



December 2015

Celebrating PCC's Caring Community

Happy Holidays from Peel Children's Centre! As we look back on the last year, we have much to recognize and celebrate. In this newsletter we celebrate our enduring partnerships in the Peel community, which continue to support our Vision of "A Caring Community Working Together for Children and Youth" and 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."

We also recognize staff achievements, which reaffirm PCC's commitment to being an effective, inclusive and innovative organization. Finally, we look back at this year's progress in the provincial transformation of Ontario's child and youth mental health system and PCC's role as Lead Agency for the Peel service area.

Thanking our strong community

Evening of Hope Gala

PCC celebrated our 30th anniversary with an inaugural **Evening of Hope Gala**, which raised more than **\$66,000** to support PCC's services. The sold-out, 1930s-themed event welcomed over 200 guests and included live and silent auctions, live musical entertainment, and a much loved Charlie Chaplin impersonator.

Many thanks to Credit Valley Golf & Country Club for hosting the event and to our generous sponsors:

- **Presenting Sponsor, Bell Canada and Platinum Matching Sponsor, Scotiabank**, whose contributions each exceeded \$5,000
- **Bronze Sponsors:** Christie Digital, Meridian Credit Union, Royal LePage Mississauga Lakeshore, and The Newland Group
- **Cocktail Sponsor:** King Masonry Yard
- **Heads or Tails Sponsor:** Erin Mills Town Centre
- **Raffle Sponsor:** WestJet
- **Event Supporters:** Ascona Foods Group Ltd., Engineering Harmonics, RP Dynamics Video Production Services, Logograph, Rogers TV Peel, Binswanger Hectare, Thomas Blake, City of Brampton, Amrit Khaper, Mississauga Convention Centre, Brian Moses, PCC Board of Directors, and Pricewaterhouse Coopers LLP



PCC CEO Humphrey Mitchell with Charlie Chaplin at Evening of Hope

Thanks to everyone who donated auction items, purchased tickets and bid on the auctions. Special thanks to our Master of Ceremonies, CTV Toronto's **Tom Brown**, and live auctioneer, former CBC Radio



broadcaster **Fred Walker**. Thank you to former PCC client **Josh Copperthwaite** for sharing his story with our guests. Thanks as well to the volunteers who helped to organize and run the event. You all contributed to making a positive difference in the lives of children, youth and their families who are struggling with mental health challenges. To see photos from PCC's Evening of Hope Gala, visit our Facebook page at www.facebook.com/PeelCC.

Leadership Gifts

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

- **RBC** provided a \$30,000 grant for PCC's Group Services, as well as our RBC Career Launch Program intern, Samantha Tibshirani
- **Community Foundation of Mississauga** donated \$22,000 in support of PCC's summer camp and Connect programs
- **Hydro One Brampton** donated \$15,000 from the proceeds of its golf tournament, raising its cumulative support over the past five years to \$73,500
- **Peel Regional Police** donated \$11,500 raised from their annual *Mother's Day Brunch* in support of PCC's Child Witness program
- **CIBC** provided a \$10,000 donation in support of PCC's Intensive Child and Family Services for children/youth ages 7 to 17.
- **Toronto Star Fresh Air Fund** provided \$7,000 for our summer camp, raising the fund's cumulative support to \$95,000.



Humphrey Mitchell with a former PCC client and Development Coordinator Andrea Peca

Cosmic Bowl

Thanks to everyone who sponsored, bowled, pledged or provided donations to PCC's 11th Annual Cosmic Bowl. PCC welcomed 280 bowlers and volunteers who came together to #StrikeOutStigma and raise over **\$42,000** for PCC and children's mental health. These funds will assist us in providing mental health treatment, support, and hope to more than 4,200 children, youth, and their families in our community in the coming year. Cumulatively, Cosmic Bowl has raised over **\$390,000** for PCC's programs. Mark your calendars now for our 12th Annual Cosmic Bowl, taking place on **May 26, 2016!** Visit www.pcccosmicbowl.com for more information.



The Pin Strikers striking out stigma at Cosmic Bowl 2015!



Staples Back to School Drive

Thanks as well to Staples Business Depot's Argenta Road store for again donating funds from its Back to School Drive to Peel Children's Centre. Now in its 10th year, the Staples Back to School Drive is an annual campaign that raises funds to purchase school supplies for PCC children and youth in need, and resulted in an incredible **\$5,900 raised**. Thanks to the generosity of Staples staff and customers, over 100 high-needs children and youth returned to school with everything they needed for another successful school year.



Visit www.youtube.com/PeelChildrensCentre to view a special thank you video we created for Staples staff and customers!

