



2013/2014 ANNUAL REPORT

10 YEARS OF HELPING CHILDREN & FAMILIES





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2004

The West End Crèche and the Earls court Child and Family Centre merge to form Child Development Institute (CDI)

CDI Foundation created

CDI receives the inaugural Outstanding Achievement Research and Evaluation Award from the Child Welfare League of Canada

MESSAGE FROM THE PRESIDENTS

This year marks the 10th anniversary of the creation of Child Development Institute (CDI) following the merger of The West End Crèche and Earls court Child and Family Centre. Over the last decade, CDI has emerged as one of Toronto's preeminent providers of children's mental health, family violence and healthy child development programming — programming that continues to change the lives of thousands of children and families.



Looking back on the last 10 years, CDI has accomplished an impressive number of achievements, from launching new programs and winning national and international awards, to forming innovative partnerships and leading sector initiatives. This success is built on our core values — including service excellence, research and evaluation, innovation and collaboration — and our commitment to being a centre of excellence in children's mental health.

We have no doubt that the next decade will be just as impressive as we continue to develop and deliver innovative, evidence-based programs; programs like SNAP[®], which is about to take centre stage nationally. Over the last year we've been working closely with the Pecaut Centre for Social Impact and their sector partners to develop the "SNAP[®] Explosion" implementation plan that will see SNAP[®] expanded nationally with the goal of making SNAP[®] available to 20,000 Canadian children and families in the next five years. We're looking forward to seeing this goal realized and helping to change the lives of children and families from coast to coast.

In closing, we would like to thank our Board colleagues, the CDI executive and staff, and our generous donors for your on-going support and dedication to promoting and supporting the healthy development of children. With your help there's no doubt the next decade in CDI's history will be just as successful as its first.

Janet MacPhail, President
Child Development Institute

Carol Bezaire, President
Child Development Institute Foundation

MESSAGE FROM THE CEO

While we've been serving children and family for over 100 years through our legacy organizations — the West End Crèche and Earlscourt Child and Family Centre — in just 10 years, Child Development Institute (CDI) has built its own reputation as a leader in children's mental health and healthy child development.



Putting together this Annual Report on the occasion of our 10th anniversary was truly a trip down memory lane and it reminded me of all the wonderful things we've accomplished in the last decade. I hope you'll take a few minutes to review the milestones we've highlighted in this report. Thanks to the hard work and dedication of staff and volunteers, the organization has grown — and continues to grow — tremendously.

This year also saw significant milestones that will undoubtedly be highlighted when we

celebrate our 20th anniversary. Continuing the tradition of innovation at CDI, we launched the SNAP[®] Youth Justice program, which brings the SNAP[®] model to young males involved with the criminal justice system, either in a custody facility or in the community. We've also signed a merger agreement with the Integra Foundation, which, when finalized will enable us to offer programs for children and families with learning disabilities and mental health issues. The provincial roll-out of our Mothers in Mind[™] program also continued, and we're pleased to see this program being made available to mothers and children across the province.

Our biggest milestone — the "SNAP[®] Explosion" — is just getting started. With the help and support of the Pecaut Centre for Social Impact and their sector partners we've developed a plan, that when fully implemented, will change the children's mental health landscape in Canada. Our goal is to increase the number of children and families who benefit from SNAP[®] from approximately 4,000 to 20,000 in the next

five years. A lofty goal no doubt, but if past success is any indicator, I am confident we will achieve this goal.

We know there are changes on the horizon in the delivery of children's mental health services in Ontario, but with a long-standing history and a successful track record for delivering effective programs, CDI is well-positioned to navigate these changes. Regardless of changes ahead, our core mission remains the same: promoting and supporting the healthy development of children. Thank you to everyone who plays a role in helping us achieve this mission every day.

A handwritten signature in black ink, which appears to read "Tony Diniz". The signature is written in a cursive, flowing style.

Tony Diniz, CEO
Child Development Institute Foundation

2005

Wellesley Early Learning Centre opens

Parent Advisory Committees created at all Early Learning Centres

2006

School-based mental health programs are launched

SNAP® receives the highest possible designation for evidence-based programs from three North American government organizations

CDI achieves multi-year accreditation by Children's Mental Health Ontario

Mothers in Mind™ program developed and launched

FINANCIALS

	OPERATING	SPECIAL	CAPITAL	2014 TOTAL	2013 TOTAL	
REVENUE	Grants	\$	\$	\$7,716,604	\$7,555,260	
	Childcare			4,581,095	4,403,820	
	Donations from CDI Foundation			796,429	634,617	
	United Way			389,137	389,142	
	Donations and other	4,050	6,180	369,237	362,452	
	Earned income	159,730		159,730	236,101	
		14,002,002	4,050	6,180	14,012,232	13,581,392
EXPENSES	Salaries			9,829,904	9,644,854	
	Employee benefits			1,386,855	1,339,956	
	Program			1,368,954	1,271,880	
	Building occupancy			946,678	865,678	
	Administration			231,297	255,465	
	Staff training and travel			164,270	170,193	
	Donation to CDI Foundation			9,091		
	Amortization			12,180	45,059	
		13,950,315		12,180	13,962,495	13,593,085
	EXCESS OF REVENUE OVER EXPENSES FOR THE YEAR	\$51,687	\$4,050	\$(6,000)	\$49,737	\$(11,693)

ABOUT CHILD DEVELOPMENT INSTITUTE (CDI)

Mission statement:

CDI's mission is to promote and support the healthy development of children and to strengthen the families and communities in which they live.

