



THE GEORGE HULL CENTRE
for Children and Families



ANNUAL REPORT 2004 - 2005

"The spirit of this place is that of an extended family, committed to helping its children to grow wings and fly."

The Honourable Hilary M. Weston, Annual General Meeting, June 2000

EXECUTIVE DIRECTOR AND BOARD CHAIR REPORT

Twenty years later!

From a beginning staff of 72
to a 20th anniversary year staff of 95.

From a beginning budget of \$3.1 million
to a 20th anniversary year budget of \$8.1 million.

From a beginning of 6 programs
to a 20th anniversary year of 14 programs.

The evolution and growth of The George Hull Centre in twenty years is remarkable.

This growth comes from the dedication and creativity of the staff, of the Board, of our clients, of our donors.

The Centre celebrates our Board, Foundation, staff and clients.

The Centre celebrates our communities, donors and government funders.

The Centre celebrates excellence.

Happy anniversary!

Elizabeth Ridgely, M.S.W., R.S.W.
Executive Director

Brigid Murphy
Board Chair

"Over the 20 years that the George Hull Centre has been in existence, it has always remained committed to the causes of children and families. It should be applauded and recognized for its tireless work and leadership in the community."

The Honourable Jean Augustine, P.C., M.P., Etobicoke Lakeshore, March 2005



THE YEAR IN REVIEW

The George Hull Centre served 4,561 children and families in 2004-2005.

The Prevention and Early Intervention Service includes the Best Start Program, Preschool Speech & Language Services, the Ontario Early Years Centre, the Etobicoke Preschool Consultation Group, Highfield Community Enrichment Project, and the Etobicoke Brighter Futures Coalition. 3,470 children and families used these services. The unique aspect of this service continues to be the linkage between programs. A child can move easily from one program to another program, depending on the need.

"The Early Years Centre helped us to meet other people, learn more about Canada and unite our children to love each other regardless of colour, race or religion." Parent

"Due to the excellent speech and language services received at George Hull, my son's speech has improved and he is now saying more words than before." Parent

The Community Clinic offered 22 groups and workshops to 517 parents and children on the waiting list, in treatment and from the community. The multidisciplinary team provided assessment and family treatment to 545 families who were distraught about their children. The suffering endured by the child and the family as they struggle with disheartening conditions such as depression, anxiety, school refusal, substance abuse, aggression, learning difficulties, and suicidal ideation, erodes the soul. The dilemma of need for service and availability of service permeates all children's mental health centres.

"The service we received at GHC was great. Everything about the place is family friendly, from the receptionist to the social workers to the psychiatrist. Looking into your child's mental health is scary, but the Centre made us feel relaxed and comfortable." Parent

The Boys House is a long term residential treatment program, serving eight disturbed adolescents. The boys come with heartache, which is expressed through anger and extremely self destructive behaviours. The unit is highly structured with many activities, including a very special winter camp trip. Three days at a provincial park, sleeping in yurts, heat and cooking from a fire. The summer highlight was a bike trip to Niagara Falls, camping along the way, and meeting the mayor.

My Song (Boys House client)

*I'm tired of being what you want me to be, I've become so numb, I can't feel you there.
Feeling so faithless, lost under the surface Become so tired, so much more aware.
Don't know what you're expecting of me, I'm becoming this, all I want to do
But under the pressure of walking in your shoes. Is be more like me and be less like you.
Every step that I take is another mistake to you. Every step that I take is another mistake to you.*

ELIZABETH RIDGELY *Executive Director*

I have been privileged to have been part of The George Hull Centre since its inception 20 years ago. With a staff who had a dedication to families and children and who stayed together for ten years building a new children's mental health centre, we explored and studied the possibilities of change for the child and the family. We brought in many teachers to help us. We worked hard. As time passed, the staff changed but the culture of the centre was established: the main principle being that a child without a family is an oar without a boat.



The Girls House is a long term residential treatment program, serving six disturbed adolescents. The girls come with heartache, which is expressed through self destructive symptoms, such as severe under-achievement, suicidal behaviours, cutting, prostitution, drug and alcohol abuse. Most have been sexually abused. Most have given up on themselves and their ability to develop a life worth saving.

