

# SickKids<sup>®</sup>

Garry Hurvitz  
Centre for Community  
Mental Health



Annual Report | 2022-2023



# Land acknowledgement

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This is the traditional territory of the Mississaugas of the Credit, the Anishnabeg, the Chippewa, the Haudenosaunee and the Wendat Peoples and it is home today to many diverse First Nations, Inuit and Métis people.

We acknowledge that this land was occupied over time by settlers and by peoples who were enslaved and not willing or intentional participants in the occupation and who were themselves displaced from their homelands.

We commit to hearing the stories of our country's first peoples, to educating ourselves about our country's history with First Nations, Inuit and Métis people and to understanding the cross generational impact of that history on their families, communities and cultures.

We commit to incorporating our learning into our practice as an organization providing child and youth mental health services.

**Thank you to Native Child Family Services of Toronto for their support as we develop a more culturally welcoming environment for Inuit, Métis and First Nations people.**

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# From GH-CCMH leadership

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## Improving access to care through collaboration

Across the child and youth mental health sector this year, we saw the full impact of the pandemic on the well-being of children, youth and families in our communities. As the city moved into the endemic phase of the COVID-19 crisis, we saw increased complexity and severity of need in folks seeking our less intensive support. Our intensive services saw younger children who had little or no experience with school attendance and teenaged clients who registered for school but rarely attended.

For The Garry Hurvitz Centre for Community Mental Health (GH-CCMH) and our hospital and sector colleagues, addressing these concerns was critical work. Our [Strategic Plan 2025: Enriching health through mental health](#) rests on [six values](#): compassion, integrity, collaboration, inclusion, innovation and excellence. Our work is informed by these values, but our value of collaboration was especially apparent in our shared work to meet the needs of our clients and families.

Our annual report describes steps taken by GH-CCMH staff and leaders to engage clients and families, expand clinical collaboration with colleagues at The Hospital for Sick Children (SickKids) and to participate with community core service provider colleagues, with our Lead Agency, Strides Toronto, and with education and other partners in our shared effort to develop a more responsive and effective child and youth mental health system in Toronto.

As part of the SickKids enterprise, GH-CCMH is privileged to receive significant investment from philanthropists such as Garry Hurvitz. This investment and other gifts allowed both new research activity and clinical service innovations, including closer collaborations with SickKids Hospital.

Through all this work, GH-CCMH asserted the value for children, youth, families and caregivers of our integration with SickKids and of our broad reach as an organization providing a continuum of prevention and mental health services across the whole city.

We are grateful to our clients and service users whose input and advice ensures our services are relevant to their needs.

We appreciate the leadership and commitment of our partners who generously share their expertise and capacity to help us do better. We are proud of the work our staff and teams do every day to make a difference in the lives of individual children, youth and families facing serious mental health challenges. We invite you to read on to learn more about this work.



Jeff Mainland  
Chair, Board of Trustees



Neill Carson  
Executive Director



# Who we are

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## Our Vision

Enriching health through mental health

## Our Mission

Achieve unprecedented outcomes in child and youth mental health through collaborations, innovations and partnerships.

## Our Values



Compassion



Integrity



Collaboration



Inclusion



Innovation



Excellence





# Who we serve

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## Mental Health Access Program

Through the Mental Health Access Program (MHAP), children, youth and their families are assessed and referred to the first appropriate treatment at GH-CCMH. Our MHAP team – consisting of child and family therapists, intake specialists and senior clinicians – monitors every referral to ensure effective care.

### THIS YEAR'S FOCUS

Developing “pathways to care” with SickKids Hospital and preparing for the implementation of central point intake with our Lead Agency, Strides Toronto, and sector colleagues.

**970**  
served



**90%**  
increase in intake capacity  
(since 2020/21) due  
to process redesign



**92%**  
increase in number  
of clients seen in psychiatric  
consultation over last year



## Individual and Family Services

Our Individual and Family Services (IFS) provides specialized assessment, group, individual and family therapy for infants, children, youth and their families and caregivers dealing with depression, anxiety, emotional dysregulation, self-harm, grief and loss, and social and educational challenges. IFS offers an interprofessional team of psychiatrists, psychologists and child and family therapists.

Through our partnership with Centre francophone du Grand Toronto, we offer mental health services in French for francophone children, youth and their families.

### THIS YEAR'S FOCUS

Streamlining our internal referral processes and maintaining clinical capacity in the face of the high rates of staff turnover being experienced across the sector.

**1,164**  
served



**22%**  
decrease in wait times for  
IFS services over last year



**31%**  
increase in referrals  
to groups in IFS  
(since pre-COVID 2019/20)



## Intensive Services for Children

Intensive Services for Children (ISFC) supports children who struggle with social, emotional, and behavioural functioning at home and at school. Our team is comprised of teachers, psychiatrists, psychologists, child and family therapists, child and youth practitioners and a nurse. An integrated team of classroom and in-home staff supports consistency between the child's home and school. Services include day treatment, in-home treatment, assessment and both individual and family therapy.

## Intensive Services for Youth

Our Intensive Services for Youth (ISFY) assists youth struggling with anxiety, depression or emotional dysregulation by supporting them at home, school and in the community. An interprofessional team of psychiatrists, psychologists, child and family therapists, child and youth practitioners, teachers and a nurse offers a range of support including assessment, day treatment, community transition support, and individual and group therapy. ISFY provides service on a day basis with a range of services provided during the school day and in the evening.