Vision statement:

CDI will continue to be recognized for innovation and excellence in child development, services and research by collaborating and partnering with others who share our values.

VALUES

- Service excellence
- Research and evaluation
- Innovation
- Collaboration
- Continuous learning and sharing knowledge
- Responsiveness
- A family-centred approach
- Diversity
- Social justice
- Accountability

Child Development Institute offers a range of programs and services to meet the needs of children and families, such as:

- SNAP® (Stop Now and Plan) programs for children and youth with behaviour problems and their families
- Family violence programming for children and mothers who have experienced abuse
- Six licensed, not-for-profit early learning (child care) centres in the City of Toronto
- Parkdale-High Park Ontario Early Years Centre
- Individual, family and group counseling
- Parent support and education
- Specialized classrooms and other school-based services
- Consultation and support for child care centres working with children with special needs

CDI BOARD OF DIRECTORS

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Kellie Sauriol, Vice-President
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Junior Sirivar, Secretary
John Bardawill
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CDI ADVISORY COMMITTEE

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Margaret McCain
Kelly Meighen
Linda Pincott-Kitchen
Ricki Sharpe
Eleanor Shen

SENIOR MANAGEMENT TEAM

Tony Diniz, Chief Executive Officer
Mariana Catz, Chief Operating Officer
Dr. Leena Augimeri, Director, Scientific and Program Development
Carolee Cain, Director, Healthy Child Development

Christeen Frederick, Executive Assistant and Chief Privacy Officer

Dr. Angeliqne Jenney, Director, Family Violence Services

Shauna Klein, Director, Fund Development, Marketing and Communications

Linda Levely, Director, Finance and Administration

Kathy Levene, Associate Director and Director of Early Intervention Services

2007

Windermere Early Learning Centre opens

CDI sponsors first National Children's Mental Health Conference

CDI leads the first annual province-wide Children's Mental Health Week

DONORS

\$50 - \$999

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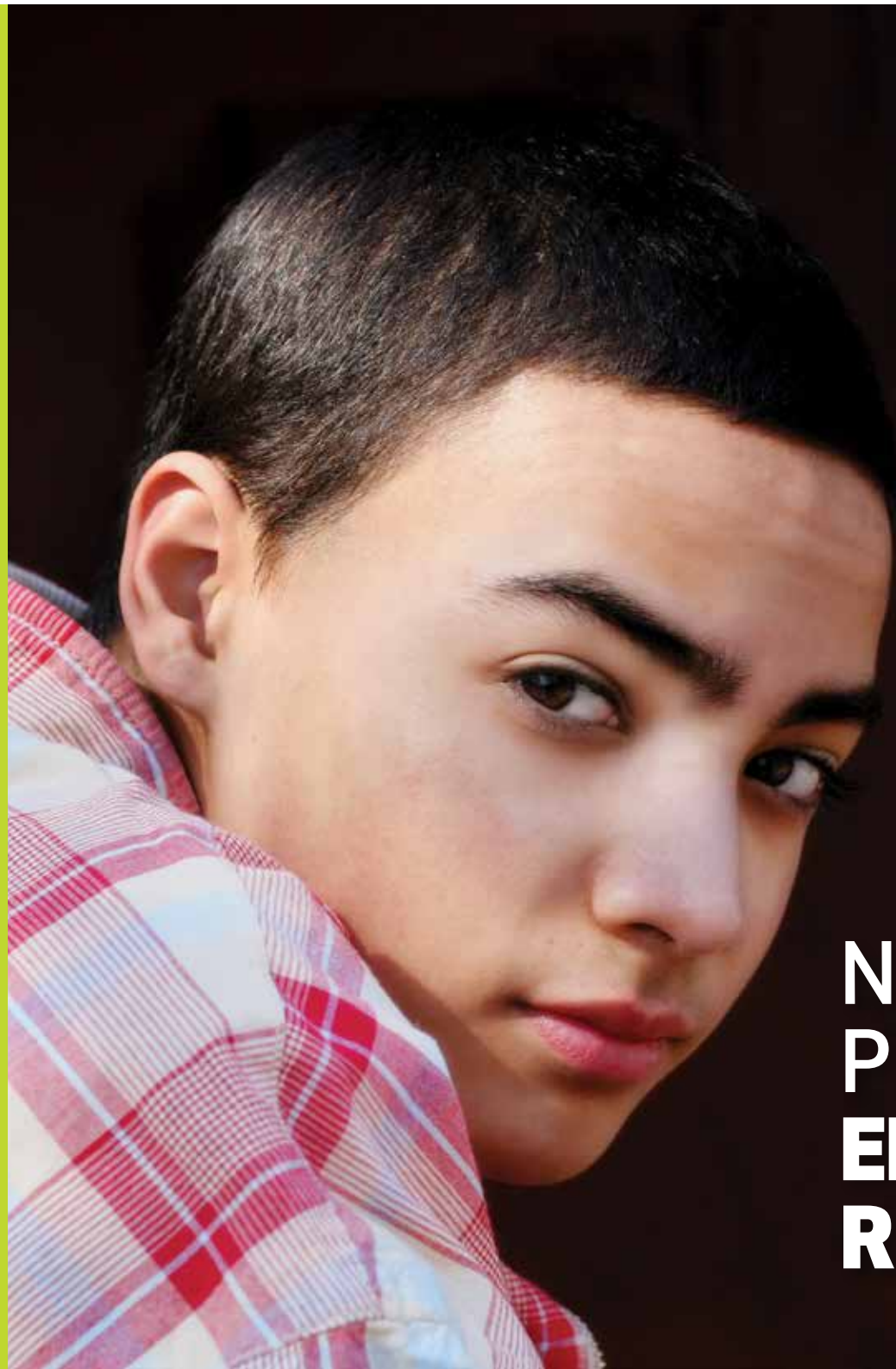


