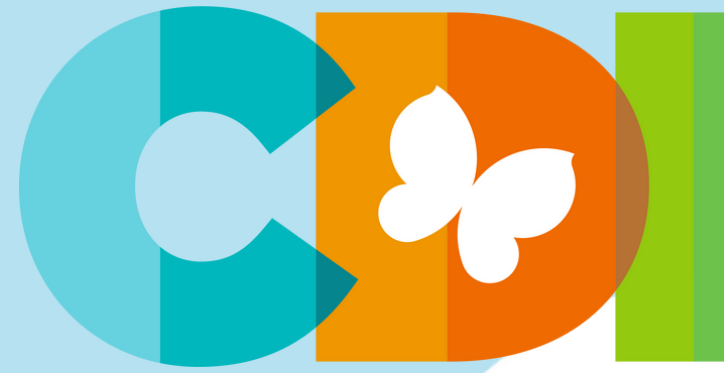


Annual Report
2022 - 2023





Artist Statement

Togetherness

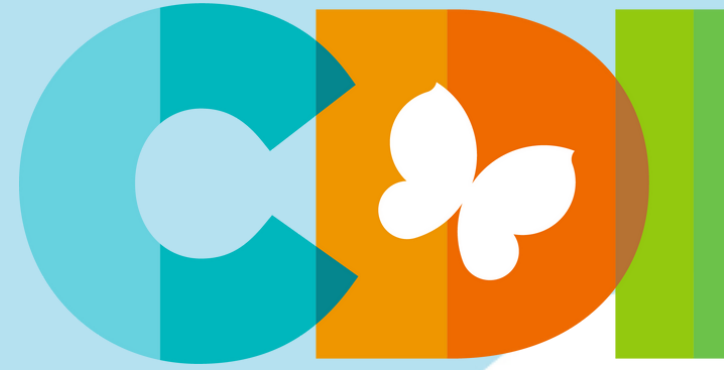
by

JP Anacleto @RuddyRoad (Twitter/X)

JP Anacleto is a high school student and a member of the CDI family at Camp Wimodausis and SNAP Youth Leadership. In his free time, he practices both traditional and digital art, inspired by his family, colleagues and friends who have shown their unconditional love and support.

The shape-headed characters featured on the cover and within characterize a diverse family unit. As the title suggests, the focus is placed on the togetherness of the family, who present themselves in a variety of shapes and sizes, yet share a love for one another and respect and embrace each other's differences, challenges and disabilities.





Land Acknowledgement:

At the Child Development Institute (CDI), 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. This land continues to be home to many diverse First Nations, Inuit and Métis peoples. CDI is committed to working in partnership with Indigenous peoples to make measurable progress toward Truth and Reconciliation. We affirm this commitment in deep gratitude for the opportunity to live and work on this land.

Privacy:

Throughout this Annual Report, clients' names have been changed for privacy.

A Message from the CEO and Board President

As our children, families, and communities struggle to cope in the aftermath of the pandemic, the need for CDI's evidence-based services continues to grow.

In Canada, 20 percent of children and youth experience mental health challenges, and since the pandemic began in 2020, these struggles have only intensified and grown more complex (Canadian Pediatric Society, 2023). CDI has gained direct insight into these challenges as we work to serve our most vulnerable children and families. Our child care staff have reported that growing numbers of children arrive at our centres displaying significant behavioural challenges and emotional distress. CDI's family violence services are grappling with a surge in gender-based violence afflicting our communities post-COVID-onset, while our child youth and mental health (CYMH) services are also working to meet ever-increasing demand.



