



2015–2016  
ANNUAL REPORT



THE GEORGE HULL CENTRE  
*for Children and Families*

I love this  
place  
C.K

The George Hull Centre for Children and Families is an accredited children's mental health centre with a range of prevention and clinical treatment programs for children from birth through age 18 and their families.



## MISSION STATEMENT

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.

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.

594 children and their families were served in clinical treatment this year.

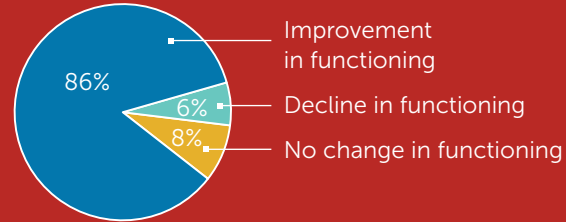
541 children, youth and parents were served in treatment, psycho-educational, and support groups.

*“A range of options, very knowledgeable staff; efficient and responsive to family needs.”* PARENT

*“Her counselling skill helped me get out of my dark place when I felt nothing to live for. I wrote down all the tips she gave me in case I feel low again!”* PARENT

*“I know what I say is safe and I feel relief to just talk without being judged.”* YOUTH

Client change in functioning based on Child and Adolescent Functional Assessment Scale (CAFAS) ratings at start and end of treatment:



## NEW

- **Nurturing Attachment** groups for foster, adoptive and kin parents to learn practical approaches to promoting attachment, shaping behavior and working through trauma and grief so their children can develop close, satisfying relationships.
- **LGBTQ groups.**
- **Walk-in consultation** service for children 0-6.
- **Increased trauma** assessment and treatment capacity.
- **Snack & Chat** program for parents in collaboration with the CANES Health Team.

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.

23 youth were served in residential treatment this year.



Literature specific to residential treatment reflects a positive correlation between family engagement and outcomes for youth in residential treatment. Our residential programs provide regular family therapy sessions, family dinners, weekend retreats with clients, families and staff, mother-daughter groups and a Nurturing Attachment group for parents.

*"I loved connecting with the other moms! SO great to have people who really can relate."*

PARENT

*"I liked the people, they were supportive, they were great with the kids, they did not judge. They kept me calm when I freaked out and thought it was the end of the world."*

PARENT

*"I like people to know that it is a good place to get help and start over, talk about stuff that they never talked about before and communicate with their family and make things better."*

YOUTH



129 children and youth participated in the CD DAWN prevention program in local schools.

83% reported that they learned new information about substance use.

*“It was awesome. I thought it was going to be kind of gross but I enjoyed it very much. Keep doing what you’re doing cause you’re doing a fine job.”*

PARTICIPANT

*“I like how you just give info about drugs instead of you saying not to take drugs. I like how you let us decide.”* PARTICIPANT

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.

14 youth were served in the Clear Directions treatment program this year.



83% of clients earned high school credits.

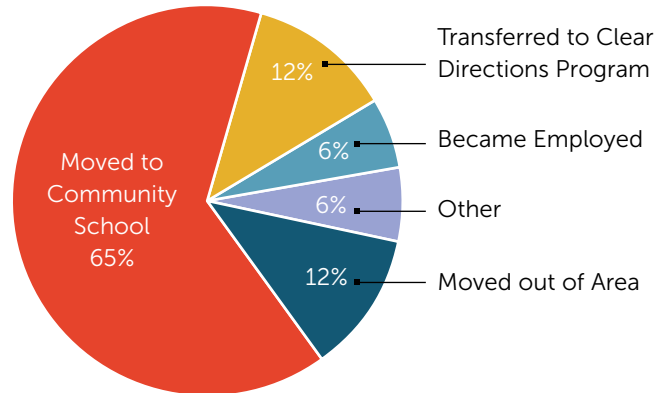
*“This program helps students learn about the true person they are and helps students grow and succeed in their future education and career.”*

CLIENT

The School Program provides a therapeutic academic 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.

51 children and youth were served in two secondary and one elementary classrooms this year.

After the program:





The Preschool Speech and Language Program provides community-based speech and language services to children up to Junior Kindergarten age and their families, including assessment, group and individual treatment, consultation, support and training for parents and professionals across west Toronto.

1,009 children and their families were served this year.



Services provided at SIX sites:

- Davenport Perth Community Health Centre
- Four Villages Community Health Centre
- Rexdale Community Hub
- Highfield Community Enrichment Project
- 295 The West Mall
- 81 The East Mall

Extended hours with Saturday morning clinics, early morning and evening appointments.

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.

62 children were served this year in child care settings.

92 child care professionals and parents attended workshops.

*"The staff was very professional and informative; she really made a big difference in the way the child care providers interacted with my son."* PARENT

The Highfield Community Enrichment Project is a Better Beginnings, Better Futures primary prevention project located in Highfield Junior School in Rexdale, providing school-based programs, family support and community development activities.

