

ANNUAL REPORT 2015/16



Lynwood Charlton Centre



*“ Supporting children, youth and families
to achieve better mental health ”*

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A MESSAGE FROM THE BOARD PRESIDENT AND EXECUTIVE DIRECTOR

We continue to reflect on the significant changes that are before our sector and our organization as we complete the fiscal year 2015 -16. We are struck by the opportunities for the sector and the role that Lynwood Charlton Centre plays in facilitating conversations and processes in Hamilton with community partners, and youth and families, to effect a change in the way we work together and provide services better.

We have come to understand that the continued success of Lynwood Charlton Centre is co-dependant on its success as both an exceptional service organization, and in its role as the Lead Agency for the Hamilton service area. We are thankful and confident in the knowledge that our strength has always rested with our service delivery capacity, and we continue to recognize the excellent work of our Senior Management team, our Program Managers, and our staff who deliver services to children, youth and families.

As we are faced with the opportunities for effecting change, we are also faced as a Board of Directors with significant change and adjustments to our role as a “system planner” for the Hamilton service area. We have recently revised the Board’s Strategic Plan with this role in mind, and are in the process of revising our Board policies and procedures, and reviewing our Board recruitment process to ensure we have the right skill sets and representation in order to provide the best leadership we can.

Moving on Mental Health continues to be a significant opportunity, to effect systemic change to ensure the province of Ontario, and Hamilton in particular, has a mental health system for children, youth and families that has:

1. Clear access points and pathways to care
2. Core mental health services available in each service area

The opportunity for systemic change is significant, visionary, exciting and challenging all at the same time. It requires Lynwood Charlton Centre to provide leadership inside our organization, at Board level and with our staff; in the community, with our community partners; and most importantly with children, youth and families in our community to effect systemic change.

Boards and staff alike throughout our community array of services are required to continue to provide the excellent services to children, youth and families, while communicating openly and continuing to be collaboratively engaged in a process of review, visioning and preparation for changes inside individual organizations and collectively as a system. Lynwood Charlton Centre is committed to working collaboratively with children, youth and families, with our core service partners, and other community partners in moving the bar slowly but surely, thoughtfully and methodically, to truly effect change that will ensure better access to a better aligned service system for children, youth and families in the Hamilton community.



PAUL LACHANCE
Board President

A handwritten signature in black ink, reading "Paul Lachance".



ALEX THOMSON
Executive Director

A handwritten signature in black ink, reading "G.P. Alex Thomson".

A YEAR IN REVIEW

OF CHILDREN & YOUTH SERVED BY PROGRAM

Charlton Hall Residence: **24**
 Flamborough Residence: **14**
 Forest Residence: **20**
 Upper Paradise Residence: **22**
 Compass Day Treatment: **37**

Flamborough Day Treatment: **13**
 Upper Paradise Day Treatment: **32**
 Community Based Programs
 (ICFS/IMHSS/CCNP): **183**
 Community Groups: **39**



Team Unbreakable is a running group for teens aged 13 – 18 years, culminating in a 5 km community run/walk. This year, LCC partnered with the Hamilton Family Health Team to offer this dynamic program to over 30 youth in the Hamilton community.

The group exposes youth to the social and health benefits of running, providing an opportunity for youth to engage in positive social interactions with others who have a shared experience of anxiety and/or depression, and to learn healthy coping strategies from one another.

“When you can take a group of kids with 6 years between them – all with their own emotional and behavioural issues and total strangers, and help them to come together and join as a team and every one of them crosses a 5K finish line... you have succeeded”.

– Ed Macilius, Parent of Team Unbreakable Participant

PROGRAM HIGHLIGHTS

INTRODUCTION OF TERRAI ASSESSMENT TOOL

Over the past year, staff in all programs have been using a new assessment tool from the interRAI™ Child and Youth Suite. The Child and Youth Mental Health (ChYMH) assessment provides us

with a comprehensive clinical understanding of each child and youth that we work with, and helps us understand their strengths, preferences, and needs. It also allows us to assess how they have done in the

program, by providing us with outcome information. At a program and agency level, it allows us to assess if we are accomplishing what we hope to, and to make good decisions about the types of services we offer.

SOME OF THE INNOVATIVE PROGRAMS WE'VE BEEN RUNNING...