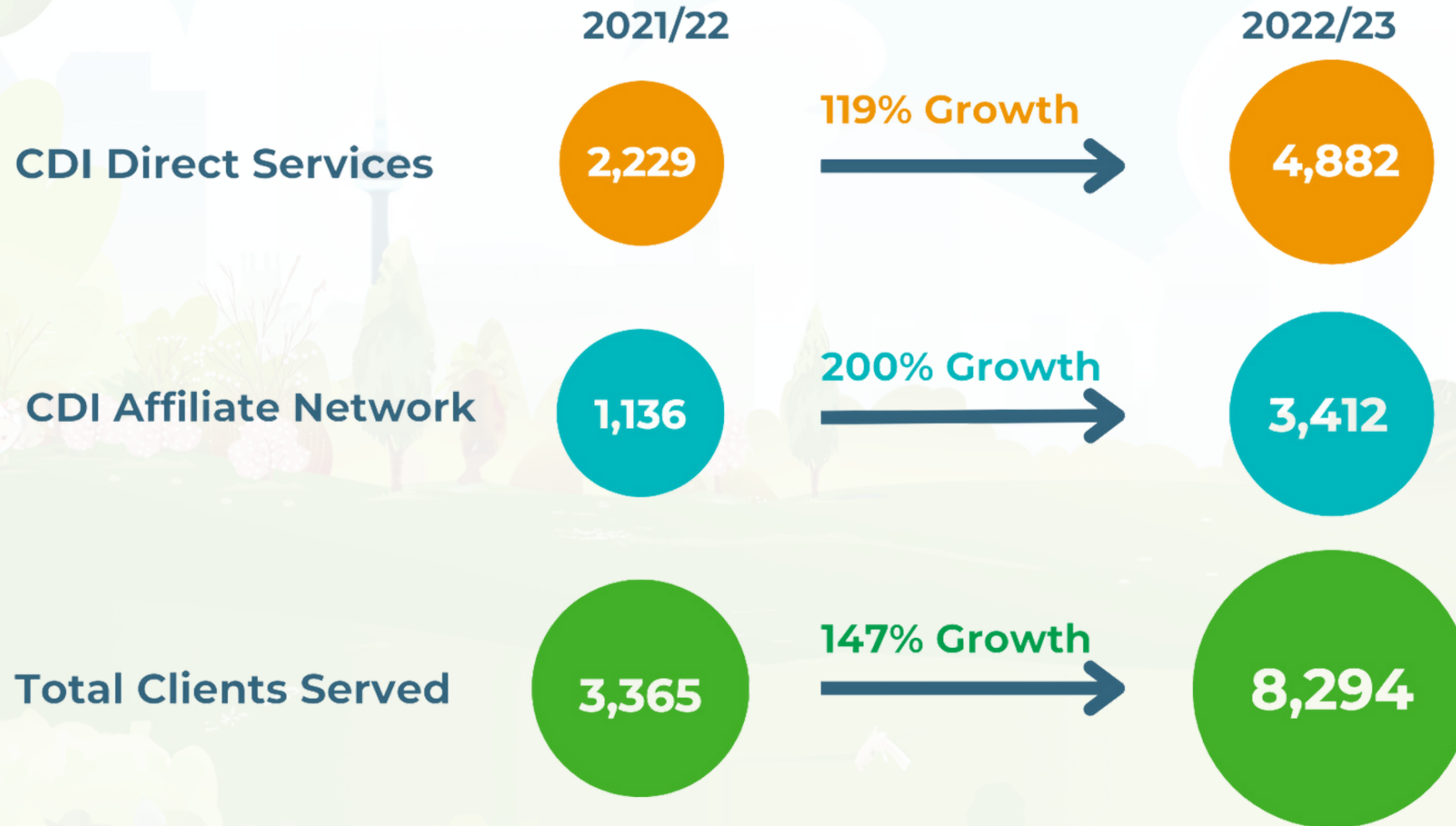
Andrew Reddin,
Chief Executive Officer



Kate Banting,
Board Chair

A Message from the CEO and Board President

Number of Unique Clients Served Each Year



A Message from the CEO and Board President

CDI has responded to these challenges by expanding our reach and impact as rapidly as possible. We have served 4,882 unique clients this year, a remarkable 119% increase over the 2,229 clients served in 2021-22. CDI has also continued to expand its network of Affiliate organizations that deliver proven, innovative CDI programs including Stop Now And Plan (SNAP®) and Mothers in Mind® (MIM). In 2022-23, CDI Affiliates served 3,412 unique clients, tripling the 1,136 clients served by our Affiliates in 2021-22.

