

Our Story



THE GEORGE HULL CENTRE
for Children and Families

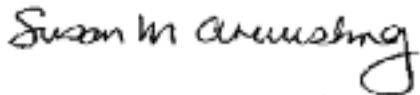
FROM THE BOARD CHAIR AND EXECUTIVE DIRECTOR

The George Hull Centre continues to offer a comprehensive service continuum to children, youth and families with varying degrees of vulnerability.

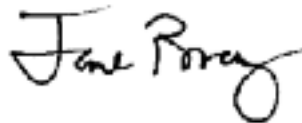
Our commitment to clinical excellence, teaching and research is evident in every program.

The staff and Board are exceptional. United by a common commitment, they work passionately and tirelessly to make a difference in the lives of children and families.

The Centre continues to manage responsibly through these difficult economic times. The need for services increases, government funding is static and fundraising presents an increased challenge as corporations and individuals reexamine their budgets. We are fortunate that we have a strong base of support from our many donors and sponsors.



Susan M. Armstrong, C.A., ICD.D
Board Chair



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

Mission Statement

The George Hull Centre is a multidisciplinary, innovative children's mental health centre.

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.

The George Hull Centre served 5,333 children and their families in 2008-2009.

COMMUNITY SERVICES

The Community Clinic sees families with children from birth through to eighteen years. Families are seen by clinicians for assessment of the problem and the development of a treatment plan with the family and the child. Clinical services include assessment, family, individual and group treatment, psychological and psychiatric evaluation. Groups and workshops addressing common problems that children and their parents face are offered to clients on the waiting list, clients in active treatment and families in the community. Topics include parenting challenging children, parenting adolescents, anxious children, angry children/angry parents. 748 families were seen for assessment and treatment. 691 participants attended clinical and health promotion groups and workshops.

“We leave encouraged and optimistic. The option of family CBT would appear to be ideal for our family.” Parent

“You are exactly what many people and/or families need, especially those who feel they have no where to turn. I am ever so grateful to GHC and my wonderful counsellor for being a positive influence in my daughter’s life and my own.” Parent

The George Hull Centre is the local coordinating agency for **West Toronto Preschool Speech and Language Services**. The program provides community-based speech and language services to children and their families before the children are eligible for senior kindergarten. The range of services includes assessment, consultation and support to parents and staff in child care settings, training for parents and professionals, and group or individual therapy. 440 clients were served at The George Hull Centre. 1,889 were served throughout the West Quadrant.

Ontario Early Years Centre

The George Hull Centre is the host centre for the Ontario Early Years Centre for the Etobicoke Centre riding. 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. 1,365 children and 1,257 parents/caregivers attended the Ontario Early Years Centre.



COMMUNITY SERVICES

The Shared Care consultation program provides timely psychiatric assessment to children from birth to age six who are referred by community physicians. 135 children were assessed.

The Special Needs Resource Service provides consultation and support to licensed child care centres to support the inclusion of children with complex or intensive developmental, social, emotional or behavioural needs. 34 children were served and 6 workshops presented to a total of 55 participants.

The Etobicoke Brighter Futures Coalition is a project sponsored by The George Hull Centre. The George Hull Centre works collaboratively with its Coalition partners to plan, develop and deliver services and programs that will improve the health and well-being of vulnerable young children within the context of their families and their communities. Together, we work toward the creation of a seamless network of integrated services for all children from birth to age six and their families in Etobicoke.

The Highfield Community Enrichment Project is one of eight Better Beginnings, Better Futures prevention demonstration projects in the province. It 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. 84 volunteers support the project. 1,680 children were served.

More than 90% of respondents said the programs benefit them and their families and they would definitely recommend the programs to a friend.