### THIS YEAR'S FOCUS

Continuing our use of the Dyadic Developmental Psychotherapy model, reducing the use of physical intervention and providing an integrated approach across home and school settings.

**119**  
served



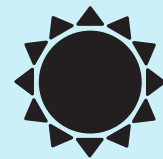
**40%**

increase in supplemental in-home treatment, allowing more kids to stay in their home schools (since 2017)

### THIS YEAR'S FOCUS

Continuing our use of the day-based model of intensive services, introducing new service lines to 2LGBTQIA+ youth and First Nation, Inuit and Métis children and families.

**200**  
served



**77%**

increase in day treatment capacity (since 2019)

# Prevention and Early Intervention Services

We offer a variety of free, accessible prevention and early intervention programs for infants, children, youth, parents and caregivers. In these programs, parents and caregivers receive support for their children's emotional, social and developmental needs. Mental health professionals embedded with our prevention teams in key neighbourhoods provide brief therapeutic support to children and youth who face barriers to accessing traditional services and who are experiencing serious mental health problems.

Programs include:

- EarlyON Child and Family Centre
- Families First
- Building Brighter Futures (BBF)
- Healthy Babies Healthy Children
- Provincial Youth Outreach Worker (YOW) Program
- Community Outreach Intervention Initiative (COII)
- Family Support Network (FSN)

## THIS YEAR'S FOCUS

Establishing critical partnerships with the Caribbean African Canadian (CAFCAN) Social Services to expand EarlyON programming for Black families and with East Toronto Health Partners in the development of the Thorncliffe Park Youth Wellness Hub.

**3,485**  
served



**400**  
parents and caregivers participated  
in Prevention workshops



**264**  
participants in our  
Families First workshops







# By the numbers

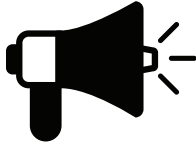
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**6,000**  
individuals served



**1,417**  
clients seen virtually



**927**  
referrals



**186**  
staff



**71**  
trainees



**5**  
clinical programs



**9**  
day treatment  
classrooms



**721**  
postal codes served



**\$14.5M**  
budget

# Building partnerships for better care

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“Partnerships are crucial for community building. Deepening relationships with our partners allows us to expand access to ensure that mental health supports are reaching those most in need.”

— Aparna Kajenthira, Senior Manager, Health Equity,  
Community Engagement and Inclusion



## Collaborating with SickKids Hospital to support transitions from hospital to community

We continue to work with The Hospital for Sick Children (SickKids) to support children and youth who can receive mental health care in the community, developing a “pathway to care” between the hospital and GH-CCMH.

Central to the success of this pathway is embedding one of our Mental Health Access Program (MHAP) workers, Bree Brown, into the MHAP program at SickKids Hospital. Working with our medical director, Dr. Adam Enchin, Brown and her access team colleagues identify children and youth who may not need intensive hospital services but could benefit from a community-level service. These families are approached and asked if they would like to meet with one of our MHAP workers, who can help them access community-based GH-CCMH services, such as family therapy and in-home or community support visits.

Using this pathway, there have been more than 100 referrals from SickKids programs to the Centre since September 2022.



**Dr. Adam Enchin and Bree Brown work to help clients receive timely care that is well-matched to their needs.**



## Improving access to specialized psychiatric consultations

We expanded our assessment capacity to include direct referrals from paediatricians and primary care physicians for psychiatric consultations. This expands our existing pathway for specialized consultation and assessment through psychology, psychiatry and occupational therapy. Clients can be referred from these assessments to appropriate ongoing treatment through SickKids Hospital, GH-CCMH or other community services.

With this change, the number of psychiatric consultations at GH-CCMH increased by 92 per cent over the past year: 74 per cent of these referrals came from community-based primary care physicians, while 14 per cent came from SickKids Hospital.



**Manpreet Kaur (left) and Anna Verbova (right) are part of the new centralized client scheduling team at GH-CCMH. The team was instrumental in supporting our increased volume of psychiatric consultations.**

## Preparing for a central point of intake model across the sector with Strides Toronto

As the Lead Agency for infant, children, and youth mental health (ICYMH) services in Toronto, Strides Toronto is overseeing the implementation of Help Ahead, the central point of intake (CPI) for all 23 ICYMH service providers across Toronto. In support of this work, GH-CCMH was pleased to participate in several planning committees and undertake work internally to prepare for this new process for referral and intake.



## Developing an Intensive Family Healing program with Native Child and Family Services of Toronto

Native Child and Family Services of Toronto (NCFST) invited us to partner with them in the development of an intensive service line for First Nation, Inuit and Métis youth. This service is led by NCFST with a team of clinicians from both NCFST and GH-CCMH. It provides an intensive, wrap-around mental health service and family clinical support. Our participation in this partnership reflects our continuing work to incorporate our learning about the experience of Indigenous community members into our practice. The design of the program by NCFST ensures that it is rooted in an Indigenous well-being framework that values traditional methods of healing and provides access to Elders and knowledge keepers.



