BE THE CHANGE YOU WANT TO SEE IN THE WORLD!

Disable The Label
Across Ontario, right now, there are half a million children struggling with a mental health problem. Those children — 1 in 5 of the young people in this province — are frightened and confused. Some of them are frustrated and angry. A few of them are thinking about killing themselves, and within the next week, two or three of them will commit suicide.

These children and youth with mental health challenges are struggling in school, at home and in their friendships. Their parents are worried and struggling too. Every day, they see that the bright potential of their son or daughter is endangered.

A fortunate few have been able to connect with the specialized treatment and support services available through accredited child and youth mental health agencies. But three out of four children and youth in Ontario who need specialized mental health treatment won’t get any. Too often, their mental health needs will not even be properly identified. Too often, their problems will be dismissed or addressed inappropriately. Far too often, relatively minor mental health needs will become serious because the wait time for effective services is too long.

The work we do at Children’s Mental Health Ontario is important because it can improve the lives of every one of those half million children. We support and help to strengthen the accredited community-based agencies that form the core of our membership and collectively help some 100,000 children, youth and families every year. We also lead the fight for a better system of child and youth mental health services — a system that identifies needs early, provides the right services at the right time, and is constantly improving its effectiveness. Our work can make the difference between half a million lifetimes of chronic mental illness and addiction, or futures that are happy and successful.

Please read on to learn more about our work, and how we’re helping our member agencies throughout Ontario to change children’s lives for the better.
Our Mission
We champion the right of every child and youth in Ontario to mental health and well-being.

Our Vision
An Ontario where every child and youth grows up mentally healthy.

Children’s Mental Health Ontario is the primary catalyst in both strengthening Ontario’s child and youth mental health agencies and enhancing mental health services for children, youth and their families in Ontario.

Our Values

Dignity
We believe that children and youth with mental health challenges have the right to be loved, respected, supported, and included in their families, communities and schools.

Family
We believe that functional families, in all their diversity, are the most important resource available to children and youth.

Availability
We believe that children and youth have the right to mental health treatment and support services that are timely, safe and effective, and delivered in the context of their family, culture, community and school.

Investment
We believe that meeting the mental health needs of children and youth requires significant and sustained investment in human, technological, and physical resources.

Engagement
We believe that children and youth have the right to be engaged in decisions regarding their own treatment and the design and delivery of child and youth mental health services.

Collaboration
We believe that children and youth benefit from close collaboration and shared responsibility among families, caregivers, service providers, communities, educators and other professionals, and governments.

Integration
We believe that community services, including agencies, schools and hospitals, must work as integrated networks to meet the mental health needs of children and youth.

Accountability
We believe that mental health services for children and youth must be evaluated based on outcomes, accreditation standards, and ethical stewardship.
WE HAVE TWOSTRATEGIC GOALS:
1. Support, strengthen and advocate for our accredited member agencies/service providers.
2. Provide leadership and engage our members to reform Ontario’s child and youth mental health system.

WE SUPPORT OUR MEMBERS BY:

a. Advocating for sustainable funding that enables agencies to meet the demand for timely and effective child and youth mental health services in their communities.

b. Establishing accreditation standards that inspire and support continuous quality improvement, and providing a recognized and credible accreditation program for members.

c. Facilitating knowledge exchange among members on matters related to evidence-informed practice, government policy and initiatives, and agency leadership and management.

d. Providing shared services that reduce members’ costs and increase their effectiveness including clinical staff training, employee benefits, insurance, group purchasing of supplies and services, legal services, biennial compensation survey, etc.

e. Responding to member-specific requests for information and advice on strategic and operational issues.

WE LEAD SYSTEM REFORM BY:

a. Developing public policy proposals, with our members, to improve the organization, delivery and funding of child and youth mental health services in Ontario.

b. Advocating for urgent implementation of “A Shared Responsibility”, the Ontario government’s policy framework for child and youth mental health.

c. Building and supporting networks and coalitions of stakeholders in Ontario’s child and youth mental health system, including families and youth.

d. Training intake workers and analysing intake data to determine trends concerning demand for services, demographics of service users, and wait times.

e. Developing and delivering training in youth engagement as an effective strengths-based practice that enables youth to influence and contribute to a system that serves them.
TELEVISION INTERVIEWS
- CBC’s The National
- Rogers Cable’s Local Notes

QUEEN’S PARK PRESENTATIONS
- Pre-Budget submissions
- Select Committee on Mental Health and Addictions on two occasions
- Ministers’ statements in the legislature
- Private Member’s Bill on Child and Youth Mental Health

RADIO INTERVIEWS
- CBC Metro Morning

PRESS RELEASES AND PRINT MEDIA
- World Suicide Prevention Day
- People for Education
- During Children’s Mental Health Week alone, children’s mental health was mentioned in close to 40 major and community newspapers. From September 1, 2010 to November 1, 2010, children’s mental health generated at least 76 imprints in both major and community newspapers.