Over the past year, 85% of clients who accessed our Ontario Ministry of Health-funded CYMH services demonstrated positive outcomes upon completing treatment. CDI's commitment to evidence-based services and outcome-focused evaluation holds us accountable for having a measurably positive impact on children's mental health and well-being.

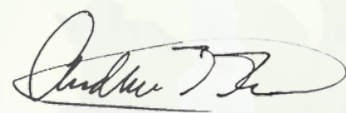
As CDI develops our new five-year (2024-29) strategic plan, we are exploring how to scale our impact to support the growing numbers of children, youth and families who most need our services. CDI is also working to ensure that our organization better reflects the diverse communities whom we serve. We are integrating our core commitment to equity, diversity and inclusion (EDI) throughout CDI's organizational structures and systems, from strategy, leadership and governance to service design, delivery and evaluation.

A Message from the CEO and Board President

None of this vital work would be possible without your support and partnership. CDI is deeply grateful to our donors, government funders, community partners and allied stakeholders for your generous, steadfast support at a time of unprecedented need for our services. We would also like to offer our heartfelt thanks to our talented, dedicated employees who have worked tirelessly to provide our clients with professional, responsive and compassionate service. Every staff member at CDI makes an essential contribution to the positive impact we achieve together for children, youth and families.

CDI is very grateful to our Board of Directors whose leadership has been vital to helping the organization navigate significant change, and whose expertise and commitment have offered us strong, reliable governance. We welcome our new Directors and look forward to working with you in the years ahead, while we thank and recognize our outgoing Directors for their invaluable contributions to CDI. We also express a special thank you to all of our volunteers, whose hard work, enthusiasm and commitment enrich our services to clients.

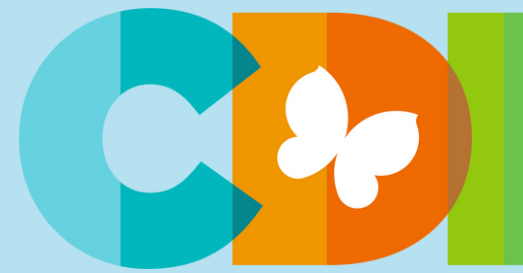
CDI envisions a future in which all families can access inclusive, responsive, evidence-based services that make a meaningful, tangible difference to children's mental health, early learning and development. We look forward to working with you to bring this vision to life.



Andrew Reddin,
Chief Executive Officer



Kate Banting,
Board Chair



119% Growth*
4,882
Served by CDI

147% Growth*
8,294
Total Clients Served

200% Growth*
3,412
Served by CDI Affiliate Sites

88%
Clients Satisfied with CDI Staff Expertise**

85%
Clients Reported Positive Outcome**

86%
Clients Satisfied with Services Received**

*Growth from clients served in 2021-22.

**Programs funded by Ministry of Health and Ministry of Community Safety and Correctional Services.

Clinical Services

Offering specialized services, because every second counts.

Providing excellent outcomes-based, child-centric and family-focused programming to communities is a crucial imperative for us at CDI, and integral to all that we do. With services designed to provide tailored support to children, youth and families, we supply the tools they need to build life-long skills, positive mental health and resilience. Ensuring families receive accessible programming is one important component in solving today's mental health crisis.

At CDI, our services address a range of social, emotional, behavioural and psychological challenges for children and youth who are at risk of developing, or have developed, mental health issues. We offer programming in the following three specialty areas so families can find the service that is right for them: Social, Emotional, and Behavioural Counselling Services; Learning Disabilities and Mental Health (LDMH) Counselling Services; and Gender-based Violence Services.

Learn more on the next page.



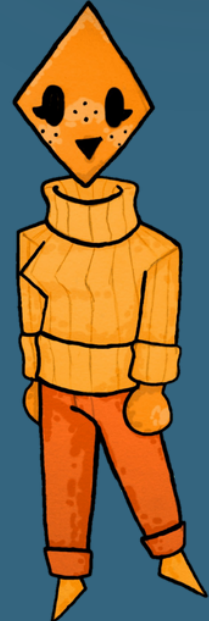
Social, Emotional and Behavioural Counselling Services

We provide family-centred services for children and youth (ages 0-18) who need support toward achieving healthier childhood mental health and development.