## Offering a day treatment program for youth who identify as 2SLGBTQIA+ with the Toronto District School Board



The 2SLGBTQIA+ classroom at Jarvis Collegiate Institute

We were invited by the Toronto District School Board to partner in offering a day treatment program for secondary-school-aged youth. This program is designed to centre the experiences of 2SLGBTQIA+ youth and their families and creates an affirming space for them to receive mental health supports in a classroom environment. In addition, they receive the other supports available to all Intensive Services for Youth (ISFY) clients, including individual, family and group therapy, and psychiatric and psychological support.

## Growing partnerships across our Community Outreach Intervention Initiative (COII)

Through our COII program, we continued growing our partnerships in three priority neighbourhoods: Flemingdon/Thornccliffe/Victoria Village, St. James Town, and Black Creek. By embedding mental health workers with our Prevention teams at existing service hubs in each of these neighbourhoods, we supported children and youth who otherwise would not seek out formal services. We were excited to collaborate with the members of the East Toronto Health Partners Ontario Health Team in the development of the newly funded [Thornccliffe Park Youth Wellness Hub](#), launched in July 2023.



## Supporting Black families through an EarlyON partnership with CAFCAN and Macaulay Child Development Centre

In response to a call for proposals from the City of Toronto, we were privileged to make a joint submission with existing partners Caribbean African Canadian (CAF CAN) Social Services and the Macaulay Child Development Centre to develop EarlyON programming for Black children and families. The new funding will enhance our existing EarlyON services at our Sheppard site and through community outreach workers.



# **Creating a safer space for all: Our anti-racism and health equity work**

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**“Working together at GH-CCMH to create a trustworthy environment for clients, families and staff where everyone can bring their whole selves, feel valued and feel empowered to speak up without any fear of judgment or discrimination.”**

**— Manpreet Kaur, Co-Chair, Anti-Black Racism,  
Anti-Oppression and Health Equity Committee**





In May 2021, our Board of Trustees endorsed a three-year anti-Black racism, anti-oppression and health equity action plan. In the fall of 2021, we established an Anti-Black Racism, Anti-Oppression and Health Equity Advisory to work with our senior leadership to ensure that the plan was advanced through concrete action and change, such as these initiatives highlighted below, introduced from 2022-23.

## The creation of a dedicated leadership position to support our health equity work

In the fall of 2022, we welcomed Aparna Kajenthira, former manager of Intensive Services for Youth (ISFY), to the newly created role of Senior Manager of Health Equity, Community Engagement and Inclusion. This role ensures a sustained focus on our Advisory work plan and expanded focus on health equity work. It also

ensures support of the [HOPE strategy](#), the recently completed review of the impact of anti-Black racism in the Toronto Child and Youth Mental Health sector. Finally, it will invigorate work underway to understand our clients through an equity lens and develop means of engaging them directly in our planning processes.

# The launch of a safer spaces statement

The Advisory developed a statement with client and staff feedback, reflecting the type of spaces we are working to create: a space where everyone feels safe, valued and respected.

Read more about our [safer spaces statement](#).

At GH-CCMH we are working to make spaces safer for our staff, clients and community members to ensure that each individual feels valued and respected.

**A safer space is created when participants are:**

- Judgment-free and non-discriminatory
- Supportive and inclusive
- Responsive rather than reactive
- Respectful of boundaries
- Accepting
- Accountable: Not expecting others to educate them

We all have a collective responsibility to create this space and for our own learning and actions.



**Our health equity trainings offered to staff included:**

Indigenous Cultural Safety training through San'yas

Anti-Black Racism training through YouthREX

Supporting 2LGBTQIA+ youth through Rainbow Health Ontario

## The development of an anti-discrimination policy

Working with leadership, the Advisory supported the writing and launch of a new policy: Prohibiting Discrimination and Harassment of Employees by Clients. This policy provides a clear, fair and structured process to follow when addressing situations of discrimination and harassment towards GH-CCMH staff by colleagues, community members or clients. It is an expression of our commitment to providing a safe space free of discrimination for our staff and clients as outlined in our safer spaces statement.





Above: Raising the Pride Progress flag at our Jarvis site for Pride Month 2022. Celebrating the diversity of our workplace and of the communities we serve, our Centre curates a yearly calendar of recognition days. Staff create educational opportunities for their colleagues and deliver activities for clients and families during celebrations such as Pride Month, Black History Month, Asian Heritage Month and National Indigenous History Month.



# **Listening to our clients, caregivers and families**

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**“Understanding the experiences and perspectives of our clients is fundamental to delivering person-centred care. It also informs the quality improvement process at GH-CCMH.”**

**– Adia Shivraj, Interim Senior Manager, Quality, Analytics,  
Risk and Health Information Management**

We are always looking for ways to increase feedback opportunities for our clients, families and caregivers. This year, we invited feedback through an updated survey, our youth mentors, and offering caregivers the chance to share their input through brainstorming sessions and working groups.

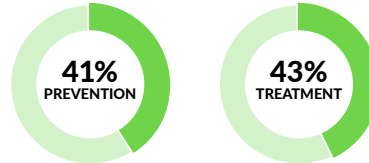
## Our updated client and participant experience survey

This fiscal year was the first full year we collected data through our updated client and participant experience survey, launched in April 2022.

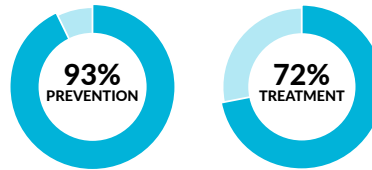
The survey is one of the primary ways that GH-CCMH gathers insights and information about how clients, families, and caregivers experience our services. Survey responses are confidential and anonymous, to allow respondents to answer questions authentically. Over 2022-23, the new survey had 90 respondents, compared to 17 in 2021-22.