2008

SNAP® is designated a model program by Public Safety Canada's National Crime Prevention Centre

Beyond the Basics program is launched

The College of Early Childhood Educators is established and all CDI Early Childhood Educators successfully register with the college



**NEW SNAP®
PROGRAM
ENGAGES HIGH-
RISK YOUTH**

2009

As one of CDI's Core Values, innovation plays a key role in the work carried out at the agency.

As one of CDI's Core Values, innovation plays a key role in the work carried out at the agency. Our latest SNAP® project is the perfect example of the type of innovation CDI excels at; an intervention program for youth involved in the youth justice system known as SNAP® Youth Justice (SNAP® YJ). The project, funded by Justice Canada and the Ontario Ministry of Children and Youth Services' Youth Services Division, is charting new territory for CDI.

The SNAP® YJ program aims to reduce the risk of further contact with the law and/or gang membership among males between the ages of 12 and 17 who are involved in the youth justice system, either in custody, on probation and/or in the community. Implementation of the SNAP® YJ program includes training youth justice system professionals, front-line workers and community partners in the award-winning, evidence-based SNAP® model strategies, which has been adapted for this high-risk population.

Integrating cutting-edge technology, iPads are used to engage youth in creative learning modules using animated scenarios, based on actual youth experiences. The modules reinforce SNAP® strategies designed to improve self-control, decision-making and pro-social skills. Sessions include discussions, modelling, role playing, practice exercises, and relaxation training.

The modules were developed in consultation with youth at a youth custody facility to ensure the program was engaging and relevant. Participants offered invaluable feedback and were appreciative of the opportunity to have their voices heard as part of the program development. The youth also became involved in the creative production of the modules through visual design, voice-overs and creating a SNAP® rap, "Free Up".

"Thanks for coming and asking us our opinion," said one youth.

In addition to developing the program modules, CDI also developed comprehensive training material for professionals who will be delivering the program. Training has begun at youth custody facilities throughout Ontario. So far it has been well received and youth justice professionals are looking forward to delivering the program.

"I feel the role plays and demonstrations are very helpful. I like the idea of the technology being implemented," said a program facilitator.

CDI celebrates 100 years of serving children and families through the West End Crèche and Earlscourt Child and Family Centre

SNAP® Youth Outreach project launched

CDI's Residential Program converted to the Intensive Community and Home program



THE **SNAP**[®] EXPLOSION IS UNDERWAY!

In 2013, CDI's SNAP[®] program was chosen by the Pecaut Centre for Social Impact (PCSI) as their inaugural partner for social innovation in children's mental health, after a highly competitive selection process. We have now embarked on a "SNAP[®] Explosion", with the goal of making SNAP[®] available to more Canadian children and families from coast to coast. Currently SNAP[®] reaches approximately 4,000 children through SNAP[®] Boys, SNAP[®] Girls and SNAP[®] for Schools.

Over the last year, CDI has been working closely with PCSI and their sector partners to develop a SNAP[®] Implementation Plan, with the goal of 140 SNAP[®] Affiliate sites, serving an additional 20,000 children, across Canada over the next five years.

The final Implementation Plan was approved by our Board of Directors in January 2014, and we're now moving forward with creating new partnerships with both children's mental health organizations and other not for profit service providers committed to improving the lives of children and families.

CDI'S **HOLIDAY INITIATIVES** REACH NEW HEIGHTS

Every year, CDI undertakes several initiatives to help make the holidays extra special for our families in need. This year, thanks to our generous donors and supporters, we were able to help more families than ever.

\$48,000:

APPROXIMATE VALUE OF **IN-KIND DONATIONS** AND **FINANCIAL SUPPORT** FOR OUR HOLIDAY INITIATIVES.

250+:

NUMBER OF **INDIVIDUAL AND CORPORATE DONORS** WHO CONTRIBUTED TO **HOLIDAY INITIATIVES**.



45:

NUMBER OF **FAMILIES SUPPORTED** THROUGH OUR **ADOPT A FAMILY PROGRAM**.

67:

NUMBER OF **TOYS RECEIVED** FROM THE **CP24 CHUM CHRISTMAS WISH** AND **DISTRIBUTED TO CHILDREN** IN OUR PROGRAMS.



8

NUMBER OF **HOLIDAY PARTIES** HELD AT OUR LOCATIONS, WITH SUPPORT FROM THE **CP24 CHUM CHRISTMAS WISH**.

150+:

NUMBER OF **TEDDY BEARS** DONATED BY **SCOTIABANK** AND **AÉROPOSTALE** FAIRVIEW MALL.

\$5,000:

DONATION FROM **BOB'S YOUR UNCLE** TO PURCHASE **GIFT CARDS** FOR FAMILIES IN NEED.

