

Community Briefing



prevention education treatment

This issue of our ongoing *Community Briefing* series highlights a year of tremendous achievements made possible by unprecedented community investment, and reports on our progress towards our vision on behalf of children and youth in our community. It has been an amazing year and we are pleased to tell you, our stakeholders, about the results of our shared efforts – **together** we have made a significant difference in many young lives.

Spring also brings the annual celebration of volunteerism in Canada with National Volunteer Week (April 15 – 21), and a welcome chance for us to acknowledge and salute the wonderful volunteers on our Council team. They make our achievements possible and they inspire us through their service. We also join with our friends at the RBC Children's Mental Health Project in marking Children's Mental Health Week in Ontario (May 6 – 12). Be sure to check out the comprehensive results of the 2012 RBC Children's Mental Health Parents Poll at www.rbc.com.

We hope you will continue to support our work on behalf of local children, youth, and their families and, as always, we welcome your feedback.

Giving is a journey, a calling, a way of living. It's not a separate part of life – it is life, turning your beliefs and values into action and impact.

Laura Arrillaga-Andreessen

Inside:

- **Changing Lives – Changing Futures: the tangible impact of community investment**
- **Helping Children Thrive**
- **News & Research**
- **Council Updates**



Please share this briefing, post it prominently, or use its content to educate others.

Changing Lives - Changing Futures

The tangible impact of community investment...

Each Fall, the Community Child Abuse Council holds its Annual General Meeting and reports to the community about its activities and achievements over the preceding year. We felt strongly, however, that this past year warranted a special report to share with our stakeholders just how *much* was accomplished. Each and every year, we work to engage the community in changing lives by giving children and youth the best possible treatment and support available to those who have been sexually victimized or have faced problems with sexualized behaviours. But *this past year was remarkable*.

Unprecedented fundraising during our Heart of the Open campaign (made possible by our selection as the Local Charity Partner for the 2012 RBC Canadian Open).



A never-before-seen level of local public exposure and attention to the issue of child abuse.

A record number of children and youth referred to our Child & Youth Trauma Service.

More children and youth served in our programs than in any previous year (thanks to the investment of donated funds into clinical programming and treatment).

More than 140 new people added to our amazing team of volunteers.

Exciting expansion of our Outreach, Assessment and Specialized Intervention Services (OASIS) Program for immigrant and refugee children and youth.

A growing and inspiring circle of support including our Leaders for Kids, generous patrons, and leadership volunteers.

Nine new graduates of our Internship Program – adding vital clinical capacity for the future.

These are examples of what is possible when a community stands up and reaches out to support vulnerable kids and families – as *this community* did in 2012. This was, of course, an exceptional year with a large one-time financial investment from RBC Foundation. Questions remain about our community sustaining this level of tangible support. Knowing what *is possible* can only help to inspire and engage us as a community to do that, together. When we focus on *achievements* as well as needs and challenges we help to build momentum towards our shared vision for Hamilton children – children who thrive. It is vital that the promise and the hope in our work be understood alongside the dark realities of child sexual abuse. It is important that we celebrate the young lives touched in positive ways by this community's response while rededicating ourselves to the provision of treatment for all children and youth in need and enhanced efforts at community-oriented prevention, education.



Our work brings us into peoples' lives when they are most desperate, alone, sad, afraid and wounded, but for the most part (their) stories are success stories – stories of hope, survival, triumph. Surprisingly, it is often when wandering through the emotional carnage left by the worst of humankind that we find the best of humanity as well.

Dr. Bruce D. Perry

When community invests...

We are delighted to share with readers a few of the exciting accomplishments made possible this past year through generous community investments – donations and support inspired by our vision and focused on helping children and youth thrive...

- A new partnership with the Children's Aid Society of Hamilton will see clinicians from our Child and Youth Trauma Services team working on-site at the CAS medical clinic to support clients and their families. This is an exciting joint venture that will bring our trauma program closer to the children and youth who comprise a large part of our client population.



- Extensive community consultations by clinicians from our OASIS team have helped to support newcomer families faced with the mental health challenges experienced by their children and youth – working with parent groups, community organizations, educators and mental health professionals to help families where they are, in culturally supportive and effective ways. Efforts to further develop these effective outreach and engagement strategies continue.

- Addition of another treatment room (equipment, furnishings) made possible by a donation from IODE (Municipal Chapter, Hamilton).
- Knowledge Exchange (presentations, conferences, workshops) in several topic areas, sharing expertise as well as disseminating information in order to strengthen the field of children's mental health.
- Collaborative venture with the Hamilton Wentworth District School Board to develop a pilot training program for teachers to help them recognize and understand the impact of trauma and acculturation issues with immigrant and refugee students.
- New and upgraded Information Technology (IT) platform, made possible by the Rotary Club of Hamilton AM.
- One-time infusion of funds for additional clinical service (over and above government funding), made possible by donations to our *Heart of the Open Campaign* (resulting in record number of children and youth served this past year in our Child & Youth Trauma Services Program).

April 15 – 21 is National Volunteer Week Three cheers for our amazing volunteers!

*One hundred years from now it will not matter what kind of house you lived in,
what kind of car you drove, what your bank balance was...
but what will matter is that you were important in the life of a child.*

Forest Witcraft



Helping Children Thrive

Specialized treatment for children and youth who have experienced trauma from sexual abuse, or who have engaged in problematic sexual behaviour (including sibling incest) works. And more children and youth got that treatment in our **Child & Youth Trauma Services Program** (CYTS) this past year than in any previous year in our history.

