



Thrive

Child and Youth Trauma Services ICES

prevention *education* treatment

ANNUAL REPORT 2018-19

A YEAR OF ACCOMPLISHMENTS



905-523-1020



www.thrivechildandyouth.ca



460 Main Street East, Suite 201



info@thrivechildandyouth.ca

WHO WE ARE

Mission

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.

Vision

We believe thriving children create thriving communities.

Values


Inclusiveness: An agency culture or a way of thinking and acting that allows every individual to feel accepted, valued, and safe.

Service Excellence: Trusted expertise that is responsive to our communities needs and built on continuous improvements.

Compassion: People are more than the sum of what has happened to them.



Thrive
Child and Youth
Trauma Services



A Message to the Community

On behalf of Thrive Child and Youth Trauma Services' Board of Directors and staff, we are pleased to share our 2018-19 Annual Report with you. Our report looks back at the past year to reflect proudly on our accomplishments and the impact we have made in the lives of children and youth who have required our services.

This year brought a number of uncertainties to the agency with the change in provincial government. Early in the year, we were pleased to hear that the Children and Youth Mental Health portfolio was being moved to the Ministry of Health and Long Term Care, a change which aligned mental health with health. This change will further advance Hamilton's work to provide seamless and integrated healthcare services.

We began this year with a waitlist of 20 in our OASIS program. This was primarily due to the influx of Syrian refugees who arrived between 2016-2017. The long term impact of trauma is often seen after families begin to settle, which often takes up to a year after arrival in Canada. We were thankful for a generous grant from ArcelorMittal which allowed us to bring on two new Arabic speaking clinicians. Not only did this create more therapeutic relationships with families, but also created cost efficiencies in saving on interpreters.

One of our most memorable moments of the year was when we were selected to be the charity of choice at the Footprints of Faith Conference in April 2019. This generated a great deal of excitement as we prepared throughout the year. Not only did Thrive receive the proceeds from the event, but we were connected to over 400 women who heard of the great work that take place at Thrive!

Together with our dedicated staff, funders, donors and community partners and sponsors, we work to provide treatment, education and prevention initiatives that aim to reduce the incidence and impact of child maltreatment. By doing this, we are helping children to thrive, whilst building thriving communities.

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



Kristine Beaupré, Board Chair

Stephanie Taylor, Executive Director



MOVING ON MENTAL HEALTH

On April 1st, 2019 the responsibility for Child and Youth Mental Health (CYMH) services officially transferred from the Ministry of Children, Community and Social Services (MCCSS) to the Ministry of Health and Long-Term Care (MOHLTC). While official responsibility now falls under MOHLTC, the process for agencies and Regional Offices continues to be in transition.

As the local Child and Youth Mental Health Lead Agency, Lynwood Charlton Centre will continue to work with Core Service providers and the Ministry to ensure system planning and alignment continues for child and youth mental health in Hamilton. Lynwood Charlton Centre will ensure the voice of the Child and Youth Mental Health sector is represented and work with partners as part of this planning as the planning for Ontario Health Teams progresses.

At Thrive, we look forward to new opportunities for planning and collaboration within the health care sector, while being part of the continuum of services that support families throughout their lifespan!

Program Statistics

138

INDIVIDUAL CLIENTS SERVED



SAAT

In 2018-19, Thrive served 88 children in our Sexual Abuse and Treatment (SAAT) Program.



OASIS

In 2018-19, Thrive served 50 children in our Outreach, Assessment and Specialized Intervention Services (OASIS) program.

Parent and Caregiver Groups

This year, 17 participants completed our Parent and Caregiver Support Groups. The ABC's of CSB is a program designed for parents and caregivers of children with concerning sexualized behaviours, while the Courage to Tell Program is designed for parents and caregivers who are dealing with a recent disclosure of sexual abuse involving their child. Both programs have proven incredibly valuable to the participants and we have received ongoing positive feedback about the programs and the outcomes.

STORIES OF SUCCESS



At only 16, Sarah fled her home country of Serbia because of political corruption and domestic violence. Once in Canada, Sarah's daily functioning was compromised by these events; it was challenging to focus in school, her high levels of fear and anxiety made it difficult to leave her home, and she was in a constant state of angst.

Sarah was diagnosed with PTSD and severe depression, and struggled to cope with the trauma she experienced. Sarah also experienced conflict within her family, some of which was related to acculturation difficulties.

When Sarah began treatment with OASIS, she was given a safe space to work through the trauma she experienced. She found ways to understand and manage her feelings of anxiety, fear, and depression and developed new skills to manage her experiences, further enhancing her resiliency. Sarah is continuing to address her family conflicts through her work with the OASIS program, aiming to build a stronger bond between everyone at home. Sarah now has future goals to attend university and travel to countries she loves.

