

# Growing to meet the needs of Ontario youth



2014/2015 Annual Report



**Youthdale**

*Compassion, Innovation, and Hope.*

YOUTHDALE TREATMENT CENTRES

## Message from the Board Chair and President and CEO

Youthdale has entered the next phase of its expansion, with the official announcement of funding for the new unit for transitional-age youth 16-18. We've already put a great deal of time and energy into this initiative, and it will continue to be a focus for your Board and Youthdale senior management.

We're in the process of moving our office to make room for the new unit adjacent to our other hospital facilities. Moving – while managing day-to-day business and developing a completely new service offering – is no small feat, and we're impressed with how the team is performing through this major transformation.

We would also like to acknowledge the work of our ministry partners and organizations such as Bell, for increasing awareness and promoting more open discussion on mental health. These efforts are improving the environment for our patients, and helping agencies like ours get the attention and resources they need to do even more for people with mental health issues.

We still have a great deal of work ahead of us to make the new unit a reality but, with your support, we are confident this effort will, like all of Youthdale's services, contribute to the better mental health of Ontarians.

The Board is proud of Youthdale's achievements this year, and is looking forward to an exciting year of change, as we add to Youthdale's ability to treat children and youth – the future of our community, our province, and our country.



A blue ink handwritten signature of Thomas M. MacDonald.

Thomas M. MacDonald  
Chair



A blue ink handwritten signature of Dan Hagler.

Dan Hagler  
President and CEO

Youthdale's day treatment program is already making a real difference.

It's been just over a year since we opened the new Intensive Extended Day Program for transitional-age youth, through a unique collaboration with Covenant House.

In this short time, many youth have benefitted from this unique program. Participants have commented on how the outpatient clinic and day program have helped them, and we're truly thrilled with the response.

Covenant House is Canada's largest homeless youth shelter, and its expertise and proximity made it the ideal partner for Youthdale,

## Ontario announces funding for Youthdale's transitional-age youth unit.

**Dr. Eric Hoskins, Ontario's Minister of Health and Long-Term Care, and Tracy MacCharles, Minister of Children and Youth Services,** were at Youthdale on May 5, 2015, during Mental Health Week, to officially announce funding for Youthdale's new mental health unit for youth 16-18.

Dr. Hoskins commented that the province is *"committed to improving equity and access to high quality mental health services."* On the need for this new unit, Minister MacCharles remarked, *"The transition into adulthood can be a stressful and confusing time for youth, especially for those faced with mental health issues."*

This announcement marks a major milestone in the unit's development. Work continues on new office space on Yonge Street, to free-up the fourth floor of 227 Victoria Street. This will allow the new services to be under the same roof as Youthdale's other hospital facilities, to make the most effective and efficient use of resources.

We would like to acknowledge the support of the province. Without this funding, the unit could not have been developed. Now we're able to concentrate fully on the space and staffing challenges, and the incredible potential of this new resource for youth 16-18.



*Ministers Tracy MacCharles and Eric Hoskins, and three youth from the Intensive Extended Day Program listen as Dan Hagler comments on the funding announcement.*

reducing the time to launch this essential service, and capitalizing on the strengths and experience of both organizations.

Youthdale *"provided a safe and inviting community for me to express myself without fear or judgement."*

– Lexi, day treatment program participant

The program is voluntary, and care is customized for each participant. This individual and flexible approach has proven particularly effective with this age group.

*"Our patients contribute to their treatment decisions, and help decide if they need individual, family, group, or other types of therapy. This involvement and self-direction has, in fact, become an important aspect of treatment."*

– Gail Smith, Director, Intensive Extended Day Program, and Assistant Director, Psychiatric Crisis Service, Youthdale

Education is one of the cornerstones of Youthdale's support for participants, and the day treatment program also includes academics. Youth are encouraged to attend daily classes and, wherever feasible, to acquire a school credit during their treatment.

## Condensed Statement of Operations

|   | 2014/15<br>(000s) | 2013/14<br>(000s) |
|---|-------------------|-------------------|
| <b>Revenues</b>                         |                   |                   |
| Ministry of Children and Youth Services | 11,976            | 11,819            |
| Per Diem                                | 1,869             | 2,080             |
| Ministry of Health and Long-Term Care   | 1,778             | 918               |
| Other                                   | 1,002             | 1,051             |
| <b>Total</b>                            | <b>16,625</b>     | <b>15,868</b>     |
| <b>Expenses</b>                         |                   |                   |
| Salaries and Benefits                   | 11,026            | 10,663            |
| Building Occupancy                      | 3,297             | 3,190             |
| Other                                   | 2,242             | 2,128             |
| <b>Total</b>                            | <b>16,565</b>     | <b>15,981</b>     |

These statements are excerpts from the Audited Financial Statements for Youthdale Treatment Centres. The above amounts are a consolidation of the following Financial Statements: Youthdale Treatment Centres – Toronto Region; Youthdale Treatment Centres – York Region; Youthdale Treatment Centres – Toronto Region Intensive Support & Supervision Program; and Youthdale Treatment Centres – Enhanced Psychiatric Services. These statements should not be considered complete without the notes to the Audited Financial Statements.