CMH0’S COMMUNICATION MATERIALS
- Fast Reports – CMH0’s electronic newsletter – distributed to member agencies on a bi-weekly basis.
- The ‘Members Only’ section of kidsmentalhealth.ca

We champion the right of every child and youth in Ontario to mental health and well-being.
CMHO has introduced “satellites” into its operational structure, which are smaller groupings of agencies within regions.

There are 12 satellites across Ontario.

Each satellite has a representative on the Satellite and Advocacy Committee.

Satellites will be key to our advocacy efforts by ensuring regular communication with MPPs and candidates leading up to the provincial election.

The satellites will allow for more efficient communication and feedback between agencies and CMHO. They will also act as ground support for our movement building efforts by working with parents, service clubs, and other community organizations.

Satellite representatives will provide local input on the planning and execution of Children’s Mental Health Week related activities.

CMHO will continue its front line advocacy efforts, which include at least weekly contact with the Minister’s office and senior bureaucrats at Queen’s Park.

In 2010, CMHO met with a large number of MPPs from all 3 parties in the Ontario legislature.

CMHO made submissions to the Ministry of Finance for the pre-budget consultation, and presented to the Select Committee on Mental Health and Addictions on two occasions.
From May 2-9, CMHO member agencies hosted more than 50 events province-wide to raise awareness of child and youth mental health, and reduce stigma.

Toronto Region member agencies sponsored Change the View – an anti-stigma YouTube video contest that encouraged youth from across Ontario to submit videos depicting the harmful affects of stigma, and how to eliminate it. Nearly 50 videos were submitted.

Unmask the Stigma – a video created by youth who receive services from Kinark Child and Family Services – was chosen as the winner by a celebrity judging panel. They received a $2,000 cash prize.

The Change the View celebratory event at the Masonic Temple in Toronto (May 7) was attended by more than 180 youth, and kicked-off by boisterous MTV co-host, Jessi Cruickshank.

Thank you to the Toronto Region, bright red, Pizza Pizza, and the crew at the Masonic Temple for making this event such a tremendous success.

Children's Mental Health Week generated more than 50 media (radio, print, television, online) imprints.

CMHO web statistics indicate that user visits to the 'Events' section of kidsmentalhealth.ca increased by 15.53% between March and May 2010.

bright red communications inc. (brightredinc.com) again donated their support and talent to Children’s Mental Health Week by creating an updated look of their ‘graffiti’ poster.

Close to 10,000 posters and brochures – in both English and French – were distributed to all CMHO member agencies.

Ontario's elementary and secondary schools received more than 8,000 posters and 27,000 brochures; all materials were provided in English and French.

All main library branches and Ontario public health units received posters and brochures.
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CMHO MEMBER AGENCIES

Integra
J. D. Diamond Adolescent Centre, Jewish Family and Child Service
KidsLINK
Kinark Child and Family Services
Lake of the Woods Child Development Centre
Lutherwood
Lynden Hall Child & Family Centre
Maryvale Adolescent & Family Services
The Massay Centre for Women
Mariposa Children’s Centre
Nelson Youth Centre
New Path Youth and Family Services
Nexxus Youth Services
Niagara Child and Youth Services
Oslagen Community Services
Open Doors for Lanark Children and Youth
Oxford-Elgin Child and Youth Centre
Parent-Child & Youth Clinic, Quinte Healthcare Corp
Pathways for Children and Youth
Patricia Centre for Children and Youth
Peel Children’s Centre
The Phoenix Centre for Children and Families
Point in Time Centre for Children, Youth and Parents
Reach Out Centre for Kids
Regional Children’s Psychiatric Centre
Roberts/Smart Centre
Rosalie Hall
Services à l’enfance et à la famille du Timiskaming Child and Family Services
Services familiaux Jeanne Sauvé Family Services
St. Clair Child & Youth Services
St. Leonard’s Community Services
Thousand Islands Regional Centre
Trellis Mental Health and Developmental Services
Turning Point Youth Services
Vanier Children's Services
Western Area Youth Services
Windor Regional Children’s Centre
Woodview Children’s Centre
The York Centre for Children, Youth and Families
Yorktown Child & Family Centre
Youth Services Bureau of Ottawa
YouthLink
CMHO’S ACCREDITATION PROGRAM

CMHO’s Accreditation Program is available only to member centres to assist them in continuously improving their services. CMHO accredited centres meet the highest standards of quality in the delivery of children’s mental health services and for their administration and governance. Each accredited centre is issued a Children’s Mental Health Ontario (CMHO) Accreditation Certificate to prominently display in their office.

