



Annual Report · 2015-2016



PATHWAYS
FOR CHILDREN & YOUTH
POUR LES ENFANTS ET LES JEUNES

Creating Possibilities for Change in Young Lives

Joint Message from The Board President and Executive Director

2015/2016 was another year of intense change and transition for Pathways for Children and Youth. The Board, staff and management team were engaged in multiple processes to “refresh” Pathways as we head into our 20th anniversary year in 2016/2017.

By March 2016, the Board had adopted new vision, mission and values statements for the agency and had made the decision to relocate the Kingston site after 20 years.

We know that change can be difficult and we also believe, despite the challenges of change, change creates many opportunities as well. The strategic planning exercise provided an opportunity for us to engage our staff and community in co-creating our way forward. At the same time, our new location is an opportunity to establish a new visibility in our community.

We want to thank all of our staff who continued to provide first rate services to the children, youth and families of KFLA while experiencing

the many changes. During all these transitions, what has been a constant, is the dedication and effort of our staff and their managers.

In particular we want to congratulate our staff and Board on achieving full accreditation through the Canadian Centre for Accreditation. We can also be proud that Pathways had a leadership role in creating the Moving on Mental Health Community Mental Health Plan for KFLA.

We take great pride in the autism, children’s mental health and youth justice services we provide. As an organisation, staff, Board and management are poised to move forward and embrace our next 20 years of service.

Beth ten Hove, Board President

Nicki Collins, Executive Director





Vision:

- Creating possibilities for change in young lives

Values:

- We believe in possibilities
- We build healthy communities
- We believe people can change and grow
- We are accessible, collaborative and engaging
- We respect and invest in people
- We support excellence

Mission:

We make positive change possible in the lives of children, youth and families, in our community and the province.

We advance thinking and action in mental health and autism through collaborative leadership.

We offer services that give each child, youth and family the opportunity to thrive and reach their full potential.

The Year in Review

- 6th Annual Building Behavioural Solutions conference co-hosted by St. Lawrence College and Pathways for Children and Youth;
- Pathways worked with 28 other Lead Agencies to create the Lead Agency Consortium for Child and Youth Mental Health;
- Sydenham office – staff relocated for short period to ensure healthy environment for staff and clients;
- Reduction in funding for the School Support Program and re-investment in ABA;
- Lease signed for 31 Hyperion Court in Kingston; relocation of 2 Kingston sites scheduled for June 2016;
- Launch of Pathways as Lead Agency for Moving on Mental Health at Child and Youth Services Planning Committee in September 2015;
- Canadian Centre for Accreditation site review and successful achievement of accreditation;
- Board approved new Strategic Plan 2016-2021 including new vision, mission and values;
- New partnerships with Boys and Girls Club and Youth Diversion;
- Successful in applying for funding through Ontario Youth Action Plan, SNAP and Enhanced Youth Outreach program;
- Active partners at new Police Situation Tables;
- Launch new services to support youth with mental health problems who are also LGBTQ;
- Renovated Amherstview site and added offices for Intensive Child and Family Services Team;
- Hosted 2 family engagement sessions facilitated by PCMH (Parents for Children's Mental Health) and 1 youth session (co-facilitated by New Mentality and Centre of Excellence);
- Completed first Community Mental Health Plan and Core Services Delivery Plan for KFLA.

Programs at a Glance

Child and Youth Mental Health Services

Brief Mental Health Counselling

Quick access to a short course of counselling through Enhanced Youth Outreach, Walk-In Clinics, Brief Format Counselling, and on site Counselling in all KFLA High Schools

Counselling/Therapy Services

Group, individual, or family therapy to reduce the impact of mental health challenges that may take time and planning to resolve. Services include ITTM/Trauma treatment, CBT Groups and Individual, Psychotherapy, Family Counselling and Counselling for LGBTQ youth.

Intensive Treatment Services

For children, youth, and families who are experiencing significant difficulties, these services are provided in the environments where children live, learn, or play to help them build skills they need to manage and improve. Programs include Intensive Inhome, SNAP, IDEAS, and the Nexus Day Treatment classes.

Crisis Services

Immediate services can be accessed to respond to a mental health crisis through our Quick Response workers and links to After Hours service.

Building Family Capacity

Parent education and support to help parents and caregivers develop the tools they need to support and understand their child's mental health needs. Available groups include COPE and Parenting Your Anxious Child.

Specialized Services

Clinical and diagnostic services including: psychiatric, psychological, psychometric, and behavioural paediatric consultations and assessments.

Youth Justice

The Youth Mental Health Court worker provides mental health diversion services to youth who have entered the youth justice system and their families. This can include assessing immediate needs, brief counselling and/or facilitating access to more specialized services.

Autism Services

Autism Intervention Program (AIP)

For children ages 2 to 4 with a diagnosis of autism at the severe end of the spectrum, this service includes Intensive Behavioural Intervention (IBI) and family support. The primary goal of IBI is to increase a young child's rate of learning. Goals include communication, learning readiness and behavioural and emotional regulation. Programming is based on the principles of Applied Behaviour Analysis (ABA).

Applied Behavioural Analysis-based Services and Supports (ABA Program)

This program offers groups for children with autism, ages 2 to 18, focusing on behavioural and emotional regulation, social skills, communication skills, and activities of daily living. Parent education and involvement is an essential component. Individual service is offered as needed.

Connections for Students: School Support Program

This service is provided to children transitioning from Intensive Behavioural Intervention (IBI) to full time publicly-funded school or community participation. This program supports the generalization of skills acquired in IBI and the acquisition of new skills in a classroom setting. Programming is based on the principles of Applied Behaviour Analysis (ABA).