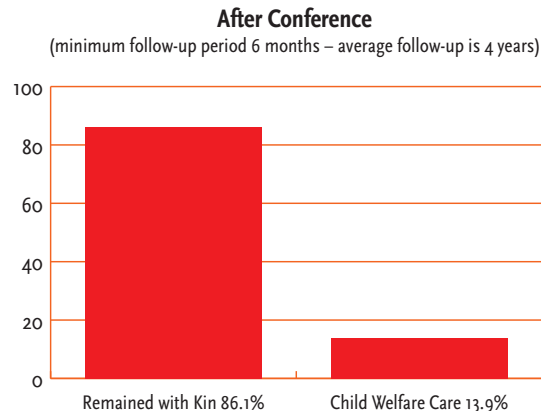
87% of respondents rated their overall program experience as “excellent” or “very good”.



COMMUNITY SERVICES

The Family Group Conferencing Project of Toronto is a collaborative partnership with The George Hull Centre, The Etobicoke Children's Centre, Children's Aid Society of Toronto, Catholic Children's Aid Society of Toronto, Jewish Family and Child Service of Toronto and Native Child and Family Services of Toronto.

The main objective of FGC is to give the extended family group (i.e., nuclear family, extended family, and friends) a voice in the decision-making 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. 54 conferences were held, planning for 151 children. 491 children have been planned for in the past eleven years, with over 85% of children remaining with or returning to their kinship system.



The Family Group Conferencing Ontario Provincial Resource, led by The George Hull Centre, is a quality assurance body, designed to promote and protect the model fidelity of Family Group Conferencing as one of the child welfare Alternative Dispute Resolution approaches. It provides training and consultation across the province, and maintains a provincial roster of qualified coordinators, trainers and mentors. As of March 31, 2009, there were 45 coordinators, 20 coordinators in training, 16 trainers and 12 mentors on the roster.

“[the conference] gave a space for people to express themselves who have long felt that they have not been given any power/control over their lives. I think this is an amazingly beneficial process” *Mother's Counsellor*

Results of a satisfaction questionnaire indicated that all respondents would recommend the family group conferencing training, with 88% indicating it was excellent.

RESIDENTIAL AND DAY TREATMENT SERVICES

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.

Libby's Place Client, age 18

Libby's Place and the **Boys House** are residential treatment programs for adolescents between the ages of 13 and 18. The residents come with pain and sadness, which is expressed through anger and extreme self-destructive behaviours. Most have given up on themselves and their future. The programs reflect a Centre-wide commitment to competency-based approaches to treatment. Both programs are highly structured, emphasizing and using both individual and group strengths. Family involvement is encouraged at every level of the programs. 19 adolescents received residential and family treatment.

"The George Hull Program has opened up many new opportunities for myself and my family...Although there are still many issues that I haven't dealt with, I feel strong, independent, and completely fulfilled, capable of reaching my goals. Thanks to the George Hull Program, I once again feel motivated to gain control of my life and reach for the stars!" *Adolescent client*

The School Program serves residents of Libby's Place and the Boys House, as well as adolescents from the community who are unable to manage in their local schools. The program is offered in collaboration with the Toronto District School Board and the Toronto Catholic District School Board. The youth who attend the school exhibit acute or chronic behavioural, emotional, or learning difficulties. 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. 54 students attended, earning 180 academic credits.

I can remember the first day I came here. I wanted to kill everybody and myself. I vowed that I wouldn't do any work, to not make any friends, and don't talk to anybody. I hated this place so much. Finally, I got used to it and it's great! I'm getting work done. I've made friends and talked to everybody!
School Program Client, age 14

RESIDENTIAL AND DAY TREATMENT SERVICES

Clear Directions is a collaborative program provided by The George Hull Centre for Children and Families, Breakaway and The Toronto District School Board. The program is designed to assist youth, 18 years and under, who are struggling with serious substance abuse and mental health issues and who live in the Greater Toronto Area.

A multidisciplinary team working within a harm reduction philosophy engages youth by acknowledging and building on strength, instilling hope and inviting family and friends into the classroom and therapy room. A continuum of care encompassing outreach, individual and family therapy, day treatment, psychiatric consultation, residential care, case management and follow up is offered. 16 adolescents were served.