M. was admitted at age 15, having been in and out of locked psychiatric units. Two years later, having used our School Program as well as the Girls House, she is excelling at a community high school. She has a part-time job and is applying to community college.

The School Program is a partnership program with the Toronto Catholic District School Board and the Toronto District School Board. It served 56 adolescents from the Boys House, Girls House, and the community. The troubled lives of our students have left them far behind academically. This program eases the academic struggle with classroom adventures in theatre, sports and musical performances. The partnership between the teacher and the child and youth workers is exemplary. Both are needed for our students who walk into the classroom with their heads down.

"What I liked best was that the school based their help around me and my issues and not any kind of template or set of rules. We could deal with what was preventing me from going to school." Student, Age 17

MARIA FREDERICK
Child & Youth Worker

Reflecting on The George Hull Centre after eleven years

This organization is willing to ask the difficult questions and implement change. It shows genuine care and respect for the clients and their families, and allows its clients to participate in different experiences. The leadership allows its employees to think outside the box and at times make decisions that may go against the grain. I have had the unique opportunity to explore my interest through post-secondary education, staff development training and supervising field placement students. My opinion has been valued and recognized for service well done.

Clear Directions: In partnership with Breakaway and the Toronto District School Board, the mission of Clear Directions is to help young people, whose lives have been shattered by drugs and alcohol, break the cycle of addiction, rebuild their lives and become productive members of the community. The multidisciplinary team, working with a harm reduction philosophy, engages youth by acknowledging and building on strength, instilling hope and inviting family and friends into the class and therapy rooms.

"We can't thank you enough for all the support you have given our daughter and our family. We all felt we were losing our daughter. She didn't care if she lived or died. You gave her the tools to look to the future. Now she is focused and has plans to go to college. She was always a bright student but lost her way in Grade 9." Parents

Research: Dr. Sandra Cuning, Director of Research, was awarded a \$25,000 research grant from the Centre of Excellence for Child Welfare, Bell Canada Child Welfare Research Unit, University of Toronto, to evaluate the long term outcomes of family group conferencing. This project was presented at the University of Toronto, Divisional Psychotherapy Research Rounds in March 2005. Dr. Cuning and Dr. Ruth Stirtzinger, Psychiatrist in Chief, presented on school/mental health partnerships at the University of Toronto Department of Psychiatry and at the Ontario Council of Exceptional Students Annual Conference. Dr. Cuning is responsible for the ongoing evaluation process of the work at the George Hull Centre.



CENTRE OF EXCELLENCE

"First was the great pleasure of being in a place that is heart and soul about clinical practice. Every office door I walked by and every time I went into the kitchen, the talk was all about families – what they need, what to do, who to pull in. I can't tell you how much this touched me – the exhausted dedication of the staff. That the Executive Director is first of all a clinician and sets good clinical practice inviolable, accounts, I am sure, for the heartfulness that pervades the place." Intern, Family Therapy Training Program

Training Future Professionals

The Centre is delighted to welcome Dr. Marianne Gocker to our psychiatry department. Dr. Gocker comes with excellent experience and a love of children, of adolescents, and their families. She combines sensitivity and compassion with knowledge and purposefulness. Her strong clinical skills, not to mention her jewellery, enrich her practice, her teaching, her supervision and her consultation.

Through The Centre's formal affiliation with the University of Toronto, Faculty of Medicine, Department of Psychiatry, Division of Child Psychiatry and the Faculty of Social Work, the Centre offers learning opportunities to students from various professional disciplines. This year, the Centre provided learning opportunities for 1 resident in psychiatry, 2 social work students, 1 social work research student and 77 medical students, University of Toronto; 13 child & youth work students from George Brown, Humber and Mohawk Colleges; 1 couple and family therapy student, University of Guelph.

BONNIE MCGUIRE *Parents' Association*

The George Hull Centre came into our lives at a significant time. When our teen aged daughter was facing a crisis, the whole family felt pain. This led to a great deal of stress and a sense of isolation from our community. Dealing with mental health issues does take time, but the George Hull Centre helped us through that difficult time and gave us the support we needed to allow healing and face the future with a new sense of confidence. We will be forever grateful.

