

IMPROVING CHILD AND FAMILY MENTAL  
HEALTH FOR OVER 40 YEARS



YOUTHDALE TREATMENT CENTRES  
2010/2011 ANNUAL REPORT

 Youthdale  
*Compassion, Innovation, and Hope.*  
YOUTHDALE TREATMENT CENTRES

## MESSAGE FROM THE BOARD CHAIR AND EXECUTIVE DIRECTOR

2010 and early 2011 have been remarkable for Youthdale in many ways. We are proud to report that Youthdale received confirmation from Accreditation Canada that it meets the National Standards in Quality Care and Service. We would like to acknowledge our employees' commitment to the youth in their care that made this significant milestone achievable.

As a Centre of Excellence in children's mental health, Youthdale employs best practices in child psychiatry and neurosciences. Youthdale is asked to consult on cases in Ontario and nationally, and is committed to increasing knowledge and teaching, including training psychiatric residents and fellows, holding workshops, and providing internships for other health disciplines.

Medication administration and management represent significant clinical challenges, and often attract parents' questions and media scrutiny. After its six-month review, Youthdale's externally constituted review panel concluded that Youthdale's medication policies were consistent with or exceeded the standards of care recommended by the Province of Ontario's Expert Panel.

The resourcefulness, expertise, and dedication of staff, and support from the Youthdale Foundation, have enabled Youthdale to sustain its quality of service, despite continuing provincial funding restraints. Youthdale wouldn't be possible without the continuing support of its funders and community service partners. We'd also like to acknowledge the families Youthdale serves, and their commitment to support and advocate for the needs of their children.

In an ever-changing social, economic, and political environment, Youthdale is proud to continue its four decade tradition of quality service to children and their families, and is committed to achieving even higher service standards in the future.

Thank you for your interest in and support of Youthdale Treatment Centres.

Sincerely,



A blue ink signature of Thomas M. Macdonald, consisting of a stylized 'T' and 'M' followed by a horizontal line.

Thomas M. Macdonald  
*Chair*



A blue ink signature of Dan Hagler, consisting of a stylized 'D' and 'H' followed by a horizontal line.

Dan Hagler  
*Executive Director*



## SOUTH ASIAN OUTREACH PROJECT



Launched in early 2009, this two-year project funded by TD Canada Trust has enabled Youthdale to collaborate with South Asian service organizations – often the first and only point of contact for South Asian children and their families with mental health issues – and reach out to greater Toronto South Asian communities.

Youthdale has collaborated with local service organizations to deliver mental health prevention and early intervention workshops in schools, libraries, community centres, and mosques. Another key component of this project is an intense four-month internship program for staff from South Asian community organizations. Interns learn about Youthdale and the mental health service network, and acquire new knowledge and skills they can apply in their home agency and community.

## IMPLEMENTATION OF THE MCMMASTER MODEL FOR FAMILY FUNCTIONING



**RBC Foundation®**

This training and research project, made possible by the generosity of the RBC Foundation, began in late 2009. Dr. Richard Archambault and Dr. Gabor Keitner from the Warrant Alpert School of Medicine at Browns University and Rhode Island Hospital

provide training in Toronto to Youthdale staff, and ongoing consultation by teleconference.

The McMaster model's strengths include well-developed clinical guidelines for individualized family therapy, and a respected family assessment device (FAD) for diagnostic and treatment measures. To-date, over 100 children and their families have completed the FAD and are engaged in family therapy using the McMaster Model. Youthdale has found this to be a very effective approach, and is committed to implementing the McMaster service model across the organization.



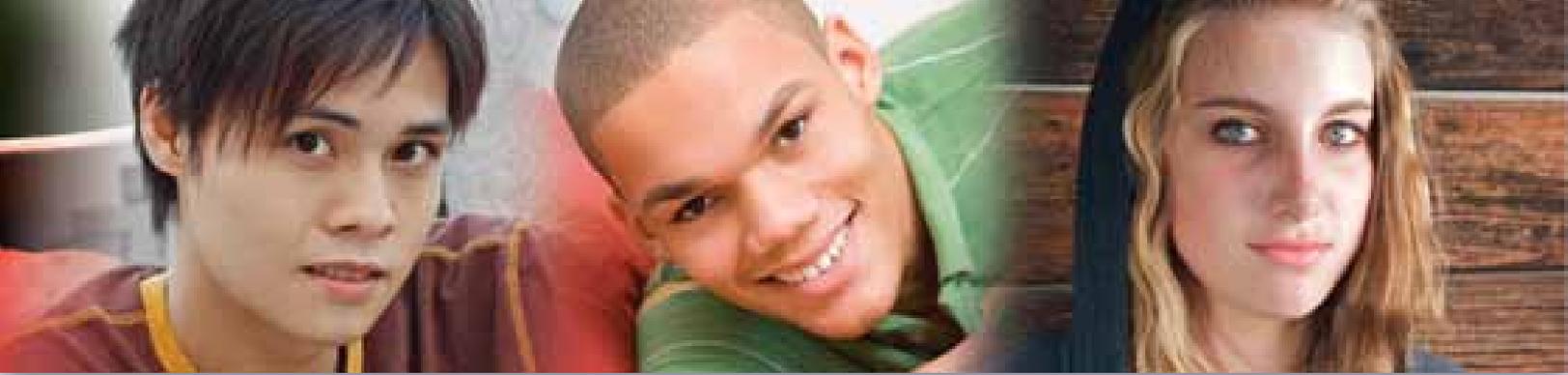
## CONDENSED STATEMENT OF OPERATIONS

	2010/11	2009/10
	(000s)	
<b>Revenues</b>		
Ministry of Children and Youth Services	10,873	10,881
Per Diem	2,042	2,658
Ministry of Health and Long Term Care	583	550
Other	909	919
Total	14,407	15,008
<b>Expenses</b>		
Salaries & Benefits	9,555	10,177
Building Occupancy	2,914	2,772
Other	2,033	2,018
Total	14,502	14,967

These statements are excerpts from the Audited Financial Statements and should not be considered complete without the notes to the Audited Financial Statements.

