




**Thrive**

Child and Youth Trauma Services

prevention *education* treatment

# ANNUAL REPORT 2017-18

A YEAR OF ACCOMPLISHMENTS

 905-523-1020

 [www.thrivechildandyouth.ca](http://www.thrivechildandyouth.ca)

 460 Main Street East, Suite 201

 [info@thrivechildandyouth.ca](mailto:info@thrivechildandyouth.ca)

# MESSAGE FROM THE BOARD CHAIR

Dear friends,

Reflecting on this past year at Thrive, I am happy to say it has been a good one; a year full of positive change and exciting progress. We welcomed highly skilled new staff and energetic new board members, we fostered new community partnerships and, despite the fiscal challenges, we have continued to deliver the high quality programs Thrive is known for; programs that will have a lasting and positive impact for children, youth and families in our city.

During this past year Thrive's Board of Directors successfully concluded a search and was pleased to announce the appointment of Stephanie Taylor as Executive Director in January 2018. It has been exciting to have Stephanie join Thrive's team at this critical time in the agency's history especially in light of the evolution of children's mental health services which is currently underway. The Board has full confidence in Stephanie and believes she has the knowledge, experience, commitment, energy and community connections to lead Thrive forward in pursuit of its mission: a community where all children thrive through prevention, education and treatment.

Unfortunately, every year the number of children and youth needing treatment, as well as the community's ability to respond more effectively to families at risk, surpasses our capacity to respond to those needs using Ministry funding alone. The fact that for years, we have been able to serve more clients than the Ministry funds us for, and that our wait times, while still too long, are comparable to, or better than, other children's mental health agencies, tells us we are doing everything we can to help as many clients as we can; and, that we are doing the right things. We are very proud that our strong advocacy, trusted community partnerships and tireless fundraising efforts have enabled Thrive to help many more children and youth heal, learn, become empowered, stay safe and thrive...beyond the numbers we are funded for.

Thrive has been a committed partner in the Moving On Mental Health initiative as put forward by the Ministry of Children and Youth Services, and we fully support the Ministry's goal of transforming the system to one that makes sense for families. Together, with our community partners and others who provide support services for children and youth in our city, we are working towards a stronger, more coordinated system of children's mental health services in Hamilton.

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



# 2017/2018 PROGRAM STATISTICS

# 183



FROM  
**144**

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INDIVIDUAL CLIENTS SERVED



## SAAT

Thrive served 108 children in our SAAT (Sexual Abuse Assessment and Treatment) Program.



## OASIS

Thrive served 75 children in our OASIS (Outreach, Assessment and Specialized Intervention Services) Program.

## PARENT AND CAREGIVER GROUPS

A total of 22 participants in our Parent and Caregiver Support Groups:

- 7 attended the Keeping Safe Program (designed for parents and caregivers of children with concerning sexualized behaviours)
- 15 attended the Courage to Tell Program (designed for parents and caregivers who are dealing with a recent disclosure of sexual abuse involving their child)



# OCTOBER CAMPAIGN



## OCTOBER 2017

Our October appeal raised over \$4500 for services through the #RealFears365 Campaign! Every October, Thrive launches our #RealFears365 campaign for Child Abuse Awareness Month. This year we expanded our fundraising efforts to reach a wider audience and spread our message further. As always, we received donations from our many supporters who help us during Child Abuse Awareness Month, but we also held a Halloween candy sale.

We teamed up with CandiWerx, a local confectionary shop, to sell bags of specialty Halloween candy. This initiative was part of our #RealFears365 campaign to raise awareness for child sexual abuse in Hamilton, and raise funds for our Sexual Abuse Assessment and Treatment program.

The first year of this initiative was a great success, raising close to \$500 in just 2 and a half weeks! Thank you Kathy Kreidl, who spearheaded this initiative and made the success of this campaign possible.

Thank you to CandiWerx for helping our community thrive!





# GET READY!

In 2016, through the Hamilton Community Foundation's innovative Abacus program, Thrive Child and Youth Trauma Services was approved to provide specialized school readiness programming for newcomer children who were identified by schools as needing specialized, culturally-appropriate supports. Get Ready! works with newcomer children in the school setting, and includes developing new skills and strategies to integrate into the Canadian school setting. Teachers were also included so they could build capacity to better help newcomer children.

Get Ready! was developed by our own OASIS clinicians using evidenced-based approaches to working with newcomers and trauma.



## GET READY! FAMILIES

The Get Ready! Family Program (GRF) is for the entire family!