2010

SNAP® celebrates
25 years of service

All CDI Early Learning
Centres score within the
top tier of measurable
quality childcare in the
City of Toronto

2011

Taste of Home and Transitions programs developed and launched

CDI achieves multi-year accreditation by Children's Mental Health Ontario

Partnership with Elizabeth Fry Toronto is formed to offer the Incredible Years program

CDI launches its first ever digital app, CommuniCAT CSQ, used to collect client feedback

CDI'S **PIONEER** IN TREATING GIRLHOOD AGGRESSION **HONOURED**

Kathy Levene, CDI's Associate and Early Intervention Service Director, was recognized in May 2014 with a YWCA Toronto Woman of Distinction Award for Mental Health for her dedication and significant contributions to improving the lives of girls and families.

Kathy, who has been with CDI for 35 years, was one of the driving forces behind the development of the SNAP® early intervention model for behaviourally troubled children ages 6 – 11 years and their families. SNAP® programs for boys and girls and their families were first introduced in 1985. Over the early years of the program's evolution, Kathy noted that few girls were being referred and that there was a significant gap in research and programs focused on behaviourally troubled young girls. From that point forward, Kathy dedicated her career to researching and understanding the unique factors that contribute to 'girlhood aggression' and treatment approaches that best meet the specific needs of this important and highly vulnerable group of girls and families.

In 1996, Kathy launched SNAP® Girls Connection (now called SNAP® Girls), using the SNAP® model, but with a feminist lens to recognize gender differences. Along with the program's theoretical foundation of social learning,

self-control and problem-solving, there is also a strong focus on relationship building and positive mother-daughter attachment. With the advent of SNAP® Girls, public awareness of the challenges young girls and their families face, along with referrals, have grown incrementally. SNAP® Girls remains the only reported sustained, evidence based and gender-specific program for behaviourally troubled girls ages 6 – 11 and their families.

"Kathy's contributions to the children's mental health field and gender-specific interventions are immeasurable. She has set the standard for studying and developing programs that address girlhood aggression," said Tony Diniz, CEO of Child Development Institute. "The growth and success of the SNAP® Girls program are a testament to Kathy's tireless commitment to empowering girls, making her a fitting recipient for this prestigious award."

Since the inception of SNAP® Girls, thousands of girls, young women and their families have benefited from Kathy's ground-breaking work. Today the program continues to prevent girls from going down potentially dangerous pathways, and helps them develop positive family and peer relationships while becoming successful, productive members in their communities.







SHELTER-BASED PROGRAMS HELP FAMILIES MANAGE CHANGE

Moving into a shelter is a major adjustment for a family. Children often have to start a new school while at the same time experiencing the loss of friends, family and belongings. Many children experience social and emotional challenges which can impact their behaviour. Parenting can also be difficult — mothers are often dealing with complex emotions and may be struggling with how to best support their children.

CDI offers three Shelter Services at eight partner shelters in Toronto. These services offer families a range of programs and support to help them manage the transition to a shelter.

The Shelters Program provides counselling services for mothers with children under 16 who have experienced family violence or sexual abuse, and are living at a CDI partner shelter. Through individual and family counselling sessions and group parenting workshops, the program gives mothers an opportunity to talk about their experiences, understand and deal with their feelings and learn how to best support their children.

“My counsellor was the first person I ever told about the abuse, and I was relieved to have someone to talk to. She helped me understand some of my feelings and talking about all these

things slowly started to make me feel better,” Shelters Program participant.

Many children who move into a shelter have to start a new school, which can be challenging and overwhelming, given all of the other changes happening in their lives. The School Liaison Program is a school-based program that supports children ages 4 – 16 living in CDI partner shelters and attending a new school. School Liaison Workers work with the child and their mother, along with shelter and school staff, to support the children during this transition.

“My worker showed me around the school and talked to my teachers. She also helped me make some new friends,” School Liaison Program participant.

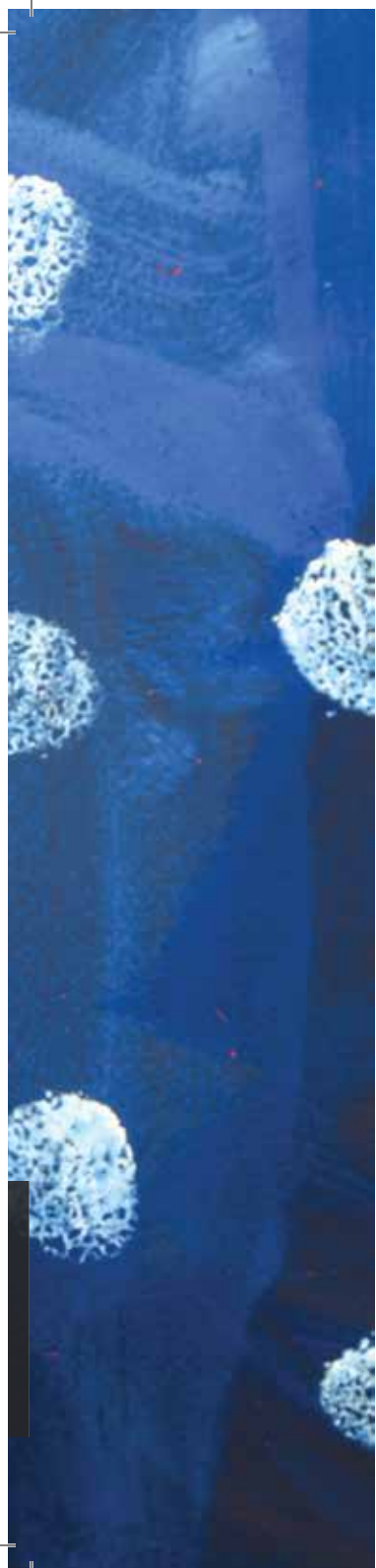
Living in a shelter can mean missing the comforts of home — like a home cooked meal. CDI created the Taste of Home program to bring some comfort to this new environment. The after-school cooking program is available at select CDI partner shelters and helps children learn how to prepare budget-friendly and nutritious meals, while also focusing on stress management and relaxation strategies to help them cope with the everyday stresses they are facing. The program gives children the opportunity to prepare and enjoy a home cooked meal together.