## Youthdale Service Delivery 2014/2015

| <b>Services</b>                           | <b>2014/15<br/>Clients<br/>Served</b> | <b>2014/15<br/>Days of<br/>Care</b> | <b>2013/14<br/>Clients<br/>Served</b> | <b>2013/14<br/>Days of<br/>Care</b> |
|---|---------------------------------------|-------------------------------------|---------------------------------------|-------------------------------------|
| Psychiatric Crisis Service                | 6,920                                 | –                                   | 6,335                                 | –                                   |
| Clinical Consultations and Assessments    | 497                                   | –                                   | 492                                   | –                                   |
| Individual and Family Therapy             | 708                                   | –                                   | 621                                   | –                                   |
| Day Treatment School                      | 85                                    | –                                   | 88                                    | –                                   |
| Intensive Support and Supervision Program | 18                                    | –                                   | 25                                    | –                                   |
| Preparation for Independence              | 97                                    | –                                   | 112                                   | –                                   |
| Intensive Extended Day Program            | 21                                    | –                                   | –                                     | –                                   |
| Residential Treatment                     | 81                                    | 15,179                              | 96                                    | 16,415                              |
| Acute Support Unit                        | 120                                   | 2,827                               | 144                                   | 2,887                               |
| Transitional Psychiatric Unit             | 65                                    | 2,781                               | 61                                    | 3,015                               |

## Youthdale Foundation's Climb for Kids' Mental Health receives support from Samsung!

The Climb for Kids' Mental Health is an awareness-building and fundraising initiative created by the Youthdale Treatment Centres Foundation. Youthdale patients, staff, and supporters will climb Mt. Columbia, Alberta, in July 2016.

Through the dedication of Ron Hulse, Youthdale Foundation Vice Chair and climb leader, this major fundraising event has secured important sponsorship and support from Samsung.

This will be the Youthdale Foundation's largest public fundraising effort ever, and will support the new transitional -age youth mental health unit, and other Youthdale Treatment Centre and Youthdale Foundation initiatives.

More information about the Youthdale Foundation can be found at [youthdalefoundation.com](http://youthdalefoundation.com)



## Camp Magnetawan is being readied for another season of treatment, education, and FUN!

Camp Magnetawan consistently ranks as one of the top experiences for children and youth in Youthdale's treatment residences. For many, this is their first camp or cottage experience, and learning to swim has been a major achievement for scores of campers.

Academic success builds self-esteem, and the camp now has more education options than ever before. Participants can increase their academic confidence, build on their strengths, and gain high school credits while at camp.

Camp Magnetawan is a unique camp experience, and one of the ways Youthdale is helping children and youth with mental health issues feel better about themselves and have a more positive outlook on their future.

## We understand the mental health needs of children, youth, and their families.

Youthdale has decades of experience helping young people deal with their challenges at school, at home, and in their day-to-day relationships.

We treat real-world issues with care and compassion, look at each case individually, and help youth understand their mental health. We also help parents understand and contribute to solutions for their child's challenges.





## Youthdale Treatment Centres Directors

### Board of Directors

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***Compassion, Innovation, and Hope.***

**YOUTHDALE TREATMENT CENTRES**

227 Victoria Street  
Toronto, Ontario M5B 1T8  
[www.youthdale.ca](http://www.youthdale.ca)

### We offer options, compassion, and hope.

Whether it's a sleep issue or problems dealing with others, depression, a learning disorder, or something altogether different, we can spot what others may miss. Our extensive child and youth experience also helps us manage the most difficult situations, and provide real hope to those we reach.

Youthdale's services include crisis support, a child and youth sleep clinic, psychiatric, medication, and treatment evaluations, education programs, residential treatment facilities, and even a summer camp. Each is focused on the well-being of children, youth, and their families.

Youthdale's helpline is open 24/7 at 416-363-9990. If you or someone you know could benefit from our services, please give us a call.

### 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.

### World-class diagnosis, treatment, and research.

Youthdale is recognized across Canada and worldwide for its success treating children with the most complex mental health needs, and has been serving Ontario children and their families for over 45 years.

The **Youthdale Treatment Centres Foundation** helps Youthdale fund important and innovative research, program enhancements, and new treatment initiatives.  
[www.youthdalefoundation.com](http://www.youthdalefoundation.com)