

Annual Report 2021/2022

Caring to Empower

Land Acknowledgment

At Child Development Institute, we acknowledge that the land on which we work is the traditional territory of many nations, including the Mississaugas of the Credit, the Anishnabeg, the Chippewa, the Haudenosaunee, the Wendat and the Métis peoples. We also acknowledge that Toronto is covered by Treaty 13 with the Mississaugas of the Credit. Our community is home to many diverse First Nations, Inuit and Métis peoples, and we recognize the enduring presence of Indigenous Peoples on this land.

Throughout this Annual Report, clients name have been changed for privacy

Transform

Adrian Williams
@str81mpulse

The title of this work, Transform, reflects the influence of the butterfly on the body as well as the spirit. Creating this art, the butterfly parallels the values of many human experiences: change, hope and rebirth. This unique creature's symbolism takes hold in many cultures as a means to speak about growth and/or societal change. The butterfly's ripples, yet small, can have an impact on the most complex system.

Adrian Williams is a high school science teacher who is an art enthusiast creating digital culture and fan based art.

A Message from the CEO and Board President

2021 - 2022 has proven to be a pivotal year for the Child Development Institute (CDI). Faced with the challenges of the COVID-19 pandemic, our expert teams responded effectively – adapting our program delivery methods and applying new technology in innovative ways – to support the Toronto community with a wide range of specialized mental health and family violence services, as well as focused and effective early learning programming.

CDI's Early Learning team turned to social media to share resources with families, and we were also able to launch our SNAP for Schools app successfully. At Camp Towhee and Camp Wimodausis, staff rallied for a second year of virtual programming this summer. Our mental health treatment staff took an evidence-based approach to adapt services for hybrid in-person / virtual programming and delivery. In addition, our Taste of Home program was adapted by CDI's Family Violence team to continue to provide a fun program for children living in shelters, offering them a chance to develop skills for managing stress while building LEGO neighbourhoods.



Lynn Ryan MacKenzie CEO



Melanie Manchee Board President

This year, CDI's Research and Implementation Team surpassed our goal to bring Stop Now And Plan (SNAP®) to 100 Canadian communities through the SNAP National Expansion project. In fact, SNAP services are now being delivered in more than 200 communities (including 28 international sites), supported by 65 SNAP Affiliate licensed organizations – across Canada and beyond – that serve more than 10,000 children and families annually. Of our Canadian SNAP Affiliates, six organizations serve predominantly Black communities, while 17 identify as serving predominantly Indigenous communities.

We are very proud of CDI's creative and collaborative teams. We launched our new branding this year, reaffirming our commitment to transforming the lives of children, youth and families. CDI's new graphic identity incorporates a fresh look and feel, with the image of a butterfly – a powerful symbol of transformation, change and hope – representing the essence of the CDI service experience.

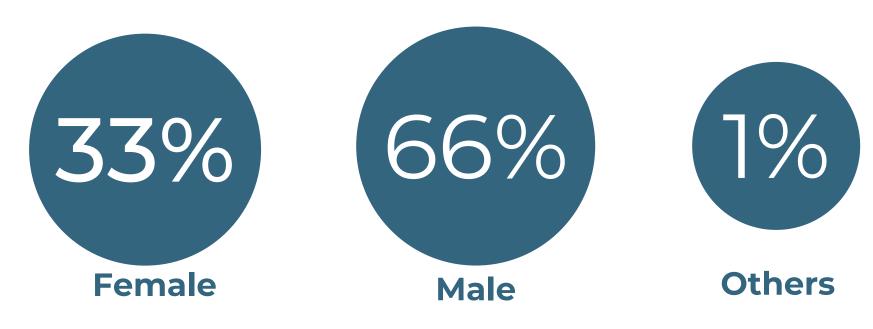
We want to acknowledge and thank all of our staff members for their remarkable dedication and hard work throughout the COVID-19 pandemic. We also want to acknowledge our donors, community partners and supporting foundations – together, over the past year, we have made a profound difference in the lives of families confronting challenges related to mental health and the pandemic.

