something special about The George Hull Centre. It is not only that it has long been known for its excellence in family therapy, its well trained and skilled staff, its array of relevant and important resources to families, and its status as a teaching and learning centre – it has to do with something more intangible. I believe that what is special about The George Hull Centre is the attitude that permeates the work that is done here. There is a feeling that one goes the extra mile with kids and their families, that we hang in there through the long haul when we are needed, that different families need different things at different times, and that we are always learning about how to be more helpful.

I feel fortunate to have been both trained and employed by such a place where children and families are valued so highly and where there is such a strong commitment to giving the best care. I have been inspired by the knowledge, collegiality, teamwork and energy that the clinical staff put into the work - always with the goals of bringing new understanding and compassion in families, reducing suffering, and increasing health.

Above all, however, it is the families at The George Hull Centre who make it a tremendously gratifying experience to work here. It is a privilege to witness the courage with which kids and families face incredible, unimaginable struggles and find ways to make their lives easier bit by bit. I learn lessons everyday about resilience, hope, and change.

~ Leticia Gracia, M.S.W., R.S.W.

From a parent

I never thought in a million years that I would be faced with the parenting challenges I have been over the last couple of years. At times it has been difficult, discouraging and overwhelming - all while trying to be a single parent to two other children and hold down a demanding job. Through the very generous services provided by The George Hull Centre, my son has been able to receive the support necessary for him to work through his problems. He has been treated with the utmost care and professionalism without his fears and concerns being dismissed or trivialized. His educational needs have also been advocated for due to the line of communication kept open by his clinician with the school.

Through the support of the Centre we have overcome pretty much every obstacle we faced as a family. For me personally, I learned how to become a more understanding parent, that every child learns at their own pace and that panic and anxiety disorders are not just for grown-ups. The most important lesson I learned is that things do get better.

The George Hull Centre for Children and Families lives up to its name - it extends its care to families, and we are an example of this. We are a stronger and healthier family as a result of the exceptional support received and the genuine interest expressed in our family's wellbeing. I cannot emphasize enough my sincere appreciation to our clinician.





Community Services 2009-2010

The Community Clinic serves families with children from birth through to eighteen years. Clinical services include assessment, family, individual and group treatment, psychological and psychiatric evaluation. 777 children received clinical services and 645 children and parents were served in groups and workshops.

Toronto Preschool Speech and Language Services provides community-based speech and language services to children and their families. The range of services includes assessment, group and individual treatment, consultation and support to parents and staff in child care centres, and training for parents and professionals. 214 families were served.

Special Needs Resourcing provides consultation and support to licensed child care centres to support the inclusion of children with complex needs. 50 children were served.

The Highfield Community Enrichment Project focuses on the positive development of children ages four to eight who attend Highfield Junior School. The key program components are school-based programs, family support and community development. 1,918 children and 1,191 families were served.

The Family Group Conferencing Project of Toronto is a collaborative partnership between children's mental health and child welfare. Families involved with child welfare and their extended family participate together in developing a plan that addresses risks identified by service providers and meets the child's needs for safety and wellbeing. 135 children were served.

The Family Group Conferencing Provincial Resource maintains a provincial roster of qualified coordinators, trainers and mentors, and provides training and consultation across the province, assuring model fidelity.

The Ontario Early Years Centre offers early learning and literacy activities, outreach services and parent training to children from birth to age six and their families. 1,268 children and 1,188 parents and caregivers attended OEYC programs.

The Etobicoke Brighter Futures Coalition is a collaborative group of community agencies that work together to plan, develop and deliver services and programs that will improve the health and well-being of young children within the context of their families and their communities.





Success

I was thrown into care at 14, not quite knowing exactly what it was. I had never heard of the term group home, let alone set foot in one. I settled quickly but became notorious for hiding behind my long black hair. I turned to myself for support, love and trust. After about a year went by, slowly I began to realize the staff cared about me and that their main goal was to help me. They were so understanding and patient, taking the time to talk and listen to what I was going through.

For three months, due to severe depression, I stayed out of school, George Hull standing by my decision. Most group homes would have disagreed, referring to the 'program expectations' and forced me to go. George Hull saw going to school as a risk to my mental health and in order to preserve it, supported the temporary break. I to this day value the moral of seeing what is best for the child and not the program. I cannot stress enough how much more than a job this is to the staff.