Our CYTS Program offers comprehensive assessment and specialized individual and family treatment for sexually victimized children/youth ages 2 to 18, and children with sexual behaviour problems including sibling incest. The program is delivered by trained specialists, and based on clinical evidence and best practices.

Did you know?

- Referrals from child welfare (Children's Aid Societies) make up about 80% of our CYTS caseload.
- The number of verified sexual abuse cases involving preschoolers (ages 2 to 6) makes up about 30% of total cases.
- Referrals to CYTS have historically been 60% female and 40% male.
- The number of clients completing assessment and moving on to treatment is increasing - more case management support (to ensure that barriers to treatment participation are addressed) is helping to make this possible.
- Parental involvement in our Parent Support Group Program enhances treatment outcomes for children.

For more information about our Child & Youth Trauma Services Program please visit our web site: www.childabusecouncil.on.ca.



May 6 – 12 is Children's Mental Health Week in Ontario



A true sense of purpose is deeply emotional. It serves as a compass to guide us to act in a way completely consistent with our values and beliefs. Purpose does not need to involve calculations or numbers. Purpose is about the quality of life. Purpose is human, not economic.

Simon Sinek

News & Research



More than half of Canadian parents (53 per cent) have never discussed their children's mental health with anyone, according to the **2012 RBC Children's Mental Health Parents Poll**. Most of these parents (65 per cent) assume their child would come to them if they had a problem - but they may not be correct. Children are more likely to confide in friends (50 per cent) about their mental health concerns rather than their mother (30 per cent), a health professional (22 per cent) or father (10 per cent), according to a companion online poll of youth. For full report, visit www.rbc.com.

Changing the Future for Ontario Children

No Time to Wait: The Healthy Kids Strategy (Ontario Healthy Kids Panel, February 2013) makes clear the link between mental health and children's futures: "Kids live, play and learn in their communities. Ontario needs a co-ordinated all-of-society approach to create healthy communities and reduce or eliminate the broader social and health disparities that affect children's health and weight."

How can Ontario create a present and a future where our children lead truly healthy, fulfilling lives? Where they...

- have the best start in life
- are loved and valued
- are surrounded by supportive families and friends
- feel good about themselves, and know how to cope with stresses and challenges in life
- feel safe and part of their communities
- know about healthy eating, have easy access to healthy foods, and make healthy food choices
- have time every day to play and be active
- get enough sleep
- have the health services they need
- are prepared for a future full of opportunities.



As Ontario's Ministry of Children and Youth Services (MCYS) gets ready to roll out a new plan to transform child and youth mental health throughout the province, families who have experience raising a child with mental illness should get ready to roll up their sleeves and help out. The goals for transformation are not new: co-ordination, integrated care, timely access, effective treatment, and availability of core services for every child or youth in every Ontario community. What is different, and incredibly hopeful, is the collaboration, the sense of urgency, and an approach to change that includes families. MCYS efforts are backed by significant, multi-year provincial investments, growing public awareness about mental illness, and strong partnerships with the largest child-serving ministries, health and education. MCYS is gravely serious about improving care for families, and serious, too, about asking families for advice on what change the system needs. Listening to families is quite possibly the single most powerful determinant of effective transformation. Family involvement is the only way to ensure we succeed. After all, something is inherently wrong with the system if we can design it, work in it, and transform it, without placing families at the centre of its reform.

"Listening to those closest to the issue". Angela Kays-Burden (www.thespec.com) January 13, 2013

Extraordinary Role Models and Philanthropists



Our warmest thanks and congratulations to local adventurers Fred Losani (one of our *Leaders for Kids!*), Peter Turkstra, Mark MacLennan (and their teammate Teemu Lakkasua) for their **Bruce Trail Expedition For Kids**. The 30-day, 855 km trek raised an incredible total of \$500,000 for local children's charities and tremendous awareness about the Bruce Trail (celebrating its 50th anniversary). The Council is grateful to be one of the many beneficiaries from the trek and we salute the team's awesome accomplishment!



INVESTING IN GOVERNANCE

The Council has embarked on an ambitious and exciting program of board development and governance renewal with respected consultant, Gayle Valeriotte. Focused on vision and mission, this work will help to strengthen the Board of Directors' efforts at "governing for what really matters" and approach planning and stewardship through a community impact lens. Board members are devoting substantial time to this work and investing themselves in the exciting possibilities it brings. The Council is fortunate to have a board comprised of passionate and skilled individuals with a diversity of backgrounds and experience – qualities that serve both the organization and its vision on behalf of the community. The board will be engaging with stakeholders and the broader community in new and compelling ways as this development agenda moves ahead, and anticipates a robust dialogue will inform and inspire their work. The goal is not simply board development, but an approach to governance and leadership that will benefit our community in tangible and valuable ways...*a community where children and youth thrive.*

The greater danger for most of us lies not in setting our aim too high and falling short; but in setting our aim too low, and achieving our mark.

Michelangelo

Phone: (905) 523-1020
Fax: (905) 523-1877
www.childabusecouncil.on.ca
info@childabusecouncil.on.ca

Donate online at
www.childabusecouncil.on.ca

© 2013 Community Child Abuse Council of
Canada
Charitable Reg. No. 893261727RR1

The Community Child Abuse Council gratefully acknowledges funding support provided by the Ontario Ministry of Children and Youth Services and the City of Hamilton.