As we move forward, we can see that the need for focused and effective mental health treatment and early learning programming continues to grow. At CDI, we remain committed to being a leader in developing, delivering and scaling evidence-based services that transform the lives of children, youth and their families across Canada's diverse communities.

CDI Impact



Gender Breakdown of Children and Youth Served



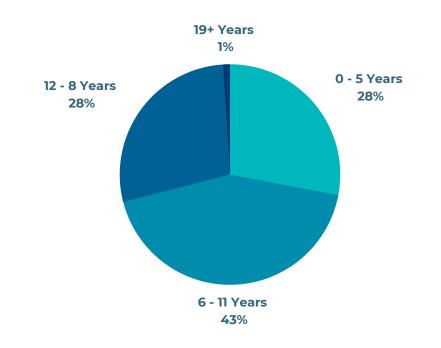


Languages Identified by Clients Served



28,632
Direct Hours from Staff

Age Breakdown of Children and Youth Served



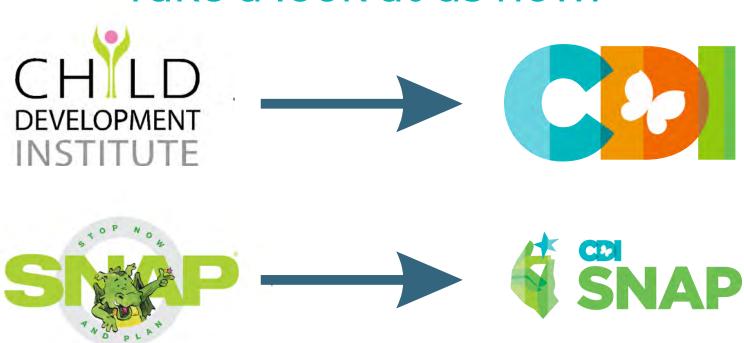
Changing for the better

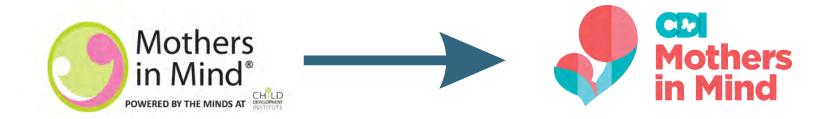
We are collaborative. We are dedicated. We are innovative.

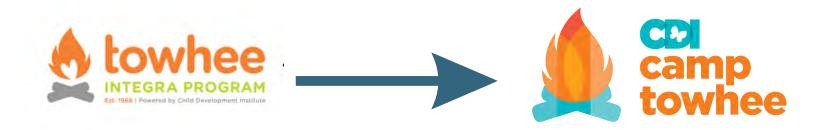
As part of our enduring commitment to advancing specialized mental health services for children, youth people and families, we launched a new brand for CDI in February 2022. We wanted to establish a clear visual connection across the breadth of services we deliver, demonstrating our capabilities as a leading provider of child and youth mental health services, childcare and family support.

As a part of our rebranding, we embarked on a year-long discovery process involving stakeholder interviews and town halls to capture a shared sense of who we are, what we do and how we make a measurable impact.

Take a look at us now!







Healthy Child Development

Our mental health affects how we think, feel and act...

Being on the front lines is more demanding and taxing than ever, but the members of our childcare teams have been working around the clock, ensuring that CDI is able to safely deliver critical services and support for families. During the pandemic, staff at our Windermere Early Learning Centre (ELC) saw first-hand many of the ways that lockdowns and reopenings were affecting children and their families. Despite many obstacles, our staff remained steadfast and provided the tools and resources needed in our communities.

"Children have missed out on many of the milestones in their development, their social skills are out of practice, and their families are dealing with the difficulties of navigating today's world," said Myriam Chamale, Early Childhood Assistant. "In some families, parents have been dealing with children's growing anxiety and restlessness, not to mention significant behavioural changes. Many of them had to take a leave of absence – or even quit their jobs – to take care of their children," added Lissette Diaz, Registered Early Childhood Educator.