## YOUTHDALE SERVICE DELIVERY 2010/2011

	Days of Care	Clients Served
Residential	17,773	101
Acute Support Unit	2,647	127
Transitional Psychiatric Unit	3,170	75
Total	23,590	
<b>Assessments</b>		
Psychiatry		7
Neuropsychiatry		85
Neurology		17
Psychology		34
Medical Consultation Clinic		182
Ontario Telemedicine Network		27
Mobile Crisis Response		151
Centre for Individual and Family Therapy		211
Section 23 Classrooms		53
Intensive Support and Supervision Program		30



## YOUTHDALE SERVICES AND PROGRAMS

The **Centre for Individual and Family Therapy** applies Youthdale's philosophy of providing many types of therapeutic support simultaneously to meet clients' multiple needs. The Centre delivers specialized family support and counselling to residential, non-residential, camp, and school clients and their families.

**Youthdale's Urban and Rural Residential Treatment** facilities include five residential treatment houses in the Greater Toronto Area, and a year-round camp near Magnetawan, Ontario.

**School Program Services** serve children and youth 11-18 from Youthdale's residential program, and local community children unable to integrate into the regular school system. Five Youthdale classrooms are in host local community schools.

Youthdale **Crisis Services** provides emergency assistance to young persons in crisis through the mobile Crisis Support Team and the Acute Support Unit.

The **Crisis Support Team** is a multidisciplinary 24/7 team that intervenes to diffuse or stabilize youth in crisis, helps patients find community agency support, ensures follow-up after emergency services are provided, and assists in finding appropriate accommodation and treatment.

The **Acute Support Unit** is a ten bed psychiatric resource which provides crisis stabilization in a secure environment. Youthdale's Acute Support Unit accepts youth who pose a serious danger to themselves or others, and provides assessment, crisis treatment and stabilization, and case management assistance.

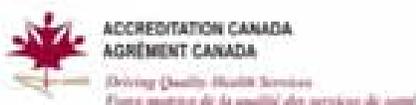
The **Transitional Psychiatric Unit** is a ten bed inpatient facility for children under 16 who require longer-term psychiatric treatment.

Youthdale's **Intensive Support and Supervision Program** serves youth who can be effectively supervised in the community, and who would otherwise be sentenced to custody for criminal offences.

### Other Services and Programs

Youthdale Treatment Centres services and programs also include:

- psychological assessment
- medication consultation for referring physicians
- a sleep centre which treats sleep problems associated with other medical problems
- a teaching centre for medical, nursing, social work, and child care professionals
- a research facility focusing on advances in the treatment of childhood psychiatric disorders



Youthdale Treatment Centres is accredited by Accreditation Canada, meeting national standards of excellence in quality care and service.

## YOUTHDALE TREATMENT CENTRES MISSION:

To provide children, adolescents and their care-givers access to the best available psychiatric care and support, restoring hope, and helping individuals to reach their full potential.

## YOUTHDALE TREATMENT CENTRES DIRECTORS

### Board of Directors

Thomas M. Macdonald, *Chair*

Peter Barnes, *Vice Chair*

John Colomby, *Treasurer*

Richard Cummings

Ann Leese

Brenda McDowell

Paul Nightingale

Eli Palachi

Darius Trohak

### Executive Director

Dan Hagler

### Clinical Director

Paul Allen



*Compassion, Innovation, and Hope.*

YOUTHDALE TREATMENT CENTRES

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[www.youthdale.ca](http://www.youthdale.ca)

## BUILDING ON YOUTHDALE'S LEADERSHIP ROLE.

Youthdale is recognized across Canada for its unique ability to treat children with complex needs. More and more organizations are coming to Youthdale for consultation and support services, and the number of out-of-province children treated continues to grow.

Youthdale is proud of its standing in the child psychiatric community, and shares insights with children's psychiatric organizations worldwide. As a research and training institute, Youthdale attracts child psychiatry residents and fellows from the University of Toronto, and recently became a training site for McMaster University's faculty of medicine.

## PLANNING FOR THE FUTURE.

Youthdale's near-term strategic plan includes many important initiatives focused on maintaining and improving quality of care, compliance and governance, reporting, best practice testing, and greater collaboration with other children's mental health stakeholders.

The Youthdale Treatment Centres Foundation was created to secure support and funding for important research, care, and treatment options for children and youth treated by Youthdale Treatment Centres, and Foundation support has been instrumental in the development of many initiatives to improve diagnosis and treatment. [www.youthdalefoundation.com](http://www.youthdalefoundation.com)