By assisting children, youth and their families facing challenges like emotion regulation and developmental difficulties, at home and/or school, we enable them to build stronger parent-child relationships and strengthen child emotional regulation.



Services	Total Served
Intensive Services	57 Program: Day Treatment & Intensive Family Support Services
Family Community Counselling and CASAT	80 Program: Children and Family Support Services
School Based Early Intervention	1,910 Program: Start Right Social Skills & SNAP for Schools
SNAP	443 Program: SNAP and SNAP Youth Leadership



“She talks about her feelings more and is able to show them using words and in an outward way. She is more expressive about her feelings.” – Parent, Start Right Social Skills Program

Therapeutic Recreation Programs

Therapeutic Recreation Programs provide children and youth with mental health issues and learning disabilities with the opportunity to learn new skills and take calculated risks in a safe, supportive environment, something they may avoid trying in other social settings (school, teams, clubs, etc.).

169
Served



Camp Wimodausis



Camp Wimodausis

Learning Disabilities and Mental Health (LDMH) Counselling Services

Tailoring evidence-informed therapy practices to the child's learning style with the support of a team of professional therapists and psychologists and in collaboration with the family, we place the learning profile of children and youth (ages 6-18) at the centre of their mental health treatment.



612
Served

186

Child and Youth Counselling



426

Community Education & Engagement



“It has helped me to connect with our son and given me a perspective on understanding him and how his emotions drive his behaviour.”
– Parent, Feelings First Program

Gender-based Violence Services

Supporting women and children (ages 0-18) who have experienced family violence or other traumas, offering group counselling services, as well as shelter, abuse and trauma services, to assist them in their healing journey.



All participants said that participation in the Here to Help Program helped their child a lot



Mothers were extremely satisfied with the program's ability to connect them with other mothers (MIM Program)



Mothers were extremely satisfied with the program's ability to strengthen their relationship with their child (MIM Program)

“We never knew that programs like yours existed! I wish we would have known this because this program is a gateway to a positive and new life for us.”
– Parent, Here to Help Program



SNAP 2.0 Next Phase of Impact

With the successful national expansion (2017-2022) of CDI's evidence-based Stop Now And Plan (SNAP®) cognitive behavioural model, we remain committed to working alongside community partners across Canada to provide their local communities with the mental health support they need.

Building on the success of the expansion project, our second scaled phase of SNAP – SNAP 2.0 – further extends the reach of the three SNAP models: SNAP for Schools – Universal Prevention, SNAP Clinical and SNAP Youth Services. By building on and sustaining current and new Affiliate sites, children and families will continue to receive the mental health support they need right in their communities. Accessibility and culturally responsive and safe programming are critical elements within our system.

Collaboration and partnerships make this possible. Together with our committed supporters – among them, government, foundations, community partners and compassionate community members – we continue to provide SNAP across Canada and worldwide.