CANADIAN CENTRE FOR ACCREDITATION (CCA)

In a three year project funded by the Ontario Trillium Foundation, six accrediting bodies joined forces in August 2009 to collaboratively develop an independent third party accreditation program for Canadian community-based health and social services, called the Canadian Centre for Accreditation (CCA).

The six partners bring to the project a wealth of knowledge and experience in accreditation in their respective sectors. Their goal is to streamline the six existing accreditation programs into one overarching and independent third party system. The new accreditation program, which will launch in 2012, will be offered through the Canadian Centre for Accreditation (CCA). The CCA will offer organizational standards of excellence in Governance, Leadership and Management, as well as six program areas: Family Counselling, Mentoring, Community Health Services, Children’s Mental Health, Credit Counselling and Child Welfare. As a large third-party accreditation organization, it will be well-positioned to be competitive with other large accreditation bodies, and to provide a high quality accreditation process.

Although the process and decision making will transfer to CCA, CMHO will continue to keep the Program Standards for children’s mental health services up-to-date and relevant for our members.

MEMBER SERVICES AND BENEFITS

CMHO accredited members are entitled to the following benefits:

- Group Health Benefits Plan (Deacon Insurance)
- Commercial Group Insurance Program (Moore-McLean Corporate Insurance, Ltd)
- Group Home and Auto Insurance Program (Moore-McLean Corporate Insurance, Ltd)
- Clinical Staff Training (Safeguards)
- Compensation Survey results (biennial)
- Legal consultant (Gardiner Roberts LLP)
- GAIN Shared Purchasing Services
- ONE Mail Secure Patient Information Exchange (eHealth Ontario)

For more information, contact:
Erin Boudreau, Member Services Liaison
Tel: 416.921.2109 ext 30
Email: erin@cmho.org
CMHO’S CLINICAL WEBCAST SERIES

In the fall of 2009, CMHO launched a clinical webcast series to provide staff from CMHO member agencies with the opportunity to learn about current evidence-based practices being implemented in the field; to share knowledge; and to network. CMHO hosted 8 webinars; nearly 300 participants attended.

CMHO is collaborating with Practice and Research Together (PART) (the knowledge dissemination arm of child welfare agencies), to co-deliver a series of webinars.

CMHO’S EVIDENCE-BASED PRACTICES UPDATE

Following the release of the Evidence-Based Practices Consultation Paper in 2008, the Evidence-Based Practices Working Group struck three Sub-Committees to assist CMHO in moving the evidence-based practices (EBP) agenda forward.

Their work includes:

- facilitating educational seminars on topics such as gauging organizational readiness for EBP,
- building support for EBP,
- integrating EBP into agency policies and procedures,
- training staff on basic EBP principles, and
- monitoring and evaluating EBP programs.

VIRTUAL COMMUNITIES OF PRACTICE

In April 2010, CMHO formally launched six virtual communities. They include: EBP Implementation and Outcomes, Reducing Restraints, Accreditation Leads, Home-Based Services, Dialectical Behavioural Therapy, and Privacy Practices. The Communities of Practice;

- foster knowledge building and sharing,
- support networking among member centres across the province,
- support and showcase existing Communities of Practice,
- discuss specific evidence-based interventions and implementation practices, and
- narrow the gap between research and practice.
In the Spring of 2000, the Ministry of Children and Youth Services (MCYS) funded and led the introduction of standardized screening practices with the province-wide implementation of the Brief Child and Family Phone Interview (BCFPI). Standardized screening helps agencies: (1) prioritize cases by severity and problem type; (2) triage to evidence-based practices; (3) manage wait lists; and (4) create well-informed treatment plans.

Children’s Mental Health Ontario oversees BCFPI training and implementation with support from BCFPI Incorporated. CMHO staff:

- train new interviewers;
- provide a BCFPI orientation to clinical workers who receive the results of the BCFPI interviews; and
- provide instruction to agencies on the preparation and analysis of aggregate reports.

On a quarterly basis – after removing identifying information from the data – agencies send the results of these interviews to CMHO. CMHO creates quarterly and annual reports on behalf of MCYS who then distribute them among regional offices and participating agencies.

Currently, the BCFPI is widely used across the province in more than 100 community-based child and youth mental health centres and hospital clinics.

Each year, these agencies collectively conduct about 25,000 interviews that they use to inform their work with children, youth, and families.

Information collected through the BCFPI is the only province-wide source for measuring wait times for children’s mental health services. CMHO staff work with centres to establish and maintain valid protocols for tracking wait times.
Made up of 12 youth from across the province, the Youth Action Committee (YAC) develops and assists in implementing a plan of action that reflects the interests and priorities of youth as they relate to the mission and activities of Children's Mental Health Ontario.

