


**Thrive**

Child and Youth Trauma Services

prevention *education* treatment

# ANNUAL REPORT 2016-17

A YEAR OF ACCOMPLISHMENTS

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# Message from the Board Chair

Looking back over the past year, it is clear that changes are coming at us both globally and individually at an increasingly rapid pace. Businesses are talking about resiliency in order to adapt to constantly changing circumstances. At Thrive, we are



in the business of helping children and youth in our community recover from the trauma they have experienced due to sexual abuse and the atrocities of the refugee experience. We are driven by the knowledge that with the treatment that Thrive provides, these children will be emotionally stronger, more resilient and able to thrive, and so we are determined to provide treatment for as many children as needed.

This past year, we expanded our parent and caregiver workshops, premiered the play “BETTER”, hosted a Parent Symposium, made available an online parenting resource tool and are taking part in the Hamilton Community Foundation Abacus initiative.

We continue to be ever grateful to our steadfast community supporters highlighted in our Report and are excited about some of the new donors who are getting to know about us. We pay special tribute to the CAPPY Ride as we made the decision to make the 25th annual event the final ride but (we hope), not a final goodbye to all of our wonderful CAPPY supporters!

Thank you to our amazing staff and clinicians who modeled resilience in the face of change under the outstanding guidance of our interim Executive Director, Catherine M. Pead. And a personal thank you to our Board of Directors for their time and efforts to ensure the sustainability of these important services for the good of the community.



Please take the time to read through our annual report and see all the great ways we are helping kids Thrive!

A handwritten signature in black ink, appearing to read "A. B. ...".

# Program Statistics



individual clients served



in the SAAT program

In 2016-17, Thrive served 84 children in our SAAT (Sexual Abuse Assessment and Treatment) Program. These included children as young as 4 up to the age of 18.



in the OASIS Program

In 2016-17, Thrive served 60 children in our OASIS (Outreach, Assessment and Specialized Intervention Services) Program. With the large number of recent refugees to Hamilton from Syria, the OASIS Program was in high demand this year. With regards to this, we treated 24 clients who were affected by the Syrian conflict.

## PARENT AND CAREGIVER GROUPS

In 2016-17, we had 38 people attend our Parent and Caregiver Support Groups. 12 attended the Keeping Safe Program, a program designed for parents and caregivers of children with sexual behaviour problems. 20 attended the Courage to Tell Program, a program designed for parents and caregivers who are dealing with a recent disclosure of sexual abuse involving their child. We had 6 people attend the Moving Towards Healing Group, an in depth, 10 week group for parents and caregivers of children who have been sexually abused. Both programs have proven incredibly valuable to the participants and we have received much positive feedback about the programs.

## HELLO'S AND GOODBYE'S

In 2016-17, we said hello, and goodbye to a number of staff and clinicians. At the beginning of the year, Thrive brought on a new clinical consultant, Karen Holladay, as SAAT Clinical Supervisor. Karen came to us from the Safe-T program in Toronto and has extensive experience in the field. Thrive also brought on a new Administrative Assistant, Katie Gorrie. In the fall, we welcomed clinician Kim Bird to a new role as OASIS Program Supervisor, replacing Mary Jo Land who stepped down from the supervisor role but continues to see individual clients. We had to say goodbye to our Executive Director, Karen Smith in November of 2016. Karen assumed the leadership of Thrive at a critical time in the agency's history. Under Karen's leadership, the focus shifted to a community-wide response to childhood trauma that combines excellence in treatment, state-of-the-art education, and community oriented prevention initiatives aimed at reducing the incidence and impact of child maltreatment and promoting the safe and healthy development of children. We also said goodbye to Melissa Maltar, one of our clinical consultants. In June of 2016, Cathie Pead joined Thrive as Interim Executive Director.

# October Campaign



In October 2016, Thrive launched the first "Real Fears 365" campaign. Thrive's campaign was created to combine the two main themes of October: Child Abuse Awareness Month, and Halloween.

This campaign was aimed at raising awareness about the issue of childhood trauma and much-needed funds for Thrive's excellent programs and services. The campaign went live on October 14 on Thrive's social media pages. The campaign featured an impactful image, designed by Katie Gorrie, and delivered an important and impactful message: Halloween is meant to be a scary day for kids. But the fear is experienced in good fun and in a safe environment. However, many children must face real fears and present dangers every day of the year through trauma caused by sexual abuse or war and forced migration.