Here is some of what we learned from our service respondents (attending our Prevention programs) and our treatment respondents, at right.

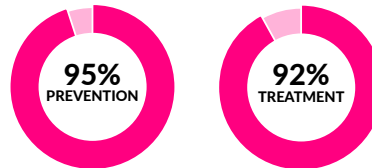
### Comfortable with two languages:



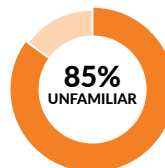
### Didn't wait long after being referred (answering Fairly or Definitely)



### As a result of their care with this program or service, respondents felt more prepared to accomplish the things they want to do (fairly or definitely)



### Respondents indicating that they are unfamiliar with the feedback process



This overview of the 2022/23 results suggests that, in most cases, the respondents were satisfied with the services that they received. However, based on these results, we will continue to find ways to promote the survey and our feedback process and make it easier for clients and service recipients to share their experiences. We will also be looking into further language translation opportunities at the Centre.

How did we do today?

Your feedback helps us improve our programs and services

Take our survey

[sickkidscmh.ca/experience-survey](https://sickkidscmh.ca/experience-survey)

Garry Huvitz  
Centre for Community  
Mental Health

# Our youth mentors

We incorporated client voices in our planning through our youth mentors, Saara Mihrin, Antonietta Gutierrez and Elim Wu. They offer a youth perspective with their lived experience of the children and youth mental health sector or of GH-CCMH services specifically. They bring this experience to initiatives such as our Research Advisory Committee and our Community Engagement Working Group.

Our youth mentors also engaged with youth clients in several projects such as:

Co-facilitating groups through ISFY and COII

Facilitating focus groups with our day treatment students to help shape our safer spaces statement

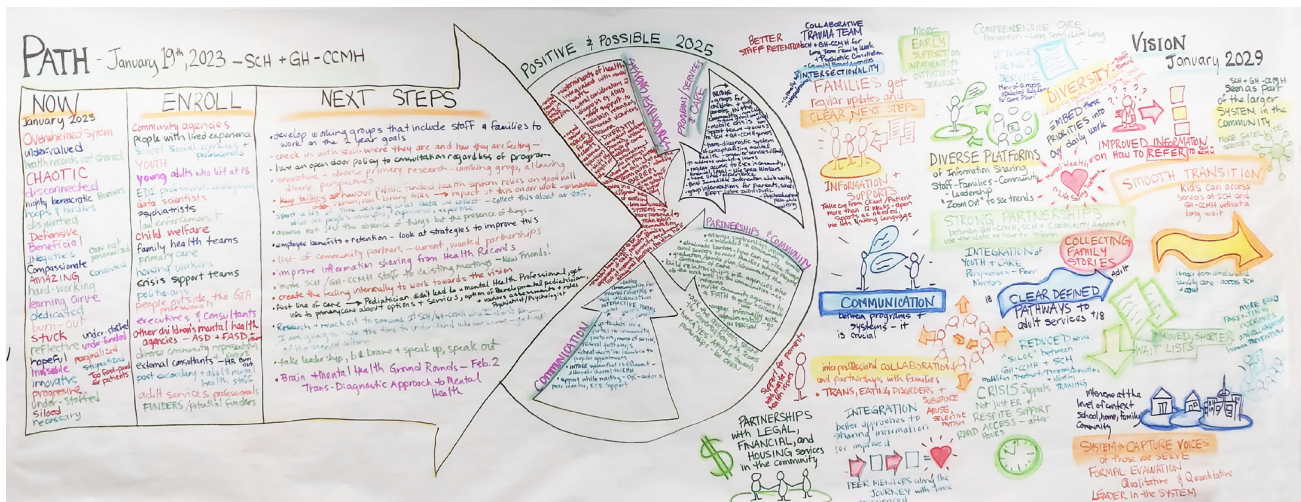
Facilitating a focus group around the development of our 2SLGBTQIA+ classroom

# Our caregiver input into pathways to care

To make sure that families' needs are being met with the "pathway to care" between SickKids Hospital and GH-CCMH, the pathways working group, led by our Senior Clinical Manager of Health Access Program, Research and Foundation Operations, Christie Hayos, developed a "Planning Alternative Tomorrows with Hope" (PATH) session to support the visioning of the pathways. Caregivers were invited to a half-day brainstorming discussion in early 2023. All caregivers had experience with moving from care at the hospital to GH-CCMH.

Joining SickKids and GH-CCMH staff, and community members, caregivers told us that it can be challenging to navigate care, prompting us to create a case manager position on our MHAP team. This position will support families in accessing and navigating services, and gain feedback from families as to supports and programs that would be beneficial to them.

We also have caregiver representation in our Measurement-Based Care working group - see page 30.



Our MHAP team member, Joanne Wilson, employed a person-centred tool to graphically facilitate a PATH map to creatively chart and plan our caregivers' advice.







