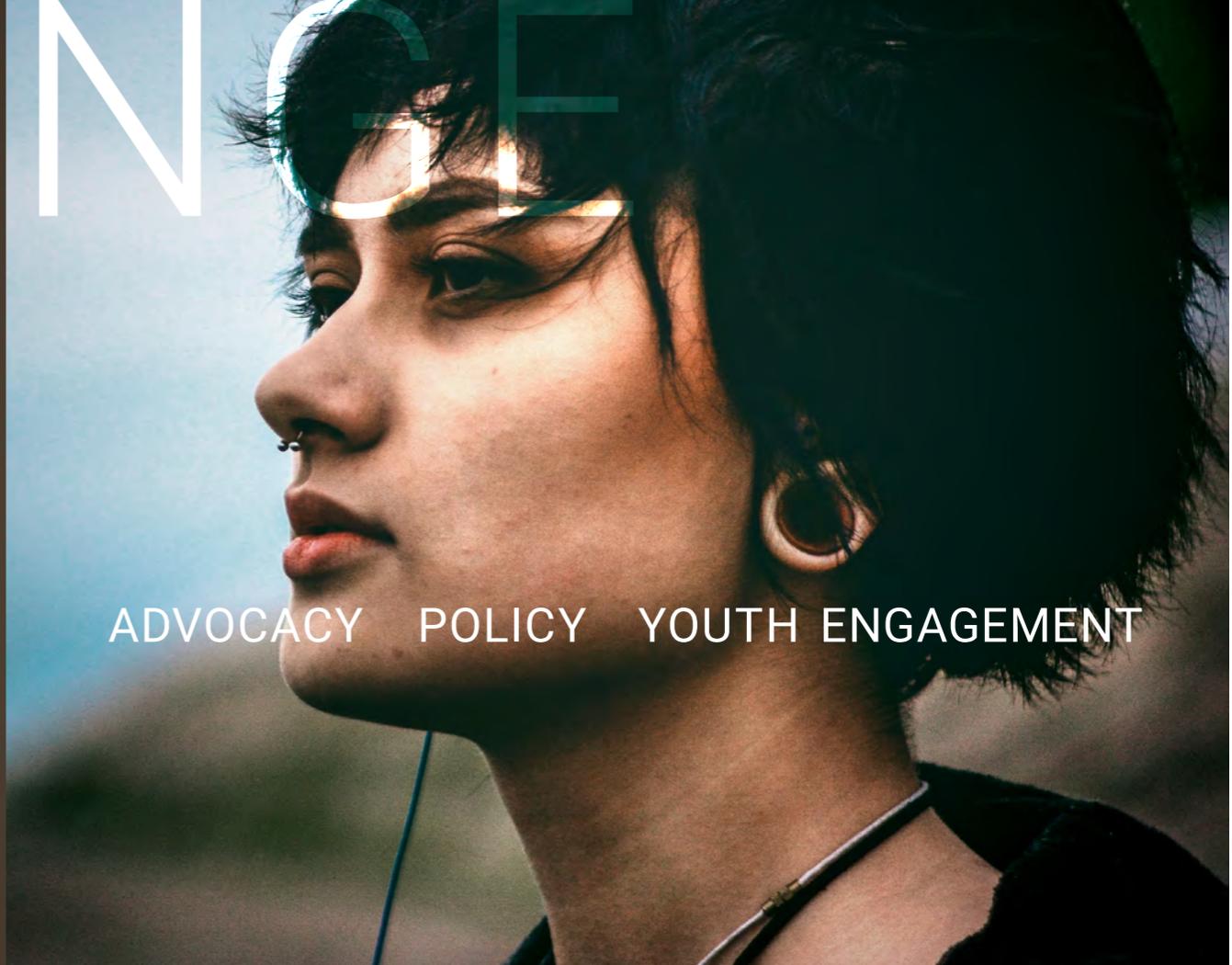


IMPACT
REPORT

2015-16



Children's Mental Health Ontario
Santé mentale pour enfants Ontario



DRIVING
POSITIVE

CHANGE

ADVOCACY POLICY YOUTH ENGAGEMENT

OVER THE PAST YEAR, CMHO WORKED WITH MEMBERS TO DEVELOP SOLUTIONS TO THE COMPLEX CHALLENGES FACING THE CHILD AND YOUTH MENTAL HEALTH SECTOR. LOOKING AHEAD, WE ARE POISED TO WORK HAND IN HAND WITH MEMBERS TO IMPLEMENT A POLITICAL ACTION STRATEGY THAT WILL GUIDE OUR ADVOCACY EFFORTS LEADING UP TO THE NEXT PROVINCIAL ELECTION.