SNAP Impact - Affiliates

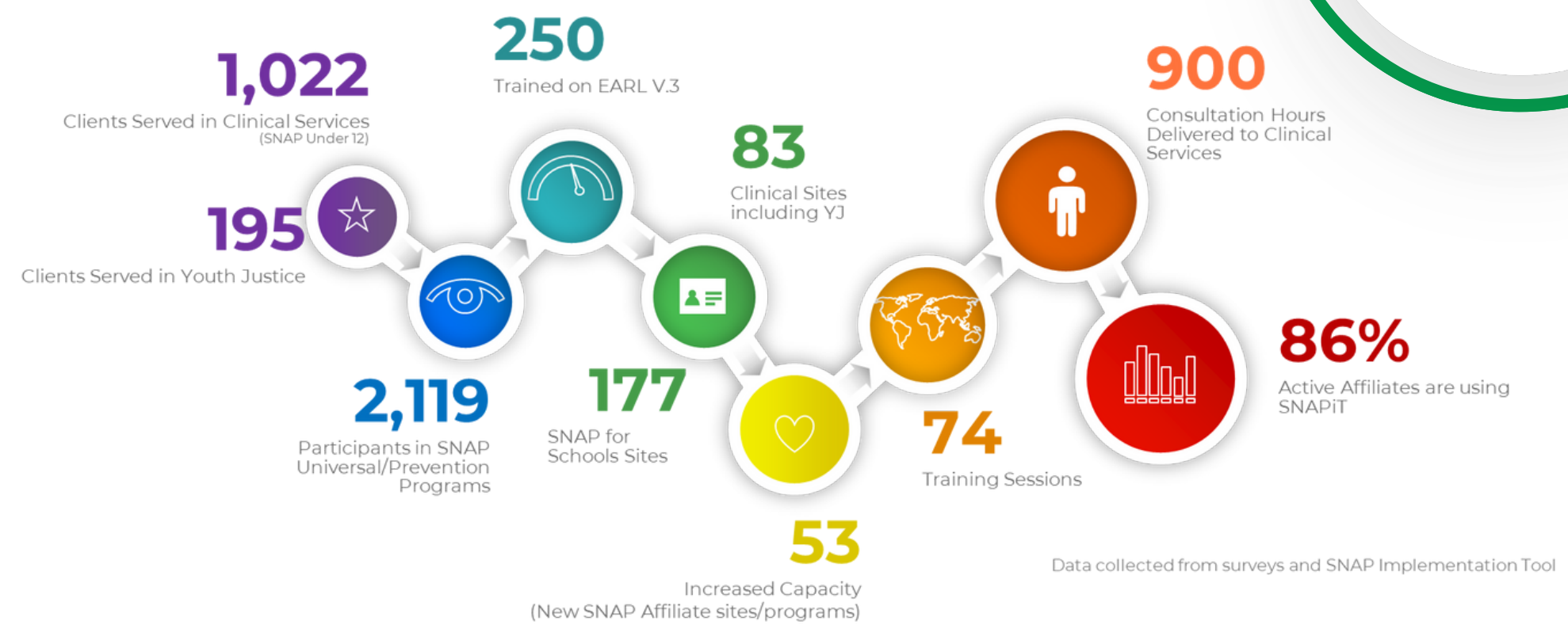


“Hearing from other parents and just knowing that "I AM NOT ALONE."
– Parent, SNAP Program



3,336
Served

Child Development Institute: SNAP Affiliate Site Data



“Learning new skills and being with other parents dealing with similar issues. The facilitators are highly skilled. Thank you!”
– Parent, SNAP Program



SNAP for Schools

SNAP for Schools served 3,560 students in 2022-23 through CDI and its Affiliate network.

86%

Got along better with other children and 90% got along better with teachers and adults.

83%

Reduced aggressive and/or anti-social behaviours.

86%

Were able to calm down when getting angry.



CDI SNAP Services

72%

Children are significantly improving their self-control and social skills.
SNAP Boys

Children are significantly improving their self-control and social skills.
SNAP Girls

76%

95%

Caregivers reported improved relationship with their child.
SNAP Boys

Caregivers reported improved relationship with their child.
SNAP Girls

97%

Early Years and Child Care Services

The right service... to help children succeed through exploration, inquiry and play.

The Early Years and Child Care Services (EYCCS) support the ongoing development and life-long foundation of learning, health and well-being. Our services offer children the support they need to be actively engaged in an environment that promotes belonging, well-being, engagement and expression. EYCCS includes our Early Learning Centres, EarlyON Child and Family Centre, and Every Child Belongs Consultation Services.

We collaborate and work closely with children and families to help them develop family goals while taking into consideration the child's strengths and needs. When necessary, the EYCCS teams coordinate with additional services, including specialized consultations with other professionals such as Occupational Therapists or Psychologists, to provide children and families a holistic solution.



Early Years and Child Care Services



CDI Early Learning Centres



“Consultant was very helpful and supportive all the time. Whenever we needed extra support, she was always there to help. As a parent, I learned many strategies and techniques to support my child and those were very effective.”
– Parent, Child Care Consultation

1,609
Served

Program	Total Served
Childcare Consultation	389 Children & Families
Early Learning Centres	328 Children
EarlyON	892 Children

70

Workshops conducted

1,253

Participants in the workshops

Windermere Early Learning Centre, CDI



Thank You

Life-long impact and sustainability.

