



Celebrating PCC's Caring Community

As we enter the festive season and approach the New Year, Peel Children's Centre (PCC) celebrates the "Caring Community Working Together for Children and Youth" of our Vision statement. You make it possible for us to deliver our Mission "to enrich the lives of children and youth who experience social, emotional and/or behavioural challenges by providing a continuum of high quality mental health services."

This newsletter opens with an article thanking the strong community of donors, partners and volunteers that collectively supports the children and youth who count on PCC's services. The second article looks back at the 2014 achievements of our staff, who worked hard to cultivate an effective, efficient and innovative organization. We conclude with an article looking forward to the provincial transformation of Ontario's child and youth mental health system, which will help PCC and our partner agencies ensure excellent clinical services and pathways to care.

Thanking our strong community

- PCC's 24th Annual Holiday Brunch and Auction sold out and set a fundraising record for this event, with more than \$57,000 raised to support PCC's services. Many thanks to Rogues Restaurant owner Tony Pereira, Chef Bevan Terry and Rogues staff for again hosting the brunch and providing delicious meal choices in warm and festive surroundings.

Sincere thanks to our

- **Platinum Presenting Sponsor, Bell Let's Talk and Matching Sponsor, Scotiabank**, each of whose contributions exceeded \$5,000
- **Bronze Sponsors:** Glen Schnarr & Associates Inc.; King Masonry Yard Ltd; RBC Royal Bank; A.C. Mazzuca DD of Stonegate Denture Clinic; Trailcon Leasing Inc.
- **Heads or Tails Sponsor, Erin Mills Town Centre**
- **Raffle Sponsor, Air Canada Foundation**
- **Event Supporters:** Ascona Foods Group; Astro Marketing; Binswanger Hectare; PCC's Board of Directors; Brookfield Residential; City of Brampton; David Kingsland; Mara Aron



Bell Let's Talk and Peel Regional Police representatives at the Holiday Brunch and Auction.

Thanks to everyone who donated auction items, purchased tickets and bid on auction items. Special thanks to stand-up comedian **Evan Carter**, who provided a generous serving of humour with our meals, and to our very entertaining Master of Ceremonies, **Ron Lenyk**. Thanks as well to the **volunteers** who helped to organize and run the event. You are all making a positive difference in the lives of children, youth and their families who are struggling with mental health challenges.



- We are extremely grateful for the following gifts valued at \$5,000 or more.



Pat Grady & Ceri Harnden accepted a cheque from Eileen MacKenzie, Executive Director, Community Foundation of Mississauga

- RBC provided a \$30,000 grant for PCC's Group Services, as well as our RBC Career Launch Program intern, Sasha Mack.
 - Collette donated \$10,000 for Strongest Families through the Collette Foundation. Additionally, Collette's corporate arm sponsored a Summer Camp Day and provided generous support to Cosmic Bowl and the Holiday Brunch and Auction.
 - Hydro One Brampton donated \$12,000 from the proceeds of its golf tournament, raising its cumulative support over the past four years to \$58,500.
 - The Community Foundation of Mississauga supported PCC with grants totalling \$10,000.
 - CIBC provided a grant of \$10,000 for Intensive Child and Family Services.
- Toronto Star Fresh Air Fund provided \$7,000 for our summer camp, raising the fund's cumulative support to \$88,000.

- Thanks to everyone who sponsored, bowled, pledged, or provided donations to PCC's 10th Annual Cosmic Bowl. This year's event raised more than \$43,000! Cumulatively, Cosmic Bowl has raised nearly \$350,000 for PCC's programs.



- Thanks as well to Staples Business Depot's Argentia Road store for again choosing Peel Children's Centre for its school supplies drive. In its ninth year, the drive raised nearly \$4,000 to send our clients back to school with the supplies they need for school success.

- Warm thanks to the following organizations that generously donated items or sponsored client families to enable them to enjoy the Christmas holidays:

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|------------------------|---|-----------------------|
| o Actavis | o King Masonry Yard | o Salvation Army |
| o Binswanger Hectare | o Mississauga Firefighters' Benevolent Fund | o St. Vincent de Paul |
| o Boys and Girls Club | o Momentum | o Telmetrics |
| o Fed Ex Ground | o Peel Paramedics | o Toys for Tots. |
| o Jeanie's Marketplace | | |

Thanks as well to all the PCC employees and their families and friends who sponsored client families this holiday season.