By the Numbers...

Child & Youth Mental Health - 2015/16

1902 children and youth served

- 56% males and 44% females
- 15% 0 to 5 years old, 37% 6 to 10 years old, 25% 11 to 14 years old, 23% 15 to 18 years old

21,205 hours of direct service provided to children/youth and families

154 children and youth received Intensive Services

- 90 families received Intensive In-Home Services
- 70 children/youth received Day Treatment Services

1055 children and youth received Counselling and Therapy Services

944 children and youth received Brief Counselling Services

- 478 received Brief Counselling
- 168 received services through the Walk-In Clinic
- 175 received services through School Outreach

28 children/youth received Youth Justice Services

71 children/youth received Crisis Services

74 families took part in COPE

30 children/youth took part in Social Skills Group
Priority Needs:

- 1186 Behavioural Assessed Need
- 1137 Emotional Assessed Need
- 477 Social Assessed Need
- 438 Trauma Assessed Need
- 116 Psychiatric Assessed Need
- 716 Complex Assessed Needs

65% displayed positive outcomes at the end of service

Autism Services - 2015/2016

430 children/youth received ABA services – 146 from Pathways, 145 from LCP and 139 from CSBD.

- Children/youth received a total of 3897 direct ABA hours
- Parents/caregivers received a total of 1639 parent coaching hours

84 children received IBI (40 from Pathways, 27 from LCP and 17 from CSBD)

35,157 hours of IBI were provided

81 children/youth received School Support Services with a total of 1676 consultation hours

Financial Results

Summarized Statement of Revenues and Expenses for the Year Ended March 31, 2016

Revenues	2016	2015
Funding from the Ministry of Children and Youth Services	13,646,077	13,189,810
Investment and Other Revenue	70,260	129,632
TOTAL	13,716,337	13,319,442
Expenses		
Staffing, travel, training	8,948,653	8,916,754
Client Service	3,035,056	2,926,149
Occupancy	909,582	737,732
Office, IT, Miscellaneous	821,950	729,116
TOTAL	13,715,241	13,309,751
Excess (deficiency) of revenues over expenses for the year	1,096	9,691

Thank you to our funders



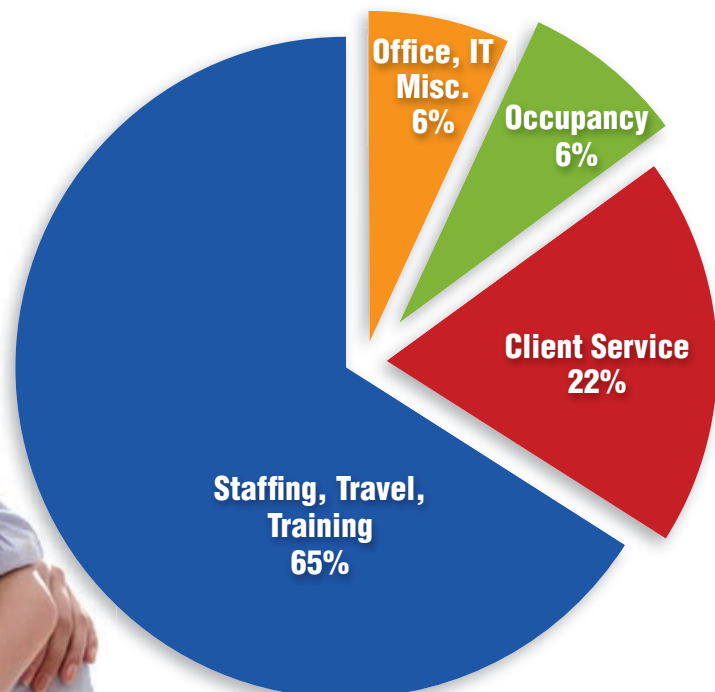
Ontario Centre of Excellence for Child and Youth Mental Health
Centre d'excellence de l'Ontario en santé mentale des enfants et des adolescents



Ontario
MINISTRY OF
CHILDREN AND
YOUTH SERVICES



United Way
Centraide
Member Agency
Organisme Membre
Kingston, Frontenac,
Lennox and Addington



Board of Directors

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Alice Carlson.....*Past President*



2016 Client Feedback Survey

—
“The waiting time to see a counsellor was short. The process was one of discovery which led to helping us get emergency care at Hotel Dieu. My son got the acute support he needed in the short term. We are now looking for longer term treatment and plan to reach out to Pathways again.”

—
“My counsellor has been amazing helping us work with our son. He has been diagnosed with ADHD and the counsellor has been essential in figuring things out to better understand and help our son.”

—
“My Counsellors have helped me better understand and overcome a lot of struggles and difficulties in the road & now thanks to them i couldn't be happier! life is 99% better! (only because nothings perfect)”

—
“I was reluctant to call Pathways at first, but when I did I can't believe the change in my child since then, the improvement and self-esteem in

both of my sons are huge. They both have grown, and matured so well and advanced immensely since being involved with Pathways. As a parent

I was so stressed out about ‘things’ but the counsellor assigned to the us was amazing, kind considerate went well beyond what I expected and made sure we were all taken care of as a family unit...I can't say enough positive things about my experience with Pathways and have since recommended them to other families struggling in the community.”

—
“I was so happy with both the individual services I received as a parent and the COPE group support sessions - very valuable for ANY parent, especially those with children who have some challenging behaviour”

—
“I've had very good experiences in accessing services - no complaints whatsoever - very client centred, which admittedly I wasn't expecting, nor even fully understood - I just know I was incredibly grateful for being included to the depth that I was in the care of my children. Having what our family valued considered in my children's care meant the world to me.”



PATHWAYS

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