ANNUAL REPORT CARD

CMHO's second annual report card identified an alarming increase in emergency department visits and hospitalizations for children and youth seeking mental health treatment. To ensure children and youth receive timely access to care, we need an integrated system that includes primary care, hospitals, children's mental health centres, and schools.

PROVINCIAL BUDGET

With the support of our members and sector partners, CMHO made a strong case for increased capacity in children's mental health centres that would save the province millions in hospital costs over the next five years. Unfortunately, the provincial government overlooked children's mental health in its 2016 budget. We continue to work with our members and partners to shine a bright light on the immediate need for government investment in children's mental health.

SETTING PRIORITIES

In the spring of 2016, nearly 100 CMHO members met and developed concrete recommendations for transforming children's mental health services to meet the needs of the people we serve. This stemmed from a request from the Office of the Auditor General of Ontario who, as part of their audit, asked CMHO to develop a list of priorities. Based on the meeting, CMHO issued a report titled *Breaking Point: A System Stretched Beyond its Limits – A Report on Community-Based Children's Mental Health Centres*.



WORKING WITH PARTNERS

CMHO believes it is crucial to work with partners across sectors to ensure that children's mental health is a top government priority. We are proud to represent members on several significant cross-sectoral teams, including the Ministry of Health and Long-Term Care's System Integration and Capacity Working Group, the Mental Health and Addictions Alliance, Primary Care and Mental Health and Addictions Task Group, and the Coalition for Child and Youth Mental Health.

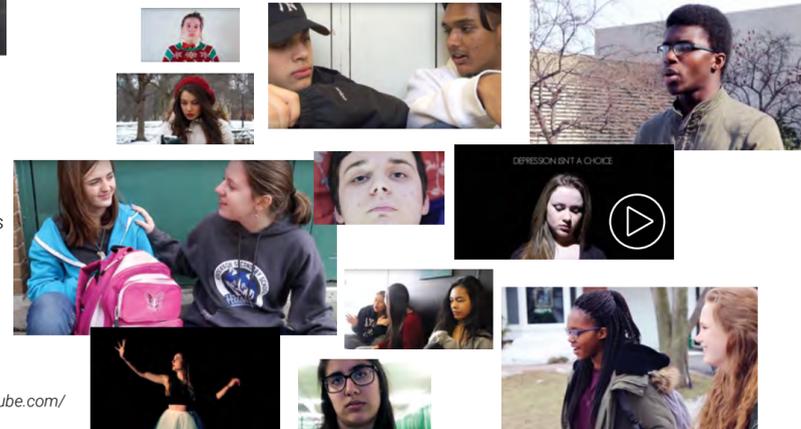


CANADA'S LARGEST ANNUAL CHILD AND YOUTH MENTAL HEALTH CONFERENCE

More than 600 delegates attended CMHO's 2015 Conference and shared big, bold ideas. The cross-sectoral nature of the conference was reflected in the diversity of participants and speakers alike; CMHO hosted professionals from education, health, and children and youth services.

CHANGE THE VIEW

As part of our partner and political engagement strategy, CMHO kicked off Children's Mental Health Week with an awards gala to announce the winners of the 2016 Change the View anti-stigma video contest. The event brought together MPPs, government officials, sector partners and others to celebrate the youth behind the inspiring videos.



View the entries at www.youtube.com/user/ChangeTheView2016

RESPONDING TO THE RESIDENTIAL SERVICES PANEL

Throughout 2015-2016, CMHO led an in-depth policy initiative to develop solutions to the complex challenges facing the intensive treatment sector. Our members were instrumental in the development of our response to the Residential Services Panel report titled *Children and Youth Deserve More*. The report marked the third in our series on intensive treatment; CMHO published two prior policy papers on the subject:

Residential Treatment: Working Towards a System Framework for Children and Youth with Severe Mental Health Needs
February 2016

Envisioning a Future Residential System of Care
October 2015



THE UNIQUE VALUE OF CHILDREN'S MENTAL HEALTH CENTRES

In the fall of 2015, CMHO issued a policy statement articulating the important role that children's mental health centres play in the system of care for infants, children, youth, and their families experiencing mental health issues. This system of care includes hospitals, family physicians, schools and children's mental health centres.

The Unique Value of Children's Mental Health Centres November 2015

CHILD & YOUTH MENTAL HEALTH AUDIT

In 2016, the Office of the Auditor General of Ontario undertook an audit of the community-based children's mental health sector. An audit can be a challenging process for the audited agencies but it also presents an opportunity to identify positive paths forward. Throughout the audit process, CMHO provided members with ongoing analysis and on-the-ground support for the four audited agencies.

DRIVING GREATER IMPACT BEGINS WITH A HIGH-PERFORMING TEAM

CMHO has a team in place that continues to deliver powerful impact for our members. Our team has previous experience working both inside and outside the provincial government on both the public service and political sides, and has expertise in policy and advocacy initiatives.