Many supporters from the community retweeted our message on Twitter and shared on Facebook.

We want to extend a HUGE thank you to all of our supporters and everyone who made a donation through our October campaign.

Over the course of this campaign, we raised over \$11,000 for our programs and services!

We plan to repeat and expand the campaign in 2017-18, hoping this time to raise \$15,000 for our services at Thrive.

## Lanhack Golf Tournament

It was a perfect, sunny day at Heron Point Golf Links when Lanhack's Annual Charity Golf Tournament took place on August 18, 2016. Over 200 golfers came out to take part in this event which benefited both Thrive and another local charity, Help a Child Smile.

The Lanhack Charity Golf Tournament is held by a local engineering firm, Lanhack Consultants Inc. Every year, Lanhack invites their business associates out for a fun day of golfing and fundraising. This tournament features a full day of golfing as well as some fun "putting contests" where participants pay to test their skills on the mini courses. When the golfing is done, the fun is not over as dinner is served and an auction is held.

As the event wound down, Cathie Pead, our Interim Executive Director, shared some words of inspiration highlighting the resilience of the children and youth we see at Thrive. Cathie emphasized how much the golfers' support means to the children and families we serve.

Special thanks go to Dave Hacking, Carlo Lancia and Lori Giacomelli for hosting and organizing this event. Thank you for making a place in your hearts for children and youth who come to Thrive.

# Get Ready! Abacus Grant



In 2016, the Hamilton Community Foundation through its innovative Abacus program approved a grant to Thrive Child and Youth Trauma Services to provide specialized school readiness programming for newcomer children who were identified by schools as needing specialized, culturally-appropriate supports. The program is called Get Ready! and in addition to working with newcomer children in the school setting, it includes developing skills and capacity in ESL and classroom teachers to respond to the needs being expressed by the children, as well as meeting with parents to gain their support for the program their children would be attending.

Get Ready! was developed by our own OASIS clinicians using evidenced-based approaches to working with newcomers and trauma. Each group runs for 14 sessions and is offered within the school and during school time. Children are referred by the classroom or ESL teachers.

We offered the program 11 times in a total of 9 schools between October 2016 and June 2017. We served 64 children and involved 48 parents. The accolades from teachers and principals have been very positive. Some examples are presented here.

*"The program provided an exceptional opportunity to develop student voice among a segment of the student population that is not always heard accurately and fully. Our students' voices enable us as a school to be more responsive and understanding of the experiences of our newcomer students in the school and the community."*

**- Bennetto Elementary School**

*"I am glad I got to participate in the program twice, with 2 very different groups of students. I was able to see the effectiveness of the program and how caring the staff are."*

**- Dr. Davey School**

*"By the end of the program, the students had learned many key lessons about their personal and school safety, day to day life rules / expectations ... it was clear that each student made much progress in all areas of the topics covered through the Get Ready! Program."*

**- Dalewood School**

*"The growth that we saw in the children in the 14 sessions was amazing! The students came out of their shells, felt comfortable talking about issues that may have been difficult for them, they took comfort in knowing that they could talk in a safe place ... With the support of the translator, the students were able to showcase their learned knowledge..."*

**- Bennetto Elementary School**

I have the right to learn more things.



I have the right to be PROUD of who I am



I have the right to good food and warm clean clothes.



# 25th Annual CAPPY Ride

On July 10, 2016 we held our 25th Annual CAPPY Ride! It was a great day for a ride at the Ancaster Fairgrounds. As usual, we had many great supporters come out and sign in bright and early. The riders enjoyed a breakfast courtesy of the Sobeys Warehouse in Milton and later on a wonderful BBQ lunch provided by the Sobeys warehouse and Canada Bread. Lunch was followed by live music from the wonderful BluFunk Buddha and a raffle. We had some fantastic prizes this year, most notably our trip for two to Montreal on Via Rail!

The riders then went on to the main event, a motorcycle ride around the Hamilton area escorted by the Hamilton Police Services.

Thanks to our 2016 donors and sponsors:



## "BETTER" Premier

Thanks to The SpeckKids Change Challenge Grant, we were able to engage young people to produce a play that would bring the newcomer experience to life on stage. The play, entitled "BETTER", portrayed a journey of understanding, empathizing with and respecting the newcomer experience.



The cast and crew of "Better" pose for the camera on stage at Theatre Aquarius!