“I have never made a recipe from start to finish before, so I was really proud of myself for learning how to make so many different things. I can’t wait to try these recipes when we move out of the shelter,” Taste of Home participant.

Dr. Angelique Jenney, Director of Family Violence Services at CDI, co-chairs the CAS/VAW Collaboration Agreement Advisory Committee, which aims to increase the safety and wellbeing of women and their children, and contribute to the goal of holding perpetrators of woman abuse accountable through collaboration between Children’s Aid Societies and Violence Against Women agencies funded by the Ministry of Community and Social Services. The committee recently launched an e-learning tool to provide training on the Collaborative Agreement and sector specific training for CAS and VAW workers. They have also launched www.shelterforwomen.ca, a new secure website that provides resources for women and children, including virtual tours of shelters. Coming soon, an app CAS/VAW workers can use in the field to help families access services.



**NEW CHILDCARE CENTRE
OPENS AT UNIQUE SCHOOL**



After a competitive selection process, CDI was selected as the on-site childcare operator at the Fraser Mustard Early Learning Academy — an all-kindergarten school in Toronto’s Thorncliffe Park. The Fraser Mustard Before and After Program opened in September 2013, and provides care for 40 kindergarten students. The Fraser Mustard Early Learning Centre is slated to open in the fall of 2014, and will provide childcare for 88 children, from infancy to age four.

The Before and After Program is a continuation of the play-based learning offered in the Full Day Kindergarten program, and provides a seamless early learning environment for children, as well as their parents. Delivered by Registered Early Childhood Educators, the program incorporates independent and social learning activities, snacks and a quiet space for children to relax after a busy day in Full Day Kindergarten. Recognizing the need for care during non-school days, the program continues to operate on professional development days and during school breaks, such as March Break and summer holidays, as a full-day program.

Located adjacent to Thorncliffe Park Public School, North America’s largest elementary school with over 2,000 students, the Fraser Mustard Early Learning Academy was built in response to the growing population of the Thorncliffe Park area. The school has 26 classrooms with almost 700 four and five year old kindergarten students. The community is one of the highest receiving areas for immigrants in Toronto, and is comprised largely of new Canadians of South Asian origins.

FAST FACTS:

- The Fraser Mustard Early Learning Academy was named after a key advocate of early childhood education.
- With 26 classrooms, Fraser Mustard Early Learning Academy is approximately 80,000 square feet.
- After English, Urdu is the top language spoken at the Fraser Mustard Early Learning Academy.
- Favourite after-school activities: arts and crafts, creative/building activities and Lego.
- Thorncliffe Park is one of Toronto’s most densely populated, multicultural neighbourhoods.

2012

SNAP® receives the Prime Minister’s Volunteer Award for Social Innovation

Mothers in Mind™ program expanded across Ontario

Partnership formed with Toronto East General Hospital to offer anxiety programs



ONE JOURNEY LEADS TO ANOTHER

Jacob's mom never gave up hope. For years, 10-year old Jacob struggled with severe behavioural and emotional issues. He was physically aggressive at times, had been to more than 10 different schools, undergone multiple psychiatric assessments, and was ultimately admitted to a hospital. Through all this, Dee, Jacob's mother, tirelessly advocated for support for her son, who had received many diagnoses including Oppositional-Defiance Disorder, Attention Deficit Hyperactivity Disorder, Pervasive Developmental Disorder, Learning Disabilities and Giftedness.



Jacob and his family first came to CDI through SNAP® Boys, but after completing the program, their Child and Family Worker, as well as Jacob's family, felt that more intensive support was required. The family was referred, in 2011, to CDI's Intensive Community and Home Services (ICHS) program, which provides an alternative to residential treatment for children engaging in very high-risk and aggressive behaviour.

"We had experienced so much rejection and disappointment in trying to find the right support for Jacob," said Dee. "I will never forget the relief I felt when our Worker said she wanted to help Jacob. For the first time, it felt like I didn't have to beg for help."

Jacob and his family were among the first clients in the ICHS program, following the conversion of the previous residential treatment program. They were exactly the

type of clients the program was designed for as Jacob's behaviour was becoming increasingly difficult to manage and was putting his family and others at risk. Dee recognized that her son's needs were getting beyond her control, but she did not want him to go to a residential program.

The ICHS program provides more intensive individual, family and community support than any other community-based, non-residential program for children with severe behavioural difficulties. This meant that Jacob, Dee and their family received support at home and in the community multiple times per week. Jacob also attended CDI's on-site Section 23 classroom, where Dee was shocked to discover that Jacob would never be sent home, suspended or expelled for negative behaviour.