# **Supporting a culture of learning and excellence**

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**“By offering training to our staff and our students, we contribute to the building of responsive and inclusive care capacity in the children and youth mental health sector.”**

**– Dr. Susan Yabsley, Advanced Practice Lead for Psychology and Interprofessional Practice**

We support a culture of learning and celebration of excellence at GH-CCMH. Our staff receive training and skills development opportunities in the areas of clinical care, leadership, and health equity, offered in conjunction with external training partners and our own SickKids Centre for Community Mental Health Learning Institute (SickKids CCMH LI). For our students, we provide training and supervised placements in an interdisciplinary environment to future mental health (and other) professionals.

## Enhancing clinical care capacity for staff

Our Practice, Education and Training (PET) Committee oversees the delivery of education and training for staff. This year, PET arranged several trainings for clinical staff across the organization in evidence-informed and evidence-based psychotherapies and crisis management. PET also developed trauma-informed psychotherapy training to deliver in the fall of 2023. Additionally, Dr. Susan Yabsley, Chair of PET and Advanced Practice Lead for Psychology and Interprofessional Practice, works with the SickKids CCMH LI to develop customized training for GH-CCMH staff.



**12**

leaders trained in generative change management



**31**

staff trained in psychotherapies and crisis management



**12**

staff/leaders completed training in 2SLGBTQIA+ foundations



**42**

GH-CCMH employees accessed SickKids CCMH LI trainings for professional development

We celebrate excellence across the organization through our annual staff awards.

Meet our [2022 staff award winners!](#)





## Placements for students and future professionals

We offer training for a range of students and future professionals. Throughout 2022-23, we placed learners from across Ontario, Quebec and B.C. These placements spanned many disciplines, including psychiatry, psychology, social work, art therapy, child and youth care practitioners and early childhood education. Every one of the Centre's four program areas and our Health Information Management and Human Resources teams took on students.

The GH-CCMH Doctoral Internship Program in clinical developmental child and adolescent psychology was accredited by the Canadian Psychological Association.



**71**  
learners



**14**  
colleges and universities  
represented



**11**  
disciplines represented  
in placements

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“Throughout my time at GH-CCMH, I have had the privilege of being supported by a dedicated, knowledgeable and compassionate team of professionals who have created a truly welcoming and collaborative learning environment.”

– Nicole Loncar, Psychology Intervention Practicum Trainee



# **Research: The impact of our donors' generosity**

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**“Research can help understand if and how a specific treatment works and for whom it works best. By participating and highlighting clinical research at GH-CCMH, we show our clients that we care about their experience, that their voices can elicit change and that we are constantly striving for improvement and innovation.”**

**– Dr. Amanda Uliaszek, Clinician Scientist**



Enabled by donor generosity, the Research, Evaluation and Innovation (REI) team led direct clinical research and evaluation of our programs to identify the impact of our services and understand the gaps our clients and families may experience when accessing care. The team also collaborated with research partners such as SickKids and the Centre for Addiction and Mental Health (CAMH) to support ongoing individual projects by external researchers. By enhancing our understanding of the impact and value of our services, the REI team supports the development of leading modes of access to and delivery of care. We are grateful to be recipients of gifts that support our work featured here.

## Investigating our families' experiences through our surge pathway from hospital urgent care to community support

The REI team centered their research on the COVID Surge Pathway Project, investigating children and youth's transition from the Urgent Care Clinic (UCC) at SickKids to GH-CCMH. Their aim was to evaluate the effectiveness of an integrated urgent care program amongst these children and youth needing care in the community.

In their study, completed in the spring of 2023, the team worked with SickKids Hospital and found that 82 per cent of the clients referred from the UCC to GH-CCMH pathway did not require further hospitalization or admission to the SickKids emergency department during their engagement with the pathway or for up to three months following.

Additionally, the team collected and analyzed data to determine whether the services children and youth received were appropriate for their mental health concerns. The team's findings are currently being prepared for publication.

Some preliminary findings:



**70%**

of caregivers reported a decrease in stress in their child after discharge



**63%**

of caregivers said they had a sense of achievement in meeting their child's treatment goals



**73%**

of caregivers noticed a reduction in problem severity and 37% indicated an improvement in functioning



**60%**

of caregivers expressed their overall satisfaction with their child's care



The REI team (from left to right): Ali Barazanchi, Dr. Amanda Uliaszek, Amanda Marguno, Elena Temelkova

## Integrating care pathways to treating youth depression in partnership with CAMH

The CARIBOU-2 initiative, which stands for Care for Adolescents who Receive Information 'Bout Outcomes, explores treatment approaches for youth struggling with depression. CARIBOU compares treatment as usual with a standardized evidence-based series of interventions that are tailored to individual needs. GH-CCMH is one of several agencies providing youth with this innovative care while aiding in data collection.

This study – led by the Cundill Centre for Child and Youth Depression at the Centre for Addiction and Mental Health (CAMH) and funded by the Canadian Institutes of Health Research – allows GH-CCMH to collaborate with a large provincial network of agencies and hospitals. GH-CCMH is proud to be a leading research participant recruiting site for this study. Our clinician scientist, Dr. Amanda Uliaszek, is a co-principal investigator on two of the grants supporting this research.



## Laying the groundwork for measurement-based care

With the generous donation from Garry Hurvitz, we set up a governance structure that included a working group to begin introducing measurement-based care (MBC). The group's membership includes leadership, researchers, caregivers, front-line staff and one of our youth mentors. The aim of 2022-23 was to develop a vision and work plan to implement MBC and to educate the group about improving client care. The group also led a robust review of measuring a treatment's effectiveness as a first step toward understanding the impact of our programs and services.