790 children and 655 families were served this year.

372 parents/caregivers attended workshops and seminars.

## NEW COMMUNITY

engagement programs:

- leadership training
- movie night
- literacy night
- workshops and group programs

96% of children who attended Kindergarten Readiness program were more easily able to separate from their caregiver.

## NEW GRANT

to researchers at Wilfrid Laurier University to do a 20-year follow up study on the first group of children served by the Highfield Better Beginnings, Better Futures Project — the only longitudinal study of its kind in Canada.





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.

936 children and  
937 parents and caregivers participated in programs this year.

408 parents/caregivers and  
59 professionals attended workshops and seminars.

NOW offering *Steps to Success*, an evidence-informed program for children with special needs.

NEW PROGRAM location at Islington United Church — our fourth Etobicoke site!

94% of caregivers strongly agree they have benefited from this program.

*“We come from a different culture and we have different ways to grow up the babies. But from this program, I learned the best way to grow my baby calm and happy.”* PARENT

The Etobicoke Brighter Futures Coalition, a collaborative group of over 25 community agencies continues to work together to plan, develop and deliver services and programs to improve the health and well-being of young children.



**PROUD SPONSOR**  
of Dad Central Ontario, providing relevant information on fathering to individuals and agencies.

**JOINED THE NEW**  
Etobicoke 0-3 Service Collaborative, led by Infant Mental Health Promotion and the Centre for Addiction and Mental Health. Goals are to expand knowledge of infant mental health and explore opportunities to build on successful local programs to make the system stronger for infants, toddlers and families in Etobicoke.



The George Hull Centre  
**CHAIRS** the Alternative  
 Dispute Resolution Provincial  
 Advisory Committee, with a goal  
 of creating a community of  
 practice among ADR providers  
 and community partners.

The Toronto Family Group Conferencing Program offers 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.

205 children, youth and families were served this year.

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 ensure model fidelity.

6 training and consultation sessions were held this year.

The Provincial Roster currently includes:

115 coordinators  
 23 mentors and  
 12 trainers across Ontario.

The Research and Program Evaluation Department supports the Centre in maintaining excellence in our services through program evaluation, quality assurance activities, training and consultation, ongoing empirical research and collaboration with other researchers.

ALL GEORGE HULL programs have logic models which include the evidence base, expected outcomes and annual evaluations.





## Teaching Centre

Through its formal affiliation with the University of Toronto and teaching centre status with a number of universities and colleges, the Centre provides clinical placements to students in psychiatry, medicine, nursing, social work, speech and language pathology, child and youth work, and early childhood education.

57 students participated in clinical placements last year.

THE COMMUNITY CLINIC was the recipient of a Bertha Rosenstadt grant from the Faculty of Social Work, University of Toronto, to support field instructor development.

THE FAMILY THERAPY TRAINING PROGRAM, a 14-session program providing in-depth knowledge of theory and practice of family therapy, is offered to professionals on a fee-for-service basis.