SAAT PROGRAM

"In their final sessions, clients are given the opportunity to reflect on the work they have done while in therapy. As an art therapist, an art directive is often incorporated into this reflection process. One such directive includes asking clients to create an image with a quote that has inspired them. This image (reproduced with the artist's consent) is an example of one youth's reflection on the quote "perfectly imperfect". It is a reminder that despite imperfections and flaws, we can remain positive, happy, and confident in who we are. It also speaks to the positive growth a client is able to make, and come to a place of contentment and personal peace, despite having experienced a traumatic situation."



HELLO AND GOODBYE

This year Thrive welcomed two clinicians to our team. Shawn Chisholm, who previously facilitated Thrive's parent groups in the past joined us June 2019 as a clinical consultant in the SAAT Program. Abrar Mechmechia has joined the OASIS Program as a clinical consultant.



Hello!

We have also welcomed a new member of staff—Keeley Sims joined Thrive in Spring 2019 as Administrative Assistant.

This year, we said goodbye to Alice Al Hourjairy, Nawal Behih, Steve Granger and Reilly MacDonald. Alice provided clinical supervision to the OASIS Program for the 2018-19 fiscal year. Steve and Reilly both worked as clinical consultants in our SAAT Program. Nawal worked as our Administrative Assistant, leading the rebranding process and creating a new look for Thrive's promotional content.



Goodbye!

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.

PROJECTS & ACTIVITIES

GET READY!

FAMILIES AND YOUTH—PHASE 2

Funded by the Ministry of Citizenship Immigration and International Trade, the first phase of Get Ready! 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.

In Phase 2 we tested these standards and principles with different newcomer groups to assess their effectiveness and determine any nuances that need to be captured to optimize their application with different cultural groups. Part of this process also involved training of service providers in the application of the approach to their engagement activities in order to gather feedback for assessment purposes.



COMMUNITY NAVIGATOR / ISLAMAPHOBIA TRAINING

Funded by the Hamilton Community Foundation, this project provided waitlist support during a high volume year. Due to the influx of Syrian families requiring mental health support, our waitlist grew rapidly. To assist during this unprecedented time, a community navigator position was established to ensure each family was connected to services which would help them through their various needs and prepare them to be 'treatment ready'.

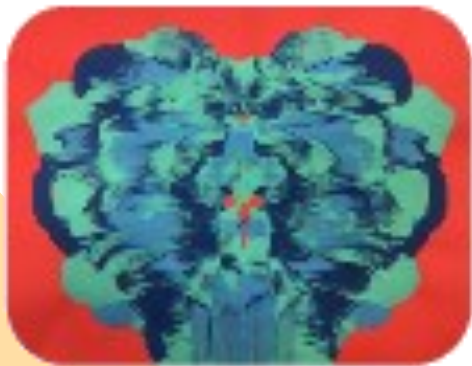
This position also worked in partnership with the Hamilton Mountain Mosque through an engagement project to understand the unique needs of youth experiencing Islamophobia and identify ways in which this can be better understood in schools.



Picture retrieved from www.google.com/images.

GREETING CARD FUNDRAISER

Within therapeutic sessions, art is often used as a way to help clients express themselves in an alternative form. Some of the artwork created is gifted to the clinicians and staff and is treasured within our agency. With the consent of our clients and their families, we have chosen four beautiful pieces of artwork and made greeting cards to sell as a fundraiser.



The proceeds gained from these greeting cards will help subsidize clinical treatment to support our clients and their families as well as extend our reach within the community with education and prevention initiatives.

Thank you to **Carruthers Printing Ltd.** for making our vision possible. Your help and generosity has been invaluable and has helped Thrive to continue our mission in Hamilton.



WATCH FOR....

ONLINE LEARNING PLATFORM



Thrive currently delivers two parent/caregiver groups that provide support, information and tools which can be used at home immediately. Courage to Tell is a group for parents/caregivers who have had a recent disclosure of childhood sexual abuse, while the ABC's of CSB is aimed to support families who have a child under the age of 12 who is exhibiting concerning sexual behaviours.

Our parent/caregiver support groups present the opportunity for those in need to access information and resources which will assist them in supporting their children. These groups equip parents and caregivers with useful tools to use while waiting for treatment, and offer an outlet to talk to other parents and caregivers who are going through similar experiences.

While we realize that our parent/caregiver groups are a great support, there are often barriers that stop parents from participating.

We are currently developing an online option utilizing the current on-site group materials that will be made available in an online learning platform. This will allow participants who choose this option to access information in an interactive but secure way. This will be provided at no cost and can be accessed by individuals outside of our geographic area as well. This online material is identical to what would be provided during in-person groups; including interactive components and question and answer opportunities. There will also be options available for families to reconnect to the agency for further support if needed.

Our online platform will be available this upcoming year. If you are interested in learning more, please contact Janice Floyd, Client Services Coordinator at 905-523-1020 ext. 212.