To read more about our ongoing research and program evaluations, visit [sickkidscmh.ca/research](https://sickkidscmh.ca/research).

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**“We are thrilled to have recruited such a talented team of researchers who are helping us advance our knowledge in many areas of our clinical practice. With the generous donations from Garry Hurvitz and our donor community, our vision is to bring more scientific knowledge to the sector to help advance children’s mental health care.”**

**– Christie Hayos, Senior Clinical Manager of Mental Health Access Program, Research and Foundation Operations**







# From SickKids CCMH LI leadership

## Strategic map: From plan to action

The SickKids Centre for Community Mental Health Learning Institute (SickKids CCMH LI) is committed to delivering evidence-informed, high-quality training programs, ultimately advancing the mental health literacy of professionals so they can deliver the best possible care to their clients.

In fall of 2022, we introduced our new [strategic plan](#) and focused our work on the following core pillars:

### **Cultivate excellence in mental health services**

We continued to deliver training to meet the needs of professionals in mental health services, medical teams, first responders, educators, direct service workers and more. From 2022-23, we trained more than 3,500 professionals through a total of 113 courses, with 25 of them becoming new programs offered.

### **Enhance learning through innovation**

We enhanced learning opportunities by diversifying our methods of delivery. In partnership with Humber College, we successfully launched and delivered two cohorts of the micro-credential program, *Excellence in mental health leadership* (Fall 2022 and Winter 2022-23). This provided professionals with the opportunity to gain optional micro-credential recognition with an academic institution. Additionally, after three years of exclusive virtual training, we hosted our first in-person training, ADHD in children and adolescents, allowing learners the opportunity to engage and network with expert facilitators and peers. The in-person training received positive feedback and excitement for more in-person opportunities to come.

### **Strengthen institute business operations**

We increased awareness of our training programs and services by leveraging digital platforms to reach new audiences. We created an Instagram account and reached more than 5,000 professionals globally and regularly offered new content that would be of interest to our audience. We also engaged with local and national organizations and developed strategic partnerships to support the education of their members.

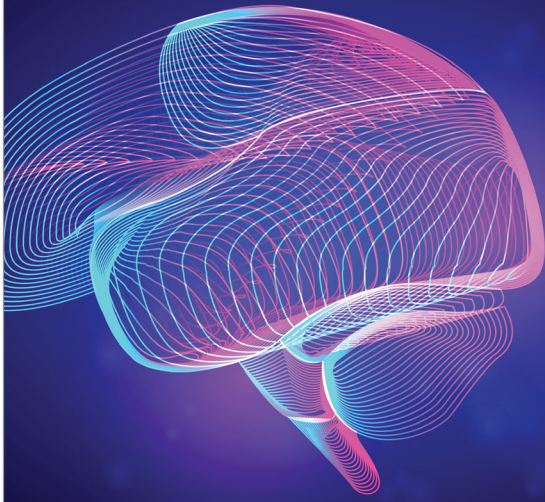
### **Fostering an inclusive learning ecosystem**

Creating a diverse, equitable and inclusive learning environment is one of our top priorities. We launched several new training programs in health equity and addressing disparities in mental health care, including topics in trauma-informed care, supporting 2SLGBTQIA+ youth, neurodivergent youth, racialized youth and culturally competent care. The SickKids CCMH LI strives to collaborate with facilitators from diverse backgrounds, valuing their unique perspectives and experiences.

Looking ahead, we will continue to deliver the best programming that supports the unique learning needs of professionals. We will offer further innovative learning methods such as recorded on-demand webinars and intensive programs to enrich the mental health literacy of professionals across the globe.



Kelly McMillen  
Executive Director  
Learning Institute,  
The Hospital for Sick Children



<p><b>+</b> CULTIVATE EXCELLENCE IN MENTAL HEALTH SERVICES</p> <ul style="list-style-type: none"> <li>Partner purposefully to expand reach and depth of educational programming</li> <li>Adapt programming to evolving clinical demands and community needs</li> <li>Enhance educational quality through faculty development and evaluation</li> </ul>	<p><b>+</b> FOSTER AN INCLUSIVE LEARNING ECOSYSTEM</p> <ul style="list-style-type: none"> <li>Promote equity, diversity, and inclusion within our learning community</li> <li>Embed a health equity lens and address social determinants of health in all programming</li> </ul>
<p><b>+</b> ENHANCE LEARNING THROUGH INNOVATION</p> <ul style="list-style-type: none"> <li>Expand virtual offerings and evolve the design of hybrid learning models</li> <li>Leverage technology to foster continuous learning and education</li> </ul>	<p><b>+</b> STRENGTHEN INSTITUTE BUSINESS OPERATIONS</p> <ul style="list-style-type: none"> <li>Build awareness of the institute's mandate and education programs</li> <li>Create a sustainable business model and costing framework</li> </ul>

LEADERS IN MENTAL HEALTH TRAINING AND EDUCATION

## Supporting the SickKids enterprise

The SickKids CCMH LI continues to support mental health literacy across the SickKids enterprise by providing an exclusive 50 per cent discount to all employees for online and in-person open-enrolment programming – more than 100 SickKids employees (including GH-CCMH) used this exclusive discount code to attend SickKids CCMH LI training from 2022 to 2023.

