

IMPACT  
REPORT

2018-19



#KIDSCANTWAIT

# EMPOWERING TRANSFORMATION

## 2018'S 5% INCREASE ANNUALIZED

2018-2019 was another marker year for the sector. We started the year with a new government promising to make kids mental health a priority. Together with our members, CMHO has been able to continue that momentum to help create change. In a year of cuts, infant, child and youth mental health stood apart in the 2019 provincial budget as being one of the few sectors to not only keep funding, but to receive a **\$10 million annual increase** and to have last year's **5% funding increase annualized**.

This is a tremendous achievement and we want to thank all of you for your support and your voices. Your advocacy efforts have enabled CMHO to remain at the table, continuing to engage with government to better represent Ontario infants, children, youth, and families in the fight for accessible mental health services.

CMHO will continue to engage with service providers, government leaders, families, media and the public to advocate for funding to support kids' mental health. We look forward to your continued support as we work together to spread the #kidscantwait message and to land the investments needed to ensure our kids and families can access the right care, at the right time and place.



Kim Moran  
CEO  
Children's Mental Health Ontario

**\$10M**  
BUDGET  
INCREASE

ADVOCACY POLICY YOUTH ENGAGEMENT

## LEADING THROUGH CHANGE

### ENGAGING GOVERNMENT LEADERS

Since the 2018 election, CMHO has been devoted to creating new and maintaining existing relationships with key members of the new PC government and the opposition. We have positioned ourselves to be a point of contact and reliable experts for government when it comes to kids' mental health.

Our development of these relationships has led to the appointment of CMHO CEO, Kim Moran, to the Premier's Council on Improving Health Care and Ending Hallway Medicine. Established October 2018, this is an independent, voluntary expert advisory council, which reports to the Premier and the Minister of Health. The council has now released two reports, the first titled Hallway Health Care: A System Under Strain was released in January 2019 and the second report A Healthy Ontario: Building a Sustainable Health Care System was released in June of 2019.

## LEADING THE SECTOR

### 2018 CMHO ANNUAL CONFERENCE: INNOVATIONS IN SERVICE DELIVERY

Last year's conference saw over 600 delegates attend from across the province come together to learn about the latest and greatest innovations in kids' mental health. We heard from renowned researchers and experts – like Dr.s Gursharan Virdee and Christopher Mushquash – to discuss the unique needs of diverse and Indigenous populations. We were excited to hear from our new Minister of Health, Christine Elliott as she addressed the sector and met privately with CMHO members and our Youth Action Committee.



### MEMBER MEETINGS

2018-2019 was a year of significant change for the infant, child and youth mental health sector, including the move to a new ministry and the introduction of Ontario Health Teams. Through all of this, CMHO has strived to unite the sector and our members by hosting a series of meetings exclusive to our member agencies, that have included insight from government leaders and policy experts.

### TEAMING UP: COMMUNITY HEALTH ONTARIO

To ensure our members have the best information available as we transition into the Ministry of Health, CMHO has engaged with partners under the common banner of Community Health Ontario – the unified voice of the publicly-funded community health sector. Our partners in this initiative include: Addictions and Mental Health Ontario, AdvantAGE Ontario, the Alliance for Healthier Communities, the Canadian Mental Health Association – Ontario Division, and the Ontario Community Support Association. This partnership has allowed us to bring a stronger and more unified voice to government decision makers through collective advocacy, and to provide training on navigating the new world of Ontario Health Teams. This training has been accessed by over 1000 individuals from across the community health sector.

## CONNECTING TO THE PUBLIC

### THE BURDEN OF KIDS MENTAL ILLNESS ON FAMILIES AND THE ECONOMY

For CMHO's Annual Report Card, we released new findings based on a study commissioned from the Canadian Centre for Health Economics at the University of Toronto. We asked them to calculate the productivity loss in Ontario based on the results from our 2017 Ipsos survey, which indicated that 1 in 4 parents were missing work to care for a child with issues related to anxiety. The results were that the Ontario economy is losing \$421 million annually as parents miss work to care for kids with anxiety.



### MESSAGES IN THE MEDIA

The results of this study garnered attention from media outlets across North America, including Today's Parent, The Toronto Star, The Globe and Mail, Global News, CTV and more. This coverage has helped us emphasize to the public and to government that #kidscantwait.

