



December 2012

Thanks to Our Caring Community

At Peel Children's Centre, our Vision is "A Caring Community Working Together for Children and Youth."

As we approach the holidays, the Caring in the Peel Community is remarkable and humbling. In this newsletter, we shine a spotlight on some of the individuals, companies, foundations and community groups whose generosity makes it possible for Peel Children's Centre (PCC) to provide our continuum of high quality mental health services for children, youth and their families.

Our Caring Community includes the funders, partner organizations and staff who work with us to deliver services. We are pleased to provide a progress report on the recently launched service collaborations that were made possible with new funding from the Ministry of Children and Youth Services. These include Tangerine Walk-in Counselling, School-Based Services, and French Language Services. We also share the news of our funding increase from the Region of Peel to expand PCC's Preschool Services. In addition, we highlight recent clinical training and development initiatives.

Finally, we are honoured to showcase the local heroes who received PCC's 2012 Mary Neville Award and Ron Lenyk Volunteer of the Year Award.

Thanks to our generous donors

Our fundraising efforts wrapped up this year with a wonderfully successful **Holiday Brunch and Auction** at Rogues Restaurant in Mississauga. This event, in its 22nd year, raised \$50,000 to support children, youth and their families who are experiencing serious mental health difficulties. Our other annual fundraising event, **Cosmic Bowl**, raised more than \$44,000.

High-needs families at PCC will enjoy happy holidays thanks to the incredible kindness and generosity of a great many organizations, companies and individuals who have organized gift and food drives. We are overwhelmed at this outpouring of support from our Caring Community!

- Our 22nd **Annual Holiday Brunch and Auction** raised \$50,000 for PCC. Many thanks to Rogues Restaurant owner Tony Pereira and his staff for again hosting the event and providing a delicious meal. Special thanks to internationally renowned recording artist, Dan Hill, who graciously donated his time to entertain us. Dan also shared his personal reflections on the importance of our work and the need to support families who are experiencing mental health challenges.



International recording artist, Dan Hill, entertained guests at PCC's Annual Holiday Brunch and Auction. Photo by Claudio Cugliari.



Sincere thanks as well to our event sponsors:

- Matching sponsor: Scotiabank
- Brunch sponsors: RBC; and Sheridan Centre, Credit Landing, Parkways West and Port Street Market (proudly managed by Bentall Kennedy)
- Table Sponsors: Binswanger Hectare; Pallett Valo LLP; Royal LePage Real Estate; and Sigma Convector Enclosure Corp./Spacefile International Corp.

We are grateful for all the auction donations, including major donations from **Calsper Investments**, **Erin Mills Town Centre**, **Fantasy Gemart**, and **Whirlpool**. Major event supporters included **Ken Foxcroft**, **The Mississauga News**, **John Rogers** and **Laurie Williamson**. Thanks as well to everyone who purchased tickets and bid on auction items. Your generosity is making a positive difference in the lives of children, youth and their families in our community.

- Our sincere thanks to staff at the following organizations who organized holiday gift drives to support high-needs children, youth and families who are clients of PCC.
 - Astra Zeneca
 - Boys and Girls Club of Peel Region
 - EllisDon
 - Novartis Consumer Health Canada Inc.
 - Peel Children's Centre
 - Peel Region - Health Information Management Division
 - Peel Region Paramedics
 - St. Vincent de Paul
 - Telmetrics Inc.



Telmetrics' Mississauga staff sponsored six high-needs families at PCC for the holidays

- Thanks as well to everyone who sponsored, bowled, pledged, or provided donations to PCC's 8th **Annual Cosmic Bowl**. With more than \$44,000 raised, it was the event's most successful year yet. A special thank-you to Toronto Argonaut's mascot, Jason, who entertained young and old!
- We are extremely grateful for the following gifts valued at \$2,000 or more.
 - RBC again provided a \$40,000 grant to support PCC's Group Services, raising RBC's cumulative support to more than \$200,000
 - Staff of PCC and Nexus Youth Services raised more than \$27,000 for the United Way of Peel Region and our agencies
 - Hydro One Brampton raised \$25,000 for PCC at its 2012 Charity Golf Tournament
 - The Pendle Fund at the Community Foundation of Mississauga provided a \$20,000 grant to support PCC's Day Treatment Summer Camp



- CIBC provided a \$10,000 grant to support our Intensive Child and Family Services
- Toronto Star Fresh Air Fund donated \$7,000 for PCC's Day Treatment Summer Camp
- Staples Business Depot's Argentia Rd store raised more than \$5,000 for back-to-school supplies for high-needs families at PCC
- National Fitness Products provided a \$4,000 in-kind donation to our Residential Treatment Program
- Square One raised more than \$3,000 for PCC through its Santa Photo Campaign
- Mississauga Central Lions donated \$3,000 to support PCC's Preschool Services
- Zonta Club of Brampton donated \$3,000 for our "Go Grrls! Club" groups
- Mississauga Firefighters Benevolent Fund provided \$2,000 for PCC's Day Treatment Summer Camp.