- A shout-out to our generous employees who raised more than \$10,000 for the United Way this fall. Special thanks to our United Way committee: co-chairs Carl Blacquiere and Andrea Duncan, and members Anabella Alvarez, Colleen Bennett, Karen Brozina-Hawley, Christy Carter, John Choi, Mariko Estrada, Nancy Hood, Susan Lloyd, Philip Nicho, Meena Radhakrishnan, Mirella Santarossa and Dianna Thomson-So.



Nancy Hood, Carl Blacquiere & Dianna Thomson-So at our campaign kick-off



- Special thanks to recently retired Chair of Peel Region, Emil Kolb, for his very generous support to PCC over many years. The **Emil Kolb Hootenanny** benefitted several children's charities in Peel Region including PCC, which received more than \$130,000 cumulatively from the annual event. PCC Board members and staff were honoured to pay tribute to Emil at the final Emil Kolb Retirement Hootenanny in November.



We greatly value the support we have received from all our community partners. Please visit www.peelcc.org for a comprehensive list of our donors.

Jessica Roselli, PCC's Volunteer of the Year



*Deputy Chief Frank Roselli,
Sergeant Jessica Roselli and
Constable Lee Whidden*

This year's winner of our Ron Lenyk Volunteer of the Year Award was **Peel Regional Police Sergeant Jessica Roselli**. A 20-year veteran officer currently with the Neighbourhood Policing Unit, Jessica co-chaired, with Constable Lee Whidden, the Peel Regional Police Association's Mother's Day Brunch, which donated its full proceeds to PCC. Jessica also volunteered in PCC's Mentor Program, helping an eight-year old girl build self-esteem and social skills. For years Jessica has supported PCC's Cosmic Bowl, organizing colleagues to enjoy a night out while supporting PCC. Congratulations, Jessica on your compassion, advocacy and leadership on behalf of children with mental health challenges.

Our warm thanks to the **more than 100 volunteers** who supported PCC families this past year as childcare providers, drivers, mentors, tutors, respite providers and fundraising assistants. Your dedication has made a positive difference in the lives of high-needs children and youth.

Recognizing our staff

We are blessed with outstanding staff who are committed to making PCC an effective, efficient and innovative organization that is reflective of and embedded in the communities we serve. We extend our thanks and congratulations to our workforce for making 2014 a year to celebrate. Here are some of the staff achievements we have recognized.

- **Nancy Hood**, our Youth Engagement Coordinator, received The New Mentality's Youth Engagement Excellence Award at this year's Children's Mental Health Ontario (CMHO) conference. Congratulations, Nancy on this well-deserved award!
- **Susan Elbe**, Clinical Supervisor, and **Kelly Tanner**, Respite Coordinator, shared PCC's experience in a presentation, "Strengthening Families Through the Use of Respite Services in Children's Mental Health," at the International Short Break Association conference held in Germany in September.



Nancy Hood



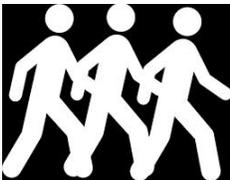
- **Julia Margetiak**, Clinical Supervisor responsible for PCC's Crisis Response Service, with **William Osler Health System** staff Patricia Grabb (Manager, Mental Health and Addictions and Children's Mental Health) and Vickie Kinch (Resource Nurse, CHAD Unit), presented "Bridging the Gap between Discharge from Hospital and Support for Youth and Families Post-Crisis" at the CMHO Conference. PCC's cross-sectorial partnership with Osler has many benefits, including: connecting youth and families to supports when they are receptive to getting help; simplified navigation of services; treatment plan continuity; diverting unnecessary hospital admissions; and decreasing in-patient lengths of stay.



Renée Sloos

- **Renée Sloos**, formerly a clinical supervisor and now working in our Clinical Standards and Development department and pursuing her PhD, presented at the Association for the Treatment of Sexual Abusers' 2014 Conference on Transforming Research into Practice, held in San Diego, California. Renée's poster was entitled, "The Kaleidoscope Model: Evidence-Informed Treatment for Youth Who Sexually Harm."

- The **Health and Wellness Committee** made great strides in implementing PCC's Healthy Workplace[®] initiative, with activities such as wellness walks and "Sneak It In" exercise breaks; a newsletter; yoga, dance and mindfulness sessions; Healthy Dips contest and South Asian cooking classes; and seated shoulder/neck massage. Thanks to the members of this staff committee: Andria Amato, Mallory Anderson, Kimberley Brawley, Karen Brozina-Hawley, Linda Buchanan, Stephanie Bush, Christy Carter, Kanica Coshal, Susan Elbe, Lorianne Fedée-Canann, Nicole Franklin, Kelly Kack, Caroline Langer, Alexandra Macgregor, Julia Margetiak, Katelyn O'Reilly, Meena Radhakrishnan, Kelly Tanner and Pamela Teixeira.