Now I am living on my own, paying bills, going to school and working full time in the summer. George Hull has changed my life. I now know what it feels like to be loved selflessly, and that is found nowhere else. I owe George Hull such gratitude for saving my life and believing I could make something of myself. Without their dedication, I never would have known what it was like to trust someone completely and totally; for someone to feel compassionate towards me. And most of all, given the strength to carry on.

THANK YOU!!





Residential and Day Treatment Services 2009-2010

Libby's Place and the **Boys House** are specialized residential treatment programs for adolescents between the ages of thirteen and eighteen. These programs, staffed by experienced professionals in child and youth work, family therapy and psychiatry, serve adolescents who are experiencing complex and long-standing difficulties. 24 adolescents were served.

Clear Directions provides treatment to adolescents, age thirteen to eighteen, who struggle with serious substance abuse and mental health issues. A multidisciplinary team integrates harm reduction, systemic and psycho-educational approaches and offers a continuum of services including assessment, family and individual therapy, school, day treatment, residential support, outreach and follow-up. 12 adolescents were served.

The School Program provides a therapeutic educational program for the residents of the Boys House, Libby's Place and community youth who are unable to manage in their local schools. The purpose of the program is academic achievement and the development of cognitive, social and linguistic skills that are necessary for successful adjustment at home, school and in the community. 43 adolescents were served.





Centre of Excellence

Research And Program Evaluation

The Research and Program Evaluation Department has a primary goal of supporting and informing the delivery of mental health services to children, families, and the community.

The department supports the Centre in maintaining a reputation for excellence in children's mental health through program evaluation, quality assurance activities, provision of training, consultation in the community, ongoing empirical research and collaboration with other researchers. Information collected through program evaluation measures is used to inform the development and delivery of effective services.

Training Future Professionals

Through the Centre's formal affiliation agreement with the University of Toronto, The George Hull Centre provides learning opportunities to residents in psychiatry and students in medicine, social work, research and speech and language pathology.

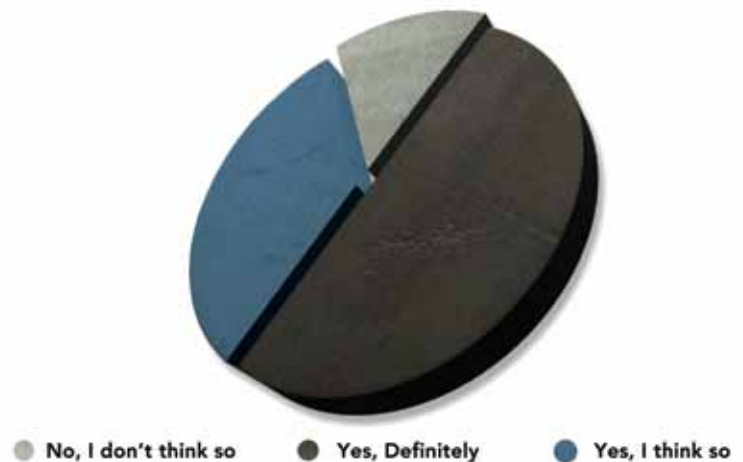
The Centre also provides student placement opportunities to students from community colleges and other universities in the disciplines of child and youth work, early childhood education, social service work, art therapy and nursing.

67 students completed placements at the Centre in 2009-2010.

How would you rate the quality of service you received?



Did you get the kind of service you wanted?



Making a Difference

Thank you to all our sponsors and participants who supported fundraising events this year!



The 7th Annual George Hull Centre Charity Golf Tournament was held at Copper Creek Golf Club in August 2009. It was a wonderful day of challenging play, including the RBC Hole-in-One contest, a great silent auction, and lots of fun, all in support of children's mental health services. Thank you to our sponsors, The Dominion of Canada General Insurance Company and the Boiler Inspection and Insurance Company, as well as all the hole sponsors, golfers, volunteers and donors who made the day such a success.



The 7th Annual George Hull Centre Foundation Poker Tournament for Children's Mental Health, hosted and sponsored by RBC Capital Markets, was held in February 2010. This 'just for fun' tournament raises money for the Centre and gives the winner bragging rights and the RBC Blue Chip Championship trophy. Thank you to RBC, and additional sponsor The Dominion of Canada General Insurance Company, as well as all the participants. You made a difference in the lives of vulnerable children and families.