THE SELFIE PROJECT

(Developed by Carleen Cizmar, BA, MSW, RSW)

This program, currently running at our Charlton and Flamborough Residences focuses on self-esteem, self-awareness, and the common issues youth face. As youth participate in discussion, they paint and decorate a 4-foot high wooden cut out of their self (their "Selfie"). Discussions address themes including communication styles, the role that media and social media play on body image and self-esteem, mental health, how to recognize abusive relationships, and accepting diversity. The goal is to focus on their inner strengths, interests and talents, rather than their outer image.



COOEL PROGRAM

Program developed by Katie Rincker, OT Reg.(Ont.) and Kaite Hammel, OT Reg.(Ont.)

The goals of COOEL are to learn about sensory processing and how it affects our behaviour, to learn about our energy levels and how we can change them, and learn new strategies to self-regulate based on our senses (taste, sound, touch, and movement).

ENGAGING FAMILIES

Family engagement is a core value of Lynwood Charlton Centre – as a service provider in our community and as Lead Agency for the Moving on Mental Health initiative. I have experienced this personally with the services received for our son and with my role as family representative on the Lead Agency Planning Team.

At the agency level, family engagement is happening through dialogues with families around care plans, staff capacity building initiatives, parent information nights, family speakers at staff events, and a mindful awareness that parents and caregivers are allies in caring for children and youth with mental health challenges.

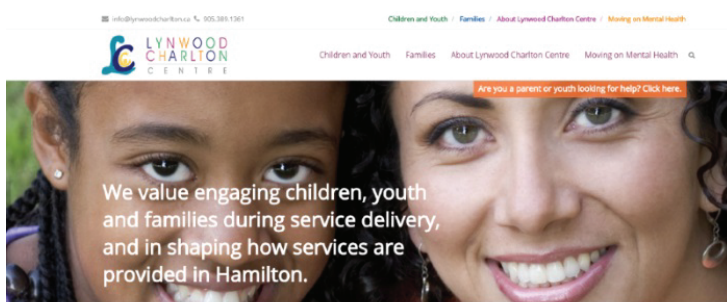


LOUISE MURRAY - LEUNG
Family Representative,
Lead Agency Planning Team

At the system level, Lynwood Charlton Centre supports family engagement as a priority for our service area and models it as an approach, a process and a practice. Families are welcomed as essential partners in system planning, work group activities and conversations with core service providers and community partners. Our work will continue as family engagement champions come together to explore how to meaningfully engage families and improve outcomes at all levels of our system. I'm very excited about the work that lies ahead engaging all of us as agents of change for children, youth and families!

LYNWOOD CHARLTON CENTRE WEBSITE

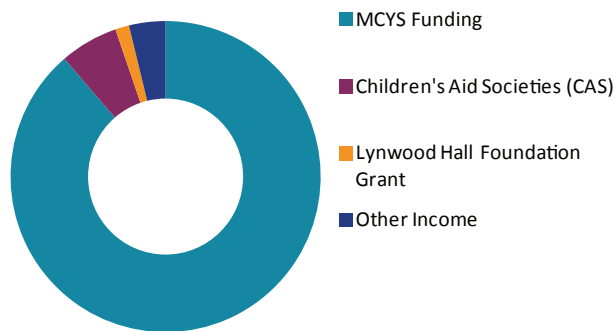
This year we launched the new www.lynwoodcharlton.ca. The new website includes more detailed descriptions of our locations and programs, and better information for family and youth looking for service. There is a section with information for those wishing to ask questions or provide feedback as well as photos of LCC's current Board Members and details of our work as Lead Agency for the Hamilton Service Area.



FINANCIAL STATEMENTS

	2015-16	2014-15
Revenue		
MCYS Funding	6,643,136	6,318,849
Children's Aid Societies (CAS)	454,818	337,700
Lynwood Hall Foundation Grant	107,290	32,056
Other Income	283,939	392,245
Total Revenue	7,489,183	7,080,850
Expenses		
Salaries/Benefits/Travel & Training	6,179,116	6,026,037
Services - Facilities Management	342,956	311,193
Communication/Promotion	60,034	63,013
Insurance	41,008	44,500
Professional Services	329,962	325,995
Supplies & Other Expenses	530,674	489,979
Total Expenses	7,483,750	7,260,717
Surplus/(Deficit)	5,433	-179,867

REVENUES 2015-16



EXPENSES 2015-16