At home, the ICHS Worker helped Dee develop clear routines, expectations and rewards, and implement the parenting strategies she had learned in the SNAP® Parenting Group. Jacob was also learning self-regulation and problem-solving strategies at school through SNAP®, which his Worker was able to help him use at home as well.

Two years later, with advocacy support from the ICHS staff, Jacob successfully transitioned to a middle school, where today he feels safe and happy.

The (ICHS) program provides intensive family-based therapeutic support for families with children ages 6 – 11 whose significant early aggressive, oppositional or defiant behaviours place them at high risk for future antisocial behaviour and negative outcomes.

Dear ICHS staff,

As I sit here at my desk thinking about how the ICHS program has helped my family, it really goes beyond helping us.

After going to so many different programs with no success, it was starting to get hard to accept all of the rejection. As a parent I was feeling many different levels of stress because of the failures, and I couldn't help but wonder how my son was feeling if I was feeling like this as an adult.

One dark day for our family, a Child and Family Worker from CDI visited our home. He said: "Dee, we want to help your son!" I thought to myself, wow, they really want my son to come to their program. It seemed for the first time I didn't have to beg for help.

One thing that was very difficult was Jacob's multiple diagnoses. Most of Jacob's issues were understood by the ICHS staff, and they made the effort to consult with specialists for areas they didn't have expertise in. Still, I was so impressed that this amazing group of people stood up and said: "How can we help Jacob?"

We all met regularly and staff consulted with people experienced with Jacob's specific challenges throughout the program. By making adjustments for Jacob, his learning and understanding of society changed, and his anger and aggression became more manageable. He was never left alone to fail.

One of the happiest times during Jacob's journey with the ICHS program was during the summer. He learned how to be a good leader for the younger children in the camp program. He really feels that he was part of their success, and it made me very proud that he started turning around his aggression to more productive outcomes.

The most beneficial thing he learned in the program was SNAP®. As a family we all learned how to de-escalate ourselves and Jacob still uses the SNAP® tools today.

I am very grateful to the ICHS program staff for taking extra steps to learn about Jacob's multiple diagnoses so he could stay in the program and be successful. I was deeply touched by all of the workers and teachers we worked with, and they made a lasting impact on my family. I would have never thought in a million years that so many people would take time out of their lives to help our family. I am a much stronger person today because they have given me hope.

Thank you so much!

Dee

(Jacob's mom)

Inspired by the journey to find support for her son, Dee is embarking on a new journey — she will be walking from Toronto to Parliament Hill in Ottawa to raise awareness for children's mental health and autism. Dee will embark on the 450 km walk in January 2015, and it will take 15 – 20 days. We wish her the best of luck on this new journey!

2013

SNAP® selected as the Pecaut Centre for Social Impact's inaugural partner for innovation in mental health

CDI selected to operate the Fraser Mustard Early Learning Centre

SUPPORTING JAYDEN



For parents of children with special needs, finding programs and services to support their children can be a daunting task. At age two, Jayden was diagnosed with Autism Spectrum Disorder (ASD). Like many children his age, he was curious, liked music and books and enjoyed exploring his environment; but, his parents knew he needed opportunities to socialize with peers and develop his social skills, including language skills. Acting on his physician's recommendation, Jayden's parents began exploring early learning and childcare programs for Jayden.

Through CDI's Childcare Consultation Services, Jayden's parents met with a Childcare Consultant who helped them learn about and explore childcare options in their neighbourhood. They ultimately selected a co-op nursery school program, and the Childcare Consultant worked with Jayden, his parents and staff at the nursery school to support a successful transition to this new environment. Initially Jayden had some difficulty with separation anxiety and was being physically aggressive with his peers. As part of their role in supporting children with special needs in childcare, the Childcare Consultant worked with the nursery school staff to implement strategies to help Jayden.

"We wanted to make sure that the early learning program we chose would meet Jayden's specific needs. The Childcare Consultant helped us through the process, and the support provided made a big difference for Jayden. It was reassuring to

know we were working with someone who understood Jayden's specific needs and was looking out for his best interests," said Jayden's parents.

Jayden was also referred to CDI's Intensive Resource Support (IRS) service, which provides more intensive support for childcare centre staff working with children who have more complex needs. Through this service, a Community Child Worker joined "Jayden's team" and worked with him, his parents, the Childcare Consultant and staff at the nursery school on the implementation of the individualized plan to support Jayden. Visiting the childcare centre twice a week, the Community Child Worker worked with the staff, and through coaching and modelling, helped them further understand how to best support Jayden's development and participation in the program.

Before long, Jayden was making progress — he was no longer upset when his parents dropped him off at the centre, and he became more engaged in the program. He was also less physically aggressive with his peers.

Jayden has now been in pre-school for two years and is thriving and "talking up a storm" according to his parents. In September he will be starting junior kindergarten, and his parents have started to put plans in place to ensure the transition to kindergarten is as successful as the transition to pre-school.

CDI's Child Care Consultation and Support programs support children with developmental, emotional or behavioural needs in childcare centres. The programs focus on meeting the needs of individual children, providing support and resources for parents, and building capacity among child care staff.