Compassionate work only happens when allies, advocates and partners like you support us. Every gift and contribution brings children, youth and families closer to key resources, as well as access to CDI's outcomes-based mental health services. We work to engage with communities and commit to helping families strengthen the life-long skills they need to handle day-to-day challenges.

A big thank you to all our donors and supporters over the years for being a part of our community. Equitable programs can change the landscape of children's mental health, and with you by our side, we continue our commitment to provide our CDI families a safe place to learn and grow.

Funders and Supporters

\$500,000+

City of Toronto

Ontario Ministry of Children, Community and Social Services

Ontario Ministry of Health

\$250,000 - \$499,999

Peter Cundill Foundation

Public Health Agency of Canada

United Way of Greater Toronto

\$50,000 - \$249,999

Children's Aid Foundation of Canada

Gooder Foundation

Ontario Ministry of Education

Sonor Foundation

WB Family Foundation

\$25,000 - \$49,999

Employment and Social Development Canada (ESDC)

\$10,000 - \$24,999

Canada Gives

Doris Hansen Charitable Foundation

House of Horvath

Lee and Mari Hodgkinson

Toronto Fresh Air Fund

\$5,000 - \$9,999

Diane Blake and Stephen Smith

Sue Eagleson

Susan Logan

The Mariano Elia Foundation

\$1,000 - \$4,999

Arlene Knights

Brian Deegan and Diane Theriault

Carole and George Jenney

Cornerstone Family Violence Prevention Centre

Donna Dasko

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F.K. Morrow Foundation

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Up to \$999

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Stephanie Gregory

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Thank
you!



CDI Leadership 2022 - 2023

CDI BOARD

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Kate Banting, *Chair*

Wendy Miller, *Vice Chair*

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Bindu Dhaliwal

Senior Management

TEAM

Andrew Reddin,
Chief Executive Officer

Leena Augimeri, PhD,
Director, Program Scaling and
Strategic Partnerships

Darlene Landry,
Director, Early Years and
Child Care Services

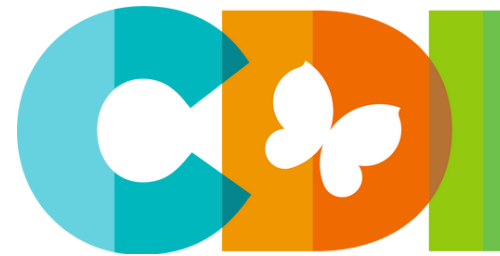
Micaela Joaquim,
Director, Human Resources
Interim Director, Administration and IT

Laurie Marsan,
Director, Clinical Services

Christeen Frederick,
Governance, Compliance and Privacy
Officer

CDI Financial Summary

Full audited statements available on CDI website	2023	2022
REVENUE		
Government grants	15,154,484	15,129,777
Childcare fees	3,377,607	3,049,570
Donations	1,004,473	1,266,501
Fee for service	529,139	444,969
Investment income	359,687	214,853
United Way grants	287,501	265,628
Other		47,526
Total	20,712,891	20,418,824
EXPENSES		
Salaries	14,218,552	14,069,087
Employee benefits	2,183,553	1,977,936
Program	1,239,222	1,895,816
Administration	1,114,124	844,619
Building occupancy	1,103,898	1,008,700
Amortization	176,526	156,747
Staff training and travel	102,092	119,170
Other COVID-19 expenses		46,609
Total	20,137,967	20,118,684
Excess of revenue over expenses before other item	574,924	300,140
Other Item:		
Gain on sale of property		3,948,391
Excess of revenue over expenses	574,924	4,248,531



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**Child Development Institute is a registered charity.
If you would like to support our work, please visit
childdevelop.ca/support-us**

JOIN OUR COMMUNITY OF CHANGE AS WE TRANSFORM LIVES TOGETHER.

DONATE. VOLUNTEER. BECOME A CDI AMBASSADOR.

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