The Laugh Out Loud fundraiser celebrating the Centre's 25th anniversary was held in May 2010 at The Carlu. It was an amazing evening of laughter, music and great food, featuring Debra DiGiovanni and Gilson Lubin, two of Toronto's top comedians. Thank you to our Presenting Sponsor - BMO Financial; Gold Sponsor - The Dominion of Canada General Insurance Company; Comedy Hall Sponsor - KPMG; Anniversary Sponsors - Aviva Canada Inc. and HKMB HUB International; and Friends Sponsors - Cade Associates Insurance Brokers, CIBC, Eckler Ltd. and Willis Canada.



For what matters.



Thank You



Discount Car and Truck Rentals for generously donating two vehicles to our residential programs.



The Kids Up Front Foundation for supplying tickets to many cultural & sporting events that our clients would otherwise have been unable to attend.

The Centre gratefully acknowledges the generous support of its donors

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TD Securities Underwriting Hope Fund
The EJLB Foundation
The P. & P. Murray Foundation
Toronto Foundation for Student Success
Community
Canadian Centre for Abuse Awareness
Boulevard Club
Breakfast Clubs of Canada
Christ Church Anglican, Bolton
Crescent School
Dreams Take Flight
Halton Naval Veterans Association Inc.
Kingsway Humber Kiwanis Club
Kingsway-Lambton



