



THE GEORGE HULL CENTRE
for Children and Families

2012–13 Annual Report





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According to Children's Mental Health Ontario, 1 out of every 5 children and youth under age 19 struggles with a diagnosable emotional, mental or behavioural disorder.

Of all mental health problems, 70 to 80 percent emerge in childhood or adolescence.

At The George Hull Centre for Children and Families, we work with children from birth to age 18, providing comprehensive, family-centered treatment including outpatient, residential and substance-abuse treatment, and specialized schooling. We also deliver a range of focused and accessible prevention and early intervention programs in the community. Each year we see over 4,500 families — which means we are not only helping 4,500 children, but also the parents and siblings of 4,500 children, the schools they attend, and the communities in which they live.

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 children, youth and families.



I love the fact that George Hull has changed my life and my little boy's life. The anxiety and stress program is amazing. My son loves to come to the group and applies what he has learned in everyday life. I was so proud of my little boy when without hesitation he implemented techniques he learned on how to deal with bullies."

Parent

Community Clinic

The Community Clinic serves families with children from birth through age 18. Clinical services include specialized assessment, family, individual and group treatment, psychological and psychiatric consultation. The Clinic also provides clinical service to schools, child welfare and other community agencies.

- 749 children and their families were served in clinical treatment last year
- 393 children and families were served in psycho-educational and support groups
- \$100,000 over 3 years
Awarded a People Advancing Change through Evidence (PACE) grant from the Ontario Centre of Excellence for Child and Youth Mental Health to investigate and implement an evidence-informed practice for families dealing with complex, inter-generational trauma.



Anxiety disorders are one of the most common mental health problems among children today. In a 2012 survey by the Toronto District School Board, the following percentage of parents reported that their children were nervous or anxious:

- 22% in kindergarten
- 29% in Grade 3
- 32% in Grade 6
- 72% by end of Grade 12

Substantial research supports the effectiveness of Cognitive Behavioural Therapy (CBT) as the treatment of choice for the reduction of anxiety.

- 218 children and 45 parents participated in CBT anxiety treatment groups in 2012–13

“*[The group] has given my students a meaningful framework for thinking about feelings and for connecting their feelings to the choices they make from moment to moment.*”

Teacher, Toronto District School Board



Libby's Place and The Boys House

Libby's Place and The Boys House are specialized residential treatment programs for adolescents between the ages of 12 and 18. These programs, staffed by experienced professionals in child and youth work, family therapy and psychiatry, serve adolescents with complex and longstanding difficulties.

Group and individualized programming is designed to provide a range of opportunities that promote self-esteem, confidence and skill development. Last summer included a 10-day canoe trip on the French River – the usual comforts of soft beds, flush toilets and food on the table gone. To reach the goal, boys who trust no one had to work with a team, angry young men had no choice but to be patient, and kids who'd never completed anything, had to believe they could make it to the end.

- 25 adolescents participated in residential treatment in 2012–13

Libby's Place and The Boys House are participating in a longitudinal outcome study of youth in residential treatment, conducted by researchers from Wilfrid Laurier University. The researchers are interviewing youth who have graduated from a number of children's mental health residential treatment programs in Ontario.

Clear Directions

Clear Directions provides treatment to adolescents, age 13 to 18, 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, individual and group therapy, an academic program, residential support, outreach and follow-up.

School Program

The School Program provides a therapeutic educational program for clients of the residential programs and children and youth from the community 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.

- 62 children and youth were served in day treatment last year



Toronto Preschool Speech and Language Services

Toronto Preschool Speech and Language Services provides community-based speech and language services to children and their families, including assessment, group and individual treatment, consultation, support and training for parents and professionals.

- 401 children were served at The George Hull Centre in 2012–13

Special Needs Resourcing

Special Needs Resourcing provides consultation and support to licensed child-care centres to support the inclusion of children with complex needs from birth to age 12.

- 88 children were served last year

Specialized Children's Groups

Specialized Children's Groups provide extra support to children under the age of six to enable them to develop and practice the necessary skills they require to interact positively with their environment.

- 177 children participated in the Kindergarten Readiness and Nursery School programs last year

“ We are very grateful for all the help we have received. The George Hull Centre was a light at the end of our tunnel, our family will never forget the warmth that we have felt from day one!”

