

CHAIR'S REPORT

"Your program helped me see life through my child's eyes."
"Your staff are kind people and made me feel good about myself."

Opportunities present themselves everyday. Sometimes the most difficult of situations can become the most rewarding opportunities for growth. I believe that Child & Youth Wellness Centre builds mentally healthy children and families by transforming difficult situations into positive opportunities. For me, the opportunity to Chair the Board of Directors has been a challenging, but extremely rewarding experience, one that I will always cherish. The Annual General Meeting is also an opportunity to share with the community some of our successes this past year.

Our Board Visioning Day was a huge success. This important day shared by Board and Management sets the goals and objects for Child & Youth Wellness Centre for the current year and beyond. Six priorities were established including improving our communication infrastructure, raising our awareness, advocacy, budget challenges, program sustainability and accreditation. Action items were developed for each of the goals and the whole agency has been working diligently on them for the past year.

The advocacy committee, which is comprised of current and past board members, staff and management has spent the year raising the agency's profile as well as reducing the stigma around children's mental health. To help achieve these goals many events were scheduled during Children's Mental Health Week. Mayoral proclamations, radio interviews with Bruce Wylie and a "1 in 5" celebration at Ange Gabriel are just a few of the many events. Many other initiatives are underway to help increase awareness and build relationships with our community partners.

Our fundraising committee has also been extremely busy this year. Our Heart Soiree was very successful. Many community partners, staff, board and management took part in this lovely evening filled with food, fun as well as a silent auction. Thanks to everyone who participated in making this event so enjoyable! Corporate Prospectus packages have been handed out to numerous local companies with positive feedback. Other fundraising opportunities are being examined for the coming year.

Another important goal was to examine ways to address our budget challenges. As we continue to struggle with the lack of necessary funds to keep the status quo, we must be creative. The finance committee has been examining key budget items to determine whether there is any opportunity for cost reductions. This activity will continue into next year.

This is my last opportunity as Chair to express my gratitude. I am so proud to be part of this agency, to stand beside such a talented group of people providing necessary programs and services. Our Board consists of a group of dedicated, caring, and forward thinking individuals. Thank you to each one of you for all you do, you are leaders in our community. Our executive director, Sally Wills is strong, patient, kind, strategic and most importantly she truly cares about the children and youth in Leeds and Grenville.

Thank you for guiding the Board and the agency in providing such excellent service. Finally, the management team and every member of staff are not only highly skilled, but they deliver amazing programs with an attitude that exudes kindness, true caring and understanding. We are truly blessed to have this team at CYWC building mentally healthy children, youth and families. Thank you for allowing me to share in the wealth of opportunities that you create each and every day.

Christine Kivi
Chair, Board of Directors

EXECUTIVE DIRECTOR'S REPORT

As we celebrate our 13th general meeting, it gives us an opportunity to reflect upon the accomplishments we have attained and to envision the future.

We were privileged to serve 1070 children and youth during the past fiscal year. Our evidence based practices have again grown with the implementation of FRIENDS (anti-anxiety) and Anger Solutions. We maintain the evidence based programs Multi Systemic Therapy, Triple P, Roots of Empathy, and Eye Movement Desensitization Restructuring, along with Intergenerational Trauma Treatment, a promising practice, which we, along with some colleagues across Ontario, are in the midst of a Centre of Excellence research study, to demonstrate its efficacy. Making Play Possible, which served approximately 452 children and youth, continues due to friends of our Centre and support from Every Kid in our Communities coalition; without their support we would lose this most beloved program. Again, it has grown this year and has more funding thanks to Joint Services of the United Counties. We have maintained our service model with one Community Therapy team, the backbone of our services, Community Prompt Response, a quick response short term program, the weekly Walk In clinic, and, Crisis Response, for quick attention to our partners and families, Early and Middle Years programs, and Aspergers, Go Goddess, and ADHD groups.

We are delighted that Children's Hospital of Eastern Ontario and Royal Ottawa Hospital commenced providing specialized services at our Kemptville office as part of their outreach services in Eastern Ontario. Such services as psychiatry, psychology, occupational and speech therapy, as well as provision of services in French, are on the service menu. It is very exciting that this goal of accessing services through the Ottawa children's hospitals, which we have strived for since our inception, is finally coming to fruition. Along with our regional telepsychiatry program, and our pediatrician and psychiatrists, we have a wealth of specialized services, except for psychology, for which we are very actively recruiting. We have been very fortunate again this year to have had an exceptional PhD psychology student on board under the leadership of our Clinical Director, Dr. Susan Meyers, who has continued to provide services.

Our Kemptville office re-located in October which took considerable planning and work of everyone involved to ensure a relatively smooth move to new quarters. One additional benefit is that we are neighbours of Family and Children's Services.

We are very disappointed that the provincial budget has not provided any additional monies to core funding this year, especially considering we are currently in negotiations, which may result in additional lay offs and cuts to services. We must continue to advocate for changes on behalf of our children, youth and families for a strong child and youth mental health system. Mental health services must be an entitlement, not for the few, but for all who need them. Children, youth and families must truly be the beneficiaries of change that is sustainable over time. Long term significant reinvestment in children's mental health must be forthcoming and must be maintained, for us to provide services to the level of need rather than the level of what we are able to afford.

Regardless of our need for resources, we have been very creative with what we have. We have continued to build strong services, creatively shaping them to address the needs of our families, consistently making access quicker, easier, and better, utilizing evidence based and best practices consistently, and providing a wealth of programs across Leeds and Grenville.

These achievements have been a team effort with significant contributions from board members, staff, management, volunteers, students, community partners, friends of the Centre, the Ministry, and the children, youth and families we serve. My sincere appreciation and admiration go especially to our dedicated and skilled staff group. It is through what they do everyday to assist children, youth and families with their struggles and journeys that the real impact of our service is realized and it is the changes we bear witness to in the lives of the people we serve that make it all worthwhile.

I thank the members of the Board, especially Christine Kivi, Chair, and the Executive members, for their dedication, commitment, compassion and vision. All of the Board members' efforts and support are truly appreciated by staff, management and the families we serve. We look forward to continued opportunities and challenges ahead.

Sally Wills, Executive Director