GRF is a specialized program, delivered by qualified clinicians with expertise in the area of newcomer families and trauma work. Families learn to work together and build on their unique strengths through activities and discussions. Over a series of 6 sessions, families will learn about different topics and participate in different discussions helpful for their family.

GRF is designed to help with a variety of issues such as acculturation stress, trauma, PTSD, isolation, and other family struggles. In the GRF program through learning activities and discussions, families will have fun working together building on family strengths.



# STORIES OF SUCCESS

Samantha kept her secret for more than 2 years before telling a teacher about her sexual abuse. Her brave disclosure opened the door for a referral to THRIVE's Sexual Abuse Assessment and Treatment Program (SAAT), where she will start the assessment process that will identify the specific help and supports she needs. Her parents are enrolled in one of our Parent Support Groups and will be with Samantha every step of the way along her journey to healing.



"Many of our clients are benefiting from using art and creativity to express their feelings and experiences. The visuals of art can help when words are difficult to verbalize. Clients are asked to choose paint colours to represent their mood. The paint is squirted on the page and then the page is folded to create a beautiful image which facilitates further discussion on emotions and what they see in the image."

- Tricia Schinkel, Psychotherapist, Art Therapist.

Courageous 14-year old Mohammad is making it to classes and is able to spend more time with friends now – his hard work and persistence during 4 months of treatment in the OASIS Program are paying off. He still misses his father terribly, and his heart aches for the violent loss of life in his homeland, but he isn't awakened by the nightmares anymore. Slowly, he is building trust and making new friends in Hamilton. With Mohammad's encouragement, his younger brother is also now seeking help and will soon receive an assessment to identify his own needs.





# NEWCOMER FAMILY AND YOUTH ENGAGEMENT PROJECT

In January 2018, Thrive Child and Youth Trauma Services secured a grant from the Ministry of Citizenship, Immigration and International Trade (MCIIT) under the Multicultural Community Capacity Building Program. The project has developed an evidence-based approach for engaging newcomer families and youth in order to build their capacity to access and benefit from community mental health services.

Many newcomer children and youth face mental health challenges which can impede their successful integration into school and community. This project provided an opportunity to refract general best practices of family and youth engagement through a cultural/newcomer lens. This work was done in partnership with Lynwood Charlton Centre. Thrive's ability to serve this population depends on newcomers' understanding of and confidence in provincially-funded mental health services, as well as other services and institutions such as settlement services, health services and schools.

The second phase of this project has been funded so that we can work with local service providers to build capacity around engaging newcomer families and youth to better understand and access mental health supports.





# HELLO AND GOODBYE

2017-18 was a year of change for Thrive – one major change being the transition from an Interim Executive Director to a full-time, permanent Executive Director.

Cathie Pead, after almost 2 years at Thrive, retired at the end of December 2017 as Interim Executive Director of Thrive. Cathie was instrumental in securing sources of funding for Thrive, increasing fundraising capacity, as well as boosting Thrive's public image and presence at community tables. Thank you to Cathie for all of her hard work, generosity and enthusiasm during her time at Thrive.

We gained 2 new clinicians this year in our OASIS program. Aneesa Mohammed joined us in July as a clinical consultant for the OASIS Program, and Fatima Moussa joined the OASIS program in January to deliver our Get Ready Families Program.



hello!

We also had two new clinicians join our SAAT team – Steve Granger, who joined us in July, and Heather Rosser, who started in March. Both Steve and Heather are working as clinical consultants in the SAAT program.

We also gained a member of our parent group team – Clare Gollan. Clare has joined our parent group team as a Childminder - providing child care for parents involved in our group programs.



goodbye!

In the fall of 2017, Nancy Rumble went on maternity leave and Tricia Schinkel provided coverage for this position.

This year we said goodbye to Andrea Liss, Doran Wright, and Matt Zic. Andrea, Doran and Matt all started at Thrive in our internship program and continued afterwards as clinical consultants in our SAAT Program. Each one of them made a tremendous impact in the Hamilton community through their work at Thrive and will be missed by staff and clients alike.

To all of our new staff and clinical consultants, **WELCOME!** And to all those who left this year, we will miss you all and wish you all the best!

# CAPPY RIDE TRIBUTE

The CAPPY Ride came to a graceful end in 2016 - but we wanted to celebrate it's 25 years of existence and all those who made CAPPY possible.

On September 25, 2017 Thrive held its 2016-17 Annual General Meeting at the Perkins Centre in downtown Hamilton. Combined with the AGM, was the Tribute and Goodbye to Thrive's annual event the CAPPY Ride. We celebrated all the participants and volunteers who made CAPPY a success year after year with a farewell slideshow showing all our favourite memories of CAPPY.