Our year in review:



**113**  
courses  
delivered



**25**  
new courses  
delivered



**3,500+**  
professionals  
trained



**11**  
new expert  
facilitators engaged



The SickKids Centre for Community Mental Health Learning Institute (SickKids CCMH LI) had a successful year with a range of initiatives and achievements. This included the launch of the Excellence of Mental Health Leadership micro-credential program in partnership with Humber College, an exciting return to in-person training, and the offering of a new eating disorders treatment training program. We broadened our reach by connecting with diverse professionals providing mental health care.

## Diversifying learning experiences

The SickKids CCMH LI and Humber College collaborated on the design and development of a micro-credential program, *Excellence in mental health leadership*, for new and emerging leaders in community mental health services. From 2022-23, there have been two learning cohorts – Fall and Winter 2022. The participants were predominantly from community mental health agencies and in the feedback were enthusiastic about having the opportunity to engage with like-minded professionals with shared experiences and leadership challenges.

We were pleased to deliver our first in-person training in three years, ADHD in children and adolescents, which took place on March 31, 2023. The session was cohosted with the SickKids Learning Institute and was held at the Peter Gilgan Centre for Research and Learning (PGCRL). The training included multiple presentations led by three leading experts in ADHD.

Our team continues to identify ways to enhance the learning experience of our learners. In February 2023, the team piloted a post-training consultation session whereby participants from one course had the opportunity to attend a one-hour consultation session led by the course facilitator, one week following the training. The consultation session was intended to support learners to deepen their understanding of the training content by providing them the opportunity to ask questions, share experiences and work through clinical cases as a group. The consultation offering was well received and will be extended to additional trainings to support learners to apply newly acquired knowledge into practice.

## Broadening reach

This year, we expanded our reach and increased awareness of our services by leveraging digital platforms and social media. In October 2022, we launched our first [SickKids CCMH LI Instagram account](#). This platform provides the opportunity to build engagement with key stakeholders, communicate the brand and mission, broaden reach nationally and internationally, promote mental health education and awareness and advertise course offerings. Our Instagram account continues to grow daily.

## Excellence in mental health education and training

As identified by SickKids Hospital, eating disorder cases have increased dramatically over the course of the COVID-19 pandemic. In response to the rise of eating disorders in children and youth, the SickKids CCMH LI introduced a new program titled *Certificate in dialectical behaviour therapy (DBT) for eating disorders*. This program offers professionals an opportunity to gain evidence-informed practices in DBT for eating disorders treatment. This four-day certificate course addresses the needs of clinicians working with both youth and adults and includes an optional consultation offering whereby participants can receive 20 one-hour small group consultation sessions with the facilitator. To date, 296 professionals have attended this training.



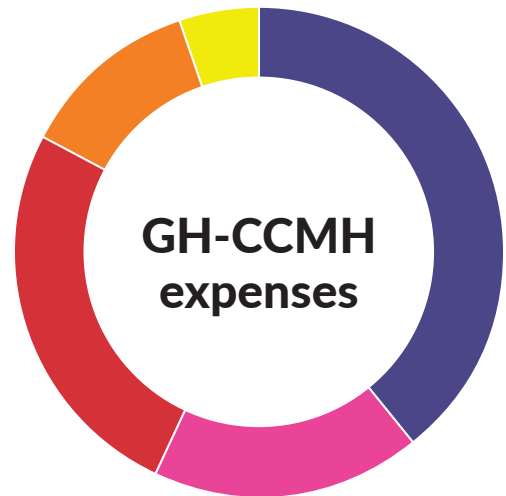
**“The *Certificate in dialectical behaviour therapy for eating disorders* is a fantastic program! Dr. Anita Federici is one of the strongest facilitators I’ve learned from. She embodied compassion, flexibility, vulnerability and wisdom. I’m located in Alberta, so this virtual program allowed me to participate and enhance my skills. I definitely recommend it to a colleague!”**

**– Program participant, March 2023**





# Financial summary



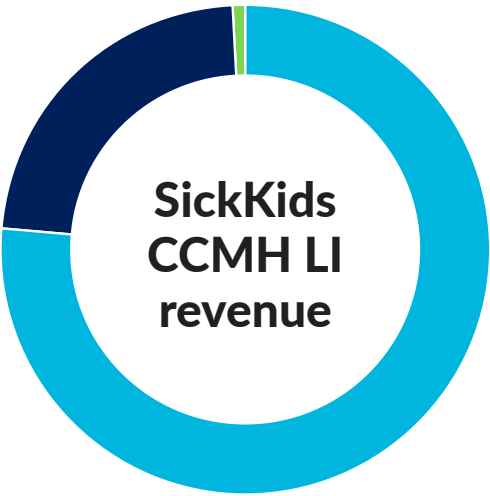
- Ministry of Health and Long-Term Care **78.88%**
- Ministry of Children, Community and Social Services **0.31%**
- City of Toronto **8.62%**
- Public Health Agency of Canada **4.06%**
- Other **8.13%**

- Intensive services **39.32%**
- Prevention and Early Intervention **17.89%**
- Counselling and therapy **25.59%**
- Administration **12.14%**
- Other **5.06%**