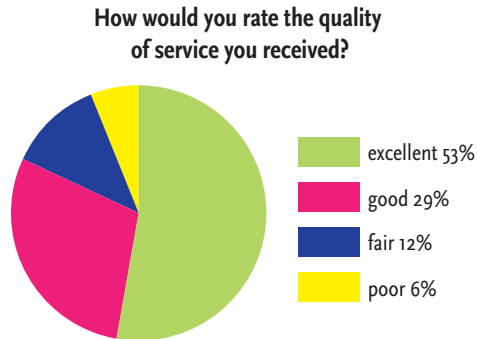
“The Clear Directions Outreach Program taught me more about drugs and how it affects everything from you to your friends, even though I’ve been learning about drugs since Grade 6.” *Male, Grade 10*

“It’s a very supportive program that can really help if you’re willing to open up and let it.” *Client*

“The staff support - they don’t judge nor criticize.” *Client*

RESEARCH AND PROGRAM EVALUATION

From the Client Satisfaction Questionnaires:



The Research and Program Evaluation Department is responsible for program evaluation and quality assurance activities across the Centre. The department also supports education and training at the Centre.

A Vital Idea grant from the Toronto Community Foundation funded an evaluation of the 2008 Highfield Summer Enrichment Program, which prepares children for kindergarten. The evaluation

found that at the end of the program, social skills, concrete skills and comfort with school routines increased. 90% of parents reported that their children were less anxious about starting kindergarten and 94% of parents reported that they were less

“My prime worry of her fear about the school and mixing with other children is gone now. I am confident about her starting school”
Parent

anxious about having their children start kindergarten.

The Community Clinic received a grant from the Provincial Centre of Excellence for Child and Youth Mental Health to develop an evaluation plan for the Short Term Intervention Program, which offers families three pre-scheduled sessions with a team of two clinicians. The evaluation will determine the effectiveness of the program.

Training Future Professionals

Through the Centre's formal affiliation agreement with the University of Toronto, The George Hull Centre provided learning opportunities to 4 residents in psychiatry, 29 medical students, 4 social work students, and 1 speech and language pathology student.

The Centre also welcomed 12 child & youth work students from George Brown, Humber and Sheridan Colleges and Ryerson University; 2 nursing students from Humber College and Ryerson University; 3 social service work students from Humber College and Medix School, 2 family therapy interns and 4 Family Group Conferencing coordinators-in-training.

The Paul Steinhauer Award for Best Postgraduate Teacher in Child Psychiatry was awarded to **Dr. Marianne Gocker**, Community Clinic psychiatrist.

The Robert L. Smith Award for excellence in child and adolescent psychotherapy was awarded to **Dr. Kira Payne**, resident in psychiatry, for her work in applying Acceptance and Commitment Therapy with adolescents.

Michael Syron Memorial Bursary

The Michael Syron Memorial Bursary was established in honour of Michael Syron, the founding Board Chair of the Centre. His dedication and vision contributed to the Centre and to the Etobicoke community. Funded by his children, Laura Syron, Stephanie Taaffe 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 bursary assists students who have done well in school and contributed to the community despite adverse personal circumstances.

The 2009 Michael Syron Memorial Bursary was presented to Muna Abukar, who excelled academically and contributed to her school and the community.

Who Are You?

You are the shadow
that never lets me see the sky
You are the gravity that never lets
me fly
You are the cage that keeps me
inside
You are the fear I see in my eyes
You are the abuse I never deserved
You are the selfish person I long to
be
You are the power
that never lets me go free
You are the constant pain
that makes me cry
You are not the guy
you claim to be
You are a stranger to my eyes

Client, age 16

FROM OUR CLIENTS

The George Hull Parents' Association

The Parents' Association, under the leadership of Cathy Martin, had another active and productive year. We are appreciative of their ongoing work and support of the Centre.

The Student Art Show, May 2009, hosted by the Parents' Association, featured art work by clients of the School Program and Clear Directions, as well as posters on mental health by students of Richview Collegiate Institute. Checkerboard, the rock band produced by the residential music program, performed and funds were raised to support the Centre's art program.



What are your biggest problems or worries about your family?