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



PCC & Nexus staff organized a "Walk This Way" event to raise funds for the United Way of Peel Region

Thanks to our funders, service partners and staff

PCC has been very fortunate to receive new funding from the Ministry of Children and Youth Services as part of Ontario's Comprehensive Mental Health and Addictions Strategy. This funding is building capacity in key programs while also supporting new collaborative programs with other community-based agencies and the school system.

New Ministry-funded programs include **Tangerine Walk-In Counselling**, which opened in March in partnership with Associated Youth Services of Peel (AYSP) and Rapport Youth & Family Services (Rapport). PCC also launched **School-Based Services** for the Region of Peel in partnership with the Dufferin-Peel Catholic District School Board and Peel District School Board. School-Based Services are also being offered in French across Central West Region at both the Conseil scolaire Viamonde and the Conseil scolaire de district catholique Centre-Sud. PCC has also been asked to assume a lead role in providing **French Language Services** for the Region of Peel and Halton Region.



As well, the Region of Peel has provided additional new funding to expand PCC's **Preschool Services**.

PCC is thankful for this new funding, which is enabling us to serve 950 more children, youth and/or their families each year. We are also grateful for our partners' collaboration in developing these new services for the Peel community.

Update on New Services

- **Tangerine Walk-In Counselling** is operating on Tuesdays at AYSP, Wednesdays at PCC, and Thursdays at Rapport. This service uses an evidence-informed model of walk-in family therapy, with visits lasting about two hours. In the first hour the child, youth and/or parent talks with the Counsellor about what is important to them. Then the Counsellor consults with colleagues who have either watched the consultation or who are available to provide another viewpoint. The Counsellor then provides the client with both verbal and written feedback. For more information, visit www.tangerinewalkin.com.
- In partnership with the Dufferin-Peel Catholic District School Board and Peel District School Board, PCC is providing **School-Based Services** in selected schools. While these services are still evolving, the new program has begun with educational groups using an evidence-based model called the **Community Parent Education Program (COPE)**, which is designed to meet the needs of families seeking assistance to develop more effective parenting skills for children 7-11 years old. We ran pilots in a small number of schools in the spring, increasing the reach of the program this past fall.
- PCC has also received new funding for **school-based French Language Services**. We are collaborating with the Conseil scolaire de district catholique Centre-Sud and the Conseil scolaire Viamonde to determine how best to support students in their boards who are experiencing mental health challenges. Initially, the boards have decided to focus on the needs of their secondary students.



At *École secondaire catholique Sainte-Famille*, our services will include an anxiety group for students in grades 7 and 8 modeled after *Friends for Life*, a Cognitive Behavioural Therapy model delivered in French. We will also provide a psychoeducational bullying program, support non-attending students who are transitioning back to school, and offer concurrent disorders support to students with mental health and addiction challenges.

At *École Jeunes sans frontières*, our services will include walk-in counselling, psychoeducational workshops for parents and students on a range of subjects, and a group for students experiencing significant anxiety.

- The Region of Peel has increased funding for PCC's **Preschool Services**. Two additional Preschool Consultants will work in the community and with our preschool families to help reduce waitlists and provide early intervention/prevention services to this population.



Our Commitment to Clinical Excellence

PCC has found many ways to provide Lifelong Learning and Continuous Quality Improvement opportunities at our agency. We are pleased to highlight some recent activities.

- **Student internships:** PCC and our sister agency, Nexus Youth Services, are providing internships this academic year for 18 students from Social Work, Child and Youth Worker, and clinical research programs. This year's interns hail from the University of Toronto, University of Windsor, Ryerson University, and George Brown, Humber and Sheridan Colleges.