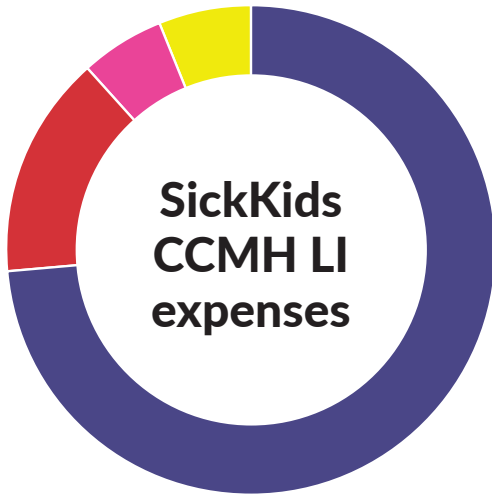
[See GH-CCMH\\* audited financials](#)

The Garry Hurvitz Centre for Community Mental Health is grateful for our community of donors who supported us in 2022-2023. Thank you for supporting the SickKids vision of “Healthier Children. A Better World.” and the GH-CCMH vision of “Enriching Health through Mental Health.”

\*Please note that the legal name of our organization is SickKids Centre for Community Mental Health



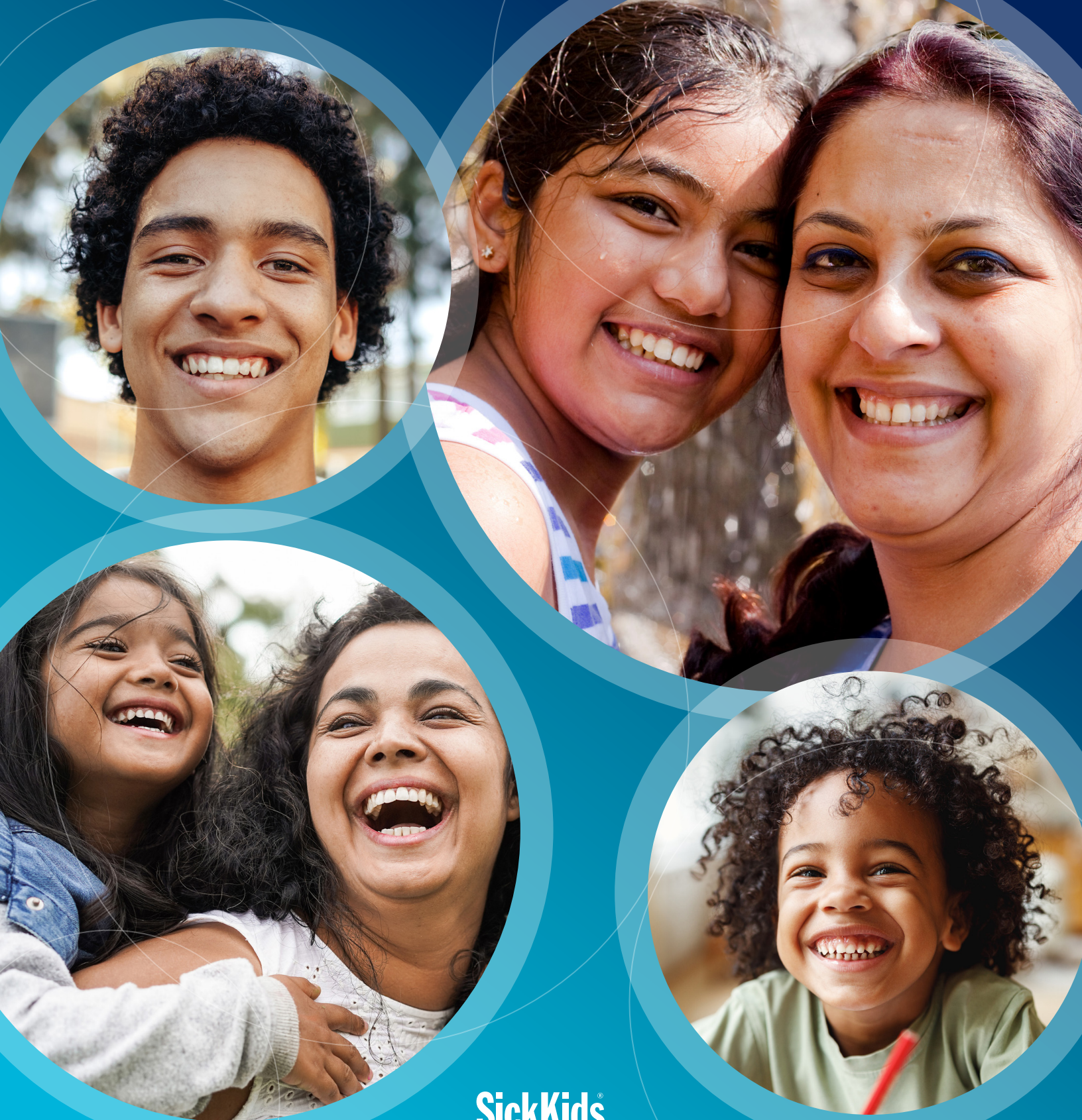
- Training fees 76.41%
- Building rental 22.99%
- Other 0.59%



- Training 73.74%
- Administration 14.66%
- Building 5.52%
- Other 6.09%

[See SickKids CCMH LI audited financials](#)





# SickKids®

Garry Hurvitz  
Centre for Community  
Mental Health

Jarvis Treatment Centre | 440 Jarvis St. | Toronto, ON M4Y 2H4  
Sheppard Treatment Centre | 1645 Sheppard Ave. W. | Toronto, ON M3M 2X4