Holiday Gift Donations

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

- Academy of Martial Arts
- Adessa Toronto
- Amazon.ca
- Annalisa Medina
- Antontella Repole
- Caring & Sharing
- Dealer Tire Canada
- FedEx Ground
- Ferno Canada
- Fogh Boat Supplies
- Ikea
- Isaac and Sandra Raposo
- Jessica Roselli
- King Masonry Yard
- Millennium 1 Solutions
- Mississauga Firefighters Benevolent Fund
- Mississauga Women's Slo Pitch League
- Momentum
- National Bank Brampton
- Pat Grady
- Peel community members
- Peel Paramedic Association
- Peel Regional Police
- Region of Peel (RPAM, SPPI & ICS)
- Roman Boychuk
- RR Donnelly Company
- Ryan
- St. John Ambulance
- Tammi Lisson

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

United Way Campaign

Special thanks to our generous employees who raised more than **\$11,000** for the United Way this fall. Thank you to the members of our United Way committee for leading the way and making fundraising fun for everyone: co-chairs John Choi and Andrea Duncan, and members Colleen Bennett, Teri Gordon, Alexandra Healey, Stephanie Hiebert, Nancy Hood, Susan Lloyd, Philip Nicho, Meena Radhakrishnan, Mirella Santarossa, and Trish Soltysiak.



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

Marell Tomeh, PCC's Volunteer of the Year

The 2015 recipient of the Ron Lenyk Volunteer of the Year Award was Marell Tomeh. Marell, who had been diagnosed with cancer at the age of 19, became a volunteer in PCC's mentor program at the encouragement of friends and family, who hoped that giving back to others would lift Marell's spirits, too. In time, Marell became an outstanding role model to her young mentee, exemplifying PCC's motto, "It's About Hope." After honouring Marell, PCC paid tribute to the award's namesake, Ron Lenyk, a well-known, much loved resident of Mississauga and long-time PCC supporter who passed away in September.



Volunteer of the Year Marell Tomeh with Volunteer Coordinator Linda Buchanan

PCC extends its heartfelt 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

PCC is proud to celebrate the accomplishments of its staff, who are committed to making PCC an effective, inclusive 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 2015 a year to celebrate. Here are some of the staff achievements we have recognized.

Social Work Week and Child & Youth Care Week

At PCC, we believe in working as a team of multidisciplinary professionals to help children and youth achieve their full potential. We are proud to have both Social Workers and Child & Youth Workers (CYWs) among our staff on different teams across the agency. **Social Work Week** (March 2 - 8) and **Child and Youth Care Week** (May 3 - 9) acknowledged the valuable contributions made by these two helping professions. Committees made up of Social Workers and CYWs organized a number of internal awareness initiatives and events for their respective celebration weeks and shared stories about how social workers and CYWs have positively impacted the lives of



Staff celebrating Social Work Week



PCC clients past and present. Thanks to the members of the Social Work Week Committee (Kowther Abbas, Mary Bennoit Leach, Rimi Dhillon, Andrea Duncan, Susan Lloyd, Karene Martin, Dannika Mete, Meena Radhakrishnan, Julie Rizzo, Ashley Seewah, Laurie Solomon, Pamela Teixeira, and Danita Thompson) and Child & Youth Care Week Committee (Patrick Campbell, Darren Dennie, Suzanne Lang, Julia Margetiak, Mary McDonald, Philip Nicho, Johanna Rutherford, Elaine Scace, and Evelyn Stathopoulos) for sharing your work with your colleagues.

Health & Wellness Committee

The Health and Wellness Committee continued to implement PCC's Healthy Workplace Initiative®. With a focus on self-care and rejuvenation, the Committee offered activities such as Winter Wellness Bingo; walking groups; TED Talk screenings about work/life balance and healthy sleep; office yoga; and seated neck/shoulder massage. The Committee also facilitated two wellness breaks at PCC's annual Celebration Day in October. At year's end, an impressive 65 staff members from all across the agency, including Ontario off-site and Moncton locations, participated in a 10 million step challenge, roughly the distance between Mississauga and Hawaii. Thanks to the members of this staff committee: Mallory Anderson, Kimberley Brawley, Linda Buchanan, Stephanie Bush, Kanica Coshal, Susan Elbe, Bhupinder Heer, Kelly Kack, Caroline Langer Obal, Alexandra Macgregor-Amde, Coralie Martens, Nichelle Moses, Enkeleda Nazaj-Bulovas, Jona Ombao-Appadu, Diana Pimenta, Meena Radhakrishnan, and Pamela Teixeira.