The YAC, when appropriate, may also be asked by the CMHO Board or President to offer advice or assist in implementing CMHO activities or projects.

Last year, the YAC developed and distributed a ‘Mental Health Toolkit’, which consisted of creative ideas/activities to engage high school students in talking about mental health and reducing stigma.

This year, the six (6) New Mentality Groups reached over 400 youth with the following youth-led anti-stigma campaigns:

- a mental health awareness day with multiple activities running throughout the day at a high school;
- a mental health magazine;
- a regional mental health awareness conference;
- a performance/multi-media event;
- a for youth-by-youth resource book about drugs and alcohol; and
- a mental health awareness toolkit.

In addition, the New Mentality Program at CMHO coordinates a Youth Speakers Bureau. During the year, the Bureau spoke to over 500 students and 900 youth-serving professionals in 14 unique conferences and classrooms about “Disabling the Label” and how to create more youth-friendly mental health services.

For more information, contact:
Bronwyn Loucks, YAC Chair
Email: bronwyn@cmho.org

The YOUTH ACTION COMMITTEE

- Made up of 12 youth from across the province, the Youth Action Committee (YAC) develops and assists in implementing a plan of action that reflects the interests and priorities of youth as they relate to the mission and activities of Children's Mental Health Ontario.
- The YAC, when appropriate, may also be asked by the CMHO Board or President to offer advice or assist in implementing CMHO activities or projects.
- Last year, the YAC developed and distributed a ‘Mental Health Toolkit’, which consisted of creative ideas/activities to engage high school students in talking about mental health and reducing stigma.
- The YAC spoke to what they consider to be the ‘three pillars’ of system reform at last year’s annual conference: ‘leadership,’ ‘empowerment,’ and ‘awareness’...and stole the show!
- This year, the YAC will build upon its Toolkit – getting it into more schools and getting more youth to take action and encourage positive mental health.

For more information, contact:
Bronwyn Loucks, YAC Chair
Email: bronwyn@cmho.org

We champion the right of every child and youth in Ontario to mental health and well-being.
kidsmentalhealth.ca continually attracts increasing numbers of visitors. Total visits for 2010 (January to October) were 103,980 compared to 88,924 for the same time period in 2009 – an increase of almost 17%*.

Many visitors to our site are sharing our content with friends and groups on facebook. 79 other websites link into kidsmentalhealth.ca.

Over the last year, we continued to improve website functionality, and introduce new features and content:

- Content was reorganized into separate sections for parents and families, professionals, and children and youth. Our ‘Members Only’ section now includes advocacy resources, accreditation materials, clinical webcast archives, member benefits details, and much more.

- At any given time, almost 20% of students in an ‘average’ classroom will be dealing with some type of mental health problem that makes it difficult for them to learn or behave appropriately. We recognized the need for teachers to be able to access information about the most likely mental health problems in today’s classrooms – and in February, created a new section on our website called ‘Resources for Teachers’.

- We’ve made our popular News section more interactive: Readers are now able to rate news articles on a 5-point scale, as well as leave comments and opinions about what they’ve read.

*based on Google Analytics
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Statement of Revenue and Expenses

REVENUE

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<tr>
<th>2010</th>
<th>Membership Fees</th>
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<tr>
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<td>Projects</td>
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<td>Conference/Workshop Fees &amp; Grant</td>
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<td>Administration Fees</td>
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<td>Investment Income</td>
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<td>Children’s Mental Health Week</td>
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<td><strong>Total</strong></td>
<td><strong>$1,680,225</strong></td>
</tr>
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EXPENSES

| 2010                | Salaries & Benefits  | $846,115  |
|---------------------| Direct Project Costs | 574,787   |
|                     | Program Administration | 129,635  |
|                     | Children’s Mental Health Week | 44,386 |
|                     | Conference & Workshops | 39,211  |
|                     | Committee & Special Meetings | 17,469 |
|                     | Board | 15,897 |
|                     | Support to PCMH | 11,300 |
|                     | Consulting & Communications | 4,870 |
|                     | **Total** | **$1,679,670** |

Excess of Revenue over Expenses for the Year | 555

CMHO REVENUE BY SOURCE 2009/10

CMHO EXPENDITURE BY ACTIVITY 2009/10

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CMHO BOARD OF DIRECTORS

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Sharlene Weitzman
www.kidsmentalhealth.ca

We champion the right of every child and youth in Ontario to mental health and well-being.

The judges, from left to right:
Brittany Peddle – CMHO’s Youth Action Committee
Erin Chan – two-time Olympian, Synchronized Swimming
Austin Di Iulio – 10 top Finalist, So You Think You Can Dance Canada
Hon. Laurel Broten, Minister of Children and Youth Services

CHANGE THE VIEW.

Photo: The role of every child and youth in Ontario to mental health and well-being.