United Church Women	Donald Armstrong	Mara Charbonneau	Tessie Fatica	S. Warren & Jacquelyn Hall
Lorraine Kimsa Theatre for Young People	Carolyn Atwal	Janet Charlton	Doug Ferguson	Hal Hannaford
Mazon Canada	Jennifer Babe	Dr. Brian Chekay	John Ferko	Valerie Hanson
Mississauga Braves Hockey Association	Deirdre Baker	Earl Cherniak	Clara Fernandes	Michael Harris
Mississauga North Stars Hockey Club	Christopher Bardsley	Hugh Christie	James Ferris	Patricia Heath
Mississauga Terriers Hockey Club	Cecilia Bardsley	Pino Cianfarani	Mervin Fisher	Feroza Heath
Nativity of Our Lord Church	Diane Bartlett	Gino Ciavarella	Tracey-Lynn Fitzner	Nicole Hodak
Queensway Cathedral	Anna Bayley	Carol Cimicata	Michael Flatt	Dermot W. Holwell
Second Harvest	Heather Beamish	Pam Clark	Phyllis Fletcher	Lee Hondronicols
Sheridan Institute of Technology & Advanced Learning	David F. Bell	J.W. Clelland	Robert Ford	Pauline Hopwood
Show Kids You Care	Tracey Belleau	Brent Clute	Lawrence Foy	Matthew Horan
St. Georges Church Nursery School	Alpana Ben Parshotam	Richard Cohen	Darlene Fraser	Erich Horst
Toronto Food Share	Kingsley Bennett	Ben Colabrese	Duncan Fraser	Brenda Hoskin
Victoria Scholars Men's Choral Ensemble	Lyle Best	Emily Cole	Ross Fraser	Donna Hrynkiw
	Brad Beveridge	Dean Connor	Jarrett Freeman	Louise Hucal
	Lawrence Birch	Anne Conway	Barbara Fry Henchoz	Joe Hull
	Krista Blaikie	George Cooke	Peter Fuchs	Robert G.S. Hull
	Sharen Blatt	Anthony Corsino	Ken Fudurich	Warren & Rosemary Hull
	Christopher Blom	David Craig	Sylvia Furguele	Marcia Hunt
	Kirk Boggs	Heather Cripps	Inez K. Gannicott	Judith Hunter
	Daniel Bogue	Mark Crump	Jane Gardner	Vince Imerti
	Deborah Bond	Jerry Dalla Corte	Domenic Gatta	Adele Imrie
	Linda Borsato	Anne Marie D'Andrea	Tahmo Gharabaghi	Bina Israni
	Eeva and Maija Bowman	Michelle Davies	Mr. & Mrs. D. Giles	Shirley Ivens
Individuals	Alan Bradley	Steve Davies	Karen Gilmour-Barrett	Don Jack
Momina Abdella	Suzanne Bradshaw	Sarah Davis	Jennifer Ginder	Neil Jacoby
Rachel Achtman	Jane Bray	Franca Dicomio	Linda Glover	Katherine Jong
Peter & Cathy Acs	Linda Briden	Debra DiGiovanni	Marianne Gocker	Min Katz
Barbara Addie	Patricia J. Burke	Elvire Discipio	Cindy Gollinger	Maninderjit Kaur
Elizabeth Ainslie	Darlene Cade	Susan Doherty	Allan Goodman	Anne Keddie
Jasmine Akbarali	Marilyn A. Cade	Doug Dougherty	Robert E. Graham	Manohar Keesari
Lesline Alleyne	Donald Cade	W. Kevin Drynan	Brian Grant	Brian Keogh
Philip Allmen	A.B. Cameron	Christine Duffield	Juliet Grant	Ed Kilroy
John D. Amodeo	Anne Hull Campbell	Michael Duffy	Lynn Gregory	Al Kirchner
Michael J. Anderson	June Cannaviccio	Sandra Dunne	Lynne Gregory	Christina Kiriakidis
Bernie Angelow	Donna Cansfield	Tony Dunne	Robert Gregory	Gillian Kisman
Camille Ansara	Karen Carlson	Ed Dybka	Mr. & Mrs. J. Gregory	Elizabeth Knowlton
Bill Anthony	Esther Carver	Marida Etherington	Barbara Hackett	Roslynn Kogan
Michael Anthony	Chander Chaddah	Amanda Evans	Habiba Hadibhai	Julian Kornhaber
Kristina Arena	Clive & Mary Chamberlain	Betty Evans	Farah Hadibhai	The Kubursi Family
Liz Armstrong	Susan Chamberlain	Lori Evans	Louise Hall	Cynthia Kuehl
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Pei-Chi Kuo	Margaret McCain	Virginia Pinto	Linda Smart	Andrea K. Ward
Susan Kushneryk	Duncan McCallum	Carolina Pizarro	Paul Smith	Stanley Watroba
Mylene Labelle	J. James McCaughey	Doina Plopeanu	Cindy Smouter	Wayne Weatherbee
Josee Lambert	Jill E. McCutcheon	Alison Porter	Indreya Sookdeo	Nancy Webb
Scott Lapstra	Allan McGlade	Barbara Porter	Nyron Sookraj	Esther Welsh
David Latter	Gregory McGuire	Mollyanna Potter	Nancy Souter	Patricia J. Werner
Angie Laurusaitis	Mark McHughan	Sylvie Pouliot	Carl Spiess	Shelly Werynski
Lavinia Law	Patricia McInnis	Shelly Ann Rae	Syamala Srivarapathy	Steven Wesfield
Kevin Lengyell	Joanne McIntosh	Tahir Raja	Elise St.Marie	Dave Wharry
James A. LeNoury	Doug McLellan	Fernando Reis	Jana Steele	Nancy Wildman
Jacques Leonard	Angela McMonagle	Marjan Rezaei	Patricia Steinegger	Margaret Williams
Simon & Courtney Lester	Terence McNally	Tammy Richards	Roy Stephenson	Sim Mee Wong
Susan Lilley	Mr. & Mrs. D. Meaker	Paul & Val Richardson	Kirk Stevens	Jane Wong Ferris
Manoojkumar Lilmohan	Stania Melichar	Elizabeth Ridgely	John H. Stewart	Robert Woodall
Ingrid Little	Bert Menear	Tammy Ring	Laura Syron	Mei Li Yong
Diane Locke	Vilis Miklasevics	Roger Rogde	Philip Syron	Farah Zafar
Louise Lore	Erin Misener	Marie Rounding	Stephanie Taafe	Peter Zissis
Shanin Lott	Mary Moffat-Johansson	Barbara Rundle	Andra Takacs	Jurij Zurba
Christopher Lovell	Mooniran Mohammed	Stephen Russell	Rena Tallis	
Bruce Stanners Lovell	Andrew Mollard	Kathryn Sadler	Mark Taylor	
Gilson Lubin	Helena Moncrieff	Michael Salamon	Tracey Telfer	
Arlene MacBride	Lorena Moniz	Maria Santos	Arvinder Thind	
James MacDonald	Darwina Moore	Doug Sargent	Nancy Thoman	
Ann MacDonald	Mary Morris	William Saunderson	Diana Thomson	
Malcolm MacKillop	Eva Murrant	Pat Sawa	Victor Tran	
Vlastimila Macko	Cathy Narduzzi	Jason Schmidt	Dr. V. Tricarico	
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Avinash Maharaj	Maria Neto	Larry & Marilyn Schreiner	John Tyers	
Fatemeh Mansouri	Nancy Newton	Laura Schreiner	Isobel Vallely	
Janet Marechaux	Mrs. Nobile	Sarah Schreiner	Peter & Catherine Vallely	
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Financial Summary

The George Hull Centre appreciates the funding and support from the Ontario Ministry of Children and Youth Services.