"Parents were reassured, and they felt confident, knowing that their kids would be in good hands," added Chamale.

As they go back to work, caregivers can focus on providing for their families without being burdened by worry and anxiety about their children's safety. At CDI, we believe it is important that children are also back in childcare and at school, where they can continue to learn about the larger world in a safe environment, reach every developmental milestone, and strengthen the social skills that will help them thrive in public settings.

Our childcare staff are an integral service provider for our communities. CDI's ELCs provide young children with positive learning experiences in an inclusive, child-focused play-based environment. Our ELCs helped ease anxieties that families had, knowing their child is safe while they went back into work.

To learn more about our ELCs or childcare services/programs, please visit https://www.childdevelop.ca/programs/healthy-child-development

Impact of Healthy Child Development





- 311 Early Learning Centre Served
- 284 Childcare Consultation
- 259 EarlyON



Total Number of Virtual Sessions
Delivered by Childcare
Consultation



Total Number of Participants in 47 Workshops

"Our consultant was very helpful and supportive all the time.

Whenever we needed her, she was always there to help. As a parent I learned so many strategies and techniques to support my child and those were very effective."

- Participant in Childcare Consultation

Family Violence

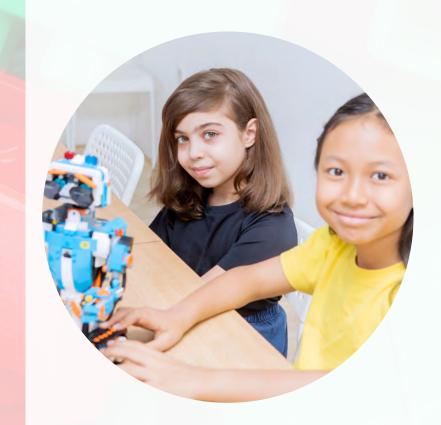
We all deserve a voice...

During the difficult days of the COVID-19 pandemic, CDI Family Violence Services staff adapted the Taste of Home program to create the LEGO City Project.

For seven-year-old Kim, sharing a space with people she didn't know was nerve-wracking. She had a constant feeling of "the butterflies", the same feeling she had when starting at a new school. Her mom told her about the new LEGO program, and Kim reluctantly decided to join.

Growing up, Kim had never really been interested in LEGO. But to her surprise, being a part of this activity group with other children was not just about LEGO, it was about being seen and heard. Some of the kids shared Kim's anxieties about having to start at a new school or make new friends. In the conversations that came up during the program, she started to feel a kinship with the other kids in the shelter. She worked on building a hairdressing salon with LEGO pieces,

and that brought back good memories of when she and her mom would get their hair done. Her friend Tara built a model of a protest stage, filled with "Black Lives Matter" and "Free Ukraine" signs. When Kim asked her why she built it, Tara simply answered that everyone deserves a voice.