Thank you to everyone who made the CAPPY Ride a success!



## 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, 2018

## Revenue

Service Agreement- Province of Ontario	383,053
Operation Grant- City of Hamilton	126,075
<b>Special Purpose Grants</b>	
Hamilton Community Foundation	1,976
Fundraising and Donations	69,026
Program	26,336
Miscellaneous	6,054
<b>Total Revenues</b>	<b>642,520</b>

## Expenses

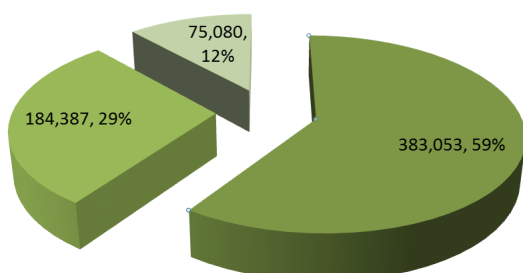
<b>Programs Funded by Service Agreement and Operating Grants</b>	
SAAT Program	354,194
OASIS Program	183,063
<b>Programs Funded by Special Purpose Grants</b>	
HFC- Abacus	20,896
MCIIT	6,080
Parent Group Program	10,302
Development and administration	118,464
<b>Total Expenses</b>	<b>692,999</b>
Deficiency of Revenue over Expenses	50,479
Net Assets as at March 31, 2018	320,445

## Net Assets as at March 31, 2018

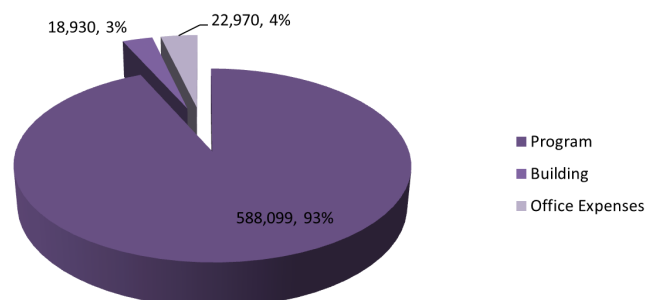
<b>Comprised of:</b>	
Internally Restricted- Capital Fund	138
Internally Restricted	250,000
Unrestricted Net Assets	70,307
<b>Balance March 31, 2018</b>	<b>320,445</b>

### Sources of Revenue

■ Province of Ontario   ■ Grants and Program   ■ Fundraising and Miscellaneous



### Expenses





# 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.



Hamilton



- Ministry of Children and Youth Services
- City of Hamilton - Community Enrichment Fund
  - Edith H. Turner Foundation Fund
- Hamilton Community Foundation - ABACUS Grant
  - Losani Family Foundation
    - Pioneer Energy
    - Lillian M. Shaw Fund
  - W.L. Carpenter Memorial Fund
- Ministry of Citizenship and Integration and International Trade
  - Lillian and Marvin Goldblatt Family Fund
    - Ministry of Education
- Investors Group/B'nai Brith Celebrity Sports Dinner
  - Their & Curran Architects Inc
  - Lanhack Consultants Inc. Annual Golf Tournament
- Hamilton Steelworkers Area Council/Hamilton Specialty Bar
- The Magnes Group /Northbridge Insurance Company of Canada
- Freeman Family Foundation/United Way Legacy Foundation
- Stryker Canada

## Board of Directors

Kristine Beaupre (Chair)  
Sheila Penney (Vice Chair)  
Pam Nielsen (Treasurer)  
Beverly Bronte-Tinkew (Secretary)  
David Hoy (Past Chair)  
Trevor Allen  
Mark Daly  
Dave Dunbar  
Brenda Hamilton

## Staff

Stephanie Taylor, **Executive Director**  
Catherine M. Pead, **Interim Executive Director (Retired)**  
Janice Floyd, **Client Services Coordinator**  
Laurie Gallagher, **Program Support Coordinator**  
Katie Gorrie, **Administrative Assistant (Former)**  
Nancy Rumble, **SAAT Clinician (Maternity Leave)**  
Tricia Schinkel, **SAAT Clinician**

## Clinical Consultants

Karen Holladay, SAAT Clinical Supervisor  
Kim Bird, OASIS Clinical Supervisor

### SAAT Program

Heather Barbour  
Franca Iannotta  
Steve Granger  
Andrea Liss  
Deb Meehan  
Heather Rosser  
Doran Wright  
Matt Zic

### OASIS Program

Mary Jo Land  
Mirela Sima  
Aneesa Mohammed  
Fatima Moussa