I'm afraid of the dark, get picked on at school. I play instead of doing my work. I can't read that good. *Girl, age 9*

That someone will kill me. That we will all die. *Boy, age 7*

Something might happen to my mom. *Boy, age 11*

I might end up angry like my sister. That we will never be a full family again. *Girl, age 11*

My dad hit me a lot. My mom and dad are fighting a lot. *Girl, age 9*

By coming to GHC, what changes are you hoping to see in your life or in your family?

That we all become friends and adult problems do not become my problems. *Boy, age 9*

Independence. Well, figuring out our roles in each other's lives. *Boy, age 17*

Me not getting angry so easily and me getting more confidence. I'm hoping to see my family bonding more and talking together. *Girl, age 13*

My weight, my money situation and my substance abuse. *Girl, age 16*

I would like to hear less screaming and banging and be sure that my sister and my mom are safe at home. *Boy, age 13*

How do you think we could best help you and your family make the changes you want?

I don't know how you can change the way we are, but you can try. There is one way though, you could tell us to get together and get to know each other. *Boy, age 12*

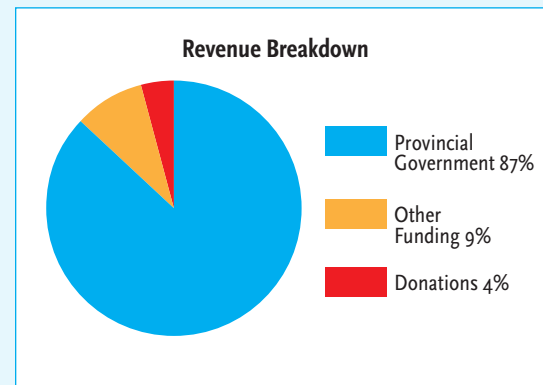
Keep/maintain connection in case of future problems. *Boy, age 17*

I think we just need to be open with each other with supervision so we don't kill each other. *Girl, age 14*

FINANCIAL HIGHLIGHTS

12 Month Period Ending March 31, 2009

	\$ooo's	Expenditures	\$ooo's
Revenue			
Provincial Government Subsidy	6,469	Salaries and Benefits	5,769
Other Funding	607	Building Occupancy	619
Expense Recoveries	28	Professional Services	306
Donations	325	Program and Client Expenses	323
Family Therapy Training	31	Office and Administration	238
		Amortization	80
		Travel and Vehicle	78
		Training and Recruitment	71
		Family Therapy Training	26
Total Revenue	7,460	Total Expenditures	7,510



Funds Received & Managed on behalf of:

<i>Etobicoke Brighter Futures Coalition</i>	
Public Health Agency of Canada	182
United Way Success by Six	118
Ontario Trillium Foundation	60
Other	19
<i>Toronto Preschool Speech and Language Services</i>	
Provincial funding through the City of Toronto	1,249
Other	34

MAKING A DIFFERENCE

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



The 6th Annual George Hull Centre Charity Golf Tournament was held at Eagles Nest Golf Club in August 2008. It was a wonderful day of

challenging play, including the RBC Hole-in-One contest, a great raffle and silent auction, and lots of fun, all in support of children's mental health services. Thank you to our Title Sponsor, The Samuel Group of Companies, and additional sponsors BMO Financial Group, MDM Business Solutions and The Dominion of Canada General Insurance Company, as well as all the golfers, hole sponsors, volunteers and donors who made the day such a success.



BMO Financial Group



The 6th Annual George Hull Centre Foundation Poker Tournament for Children's Mental Health, hosted by

RBC Capital Markets, was held in February 2009. 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 The Dominion of Canada General Insurance Company and Fasken Martineau DuMoulin LLP for their sponsorships, and to all the participants. You made a difference in the lives of vulnerable children and families.



The 2nd Annual Laugh Out Loud fundraiser was held on May 8, 2009 at the Steamwhistle Brewery. It was an amazing evening of

laughter, music and great food, featuring some of Toronto's top comedians. Thank you to BMO Financial, the Presenting Sponsor, and additional sponsors The Dominion of Canada General Insurance Company, Willis Canada, Blaney McMurtry LLP, Cade Associates Insurance Brokers Limited, Miller Thomson LLP, The Guarantee Company of North America and The Hull Family. Plan to join us next year on Friday, May 7, 2010 at the Design Exchange when we celebrate the Centre's 25th anniversary!