- **Reflections on Practice:** PCC's Clinical Training and Development staff have organized a highly successful series of Reflections on Practice in which clinical staff share and learn from each other's experiences. This fall's Reflections included:

- "Navigating the Challenges of Utilizing Interpreters, the Role of Cultural Assumptions, and Exploring Potential Trauma within a Brief Framework"
- "Managing Firsts: A Beginning Clinician's Reflections"
- "Clinical Engagement with Immigrant Families Receiving Child Protection Services: A Look at the Possibilities and Barriers"
- "Diary of a Resilient Kid: What a Multidisciplinary Team Learned in Working with a Vulnerable Client"



PCC staff organized a Diwali celebration

- **FASD Awareness:** To support International Fetal Alcohol Spectrum Disorder (FASD) Awareness Day in September, PCC hosted the second annual BreakFASD and invited a panel of experts to help clinicians better understand the challenges of living with FASD.

The theme of the event was "Through the Eyes of a Child...Through the Stages of Life." More than 60 people attended to learn about the signs and symptoms of FASD during various developmental stages. Attendees also discussed available resources related to treatment, assessment and family supports. The discussions revealed that early intervention and best practices continue to be highly dependent on funding availability and knowledge about the facts related to FASD.

PCC's FASD Awareness Committee was honoured to host the event, which stimulated minds and energized people to consider their role in supporting individuals affected by FASD. People expressed a commitment to learning more about FASD, supporting prevention and education, and creating safe/supportive environments for people touched by FASD.

PCC also extend our thanks to all our staff for their dedication to providing high quality, clinically effective services for the children, youth and families who count on us.



Thanks to our dedicated volunteers and advocates

Ron Lenyk Volunteer of the Year Award

PCC presented the 2012 Ron Lenyk Volunteer of the Year Award to Brampton resident **Stephanie Barbosa**.

Stephanie is a dedicated volunteer in the Childcare Program at PCC. "Stephanie goes above and beyond in that she makes herself available so often and so readily," said Linda Buchanan, Volunteer Coordinator at PCC. "She brings with her a calm and nurturing approach. Many clinicians and families ask specifically for her."

Calling Stephanie "the Childcare Whisperer," Linda Buchanan recalled a 5-year-old boy who "could go from 0 to 60 in a matter of seconds and no one, including his parents, could settle him." During one particularly difficult session at PCC, the boy's worker asked Stephanie to join them. To everyone's disbelief, Stephanie was able to calm him to the point where she and he could go into another room and have an engaging hour together. "Stephanie has a tremendous gift," Buchanan said.

We were thrilled that Ron Lenyk was able to join us for the presentation. "Stephanie, on behalf of all the families who benefit from PCC's mental health services, congratulations on this well-deserved recognition," said Lenyk, a long-time supporter of PCC and other charitable organizations in Peel.



Photo by Frek Loek, The Mississauga News

Mary Neville Award

PCC presented the 2012 Mary Neville Award to **Paul Zarnke**, who recently retired as Executive Director of Peel Children's Aid.

Paul Zarnke is being recognized for his strong vision of social service collaboration within the Region of Peel," said Humphrey Mitchell, PCC's Executive Director. "Paul has invested extended time at the Fair Share for Peel Task Force working tirelessly to obtain more equitable funding for social services in Peel. He was instrumental in establishing Success by Six, forming the Safer Families Initiative, and launching the Peel Children and Youth Initiative.

"All of these initiatives have lead to significant enhancements in prevention and early intervention in children's mental health," added Mitchell.

Zarnke retired at the end of June from an outstanding career in social services. He served as Executive Director for Peel Children's Aid since January 2003. Prior to his leadership within the Peel community, Paul was Executive Director for both St. Christopher House and the Family Service Association of Toronto.



Photo by Rob Beintema, The Mississauga News



Join Our Caring Community

Our Services

Learn more about PCC's high-quality services for children, youth and their families at peelcc.org. To access services, call **Mental Health Services for Children and Youth** at 905-451-4655. If your child, youth or family is experiencing a crisis, call our **24/7 Crisis Response Service** at 416-410-8615.

Volunteer

Want to gain valuable experience? PCC's volunteer options include mentor, tutor, childcare, respite, driver and fundraising. Volunteer Coordinators provide orientation, training, and support. Call 905-795-3500 or visit peelcc.org/volunteer. Make a difference in the life of a child!

Donate

Make your donation today to help children and youth who are struggling with mental health difficulties. Thanks to your generosity, we are there to support families when they need us the most. Call 905-795-3500 ext. 2298 or donate securely through peelcc.org/donate. Thank you for your support!