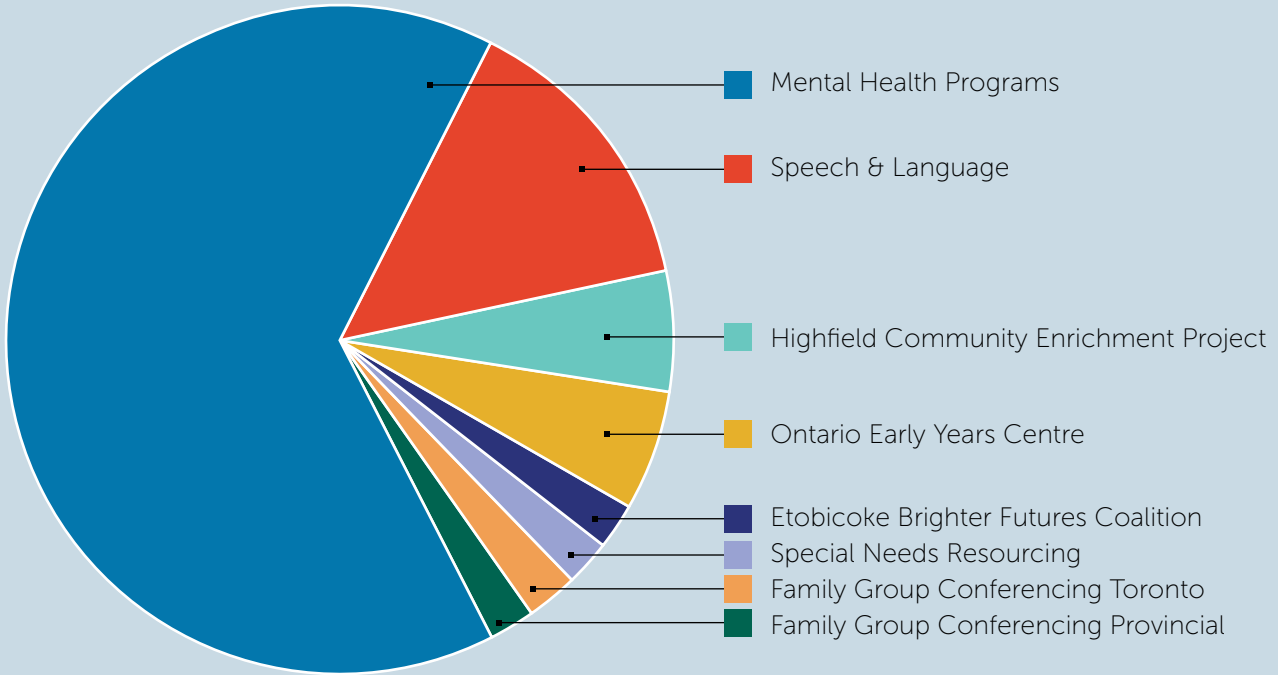
12-Month Period Ending March 31, 2016

<b>Revenue:</b>	<b>\$000s</b>
Ministry of Children & Youth Services	6,241
Ministry of Education	1,022
City of Toronto	1,589
Other funding	382
Expense Recoveries	8
Donations	77
<b>Total Revenue</b>	<b>9,319</b>

<b>Expenditures:</b>	
Salaries and benefits	7,473
Building Occupancy	788
Professional Services	373
Program and Client Expenses	235
Office and Administration	199
Travel and Vehicle	63
Training and Recruitment	28
Amortization	160
<b>Total Expenditures</b>	<b>9,319</b>

**Funds Received & Managed on behalf of  
Etobicoke Brighter Futures Coalition**

Public Health Agency of Canada	243
United Way Success by Six	118
Dad Central Ontario	26
Other	6



# MAKING A DIFFERENCE

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



In May 2016, we hosted our 9<sup>th</sup>-annual Laugh Out Loud comedy night at The Carlu, emceed by dynamic comedic duo Patrick McKenna and Deb McGrath. More than 360 guests enjoyed an evening of fun and laughter, featuring the brilliant Jessica Holmes as headliner, the Hull-arious LOL-stars improv troupe, and live band, The Hullabaloos.

LOL 2016 was generously sponsored by:

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## BAY STREET FORE A CAUSE

The George Hull Centre was delighted to be chosen as the beneficiary of the Bay Street Fore A Cau\$e golf tournament at St. George's Golf Club in September 2016. As well as raising money for children's mental health services, the event was a wonderful opportunity to spread the word about the importance of investing early in a child's life and ensuring children and families get the help they need when they need it.



**WE ARE GEORGE**  
*Young Leaders Group*

We Are George is a group of dynamic, young professionals committed to breaking down the stigma surrounding mental health issues and raising funds to support the Centre. In March 2016, they hosted their 2nd annual George's Country Fair — a sold-out afternoon of western-themed entertainment, featuring The River Town Saints. Funds raised were donated to the Centre's Anxiety Treatment Program.

## THANK YOU



for their continuing donation of two new vehicles to our residential treatment programs.



to the TD Securities Underwriting Hope fund for funding tutoring and psychoeducational assessments in our residential treatment programs.



for supplying tickets to many cultural and sporting events that our clients would otherwise have been unable to attend.

# THANK YOU

to our many generous individual and corporate donors, sponsors and foundations.

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**In memory of  
Emily Acheson**

Joanne Bonanno

**In memory of  
Judge Jack Cannon**

Judge William Horkins

**In memory of George Hull**

Anne Hull Campbell

**In memory of  
Gregory McGuire**

Bonnie McGuire

**In honour of Darlene Cade**

Susan Doherty

**In honour of Sarah Davis and in  
recognition of Carm Viola**

Rick Davis

**In honour of Ken McRae**

Lyndsey McRae

**In honour of Brigid Murphy**

Mark Taylor

**In honour of Tori's birthday**

David Kinley

**In honour of Lucas'  
6<sup>th</sup> Birthday**

Sherri Bell

R. Barnett

Enrique Halfon

J. Tamaya

Krista Jones

S. Pacheco

**In honour of Kiara's  
6<sup>th</sup> Birthday**

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**In honour of Suhani's  
7<sup>th</sup> birthday**

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Manny Dhillon

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**In the name of the  
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Nutrition Program  
The Etobicoke Children's Centre  
Family Association for Mental Health  
Everywhere (FAME) – Etobicoke  
First Stage Child Care Centre

Four Villages Community  
Health Centre  
The Hanen Centre  
Highfield Junior School  
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