BMO Financial Group



MAKING A DIFFERENCE

THANK YOU

Discount Car and Truck Rentals for generously donating two brand new vans to our residential programs.



Dreams Take Flight for taking 9 George Hull Centre clients on a day-long trip to Disney World.



The Kids Up Front Foundation for supplying tickets to many cultural and 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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MAKING A DIFFERENCE

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Kids Up Front Foundation
Show Kids You Care
The Alice and Murray Maitland
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The EJLB Foundation
The McLean Foundation
The P. & P. Murray Foundation
Toronto Foundation for Student
Success

Community

Breakfast for Learning
Christ Church Bolton
Dreams Take Flight
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Toronto Star Santa Claus Fund

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MAKING A DIFFERENCE

Thank you to all who made donations in honour of Elizabeth Ridgely upon her retirement as Executive Director in November 2008. Libby's contribution to the Centre and the broader children's mental health community reflected her passion and commitment to children and their families. Her contribution was honoured at the Centre with the naming of the girls residence, Libby's Place.

Jasmine Akbarali
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Donald Armstrong
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Rae Augusto
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Jane Bray, M.S.W., R.S.W.

Community Services

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Kim Curran, M.S.W., Coordinator, Etobicoke
Brighter Futures Coalition

Lynne Gregory, C.Y.W., Program Manager,
Ontario Early Years Centre, Special Needs
Resource Service

Inshirah Hassabu, Project Coordinator,
Family Group Conferencing Project of
Toronto

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COMMUNITY PARTNERS

Etobicoke Brighter Futures Coalition

Braeburn Neighbourhood Place
Braeburn Ontario Early Years Centre
Community Living Toronto
Etobicoke Children's Centre
Etobicoke Pre and Post Natal Nutrition Project
First Stage Child Care
Humber College
Humewood House Association
Lakeshore Community Childcare Centre
LAMP
Learning Enrichment Foundation
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 Child Centre
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 Preschool Speech and Language Services
Toronto Public Health
Toronto Public Library

Willowridge Information and Recreation Centre
YMCA Child Care at LAMP

Ontario Early Years Centre

Etobicoke Brighter Futures Coalition
Oakwood Retirement Communities Inc.
Toronto Community Housing

School Program

Toronto Catholic District School Board
Toronto District School Board
Rathburn Area Youth (RAY)
West End Sexual Abuse Team (WESAT)

Clear Directions

Breakaway
Toronto District School Board

Family Group Conferencing Project of Toronto

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 Region
Etobicoke Brighter Futures Coalition
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 Services
Breakfast for Learning
First Stage Child Care Centre
Highfield Junior School
Highfield Junior School Parent Council
Inter-cross Cultural Exchange
Kingsway Humber Valley 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
Second Harvest
Toronto Partners for Student Nutrition
Toronto Preschool Speech and Language
Services
Toronto Public Health
Community Clinic
Rathburn Area Youth (RAY)

On This Road

Walking alone on this road trying to find home
so many mistakes I've made, so many prices I've paid
I look back into the past at everything that I had
and I do regret the pain I'm in
SO many people are in and out of my life
not one has stayed
tell me you're different, tell me you're not the same

I cry on this road while I'm walking alone
because no one wants to be beside me in the end
is this what it is, do we call this the end
because I've been trying for way too long
and I don't want to go on

Tell me things will get better
tell me it doesn't get worse from here
I'm going back home to face my fears
been traveling so far for way too long
dropping my baggage and singing my song
if I do better will things seem more clear
I've been waiting a lifetime for one perfect year

So stand by my side, walk this long road with me
I'm not in the mood to fight tonight
I just want to lay here and think of the past
think of a time when things weren't so bad
when I could smile and thank God
for the life that he gave me because
that's all that I really wanted

now it's too late to go back
all I need is to go forward
maybe fix my mistakes, return the things I've borrowed
give me that chance like you have done before
because I'm way too tired for tomorrow...

Client, The George Hull Centre School Program

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Accredited by Children's Mental Health Ontario