- Staff also continued to advance PCC's **Diversity initiative**.
 - The Training & Education Sub-Committee organized "**Diversity 101: A Dialogue about Culturally Sensitive Clinical Practice**." Many thanks to Frank Ennis, Nancy Cannella, Jacqueline Kamel and Laurie Sheff for their efforts to improve our clinical staff's cultural competence.
 - In partnership with the Health and Wellness Committee, PCC's **Diwali Committee** organized a Bollywood dance at PCC's annual Celebration Day. Congratulation to Deepa Kaushik (choreographer, coach, dancer) and dancers Mallory Anderson, Linda Buchanan, Stephanie Bush, Kanica Coshal, Rimi Dhillon, Susan Elbe, Bhupinder Heer, Amrit Khaper, Alexandra Macgregor and Kelly Tanner. Thanks as well to Kothai Sandrasegaran, who provided a lovely accompaniment to the dancers on the veena.





- The **South Asian Sub-Committee** organized “Soch Vichar” reflections on clinical practice to learn from each other’s experiences with South Asian clients. In the spring, the sub-committee hosted two “Chai Time” open houses to help PCC staff better understand how to serve South Asian children, youth and families, and to share information about PCC’s services with families in Peel’s South Asian communities. Many thanks to sub-committee members Kanica Coshel, Bhupinder Heer and Deepa Kaushik for their efforts.
- PCC celebrated its **Tenth Annual Pride Week** with a Rainbow theme, pizza party, mocktails, games and prizes, information kiosk, video presentation and guest speakers. Thanks to the members of the Pride Committee who made it a week to remember: Andria Amato, Karen Anslow, Karen Brozina-Hawley, Tarryn Chatz, Lauren Chicorli, Edit Farun, Kelly Kack, Jacqueline Kamel, Alexandra Macgregor, Crystal Robertson and Sherry Sklar.
- The **Black History Month Committee** organized educational and celebratory activities throughout February with daily historical facts, fun quizzes with prizes, and a celebratory event that included spoken word, steel pan and conventional drumming, and tasty Caribbean treats. Committee members Garth Buckley, Darren Dennie, Andrea Duncan, Lorianne Fedee-Canaan, Jacqueline Kamel, Danique Lewars, Coralie Martens, Jona Ombao-Appadu, Sheehira Scott and Cheryl Wilson-Rowe did an outstanding job.



Committee members Jacqueline Kamel, Alexandra Macgregor and Crystal Robertson at the Pride Week Kick-Off



BreakFASD organizers

- Several clinical staff organized a **Drop-In Family BreakFASD** with the theme, “Seven Wonders of the FASD World” on September 5 for International FASD Awareness Day. Over breakfast, PCC staff learned about FASD facts/myths, viewed video resources, and left with more knowledge to support their clinical practice with children and youth who have a FASD diagnosis. Thanks to Mirella DiSanto, Jacqueline Kamel, Heather McDonald, Michelle Patey El-Ayari, Crystal Robertson, Nella Secondino and Rosa Sist for an excellent event.

- A committee of infrastructure and clinical staff overhauled the phone systems and developed **bilingual service protocols and greetings** for PCC and our partner services in our main office (Nexus Youth Services, Mental Health Services for Children and Youth, and Tangerine Walk-In Counselling). Many thanks to/merci beaucoup à: Karen Anslow, Linda Arthurs, Linda Lee-Berkowitz, Ceri Harnden, Frank Inglese, Caroline Langer, Srdjan Mandic, Julia Margetiak, Donna McIlroy, Alice Mu, Teresa Oster and Mora Thompson for their efforts.





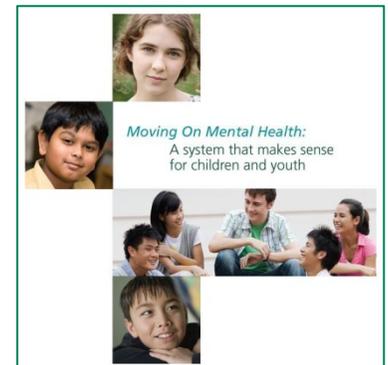
Ice-cream line-up at the summer BBQ

- A shout-out to all the staff who attended or presented at school health fairs, parent information evenings, career fairs, partner agencies' training sessions, conferences and other events. Thanks to your efforts, PCC reached out to more than 100 community events this year.
- Thanks as well to Social Committee members Mallory Anderson, Colleen Bennett, Kanica Coshal, Terri Fedora, Nicole Franklin, Nancy Hood, Kelly Kack, Nicolas Mazzeo, Philip Nicho and Mirella Santarossa, who did a great job organizing our Hollywood contest and party, summer BBQ and holiday party.