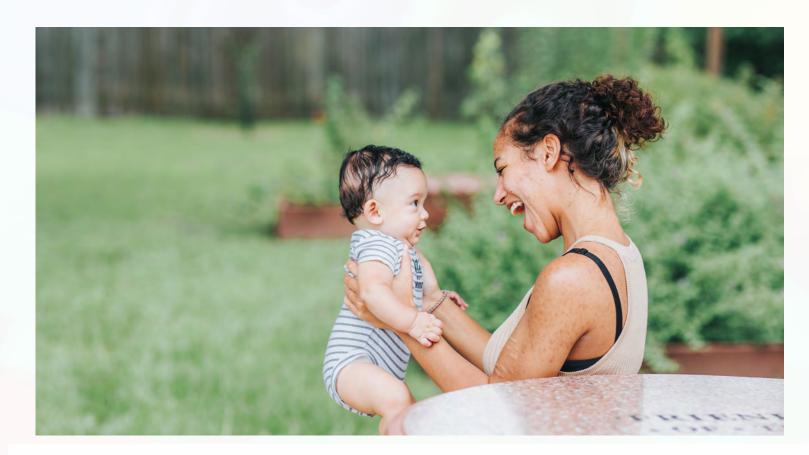




Family Violence

The original premise was simple: let kids work together on building a neighborhood, or some other project they might enjoy, using LEGO or craft materials – and at the same time, give them a chance to talk about the challenges they are experiencing while strengthening their emotion regulation skills through mindfulness activities and other stress management techniques. But the results of the program were far beyond anyone's expectations: children felt safer, and they were able to share and talk openly about their worries and feelings.

CDI's Family Violence Services programs, such as the Taste of Home adaptation, provide children with a safe, judgement-free place where they can talk about their feelings, helping them build self-esteem and confidence in new settings. The programs also offer support for families to heal from family violence.



90-100% of respondents indicated they have rated Family Violence programs to be highly consistent with trauma-informed practices.

To learn more about our Family Violence services/programs, please visit https://childdevelop.ca/programs/family-violence-services

Learning Disabilities and Mental Health

Empowering children, adolescents and families

With more than 50 years of service, Camp Towhee continues to meet the changing needs of children and adolescents with learning disabilities and mental health (LDMH) challenges. Unlike other camps or community programs, Camp Towhee tailors its summer programming to offer a rich and immersive experience for children and adolescents, enabling them to better express themselves and their emotions.

As they contemplated another summer of virtual experiences, staff members at Camp Towhee decided to go on a quest, looking for a fun-filled adventure program that could also help campers build better emotion regulation and problem-solving skills. Their solution: Dungeons and Dragons, an action-based game in which participants create their own characters, each with a unique backstory and motivation, as well as personality traits, strengths and weaknesses. As they encounter a variety of obstacles over the course of the game, campers take turns working together to find solutions.

Dungeons and Dragons was a great success that allowed campers to use their imaginations – and strengthen their social skills – at home.

By participating in summer camps like Camp Towhee, children and adolescents can create new memories as they build confidence and self-esteem. At Camp Towhee, participants can experience successes that in the past might have seemed impossible. This year, in response to the added challenges of the pandemic, Camp Towhee staff also provided weekly virtual program meet-ups. Whether they are at home or together in person, campers and staff think of Towhee as a second home, where inclusive, accessible programming allows everyone to succeed.

Learn more about Camp Towhee and CDI's LDMH services at https://www.childdevelop.ca/programs/learning-disabilities-and-mental-health



Early Intervention



SNAP aligns beautifully with the needs of our children...

Ten-year-old Thomas was finding school a bit overwhelming. He hadn't been in a classroom for almost two years and being surrounded by so many other children was nerve-wracking. He remembered how scary it was when his grandpa was hospitalized for weeks because of COVID-19, and he was worried about catching the virus at school and being isolated from his family. It didn't help that some of the other kids were aggressive when they lost a game during recess, or threw pencils in the classroom when they thought something wasn't fair. Thomas didn't feel comfortable at school, and something had to change.

At CDI, we believe that everyone should have access to mental health support and resources. Through the SNAP National Expansion Project, we worked to fill the gaps in children's mental health services – including at school – by introducing the Stop Now And Plan (SNAP®) program in communities across Canada. SNAP is an evidence-based early intervention program focused on strengthening children's emotion regulation, self-control and problem-solving skills, which can help reduce depression, aggression and anxiety. The CDI SNAP HQ team works with community organizations to license and implement the SNAP program and provides training to ensure the fidelity and integrity of each implementation.

Early Intervention

Halton Catholic District School Board (HCDSB), a SNAP Licensed Affiliate, launched a pilot of the program in February 2021. Since then, it has introduced SNAP at 28 schools in the Halton Region.