12 Month Period Ending March 31, 2010	\$000's		
Revenue		Expenditures	
Provincial Government Subsidy	6,634	Salaries and Benefits	5,943
Other Funding	633	Building Occupancy	609
Expense Recoveries	8	Professional Services	387
Donations	348	Program and Client Expenses	335
		Office and Administration	253
		Travel and Vehicle	69
		Training and Recruitment	27
Total Revenue	\$7,623	Total Expenditures	\$7,623

Funds Received & Managed on behalf of:			
<i>Etobicoke Brighter Futures Coalition</i>		<i>Toronto Preschool Speech and Language Services</i>	
Public Health Agency of Canada	182	City of Toronto Provincial funding)	1253
United Way Success by Six	118	Other	29
Ontario Trillium Foundation	70		
Other	50		

Audited financial statements are available upon request.

Community Partnerships

Etobicoke Brighter Futures Coalition

Braeburn Neighbourhood Place and
Boys and Girls Club
Children's Aid Society of Toronto
Community Living Toronto
Etobicoke Children's Centre
First Stage Child Care Centre
Humber College
Humewood House Association
Lakeshore Community Childcare Centre
LAMP
Macaulay Child Development Centre
Ministry of Children and Youth Services
Microskills Community
Development Centre
Next Door Family Resources
Parent Child Mother Goose Program
Rexdale Community Health Centre
Rexdale Home Child Care Centre
Rexdale Women's Centre
Room to Grow
Silver Creek Nursery School
Stonegate Community Health Centre
Surrey Place Centre
Terry Tan Child Centre
Toronto Children's Services
Toronto District School Board
Toronto Employment and Social Services
Toronto Public Health
Toronto Public Library
YMCA Child Care at LAMP

Ontario Early Years Centre

Macaulay Child Development Centre
Madbakh Women's Initiative Inc.
Miziwe Biik Aboriginal Employment and
Training
Oakwood Retirement Communities Inc.
Toronto Community Housing

School Program

Toronto Catholic District School Board
Toronto District School Board
Rathburn Area Youth Services, LAMP
West End Sexual Abuse
Treatment Program

Clear Directions

Breakaway
Toronto District School Board

Family Group Conferencing Project

Catholic Children's Aid Society of Toronto
Children's Aid Society of Toronto
Etobicoke Children's Centre
Jewish Family & Child Service of Toronto
Native Child & Family Services of Toronto

Preschool Speech & Language Services

Community Living Toronto –
Etobicoke / York
Etobicoke Children's Centre
LAMP Community Health Centre
Macaulay Child Development Centre
Rexdale Community Health Centre
Silver Creek Preschool
Toronto Public Health
Yorktown Child and Family Centre

Highfield Community Enrichment Project

Albion Neighbourhood Services
Braeburn Neighbourhood Place
First Stage Child Care Centre
Highfield Junior School
Highfield Junior School
Parent Council
Kingsway Humber Kiwanis Club
Microskills Community
Development Centre

Parent Child Mother Goose Program
Settlement and Education Partnership in
Toronto
Rexdale Community Legal Clinic
Rexdale Home Child Care Centre
Rexdale Women's Centre
Toronto Partners for Student Nutrition
Toronto Public Health

Community Clinic

Broadacres Public School
Catholic Children's Aid Society of Toronto
Children's Aid Society of Toronto
Etobicoke Children's Centre
Family Association for Mental Health
Everywhere (FAME), Etobicoke
Rathburn Area Youth Services, LAMP
Rexdale Community Health Centre
Stonegate Community Health Centre
Toronto Catholic District School Board
West End Sexual Abuse Treatment
Program Yorktown Child & Family Centre



I love this
place



- Girl, age 5

The George Hull Centre for Children and Families

600 the East Mall, Toronto, Ontario, M9B 4B1

Telephone: 416-622-8833

E-mail: reachus@georgehullcentre.on.ca

Website: www.georgehullcentre.ca

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