Health & Wellness Committee members channelled the '80s at Celebration Day 2015

Social Committee

Thanks as well to Social Committee members Mallory Anderson, Terri Fedora, Nicolas Mazzeo, Philip Nicho and Mirella Santarossa, who did a great job organizing our summer BBQ and holiday party.

Black History Month

The Black History Month Committee organized educational and celebratory activities throughout February with a *The Talk*-themed panel, daily historical facts, and a celebratory luncheon that included spoken word, dancing, drumming, and tasty Caribbean treats. Thank you to committee members Garth Buckley, Nicole Franklin, Mackenzie Kinmond, Jona Ombao-Appadu, and Cheryl Wilson-Rowe for organizing another memorable Black History Month.

South Asian Sub-Committee

The South Asian Sub-Committee organized three reflections on clinical practice to share learning about working with South Asian clients, as well as several "Chat and Chai" sessions to continue conversations about children's mental health with children, youth and parents in Peel's South Asian community. They



also participated in mental health forums in partnership with Peel District School Board, Dufferin-Peel Catholic District School Board, Halton District School Board and Peel faith leaders. PCC staff also received regular “faith facts” e-blasts about South Asian religions and holiday practices and participated in a Diwali celebration in November. Many thanks to the sub-committee members Kanica Coshal, Pearl Fernandez, Bhupinder Heer, Gagan Singh, and Meena Radhakrishnan for their efforts.

Punjabi Community Health Services International Women's Day Gala

Staff from PCC attended Punjabi Community Health Services' (PCHS) International Women's Day Gala in March. Guests enjoyed a buffet of delicious South Asian food as well as an electric bakra dance performance by local youth. PCC thanks PCHS for their continued partnership in serving Peel's diverse communities.



Staff at PCHS' International Women's Day Gala

Pride Committee

PCC celebrated its 11th Annual Pride Week in June and the focus this year was on transgender issues and awareness. PCC welcomed transgender activist and educator Lynx Saint-Marie who offered Trans 101 training to a group of over 40 staff. Other activities included a documentary screening, youth guest speaker, pizza party, mocktails, Genderbread-making, and daily trivia. Thanks to the members of the Pride Committee who made it a week to remember: Karen Anslow, Christine Coyne, Edit Farun, Desirée Jones, Jacqueline Kamel, Alexandra Macgregor-Amde, Philip Nicho, Crystal Robertson, and Jennifer Watson.

FASD Awareness Day

September 9 marked Fetal Alcohol Spectrum Disorders (FASD) Awareness Day. Staff organized a breakfast event called FASD Forward, which used a video game analogy to talk about how children and youth with FASD experience life differently than non-FASD children and youth. A young man with FASD and his parents also shared their personal story with staff at the event, and videos about FASD played to visitors in PCC's Welcome Space. Thanks to the members of the FASD Awareness Day Committee Mirella DiSanto, Laura Greenberg, Stephanie Hiebert, Crystal Robertson, Emma Silver, Nella Secondino, and Erin Stanners-Moroz for organizing another successful event.



FASD Committee members at FASD Forward event



Bell Let's Talk Day

January 28 marked the 5th annual Bell Let's Talk Day in Canada. Bell Let's Talk Day is a nation-wide initiative to raise funds and awareness for mental health services in Canada. With the help of Hon. Tracy MacCharles, Minister of Children & Youth Services, and the support of our incredible online community, we were able to leverage the buzz around Bell Let's Talk Day to promote PCC's programs, services and accomplishments to local, provincial, national and international audiences. PCC content was viewed nearly 20,000 times over the course of the day, and followers resonated with messages about the 24/7 Crisis Response Line, Tangerine Walk-In Counselling, service statistics and our many important community partnerships. PCC received numerous social media "shout outs" throughout the day, acknowledging the valuable work the agency does in Peel. Special thanks to PCC staff who volunteered "tweetable moments" from their work to share with our growing online community!

Community Outreach

A special thank you 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 participated in more than 100 community events this year.



Moving on Mental Health - System Transformation Progress Update

The Moving on Mental Health (MOMH) Action Plan, led by the Ministry of Children and Youth Services (MCYS) in partnership with Education and Health, is intended to transform the experiences of children, youth and families with mental health challenges so that wherever they live in Ontario, they will have timely access to high-quality services and supports. Key MOMH deliverables to date include the release of a community-based Children and Youth Mental Health (CYMH) Services delivery framework and the identification of Lead Agencies in 28 of 33 Ontario communities. MCYS is also focused on pathways into, through and out of care; creating a new funding model; and building a legislative and regulatory framework to support the MOMH agenda for a stronger, more coherent and accountable mental health service system.