"We've seen that our students have a lot more anxiety, depression, sadness and disengagement as a result of the pandemic," Glenda Brown, Chief of Mental Health Programming at HCDSB.

"We love that SNAP aligns so beautifully with our mental health strategy, because it focuses on promoting social and emotional learning, self-regulation and problem-solving. These are skills that build confidence and competence in managing daily stress."

The SNAP program also promotes more equitable outcomes. "It aligns with our mandate for culturally responsive pedagogy as well, because it looks at everything through an equity and inclusion lens," Brown noted. Everyone in the classroom learns about SNAP together, which allows students like Thomas to work on their emotion regulation and problemsolving skills alongside their peers. SNAP provides children with the tools they need to build self-esteem, so they can make good choices "in the moment" and keep their problems small.

"It was very beneficial to have SNAP onsite in the classroom this school year. The students loved engaging with their facilitator and classmates during role-playing. Some teachers even helped to model a SNAP scenario with the facilitator, which the kids really enjoyed," said Kim Dawson, a Child and Youth Counsellor at HCDSB.

By working with teachers, educators and school boards, we can ensure that no student is left behind – and that the tools and resources they need are right there, at their fingertips.

To learn more about SNAP and how to become a SNAP Licensed Affiliate, visit <u>stopnowandplan.com</u>.



SNAP National Expansion



SNAP National Expansion

Innovation meets collaboration

We launched our SNAP National Expansion (SNAP NE) project in 2017, with the objective of scaling up the SNAP model to reach 100 new communities across Canada within five years. We are excited to announce that not only did we achieve our objective, we surpassed it: the project introduced SNAP to 160 communities within five years, despite the challenges of a global pandemic over the past two years.

As one of Canada's leading evidence-based early intervention models for addressing children's mental health, SNAP teaches children, adolescents and families how to stop and think before they act – and to make better choices, not just "in the moment" but throughout their lives.

The SNAP NE project was a great success because of the organizations and people who believe in us. We would like to thank the LEAP|Pecaut Centre for Social Impact for selecting SNAP as their inaugural social innovation to be scaled up across Canada, and for helping us deliver massive changes in children's mental health.

To our donors, foundations, business sector partners, SNAP champions and community partners, a special thank you for all that you contributed to make our SNAP NE project such a success. To our SNAP Affiliates, we want to recognize you and salute you for bringing SNAP into your organizations and communities. To our SNAP families, thank you for trusting in SNAP to help you and your child.





10,000
Children & Families
Served

200Communities Served



Among our SNAP Affiliates in Canada, six predominantly serve Black communities, while 17 identify as serving predominantly Indigenous communities. We work closely with our licensed SNAP Affiliates, supporting program implementation and providing ongoing SNAP training and consultation.

In addition to SNAP NE, we are excited to announce that our SNAP Youth Justice (SNAP YJ) Model – for community, custody and/or probation settings – has expanded in Florida. Having witnessed the successful expansion of the SNAP Under 12 Model across the state, and recognizing that it needed to reach out to high-risk youth, the Florida Network of Youth and Family Services asked the CDI SNAP team to pilot this specialized program focused on young people. The first SNAP YJ implementation was launched in 2019, and after a number of positive outcomes, our SNAP YJ Model has now been introduced at five sites in Florida

"The SNAP program breaks down barriers and provides a safe place where families can rebuild. Our community sees the strengths in the SNAP program, and we welcome the opportunities it provides for our families," said Ashle Jennings, SNAP Site Coordinator at Lutheran Services Florida – South West.





28
International Sites

Mental health services for children are needed today more than ever. Our CDI SNAP Implementation, Research and Development team keeps up with these needs by providing new tools to support our SNAP Affiliates.