“Parents are missing work to help their kids' anxiety – and it's costing millions.”  
*Today's Parent*

“New report measures economic loss of youth mental illness.”  
*CTV News*

Dr Javeed Sukhera @javeedsukhera

A7: The most impactful thing we can do to help families is to ensure we adequately fund mental health treatments that work. No one should have to wait this long for treatment. No child. No family.  
[#kidscantwait](#)

Nathalie @NatLauter

A3: Yes, if my child would have been seen in a timely manner(not after 2yrs), i would not have had to stop working, as my child would NOT have reached the point of inflicting self harm because we couldn't get the help needed [#kidscantwait](#)

### ONLINE DISCUSSION

The public also took note of the study in our biggest twitter chat to date. We made over 15 million impressions over the course of an hour on Feb 6<sup>th</sup> when we debuted the results. We heard from families across the province and across the country about the far-reaching effects that childhood mental illness can have on their wallets, on siblings and other aspects of life.



## SUPPORTING YOUNG LEADERS

CMHO is very proud of our youth program The New Mentality (TNM), which spent the last year facilitating youth in spreading their own policy recommendations to other youth, service providers and politicians. There are now over 20 TNM groups across Ontario doing amazing things to push forward the youth voice in mental health care.



### CHILDREN'S MENTAL HEALTH WEEK: QUEEN'S PARK TAKEOVER

The New Mentality's Youth Action Committee (YAC) took Queen's Park by storm during Children's Mental Health Week 2019, meeting with the Deputy Premier and Minister of Health, Christine Elliott, the Minister of Children, Community and Social Services Lisa MacLeod and Minister Lisa Thompson, the Minister of Education. The YAC spoke to these Ministers and other MPPs about their latest policy paper "From Crisis to Quality" which debuted at our 2018 CMHO Annual Conference.

“Being able to sit there and listen and understand... we can do some pretty transformational things.”

— Lisa MacLeod, on being able to speak with the YAC

### TWITTER CHAT: SUPPORTING DIVERSITY IN CHILD AND YOUTH MENTAL HEALTH CARE

TNM and the YAC hosted their own Twitter Chat during Children's Mental Health Week with the support of CMHO. The goal of this chat was to lead a discussion on what youth and families want to see in our mental health system to better support marginalized children and youth. We had a great discussion where we heard from kids and parents across the province. Our youth reached millions of people across Canada with the concerns and challenges they face receiving equitable mental health care.

SkylarkYouth @SkylarkYouth · 13h  
Replying to @TNMengage

I would love to see more training for mental health professionals surrounding LGBTQ+ culture and how to help, especially in youth & families –  
@SkylarkYouth Youth Participant  
[#youthmentalhealth](#) [#kidscantwait](#) [#mentalhealth](#) [#youth](#)



Lily Mehari @LilyMehari · 13h

when a friend of mine went to her first appointment, her counsellor said that they had a different idea of her background based on her last name. it made her wonder if her treatment would be better or worse if she fit the counsellor's idea of what she looked like.  
[#kidscantwait](#)

### DISABLE THE LABEL 2019

This year's annual leadership retreat for young changemakers in mental health was a huge success with 100 young people and their adult allies coming from across Ontario to learn how to be effective leaders for mental health advocacy in their communities by being "their authentic selves". Youth explored how they can use goals and intentions to create change in the mental health system and within themselves. Collectively we explored our slogan 'Disable the Label' having a riveting conversation about mental health labels – how they affect us and how we can use them to work for us individually and in our mental health advocacy.

## REACHING OUT: YOUTH, FAMILIES & SERVICE PROVIDERS

An important part of CMHO's work is to ensure that we are adequately representing the needs of our members and the kids and families that they support. To do that we have been busy collecting information from youth who have lived experienced with Ontario's mental health system, along with their parents, caregivers, siblings and service providers.