Family Therapy Training Program

We salute the 20th anniversary of the Family Therapy Training Program.

We salute the dedication of the faculty then and now.

We salute the international family therapists who came to the Centre to share their wisdom.

Dr. Maurizio Andolfi, Italy

Dr. Thelma Jean Goodrich, U.S.A.

Dr. Mary Hotvedt, U.S.A.

Dr. Patricia Minuchin, U.S.A.

Dr. Hans Mulder, Holland

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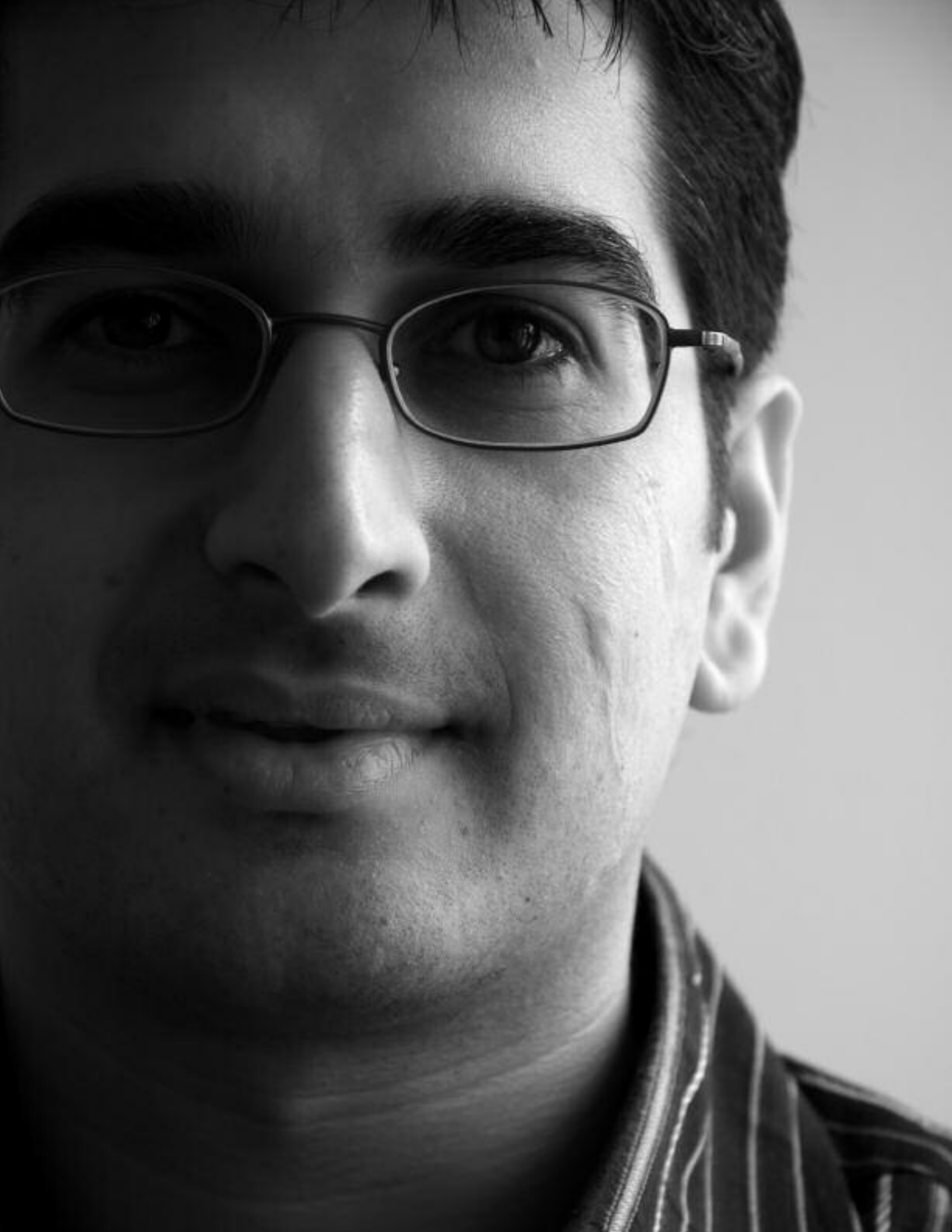
Dr. Salvador Minuchin, U.S.A.