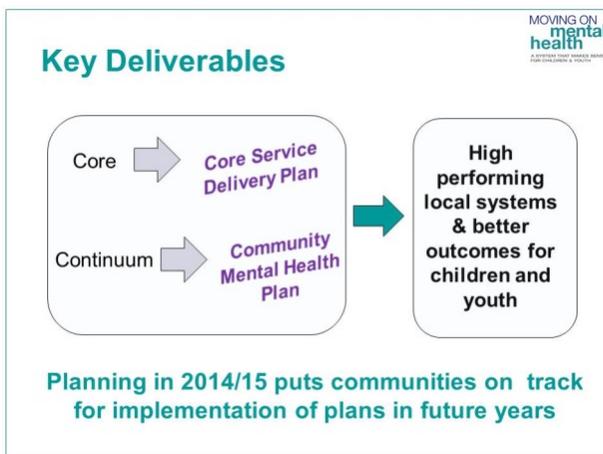
Transforming child and youth mental health services

Lead agency selection

As announced by the Ministry of Children and Youth Services (MCYS) in August, PCC was selected to be lead agency for the Peel service area as part of Phase One of *Moving on Mental Health*, the Province's transformation of the child and youth mental health (CYMH) system. The goal of this process is to transform the experiences of children, youth and families so that wherever they live in Ontario, they can access the same core mental health services and have clear pathways to care.



Deliverables



During the first year of the transformation process, all CYMH agencies in Peel will continue to deliver services for children, youth and their families. Over a three-year period, PCC will gradually assume additional responsibilities in two broad categories:

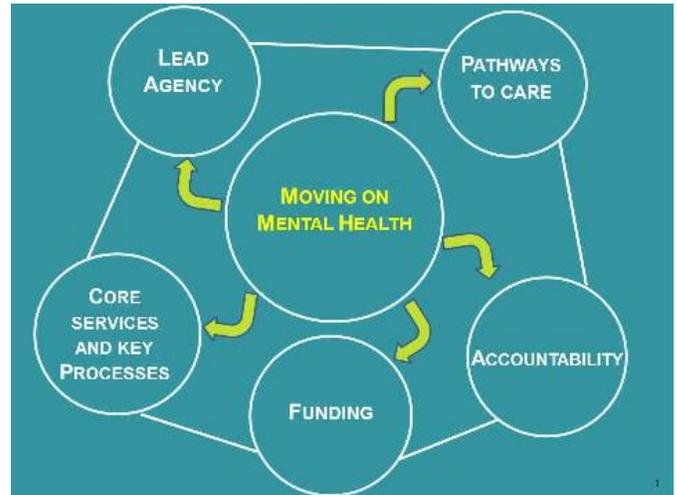
- **Core Service responsibilities** - ensuring that core services are delivered in the Peel service area; and
- **Local System responsibilities** - ensuring that Peel's community-based sector works together with healthcare providers, schools, and other organizations so young people get the support they need.



Progress to date

Highlights of our transformation work this fall include:

- Meetings of the 14 Phase One lead agencies with MCYS and the Centre of Excellence for Child and Youth Mental Health to receive updates and provide feedback on the transformation agenda, and to explore the varying needs of the service areas, which include large urban and small rural communities.
- A day-long session of all CYMH agencies from York, Waterloo, Halton and Peel to hear from corporate and regional MCYS staff about system transformation, including breakout discussions of each service area's specific aspirations and concerns
- Meeting with the Mississauga Halton Community Care Access Centre (CCAC) and ROCK, Halton's lead CYMH agency, to discuss ways to engage physicians in the referral process and in building public awareness of CYMH. Engagement of primary care practitioners is a requirement of transformation.



Centralized Intake re-visioning

Within the context of system transformation, the Peel service area continued its work on re-visioning of the centralized intake process.



The Steering Committee of the **Peel Coordinated Intake Network**, with representation from all CYMH agencies in Peel, recently met for an update on transformation and to review the work of the Implementation Design Subcommittee, including:

- mapping of processes and pathways into, through and out of care;
- a draft of the standardized intake protocol; and
- process and tools for third-party referrals.

The Steering and Implementation Design Committees are meeting again in December to begin a more fulsome discussion on pathways into the service system.