Parent



Highfield Community Enrichment Project

The Highfield Community Enrichment Project is a Better Beginnings, Better Futures primary prevention project located in a junior school in Rexdale.

- 1,617 children and 1,672 families participated in school-based programs, family support and community development activities this year

The Highfield Summer Enrichment Project continues to be in high demand by the community. Geared to newcomers to Canada, the four-week program prepares both the children and their parents for what to expect in kindergarten, and lessens their separation anxiety when school begins.

- More than 100 children are served each summer



“ *My granddaughter, my daughter and I have been allowed to express our feeling to the full extent and work on good ways to resolve conflicts.*”

Parent

“ *The best thing about coming to The George Hull Centre is that I can feel safe.*”

Child

“ *I can tell them anything.*”

Child

“ *They care and make me feel like there is hope.*”

Youth

“ *I love how friendly and polite everyone is here, very easy to talk to everyone. My worker was amazing, really helped me to become a better happier me. ... I really liked how she could explain things to me in a way I could understand, and just understood where I was coming from in certain situations. Overall amazing services, loved my worker!*”

Youth

Ontario Early Years Centre

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.

- 1,090 children and 1,280 parents were served this year

Thank you to the 125 volunteers who enriched the Ontario Early Years Centre and Highfield Community Enrichment Project with their time, expertise and dedication to enhancing the lives of children and families.

“ I do not know to whom I can express my gratitude for the Ontario Early Years Program. In general this program is essential for new moms like me. The George Hull program in particular is outstanding. ... My son is thriving in the program. His confidence, development and speech are flourishing and I think it largely has to do with the program and the people in particular who run it. ... Thank you for your amazing staff. I think my son is off to a great start in becoming the best he can be. It takes a village to raise children and I am glad The George Hull Centre is part of mine.”

Parent





Etobicoke Brighter Futures Coalition

The Etobicoke Brighter Futures Coalition is a collaborative group of over 30 community agencies that work together to plan, develop and deliver services and programs to improve the health and well-being of young children.

- 20th-anniversary celebration in 2013

Family Group Conferencing Toronto

Family Group Conferencing is an alternative approach to working with and engaging families in the child protection context. 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 well-being.

- 119 children served by the Family Group Conferencing Project of Toronto in 2012–13

Family Group Conferencing Ontario Provincial Resource

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

- More than 100 coordinators and mentors representing all regions across Ontario



Teaching Centre

Through its formal affiliation with the University of Toronto and teaching centre status with a number of universities and colleges, the Centre provided placements to:

- 73 students in psychiatry, clinical social work, speech and language pathology, child and youth work, early childhood education, community service work, medicine, nursing

“ It has been an unforgettable and amazing learning experience for me. I have so much respect for the clinicians and all of the excellent work that happens here.”

MSW student

Our Arnold Massey Student Centre recognizes Mr. Massey’s generous donation of \$250,000 over five years in support of the Centre’s commitment to training future professionals and fostering a culture of continuous learning and improvement.

“ A clinical placement with so many opportunities to gain clinical experience was a perfect fit for me ... such great clinicians, also experienced and fluent in specific approaches.”

MSW student

Financial Summary 2012–2013

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

12-MONTH PERIOD ENDING MARCH 31, 2013

REVENUE	\$000s
Provincial Government Subsidy	6,916
Other Funding	724
Expense Recoveries	28
Donations	378
Total Revenue	8,046

EXPENDITURES

Salaries and Benefits	6,417
Building Occupancy	551
Professional Services	389
Program and Client Expenses	271
Office and Administration	273
Travel and Vehicle	75
Training and Recruitment	43
Amortization	27
Total Expenditures	8,046

Funds Received and Managed on behalf of:

Etobicoke Brighter Futures Coalition

Public Health Agency of Canada	182
United Way Success by Six	118
Father Involvement Initiative	
– Ontario Network	90
Other	75

Toronto Preschool Speech and Language Services

City of Toronto (Provincial funding)	1,249
Other	78

I love this
place



We are appreciative of the generosity of the many individual and corporate donors, sponsors and foundations who help us make a difference in the lives of vulnerable children, youth and families. For our full Annual Report, including all our supporters, please visit our website at www.georgehullcentre.on.ca.

“*The Centre’s 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.*”

Anne-Marie Vanier, Board Chair
Jane Bray, MSW, RSW, Executive Director



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