Dr. Judith Myers Avis, Canada

Dr. Patricia Lopez Negrete, Mexico

Dr. Murray Stein, U.S.A.

Dr. Carl Whitaker, U.S.A.



PROJECTS ON THE GO!

"The program was excellent. It taught me a lot about what happens when you do drugs or drink alcohol and how it could mess up your life." Male, Grade 10

Clear Directions Outreach Program: 850 youth participated

This new program was implemented with time-limited funding from the Ministry of Children & Youth Services. It offers four substance abuse education seminars to youth age 13 – 18 in their schools. The program is universal in its delivery to whole classrooms. It is experiential and interactive, using current movie clips and experiments to show the effects of substances on the brain and nervous system. In conjunction with the program, a six-session parents' substance abuse education group was held.

"Overall this program helps teens think twice before smoking up or taking a hit. The people both seem to care a lot about what they do, making it interesting." Female, Grade 10
"I thought this was a very detailed well-made presentation. I also feel that the program will help thousands of people. Thank you." Male, Grade 10

Toronto Family Group Conferencing Project

The project has just completed its final year of funding from the Ontario Trillium Foundation. The Foundation's three-year commitment enabled the project to prove the value of involving the extended family in planning for the care of children in need of protection and to expand the focus to include children's mental health referrals. Hedge Funds Care awarded the project a grant of \$50,000 in recognition of an innovative child welfare initiative. The Ontario Ministry of Children & Youth Services awarded the project \$26,000 to train coordinators from diverse communities. The project has been approved for \$100,000 in annual Ministry funding, beginning April 1, 2005. This allows the project to continue. However, more funding is required to serve children who are in need of protection across Toronto.

To date, 2,580 have attended presentations and training.

88% of the children planned for were placed in the care of their extended family!

"The FGC process helped to bring our entire family together and gave my niece and nephew who were in foster care a chance to start their life over again in a loving environment with family. We are so blessed to have been involved in this positive outcome for their sake! Best wishes to other families who engage in this most worthwhile process." Aunt

RASHAAD VAHED Social Worker

Raising children is tough. When problems occur, they are complicated and painful. When challenged, it is an act of courage to simply reach out. The families we work with do this everyday. For me, discovering solutions in therapy is intimate work that requires creativity, thoughtfulness, and the risk to try things differently. My work is grounded by colleagues who are committed and passionate. In therapy, our families find advocates for their strengths. In groups, our families find connection and mutual support.

THE GEORGE HULL CENTRE TREASURES THREE VERY SPECIAL EVENTS

Thank you to all participants and all volunteers for making these three very special events, very special!

The George Hull Centre Foundation Poker Tournament \$181,800

Hosted and sponsored by RBC Capital Markets

Other Sponsors: The Dominion of Canada General Insurance Company, Lombard Canada

Thank you, RBC! Thank you, Duncan McCallum and your committee!

The George Hull Centre Golf Tournament \$21,400

Diamondback Golf Club

Tournament Sponsor: The Dominion of Canada General Insurance Company

Thank you, Bob Hull and your committee!

The Scotiabank Toronto Waterfront Marathon \$14,200

Thank you, Anne-Marie Vanier and your committee!

HONORARY MEMBERS OF THE GEORGE HULL CENTRE

1985-1990 Clive Chamberlain, M.D., F.R.C.P.(C), Founding Executive Director

Speakers who enriched our Annual Meetings with their thinking, their advocacy and their presence.

2004 Ellie Teshar

1996 Michael Valpy

2003 June Callwood

1995 Anne-Marie Stewart

2002 Susan Perren

1994 His Excellency Allan Rock

2001 The Hon. Margaret Norrie McCain

1993 Tony Silipo

2000 The Hon. Hilary M. Weston

1992 Dr. Thelma Jean Goodrich

1999 Jeffery Wilson

1991 Dr. Colin Maloney

1998 Dr. Susan Bradley

MICHAEL SYRON MEMORIAL BURSARY

The Michael Syron Memorial Bursary was established in honour of the founding Board Chair of the Centre, whose dedication and ideals contributed to the Centre and to the Etobicoke community. Funded by his children, Laura Syron, Stephanie Taafe and Philip Syron, the bursary is presented annually to a university or college bound student graduating from a school located in the former City of Etobicoke.