(Sir John A. Macdonald 2016 Drama Class)

"BETTER" was written by and about students at Sir John A MacDonal (SJAM) Secondary School in downtown Hamilton. "BETTER" invites all of us to explore the experiences of newcomer youth as they navigate, with many hurdles and barriers, the task of living in a new land, a new culture and for many, a new language.

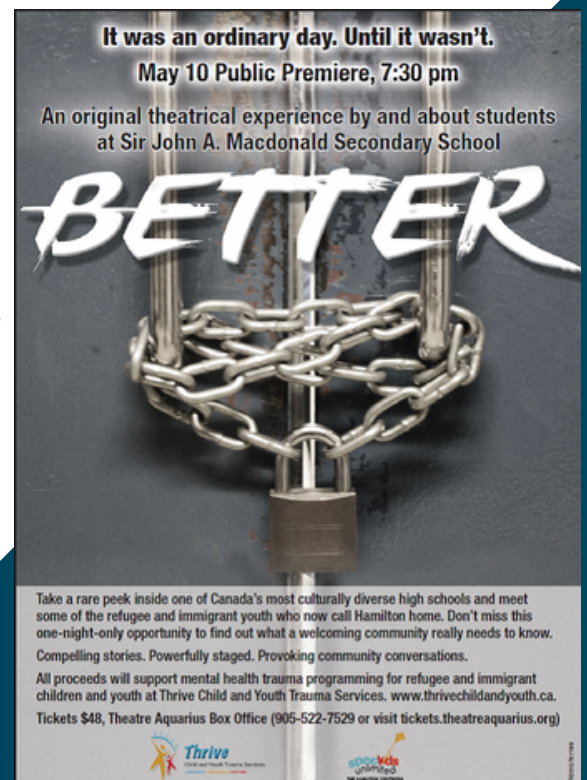
"BETTER", written by the Grade 12 Writer's Craft class of 2015-16 with the guidance of playwright Kevin Land, was performed by the drama class of 2016, directed by Mary Hockey.

In May of 2016, "BETTER" premiered at Sir John A. MacDonal for school students and then, on

May 10, for the general public, "BETTER" premiered at Theatre Aquarius. Not only was this an original cultural event about newcomer youth in Hamilton, Thrive was also able to raise awareness as well as some funds for our programs!

The production was made possible by The Hamilton Spectator, Mary-Jo and Kevin Land, the staff and students at SJAM, and our community sponsors, and all of our supporters who voted for us in the Change Challenge.

Thrive extends heartfelt thanks to all of you for making this possible.



# Stories of Success

## Margie's Story



Nancy Rumble, Clinician and Cathie Pead, Interim Executive Director, posing for a picture with "Margie" and the tapestry she donated to Thrive

It is hard to imagine what it would be like to learn that your children have been sexually abused. Even more difficult to think that it was at the hands of someone you loved and trusted. So when Margie (name changed for confidentiality) was told by child protection that this had happened, her first reaction was disbelief - even denial. It was not until her children were referred to Thrive and Margie went through the painful but necessary process of facing this reality that she turned her life around and that of her kids.

Margie herself had a trauma history, but she had buried the memories deep as a kind of self-protection, common in childhood trauma. Her denial was self-protective, a coping strategy to manage deep and painful experiences. It could, at times however, interfere with her ability to make good choices both for herself and her children.

But Margie loves her kids more than anything. And even though she found it hard to trust the Thrive counsellors at first, her love for her children won out. She agreed to attend Thrive's free parent support and education group "Keeping Safe." Margie says this was a turning point. She learned so much not only about what had happened to her kids, but what had happened to her. As she came to understand the impact the abuse had had on her life choices, she was determined that her children would not travel the same path. She

asked to repeat the Keeping Safe course, she found it so valuable. She keeps all the handouts and notes from the course at home and refers to them often when faced with tough parenting challenges. Margie got counselling for herself while her children were supported at Thrive. It was a long journey but now she feels she is in control of her life and has the tools to face whatever lies ahead.

What would Margie tell another mom who found herself in a similar situation and was directed to Thrive? "I would tell her 'Don't worry. You are in good hands. You are not alone - someone else has gone through it.'"

Margie is so grateful to Thrive and Thrive's clinicians that she learned cross-stitch and made a beautiful wall hanging to present to us. It shows a tree with a family of owls sitting in the branches. Each owl is a little different from the others - just like the members of Margie's family. But they are growing in wisdom as they follow their individual paths together. The cross-stitch hangs in our waiting area as an inspiration to other families.

