

**The mental health of  
children and youth  
is deteriorating.**

**CDI is here with  
specialized services  
and expert care to  
support families when  
they need it most.**



## **WHO WE ARE**

Child Development Institute (CDI) is a mental health-care organization transforming the lives of children, youth and their families. We provide compassionate, specialized services that are family-focused, working with each child and family's unique strengths to support healthy lifelong skills, connection and healing.

A trusted thought leader committed to advancing children's mental health, CDI provides quality care through continuous research and innovation. CDI shares its knowledge and expertise locally and internationally to ensure positive, long-term impacts on the mental health and well-being of families and communities.

## **OUR COVID-19 RESPONSE**

Mental health issues are at an all-time high, with children, youth and families now experiencing drastic changes in behaviour, increased stress and anxiety, restlessness and fear.

CDI has rapidly responded with the development of new virtual services and adaptations of all our programming to continue supporting current and past families. CDI services are also available through video and tele-counselling services delivered by our clinicians and psychologists.

## **OUR VISION AND MISSION**

CDI's **VISION** is to make a measurable lifelong impact on the mental health and well-being of children, youth and their families. Our **MISSION** is to transform the lives of children, youth and their families by developing and delivering world-class, innovative, evidence-based mental health programs.

## WHAT WE DO

Many of the children and youth we serve have or are at risk of living with mental health issues, diagnosed learning disabilities, and the effects of abuse and trauma in the home, and have been particularly affected by the COVID-19 pandemic.

CDI provides a critical link between mental health and well-being for children and youth, supporting over 3,000 families each year in Toronto, and nationwide, through highly specialized streams of care.

## EARLY INTERVENTION

Guided by the highest standards of evidence-based practice, our Early Intervention Services support children ages 0-12 and their families struggling with socio-emotional and behavioural issues through individual, group and school-based services. Stop Now and Plan (SNAP®), CDI's leading early intervention model for children, is incorporated into many of our programs, including SNAP® Girls, a gender-responsive program for girls with serious disruptive behaviours.



**We hope you all know the positive and lasting impact CDI programming has on families like ours. There are truly no words for our gratitude. Our daughter has been through remarkable change."**

- CDI Parent



## **INTEGRA LEARNING DISABILITIES & MENTAL HEALTH (LDMH)**

Children and youth with learning disabilities face invisible barriers to learning and living at an optimal level, leading to struggles at school, at home and with their peers. COVID-19 social distancing has compounded these challenges, placing children and youth with pre-existing learning disabilities and mental health issues (LDMH) at utmost risk in this context.

CDI's life-changing, evidence-informed services for children and youth with diagnosed LDMH focus on self-regulation, interpersonal awareness and the strengthening of lifelong skills—providing children and youth who often experience feelings of being “different” or “less than” a chance to shine and build brighter futures.

Our summer residential program, Camp Towhee, provides a unique, therapeutic environment where children and youth learn to express themselves and regulate their emotions through adventure-based activities. Camp Towhee continues on virtually, providing a lifeline for participants through storytelling, problem solving and team work.



**CDI's virtual programs helped keep our family on track during a very difficult summer.**



- CDI Parent

## **FAMILY VIOLENCE**

Family Violence has increased drastically since COVID-19, triggered by the social and economic impact of a global health crisis. Referred to by United Nations as a Shadow Pandemic, the alarming upsurge of violence against women and young children has left our most vulnerable population at particular risk of worsening abuse and trauma where they should feel safest: in their own homes.

Our Family Violence Services support women and children in healing from the effects of abuse and trauma through group counselling, a shelters program and specialized services that work to stop the damaging cycle of violence. CDI also supports mothers and children through a variety of weekly virtual sessions, which includes Mothers in Mind (MIM), our trauma-informed, mother-child program for women coping with intimate-partner violence, childhood abuse and neglect while parenting children under the age of 4.



## **SNAP® HQ**

As the country's expert in implementation science, SNAP® HQ works to bring Stop Now and Plan (SNAP)—Canada's leading evidence-based early intervention model for children with serious behavioural issues—to local organizations across Canada and beyond.



SNAP HQ is comprised of a multi-disciplinary team of experts led by Dr. Leena Augimeri and based in Toronto, Canada. These experts lead a centralized hub for SNAP research, development, implementation, and training activities for licensed community organizations called SNAP® Affiliate Sites. SNAP HQ is currently building stronger, healthier communities in 9 out of 10 Canadian provinces with a total of 117 Affiliate Sites across Canada, and 26 Affiliate Sites worldwide.

## **HEALTHY CHILD DEVELOPMENT**

Building on our expertise of over 100 years in the early learning field, we provide young children with a healthy start through play-based early learning environments that are safe, diverse and inclusive. Our Early Learning Centres and EarlyON Child and Family Centres are licensed by the Ministry of Education, and located in diverse communities across Toronto.

Join our community of  
change as we transform  
lives together.

## **DONATE**

Partner with us in our mission to transform the lives of children, youth and their families dealing with mental health issues. Your support helps us continue developing and delivering evidence-based mental health programs to those in need.

## **BECOME A CDI AMBASSADOR**

Becoming a volunteer CDI Ambassador is a great way to advocate for children, youth and families struggling with mental health issues. You can help spread the good word by introducing CDI to your work colleagues, family and friends via word of mouth and your social media platforms.

## **VOLUNTEER**

Help children, youth and families within CDI programming as we work to bring quality mental health to our communities. Become part of our family and volunteer today!

**Your actions today can make the difference in someone's future. To learn more about how you can get involved, please contact:**

Melissa Syme  
Director of Development  
msyme@childdevelop.ca  
416.603.1827 ext. 2223

Camila Pereira, PhD  
Senior Development Officer  
cpereira@childdevelop.ca  
416.603.1827 ext. 2304

CDI is proud to be accredited through the Canadian Centre for Accreditation, a third-party review based on accepted organizational practices that promote ongoing quality improvement and responsive, effective community services.



Child Development Institute



@OfficialCDI



@childdevelop



@CDI\_Toronto

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