The team has designed and launched innovative technological solutions that support Affiliates' efforts to build better skills acquisition and create sustainable change. These include:

- SNAP for Schools Parenting app provides caregivers with insights into what their child is learning and shares related parenting skills;
- Virtual Early Assessment Risk List Version 3 (EARL-V3) platform

 gives practitioners, clinicians and researchers an easier and
 more efficient way to assess levels of risk and determine
 associated risk management strategies; and
- SNAP Coaching apps give children, young people and caregivers on-the-spot access to SNAP strategies for behaviour management and emotion control, outside the program and after its completion.

With the successful conclusion of the SNAP NE project in December 2021, the international implementation of the SNAP program and the launch of innovative new technological solutions, SNAP has become an essential mental health and crime prevention cornerstone in communities across Canada. Given the impact of the global COVID-19 pandemic on the state of children's mental health, SNAP is needed today more than ever.

Our goal is to continue supporting our SNAP Affiliates, helping them build additional capacity in their communities and extending the reach of this essential program to other communities in need of SNAP services.

To continue our mission of improving the landscape of children's mental health in Canada, we are embarking on a new SNAP campaign that will build on the success of the SNAP NE project. The SNAP 2.0 campaign will focus on the sustainability of SNAP sites, building on their current capacity and improving efficiencies to address the mental health and crime prevention needs of children, youth and families. We invite you to join us on this SNAP 2.0 journey.

"We know from SNAP's robust outcomes that it can help improve the mental health and well-being of children, families and communities. We know from our research that it can be scaled up, with high fidelity and integrity, in a multitude of different settings"

"We have accomplished this in spite of the challenges of a global pandemic," noted Dr. Leena Augimeri, Director of SNAP Scientific and Program Development and SNAP National Expansion. "Knowing this, why would we not continue to invest in more SNAP implementations in communities that still need these services? More than 50% of the current need we've identified is in communities where a SNAP site already exists. We have to build additional capacity in these SNAP Affiliate sites to reach more children and their families. Good enough is no longer enough," added Augimeri.

By working with governments, foundations, donors and community organizations, we can ensure that SNAP Affiliate sites will continue to offer services to children and families, building a sustainable SNAP presence within their communities.

To learn more about SNAP and how you can support the SNAP 2.0 campaign, visit stopnowandplan.com today or contact us at snap@childdevelop.ca.

Community Engagement

Collaboration and community engagement are at the heart of who we are at CDI

A very warm and special thank you to all of the sponsors and attendees who joined the Party for Good event in November 2021. Hosted by Norm Li and Gladstone Media, the event raised \$225,000 in support of CDI – helping children, young people and families.

To the donors, foundations and community partners who have supported us, we want to thank you for making a big impact in the lives of our families. From monetary donations to in-kind gifts, every contribution plays a part in bringing special moments – and reasons for hope – to our families.

Generous contributions like yours help support our agency as we continue to meet the unique needs of our communities. By supporting CDI, you are joining with us to ensure that no one is left behind.





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CDI Financial Summary

	Operating Fund	Board Fund	Capital Fund	2022 Total	2021 Tota
REVENUE					
Government grants	\$15,129,777			\$15,129,777	\$16,307,412
Childcare	3,049,570			3,049,570	1,769,437
Earned income	444,969			444,969	233,238
Donations from CDI Foundation	1,266,501			1,266,501	322,051
United Way	265,628			265,628	319,446
Donations and other	262,379			262,379	761,647
	\$20,418,824			\$20,418,824	\$19,713,258
EXPENSES					
Salaries	\$14,069,087			\$14,069,087	\$14,291,903
Programs	1,895,816			1,895,816	1,294,114
Employee benefits	1,977,936			1,977,936	2,196,626
Building occupancy	1,008,700			1,008,700	1,114,341
Administration	884,619			884,619	710,065
Staff training and travel	119,170			119,170	68,379
COVID-19 expenses	46,609			46,609	167,488
Amortization	156,747			156,747	28,451
	\$20,118,684			\$20,118,684	\$19,871,367
(DEFICIT) EXCESS OF REVENUE OVER EXPENSES FOR THE YEAR	\$(300,140)			\$(300,140)	\$(158,109



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