# Parent Symposium

In April 2016, Thrive hosted a Parent Symposium, entitled, Partners in Prevention: A symposium for parents and caregivers about keeping young people safe from sexual harm. This event allowed both parents and professionals in the field, to come together to learn more about how they can help keep young people in our community keep safe from sexual harm. The forty participants heard Dr. Janet Rosenzweig, author of "The Sex-Wise Parent" present on practical advice to help parents promote their families' sexual health and safety. Her "Rosenzweig's Rules" provided easy to understand parent guidelines for nurturing healthy sexuality in their families.



The participants then had the opportunity to participate in break-out sessions on key topics led by local experts from Thrive, both Hamilton Wentworth Public and Catholic School Boards, the Children's Aid Society of Hamilton and Hamilton Police Services. The participants had the opportunity to ask questions and to learn about the many resources available to them in the Hamilton community.

This symposium was presented through the generous funding of the Ministry of Education-Parent Reaching Out (PRO) Grant.

## Online Parenting Resource Tool



On January 25, Thrive released an Online Parenting Resource Tool to help parents and caregivers understand and support their children's healthy sexual development and to learn strategies to enhance their children's safety.

This tool was made possible through funding from the Ontario Ministry of Education. Content development, creative and technical assistance were provided by Katrina Wilson, MSW and pumpkinseed.io.

In 2016, Thrive received a PRO (Parent Reaching Out) Grant from the Ontario Ministry of Education to host The Partners in Prevention Symposium - a community event for parents and caregivers to learn about keeping young people safe from sexual harm. We call it "Partners in Prevention". We did not want to limit the information presented only to those who attended the symposium. So, with the help of the Ministry of Education, we were able to create an online tool to make this information accessible to all parents and

caregivers of children and youth in our community—and beyond.

This online parent tool features resources on cyber safety, resilience, sexualized behaviours and how to start conversing with your child or youth about sexuality and safety.

To view the website, please go to <http://parenttool.thrivechildandyouth.ca>





# OASIS Program: Community Partners Table Supporting Syrian Refugee Children and Youth

Last year, the Hamilton community received more than 1400 refugees from war-torn Syria. They came seeking peace, safety and security, and the hope of a better life for themselves and their children. About two thirds of these refugees are children under the age of 18.

Finding their way to physical safety and security in Canada is only the first step towards a life of peace and hope. Physical wounds may heal quickly; but emotional and psychological wounds take longer to surface and to heal. Often this healing requires specialized intervention.

As the only agency in Hamilton providing highly specialized refugee trauma treatment for children and youth, Thrive Child and Youth Trauma Services offers OASIS (the Outreach, Assessment and Specialized Intervention Services program). The OASIS program is funded by the Ministry of Children and Youth Services, The City of Hamilton, the Hamilton Community Foundation and generous donors.

Since the fall of 2016, OASIS saw a significant increase in the demand for treatment services. Concerned about the lengthening waitlist, we turned to our community partners to join us in developing some strategies to support these children and their families until we could move them into treatment. The following partners worked with us through the spring to respond to the need.

Hamilton-Wentworth District School Board  
Hamilton Catholic District School Board  
Contact Hamilton  
Lynwood Charlton Centre (CMH Lead Agency)  
Wesley Urban Ministries  
YMCA

We are grateful for the cooperative spirit expressed by everyone involved and look forward to continuing to work together to ensure newcomer children and youth are supported while they wait for the services they need.

*"Classroom teachers and principals tell me what a difference Thrive's OASIS program makes for refugee children who are struggling with the effects of trauma. HWDSB educators highly value the specialized expertise of OASIS clinicians to provide support to these students to succeed fully in school."*

**- Christine Shaw ESL/ELD K-12 Program Consultant Hamilton-Wentworth District School Board**

## Donors

The work of Thrive is also supported by hundreds of individual donors who are committed to helping ensure that our services are there for any child who needs them. They give in amounts large and small- and every gift counts!

We thank all our donors on behalf of the kids we serve, from the bottom of our hearts.