2014

CDI's Kathy Levene receives the YWCA Toronto Women of Distinction Award

SNAP® - Youth Justice programs developed and launched

CDI celebrates its 10th anniversary

CDI signs merger agreement with the Integra Foundation

IN HER WORDS: **TRANSITIONS** **STARTS** THE HEALING PROCESS

After leaving a violent relationship, I knew my eight-year old son and five-year old daughter were having a hard time. My son was withdrawn and would get angry at the smallest things, and my daughter started having temper tantrums all the time. They didn't understand why they couldn't see their dad since there was a no-contact order in place. I didn't know how to talk to them about these experiences and I was also worried about how my one-year old son was being affected.

I heard about a program called Here to Help from our Children's Aid worker. When I called about the program I was told a session had just started and we would have to wait for the next session to start in two and a half months. At first, I was really disappointed to hear this because I knew my family needed immediate help, but then the worker told me about Transitions, a drop-in group we could come to while we waited for the start of the next Here to Help group.

So the next week we went to Transitions and we were all a little nervous. From the minute we walked in the door, we felt welcomed. We all ate dinner together, and then we went to the separate moms' and children's groups.

It was hard for me to talk in the group, but it felt good to be with other women with similar

experiences. One of the moms told me about an afterschool program close to where we were staying, and the group facilitator gave me the number for a legal clinic where I could talk to a lawyer about my upcoming case. We also talked about the relaxation strategies the children were learning in their group and how we could help them practice their stress management at home.

Over the next two and a half months, we continued going to Transitions most weeks. Each time we went, I felt more comfortable sharing my experience and asking questions about my parenting worries. The group was a place where my children could just be kids and have fun, while learning about the importance of their feelings and how to manage their stress. The most important thing was that we started connecting again as a family, and the children started to open up more about how they

were feeling. My son and I did more activities together and I found that I was better able to help my daughter with her difficult feelings.

Before I knew it, we started Here to Help. Transitions definitely helped prepare us for Here to Help and we were more comfortable talking about our experiences. Now that we've completed Here to Help, we still go back to Transitions once in a while when we feel we need some extra support.

Transitions is a drop-in group program to support women and children who have experienced family violence or other trauma, and are currently in crisis or transition. CDI developed the program after identifying a need for programming to support families while they are waiting for service, or require further support after completing programs or during times of crisis or transition.



SPENCER **DISCOVERS** THE **JOY** OF CAMP

Spencer's mom had resigned herself to the fact that a traditional summer camp experience wasn't going to be an option for her 8-year old son due to his behaviour problems, compounded by his anxiety and fears. Then she discovered Camp Wimodausis.



"I was thrilled to find a camp that accepts children just as they are and gives them an opportunity to experience camp in a safe and fun environment while learning social skills and how to manage their behaviour and emotions," said Spencer's mom.

Camp Wimodausis is different from other summer camps. Although the focus is still on providing a fun summer camp experience filled with sports, arts and crafts, swimming, day trips, competitions and friendship, campers also build social skills and self-esteem through a highly structured, recreationally-based therapeutic program. Through the use of SNAP[®] CDI's proven early intervention model for teaching children effective emotional regulation, self-control and problem-solving skills, campers learn how to make better choices in their daily lives and for their futures.

Many of the camp counsellors and counsellors in training are former campers themselves so they know exactly what the campers need.

"Having someone for Spencer to talk to in his moments of frustration has really shown him that other people care about him and encouraged him to ask for help when he needs it. He has told me on several occasions that he feels really comfortable at camp, like he's with family."

Two, month-long sessions are offered each summer, with a maximum of 24 children per session. The program is designed to address and improve patterns of behaviour that lead to poor functioning in school, troubled social relationships and strained family interactions. As with any summer camp, having fun is also a priority.

"Every morning when I dropped Spencer off, we were greeted by the counsellors full of energy and enthusiasm. Whether it was playing basketball, going on a field trip or working on SNAP[®] I knew my son was going to have fun every day, something I didn't think was possible before I found Camp Wimodausis. He's already looking forward to next year's session."

Camp Wimodausis is a special day camp experience for boys and girls ages 6 – 11 who may not be able to attend a summer day camp due to behavioural problems or social circumstances. The summer of 2013 marked the 30th anniversary of Camp Wimodausis.

SERVICE OUTCOMES

As part of the scientist-practitioner model that is a core component of CDI's research and evaluation practices, we produce the Program Summary Bi-Annual Report every two years. The report helps us to assess the quality of our current services and to ensure we continue to deliver responsive, client-centered and effective programming. Here are some select highlights from the 2011 – 2013 report:

CLIENT FEEDBACK

96% of parents rated the quality of service received at CDI as "Excellent to Good".
100% satisfaction was reported from the majority of referral agencies who collaborate with CDI.

PROCESS OUTCOMES

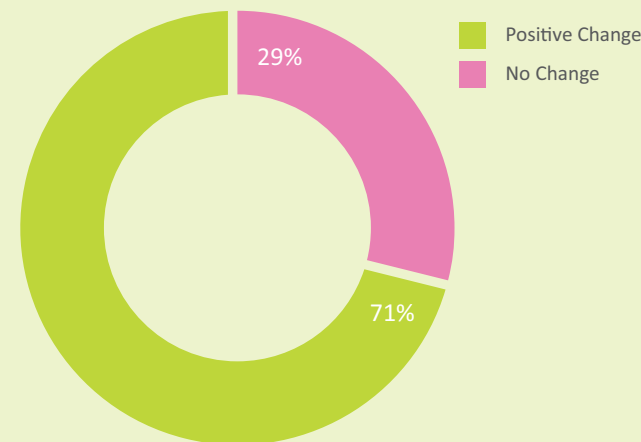
Over a two-year period, CDI processed 1,800 referrals and served over 7,300 families with a service completion rate of over 70% for children and their families attending programs at CDI.