GOVERNMENT RELATIONS BULLETINS

In 2016, CMHO began a new series of communications to keep members informed of the nature and impact of our advocacy and government relations activities, and to provide tools and supports to drive positive and meaningful change in your communities.



POLICY AND LEGISLATION BULLETINS

CMHO's policy and legislation bulletins have been introduced to provide timely updates and critical analysis of emerging issues relevant to child and youth mental health in Ontario. As needed, these bulletins serve a vehicle for sharing documents CMHO has prepared related to these issues.

ISSUES MANAGEMENT & MEDIA RELATIONS

CMHO provides members with advice and support related to issues management and interacting with the media. In the event of an issue at your centre or in your community, or should your centre be engaging in proactive or reactive media relations, CMHO is here to help.

MEDIA MONITORING

CMHO staff monitor the news daily for matters relevant to the child and youth mental health sector. Our weekly member product, In the News, captures interesting research and important news items.

GROUP BENEFITS

CMHO offers exceptional value for group, home & auto insurance, health & dental benefits, and disability plans.

YOUTH ENGAGEMENT

The New Mentality was created in 2007 from a need for youth voice in the mental health system. In ten years, The New Mentality has effectively grown from a small pilot project to an established leader in youth engagement with province-wide impact.

Grounded in the belief that youth with lived experience can contribute to a better mental health system, The New Mentality co-creates, supports and facilitates structures for youth-led change on a provincial scale.



BROADENING OUR REACH

Over the past year, The New Mentality partnered with 16 CMHO member agencies to host local youth-facilitated groups. In partnership with the agency and a dedicated adult ally, each group of youth carried out projects to reduce stigma in their communities, encourage their peers to seek help locally, and improve the environment and services in the agencies in which they operate.

DOUBLING OUR IMPACT

For the first time ever, The New Mentality hosted two Disable the Label leadership retreats this year for over 100 youth and adult allies across Ontario. Over eight days at YMCA Geneva Park in Orillia, participants gathered to learn leadership skills, share local youth engagement projects, and build meaningful connections.



THE YOUTH ACTION COMMITTEE (YAC)

The YAC is a provincial advisory committee of youth who work to reduce stigma and improve mental health services for their peers through youth-led policy projects. In 2016, The YAC released a Zine with recommendations from youth across Ontario on how to reduce wait times and effectively support children and youth while they wait for services.



“Children and families facing mental health issues need as many people as they can to be their allies. I am proud to stand with Children’s Mental Health Ontario as they work alongside the incredible young people in the province who face inordinate challenges each and every day.”

Irwin Elman, *Provincial Advocate for Children and Youth*

“CMHO plays a vital role in supporting and strengthening Ontario’s infant, child and youth mental health system of services. From their work building organizational service capacity to their advocacy efforts that are helping create a more effective system of services, CMHO is an important and key player in our transformation efforts. I fully support CMHO and feel my membership fees are a good investment in our work and very well spent.”

Diane Walker, *Chief Executive Officer, Children’s Centre Thunder Bay*

“The CMHO Report Card is a first-rate strategic advocacy tool that touches all the right buttons for politicians, public servants, media and your members. Truly an excellent example of strategic communications!”

Ted Ball, *Leading Health Policy Analyst and Transformation Coach*

“The children and youth we all serve often come to us in a time of crisis. They are desperate for a system that truly meets their needs and makes a difference for them. CMHO brings together the voices of community-based mental health agencies and those of the people we serve. CMHO’s advocacy work and youth & family engagement is strengthening our common voice and bringing about systemic change for children, youth and families across Ontario. For Turning Point Youth Services, CMHO is a key partner in our work to improve the system for families in need.”

Debbie Schatia, *Executive Director, Turning Point Youth Services*

“I joined New Mentality because I am an activist for youth. I thrive on being the voice for young people. New Mentality is like one big family. It’s the most accepting group of young people I have encountered. I keep coming back because my voice being heard is the start of awareness.”

Dessi, *New Mentality Kingston Youth Facilitator, Pathways for Children and Youth*

“CMHO supports the vision of healthy kids, healthy families, and vibrant communities. The organization’s advocacy and strategic communication to government and other important stakeholders has kept the issue of child and youth mental health on the radar. We are pleased with the “return on investment” we achieve through our membership in Children’s Mental Health Ontario.”

Joanne Sherin, *Executive Director, Vanier Children’s Services*



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Children’s Mental Health Ontario (CMHO) works to identify and develop solutions to important policy issues affecting the child and youth mental health sector. We represent close to 100 accredited children’s mental health agencies that provide treatment and support to infants, children, youth and families. This includes targeted prevention, early intervention, short- and long-term counselling and therapy, and intensive services for those with complex and/or persistent mental health issues.