# Thrive Child and Youth Trauma Services

## Statement of Operations and Change in Net Assets

### For the Year Ending March 31, 2017

#### REVENUE

Service Agreement - Province of Ontario	383,053
Operating Grant - City of Hamilton	168,494
Special Purpose Grants	
Hamilton Community Foundation	25,546
Fundraising and Donations	95,250
Program	32,109
Miscellaneous	6,083
<b>Total Revenues</b>	<b>710,535</b>

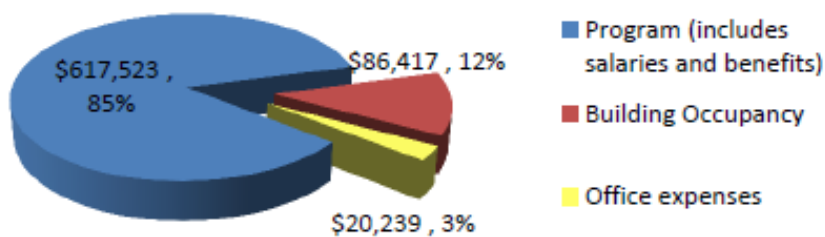
#### EXPENSES

Programs Funded by Service Agreements and Operating Grants	
SAAT Program	366,130
OASIS Program	179,226
Programs Funded by Special Purpose Grants	
HCF - Abacus	25,546
Parent Group Program	19,655
Development and administration	133,622
<b>Total Expenses</b>	<b>724,179</b>
Deficiency of Revenue over Expenses	<b>(13,644)</b>
Net Assets as at March 31, 2016	384,567

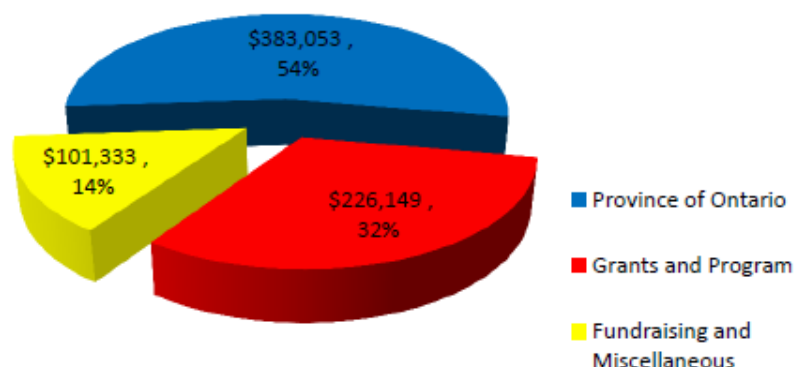
#### Net Assets as at March 31, 2017

	<b>370,923</b>
Comprised of:	
Internally Restricted - Capital Fund	745
Internally Restricted	275,000
Unrestricted Net Assets	95,178
<b>Balance March 31, 2017</b>	<b>370,923</b>

#### Expenses



#### Sources of Revenue



# Funding Partners and Sponsors

The following funding partners and sponsors have supported Thrive's program and services financially this past year. We thank them for their confidence and trust and remain committed to providing the highest standards of clinical treatment possible for the children and youth of Hamilton.



Ontario



Hamilton



- Ministry of Children and Youth Services
- City of Hamilton - Community Enrichment Fund
- Hamilton Community Foundation - ABACUS Grant
  - Losani Family Foundation
  - Ministry of Education
  - Pioneer Energy
  - Tides Canada Foundation
- Investors Group/B'nai Brith Celebrity Sports Dinner
  - McMaster University
- Lanhack Consultants Inc. Annual Golf Tournament
  - Hamilton Steelworkers Area Council
- Freeman Family Foundation/United Way Legacy Foundation
- The Magnes Group / Chubb Insurance Company of Canada



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Sheila Penney

**Secretary**

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Dave Dunbar

Brenda Hamilton

Carol Pearce

David Shea

## Clinical Consultants

Karen Holladay, SAAT Program Supervisor

Kim Bird, OASIS Program Supervisor

### SAAT Program

Heather Barbour

Franca Iannotta

Andrea Liss

Deb Meehan

Tricia Schinkel

Doran Wright

Matt Zic

### OASIS Program

Mary Jo Land

Mirela Sima

## Staff

Janice Floyd, **Client Services Coordinator**

Laurie Gallagher, **Program Support Coordinator**

Katie Gorrie, **Administrative Assistant**

Catherine M. Pead, **Interim Executive Director**

Nancy Rumble, **SAAT Clinician**

Karen Smith, **Executive Director (Retired)**