SERVICE OUTCOMES

SNAP® Boys and SNAP® Girls

The majority of children who attended SNAP® were among the top 2% of the population for conduct problems (e.g., aggressive and rule-breaking behaviours), but after only four to six months of service, a larger majority of these children demonstrated significant positive improvements in their behaviours.

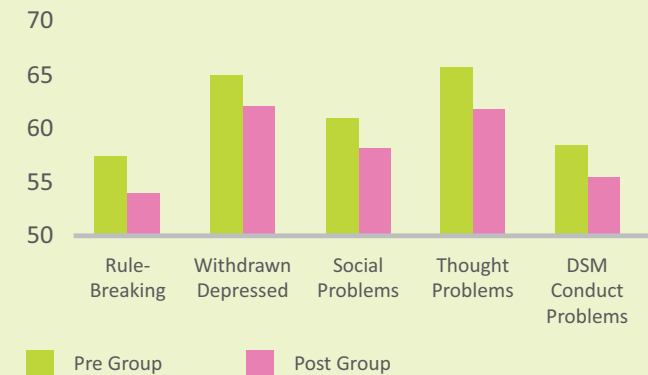
SNAP's Evidence of Effectiveness



The Anxiety Program (ages 6 – 11)

Caregivers reported significant decreases on Rule Breaking Behaviour, Withdrawn/Depressed, Social Problems, Thought Problems, and Conduct Problems scales.

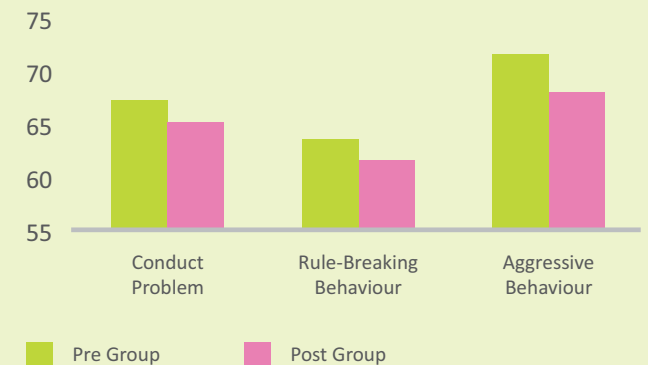
Anxiety Program's Evidence of Effectiveness



Camp Wimodausis

Caregivers of children attending CDI's Camp Wimodausis reported significant improvements on problem behaviours.

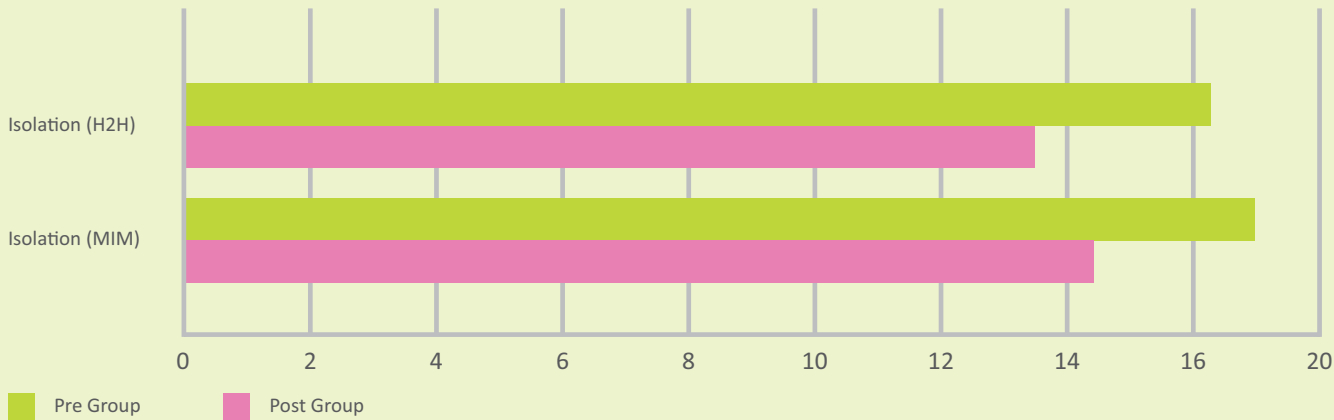
Camp Wimodausis' Evidence of Effectiveness



Family Violence Service Programs

CDI's family violence programs, including Here to Help (H2H) and Mothers in Mind™ (MIM), have demonstrated a significant improvement in mothers' self-report of isolation.

Family Violence's Evidence of Effectiveness



Start Right Social Skills

Teachers consistently reported significant improvement in children who participate in Start Right Social Skills in their school-related and social functioning skills; as well as significant decreases in behavioural issues after participating in groups.

Start Right Social Skills' Evidence of Effectiveness



CDI AT A GLANCE

3,500+
children and families served annually

8
locations in Toronto

200+
employees

20+
programs

75+
volunteers



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United Way