

## BACKGROUND CHILD DEVELOPMENT INSTITUTE

Child Development Institute (CDI), an accredited children's mental health agency in Toronto, is a groundbreaker in developing innovative programming. We offer evidence-based programs for children ages 0-12 and youth ages 13-18, and their families across four streams: Early Intervention Services, Family Violence Services, the Integra Program and Healthy Child Development. Built on a legacy of more than 100 years of helping children and families, we have an established track record of success in children's mental health and family violence.

### OUR PROGRAMS

Child Development Institute is a respected research-based national leader providing a range of mental health, early learning and family violence services for children and their families. CDI is a leader in child and youth programming because of our breadth of services and emphasis on social innovation and evidence-based programs.

We build knowledge through research in children's mental health, child development, parenting, childhood aggression, children in conflict with the law, early childhood disorders, child abuse, woman abuse and related areas. We share this knowledge through research and program partnerships, both locally and internationally.

#### Early Intervention

We provide children's mental health services for children aged 0-12 needing assistance with an identified difficulty, such as social-emotional or behavioural problems. We provide help to their families too, assisting with parenting challenges and managing family relationships.

Many of the children we serve have experienced trauma and abuse, domestic violence, family breakdown and other issues that affect their healthy development. These children often experience conflict at school or in childcare, difficulties with peers and family members, and issues related to anger management, impulsivity or developmental difficulties.

Many of the parents in our early intervention programs need help with child management, parenting skills and building a stronger parent-child relationship.

SNAP® (Stop Now and Plan), our award-winning cognitive-behavioural model, teaches children struggling with behaviour issues, and their parents, effective emotional regulation, self-control and problem-solving skills.

#### Family Violence

We offer individual and group counselling approaches, including on-site counselling for women and children who have experienced family violence and are living in shelters, as well as support for those children to integrate into their new school. We coordinate treatment services for children and youth who have been sexually abused, and their families. Research has shown that children who witness the abuse of their mothers are just as affected as if they were being physically abused themselves.

Many of these children have emotional or behavioural problems, physical complaints, and they often feel sad, angry, guilty or responsible for the violence. And they usually feel very alone.

By providing a safe and caring environment to help women and children deal with the negative effects of violence, we are helping to stop this damaging cycle and build positive parent-child relationships.

## Integra

Our Integra Program provides innovative, evidence-informed direct clinical services to children and youth ages 8 to 18 with diagnosed learning disabilities and mental health issues (LDMH) in Toronto. We also offer summer residential therapeutic programming to children and youth with LDMH ages 10 to 18 across Ontario. Our Community Education and Engagement program provides training and public education about LDMH without geographical boundary limitations. Reflecting our belief that therapy is learning, the Integra Program offers a unique approach to mental health intervention by putting the child's own learning profile at the centre of treatment.

## Healthy Child Development

Research shows that high-quality childcare provides a positive influence on the development and future potential of children. We provide programs to strengthen children's development, promote early learning and literacy, and prepare children to be ready for school. We help parents build skills, gain new knowledge and develop confidence in their important role as parent.

Our programs are delivered at five Early Learning Centres (childcare centres) and the Parkdale High-Park Ontario Early Years Child and Family Centre.

## Research

Child Development Institute is dedicated to generating new knowledge that will increase our understanding of children's mental health issues, contribute to service excellence in all our program areas, and lead to positive changes for children and their families. We are also committed to sharing research results with others, so that the positive impact on children's lives can be increased exponentially.

## Accreditation

Child Development Institute 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.

## For more information, contact:

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