73%  
OF AGENCIES WERE CONSIDERING IMPLEMENTING MORE DIGITAL SERVICES



66.7%  
OF AGENCIES INDICATED THAT THERE ARE INSUFFICIENT CHILD AND YOUTH SUBSTANCE USE AND ADDICTIONS SERVICES IN THEIR COMMUNITIES



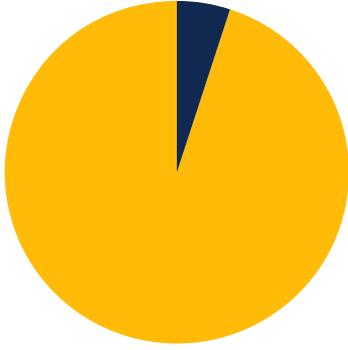
80%  
OF PARENTS & CAREGIVERS STATED THAT THEIR WORK LIFE WAS IMPACTED DUE TO THEIR CHILD'S MENTAL HEALTH CONCERN

We have used information like this to better support our members, to raise public awareness and to show the far-reaching impact of an underfunded mental health system to leaders in government.

### FAMILY ACTION COMMITTEE

The FAC is a committee of expert parents and caregivers who have been involved with the infant, child and youth mental health system and advocate for change in the sector. This committee has had a central role during the last year in helping CMHO to keep a caregiver's perspective in our policy recommendations to government. The committee released their first set of policy recommendations in Early 2019. Stay tuned for more from the committee in 2020!





CMHO IS PROUD TO REPRESENT  
95% OF THE TOTAL CYMH  
BUDGET FOR ONTARIO

## CMHO MEMBER BENEFITS

CMHO provides a number of exclusive benefits to our member agencies. These include:

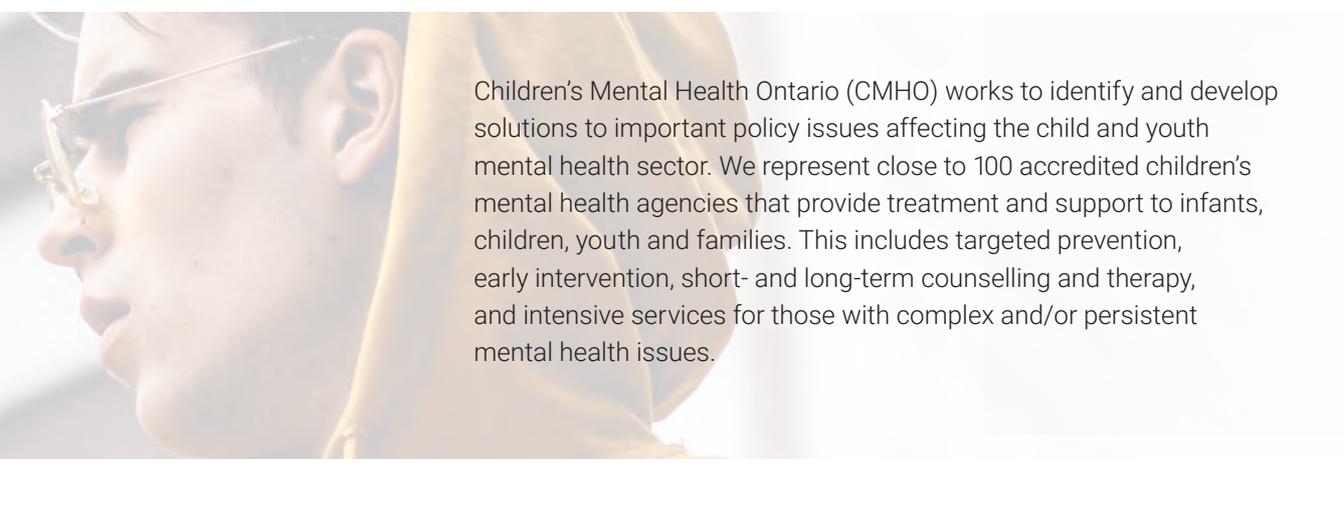
- Crisis Communications Support
- A Monthly Newsletter
- Updates from Queen's Park
- Discounts for Employees
- Special Member Meetings
- Webinars
- Weekly News Headlines
- Job Boards
- Event Listings
- Group Insurance and Benefits

“CMHO provides strong advocacy for children’s mental health services in the province. The organization has been critical for New Path Youth & Family Services as a lead agency to continue to remain actively engaged in and connected to the ongoing changes taking place in Ontario as part of the massive mental health system transformation.”

 **Elizabeth McKeeman**, CEO, New Path Youth and Family Services, Barrie



CMHO.ORG



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.