Erin Stanners-Moroz, Emma Silver & Ashley Seewah presented on youth mental health at the 3rd Annual Peel Youth Leaders Conference

PCC, as Lead Agency in Peel, has been working very closely with its six Core Services Delivery (CSD) partners - Associated Youth Services of Peel, Nexus Youth Services, Peel Children's Centre, Rapport Youth & Family Services, Trillium Health Partners and William Osler Health System - to develop and implement Peel's **Core Services Delivery Plan (CSDP)**. The CSDP's deliverables are:



- **Complete the work to operationalize the Peel Coordinated Intake Network (PCIN)** - this is on track. All of Peel's CSD partners agreed to implement the interRAI™ suite of tools. This fall, staff from across the system were trained on the interRAI™ Screener (to support access/intake) and ChYMH (to support assessment/outcomes), with training continuing in January. Additionally, work is underway to acquire and implement a web-based clinical data system that all of Peel's CSD partners will use.
- **Develop and implement a system-wide mechanism for youth engagement (YE)** - Nancy Hood, provincially recognized for her work in the area of YE, has been identified as Peel's MOMH YE Coordinator. With support from the Centre of Excellence (COE), Nancy has drafted a work plan and has now established a MOMH Youth Engagement (YE) Working Group.
- **Develop and implement a system-wide mechanism for family engagement (FE)** - this fall, Stephanie Bush was identified as Peel's MOMH FE Coordinator. Stephanie, with support from Nancy and the COE, will be developing a work plan over the next several months to guide the process necessary to lay the groundwork for moving FE forward in the Peel service area.

PCC as Lead Agency also developed a **Community Mental Health Plan (CMHP)** for Peel following a meeting in February of nearly 100 stakeholders from Peel's other child- and youth-serving sectors that provide mental health services. Progress towards the CMHP's deliverables included:

- **Continue to build on existing relationships** - PCC has convened several meetings with key partners - e.g. Peel's four school boards (English and French), two LHINs, youth probation services, adult mental health, child welfare and youth justice - to build relationships and develop an understanding of their mental health services. More meetings are scheduled in 2016.
- **Describe current targeted prevention activities and mental health services delivered by other sectors** - PCC has compiled an initial inventory of such services provided by other sectors in the Peel service area. This work will continue into 2016.
- **Analyze the inventory of existing local community planning mechanisms and create/identify a formal Children & Youth Community Planning Mechanism** - PCC has retained consultant Jane Fitzgerald to assist with the analysis and make recommendations on an appropriate, ongoing planning mechanism. This work is expected to be completed in the winter of 2016.



Hon. Tracy MacCharles, Minister of Children & Youth Services, visited PCC for an update on the MOMH progress in Peel



Additionally, PCC has begun to assume some **System Management** responsibilities with the timeline for full transference of system management responsibilities targeted for April 1, 2017. Assessing capacity internally and across CSD partners is required to ensure that administrative structures and processes are appropriately in place to meet MCYS' expectations. Provincially, MCYS is making investments in system management capacity-building in areas that include leadership, planning, service delivery and program alignment, performance management, and financial management. These investments in system management infrastructure over the next the three years will enhance Peel's capacity to deliver on the MOMH vision.

PCC's work on MOMH is not limited to a local context. At the **Regional level**, PCC and the other Lead Agencies in Central Region - CMHA Waterloo-Wellington-Dufferin, Kinark Child & Family Services, Lutherwood, New Path Youth & Family Counselling Services, and Reach of Centre for Kids (ROCK) - are working with MCYS staff to collect/verify data and plan for the successful implementation of MOMH in our respective service areas of Peel, Dufferin-Wellington, York, Waterloo, Simcoe and Halton.

At the **Provincial level**, Humphrey Mitchell, CEO of PCC, and Joanne Lowe, Executive Director of Youth Services Bureau in Ottawa, are Co-Chairs of the new Lead Agency Consortium. This fall the Consortium developed its Strategic Plan, which will be finalized shortly. Humphrey is also a member of the Lead Agency/MCYS Partnership Table formed to resolve strategic issues identified as barriers or enablers to system transformation. Dr. Kathy Sdao-Jarvie, PCC's Director of System Planning, Measurement and Accountability, is a member of the External Reference Group that is helping to shape MCYS' Data Strategy. This fall, PCC's System Management Team - Humphrey and Kathy as well as Ceri Harnden, PCC's Director of Economic and Business Development - shared PCC's experience as a Phase One Lead Agency to support/mentor the Phase 2 Lead Agencies through their "onboarding" process.

Please visit our website (www.peelcc.org/en/lead-agency) for additional information on MOMH in Peel, including the CSDP and CMHP plans and our *Lead Agency Progress Reports*.