The 2004 Michael Syron Memorial Bursary of one thousand dollars was awarded to Claire Sheldon, a graduate of the Etobicoke School of the Arts, on her way to Brock University to study linguistics. Other awards were given to Hey-Yeon Chung, a graduate of Etobicoke Collegiate Institute, who was accepted at Trinity College, University of Toronto, to study political science, and to Mona Shaukat, a graduate of Martingrove Collegiate, who was accepted at York University to study sociology. All three young women overcame obstacles, excelled academically and contributed to their school and their community.

FINANCIAL HIGHLIGHTS*12 Month Period Ending March 31, 2005 (in thousands of Canadian dollars)*

Revenue	Provincial Subsidy	5,948
	Specified Donations	252
	Family Group Conferencing	157
	Nutrition Program	92
	Intensive Child & Family Service	65
	0 to 6 Mental Health Initiative	93
	Etobicoke Preschool Consultation	65
	Family Therapy Training Program	18
	Interest and other expense recoveries	171
	Total Revenue	6,861

Expenditures	Salaries and Benefits	4,930
	Building Occupancy	580
	Professional Services	327
	Program and Client Expenses	361
	Office and Administration	196
	Awareness	17
	Amortization	106
	Training and Recruitment	37
	Family Therapy Training Program	11
	Family Group Conferencing	122
	Nutrition Program	87
	Intensive Child & Family Service	62
	Total Expenditures	6,836

Funds Received & Managed on behalf of:

Etobicoke Brighter Futures Coalition	Health Canada CAPC	182
	Ontario Trillium Foundation	40
	United Way Success by Six	110
	Other	13
Toronto Preschool Speech & Language Services	Provincial funding through the City of Toronto	903
	Other	30

Audited financial statements are available upon request.

CORPORATE DIRECTORY

Management Team

Elizabeth Ridgely, M.S.W., R.S.W.,
Executive Director

Rick Arseneau, B.Comm., CGA,
Director, Administration

Daniel Bogue, M.S.W., R.S.W.,
Director, Prevention &
Early Intervention Services

Jane Bray, M.S.W., R.S.W.,
Director, Residential and
Day Treatment Services

Janet Charlton, SLP, Reg.CASLPO,
Manager, Preschool Speech
& Language Services

Sandra Cunning, Ph.D.,
Director, Research

Bill Davidovitz, M.S.W., R.S.W.,
Director, Community Clinic

Constance Donner, E.C.E.,
Program Manager,
Highfield Community Enrichment Project

Tahmo Gharabaghi, B.A.,
Program Manager, Day Treatment Programs

Lynne Gregory, C.Y.W.,
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Andrew Legatto, B.A.,
Program Manager, Boys House

Debbie MacArthur, B.A.,
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Audrey Mullan, Manager,
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Anne Secord-Houston, B.S.W., R.S.W.,
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Ruth Stirtzinger, M.D.,
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Volunteers

151 volunteers!

The George Hull Centre appreciates the hard work and significant contribution our volunteers make in programs from governance to reading circles to lunch preparation to social skills programs to the Parents Association to the clothing exchange to community events.

"We are convinced that our meeting with you was a turning point for the three of us. The only feedback we are getting from school now is positive. Our son told us that ever since we met with you things have improved. We also feel that we have changed our habits as a result of taking the Parenting Adolescents Group." Parents

DONATIONS 2004-2005

The Centre gratefully acknowledges the generous support of its donors.