Thrive Child and Youth Trauma Services Statement of Operations and Change in Net Assets

Revenue

Service Agreement—Province of Ontario	441,759
Operation Grant—City of Hamilton	126,493
Special Purposes Grants	19,804
Hamilton Community Foundation	45,338
Fundraising and Donations	50,984
Program	23,348
Interest and other	7,610
Total Revenues	715,336

Expenses

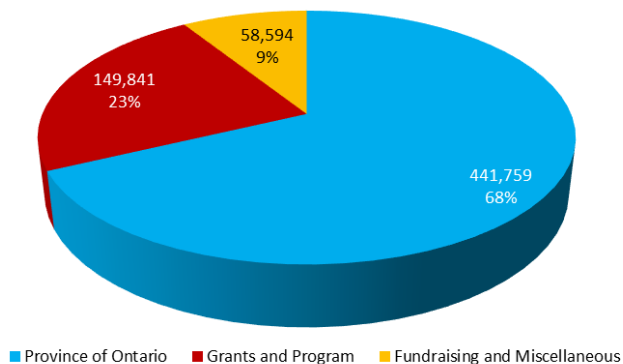
Programs Funded by Service Agreement and Operating Grants	
SAAT Program	424,063
OASIS Program	167,341
Programs Funded by Special Purpose Grants	
MCIIT	9,520
Parent Group Program	10,119
Development and administration	83,166
Total Expenses	694,209
Excess of Revenue over Expenses	21,127
Net Assets as at March 31, 2019	341,572

Net Assets as at March 31, 2019

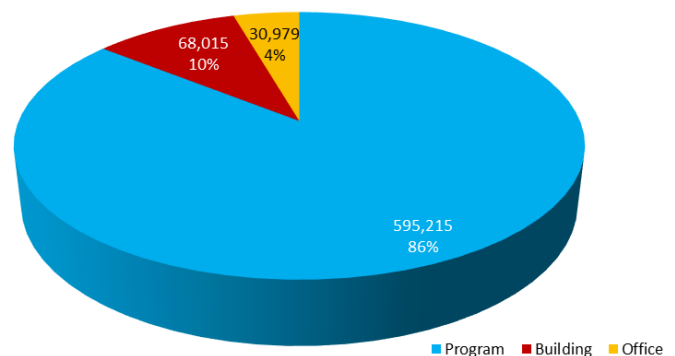
Comprised of:

Internally Restricted—Capital Fund	4,749
Internally Restricted	250,000
Unrestricted Net Assets	86,823
Balance March 31, 2018	341,572

Sources of Revenue



Sources of Expenses



FUNDING PARTNERS AND SPONSORS

Thank you to the following funding partners and sponsors who have supported Thrive's program and services for the year 2018-19. We remain committed to providing the highest standards of clinical treatment possible for the children and youth of Hamilton. Because of their trust and confidence in our ability to succeed, we are able to make this possible.



- Government of Canada
 - Ministry of Child and Youth Services
- City of Hamilton, Community Enrichment Fund
 - Hamilton Community Foundation
 - Doug and Mary Ellen Jenkinson
 - Hamilton Steelworkers Area Council
 - United Steelworkers
- United Steelworkers of America Local 4153
 - HSAC Women of Steel
 - Intact Financial Corporation
 - The Hamilton Rotary Club AM
- Ministry of Citizenship, Immigration and International Trade
 - Carruthers Printing Ltd.
 - Hamilton Police Services Project Concern
- Magnes Group/Northbridge Financial Corporation
 - Investor's Group
 - Losani Family Foundation
 - ArcelorMittal Dofasco
 - Lillian & Marvin Goldblatt Family Fund
 - CHML Children's Fund
 - Lanhack Consultants Inc.
 - Mahastie The Bellydance Emporium
 - Promotions Universelles
 - Pioneer Energy



Rotary Club of Hamilton AM



Board of Directors

Kristine Beaupré, **Chair**

Beverly Bronte-Tinkew, **Vice Chair**

Pam Nielsen, **Treasurer**

Sheila Penney, **Secretary**

Trevor Allen

David Corbett

Mark Daly

Holly Earith

Brenda Hamilton

John Tselepakis

Staff

Stephanie Taylor, **Executive Director**

Janice Floyd, **Client Services Coordinator**

Laurie Gallagher, **Program Support Coordinator**

Keeley Sims, **Administrative Assistant**

Nancy Rumble, **Clinical Social Worker**

Clinical Consultants

Karen Holladay, **SAAT Clinical Supervisor**

SAAT Program

Heather Barbour

Franca Iannotta

Heather Rosser

Tricia Schinkel

Shawn Chisholm

OASIS

Abrar Mechmechia

Fatima Moussa (maternity leave)

Mirela Sima