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Kingsway-Lambton United Church Women		

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Hedge Funds Care, Toronto Community Foundation	The Alice & Murray Maitland Foundation	The Gordon Family Foundation
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		The Raptors Foundation

"The George Hull Centre provides an essential front line service to families in crisis, a helping hand to adolescents in turmoil, and a place where parents can learn coping strategies. These counselling services are unequalled anywhere." Parent

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Alana Patterson	Alison Rundle	Debbie Stevenaagen	McKay Williams
Caren Patterson	Rita Russo	Mr. & Mrs. Timothy Stewart	Eric Windeler
Mary Pautter	L. Sai-Chew	Dr. Ruth Stirtzinger	Catherine Wong
Carroll Pearce	Amanda Sajda	Philip Syron	Sim Mee Wong
Sandra Pereira	Nigel Salvador	Stephanie Taaffe	Robert Woodall
Marianne Pereira	Maria Santos	Robert Tadic	B. Woods
Susan Perren	Aldo Saracini	Richard Talbot	D. Woods
Cathy Phillips	Vito Sauro	Rena Tallis	Joan Woods
Isabelle Phillips	Sophie Schmidt	Mark Taylor	Rob Woods
Larry Phillips	Desmond Scotland	Paul Tegelatar	Kate Wootton
Maddalena Pignatari	Ella Scotland	Dr. Shane Teper	Danny Wright
Virginia Pinto	Mary Scotland	Dilip Thater	Jurij Zurba
Marion Plunkett	Melissa Scotland	L. Theall	
Colin Pope	Tofaloa Scotland	Jackie Thomas	
Sandra Porter	Mary Secord	Erin Timmons	
Dr. Terry Portigal	Anne Secord-Houston	Mary Jane Tindale	
Marlene Potter	Graham Segger	Catherine Torreno	
Mollyanna Potter	E. Semakula	Mary Torro	
Cynthia Potts	Indu Sethi	Karen Traboulay	
Morris V. Pressello	Beth Severtson	Lucie Tremblay	
Melanie Priestly	Reza Shah	Anita Turcotte	
Lorine Prince	Jackie Sharpe	Mr. & Mrs. Neil Turnbull	

I love this
place
C.K.

Girl, Age 5

We celebrate the diligence, the optimism, the vision and the competence of our Founding Executive Director, our Founding Board Chair, and the forty-five Board members from our first twenty years.

Founding Executive Director: Clive Chamberlain, M.D., F.R.C.P.(C), 1985-1990

Founding Board Chair: Michael Syron, 1985-1990

Past Board Chairs

Michael Syron	1985 – 1990	Melvin A. Rhinelanders	1994 – 1996
Robert G.S. Hull	1990 – 1994	Philip Allmen	1996 – 2001

Past Board Members

Philip Allmen	1993 – 2003	Gordon Lownds	2001 – 2004
Bob Bass	1997 – 1999	Gloria Lindsay Luby	1985 – 1987
Joanne Best	1991 – 1998	James MacDonald	1986 – 1992
Greg Braithwaite	1993 – 1997	Grant Machum	1997 – 1997
Elizabeth Brown	1992 – 1994	Denise Marcellin	1993 – 2000
Kevin Chernoff	1991 – 1992	Winston Marcellin	1993 – 2000
Anette Christensen	1995 – 1999	Fred May	1993 – 2002
Janice Etter	1992 – 1998	Gregory F. McGuire	1993, 1997 – 2001
Elizabeth Fanjoy	1997 – 2001	Duncan Munn	2000 – 2001
Judge Stewart Fisher	1986 – 1986	Lorraine Nowina	1990 – 1995
Maureen Flangan Pool	1993 – 2000	Akela Peoples	2000 – 2002
Robert Foote	2002 – 2004	William Praskey	1987 – 1989
David Girvin	1998 – 2000	Jed Purcell	1985 – 1990
Ana Gomez	2002 – 2003	Dr. Naomi Rae-Grant	1986 – 1988
Alison Irvine	2001 – 2002	Melvin A. Rhinelanders	1990 – 1997
Debra Haak	2000 – 2003	Bruce Rivers	1990 – 1993
Colin Hamilton	1985 – 1999	Peter Sirois	1993 – 1997
Deborah Hanscom	1992 – 1994	Murray L. Smith	1991 – 1994
Robert G.S. Hull	1988 – 1997	Richard Smith	2000 – 2002
Sheila Kieran	1985 – 1985	Susan Sotnick	1991 – 1994
Paul Laberge	2001 – 2004	Michael Syron	1985 – 1992
David Latimer	1988 – 1992	Dr. Francis J. Turner	1988 – 1994
Fred Ladly	1989 – 1991		



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