

June 2018



Pathstone   
Mental Health

Compassionate • Innovative • Professional

Pathstone Connect

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## PATHSTONE ORGANIZATIONAL INITIATIVES

- ✓ **Pathstone's 50<sup>th</sup> Anniversary** 1968-2018!
  
- ✓ **Mental Health Awareness Week** - Huge Success!: Flag raising at City Hall; Green illumination at Peace Bridge, Niagara Falls, Skylon Tower; MH Celebration at Pathstone Acknowledgement of the Land/Mayor Sendzic opening speech, Dr. Santher and youth sharing their stories.
  
- ✓ **Pathstone announced as Niagara's Lead Agency for Children & Mental Health** the goals are to ensure children, youth and families are able to get mental health services in their communities that are accessible, responsive and meet their needs. Strengthen the community-based system for delivering mental health and addiction services bringing people and organizations closer together locally.
  
- ✓ **Hope Award Gala 2018** was well attended by our supporters of children mental health. Steven Page, formerly of Barenaked Ladies share his personal story of the struggles with his mental health and how he has been compelled to hide behind his 'mask' of telling people everything is good...when he was not! He was quite inspirational to the young people from Brock University, Niagara College, DSNB and NCDSB that he met before the gala.
  
- ✓ **HEAR & NOW WALK-IN CLINIC** is up and running and is a great resource to Niagara. Let everyone know that whether it is a small or large problem just drop in on Tues-Thurs 9:00 to 4:00 (last appointment is 3:00 pm)
  
- ✓ **Pathstone was selected as the location for Andrea Horvath** to announce NDP Mental Health & Addiction platform.
  
- ✓ **Indigenous Clinical Space-** Pathstone has designated room for our indigenous clients, elders and clinicians to perform traditional teachings and counselling.
  
- ✓ **Pathstone** will be adding an additional section 23 classroom that will be located at Eden High School in Sept 2018.

- ✓ **Pathstone** will be launching in late summer an Infant mental health program to serve our community. We are thankful to **STRIVE** for reviewing our program and allowing us to pilot it with their young moms.
- ✓ **Staff Appreciation Day** was a wonderful day to recognize all staff for the incredible work they do every day!
- ✓ **Niagara Region & Pathstone:** Are going to coordinate a summer camp for kids at Merrittville.
- ✓ **Niagara's Multi-Cultural Centre** is part of supporting their new immigrant counselling programs.
- ✓ **ACES Community Review** - our Community Partners participated in a review of our Rotary, Initial Session, family Intervention, Day Treatment, MITT and School Base Team. Thank you to our community for your valuable feedback and suggestions.
- ✓ **Brock University-** Dr. Gervan Ferron and Board Chair Gary Comerford visited Pathstone. We are moving forward to the development of MOU to further support the existing joint activities involving our students being placed in co-op and experiential education initiatives as well as research activities with Pathstone. We have a number of potential future activities including engaging with our students services, and training opportunities.
- ✓ **Trauma Informed Agency** Pathstone has moved forward and will have fulfilled the understandings of being a trauma informed agency by June 2018 (Congratulations to all Pathstone staff and the Trauma Informed Committee)
- ✓ **Niagara Community partners are reviewing our Youth Group Home** situation to attempt to serve all our youth who need this kind of treatment (Niagara Resources, FACS, RAFT, Contact Niagara, Lead Agency in Hamilton, Pathstone)
- ✓ **Greenspace** has been launched: it is an electronic method and process for obtaining satisfaction surveys and compiling results. It also allows staff to send

electronically, to tablets or phones pre, periodic, interim, and post measures. The software will score and graph the results, which can then be reviewed and analyzed by staff on either an individual case basis or by grouping clients with the same presenting issues.

- ✓ **Joint Clinic with Bethesda** – Pathstone and Bethesda have a long history of working closely together. We recognized that we serve many of the same clients. To ensure we are providing the most appropriate and complementary services we have successfully piloted a four-session clinic during the month of June. Thank you Dr. Boyd, Alyson Wilson and Sara Mele.
- ✓ **Community Event & AGM (Contact Niagara/Pathstone):** 3rd Annual BBQ Event for families will be occurring at Heartland Forest in Niagara Falls.
- ✓ **Staff Award winners** The award winners for 2018 are: Sue Chapman Award – Sue Etherington, Organizational Value Award – Linda Vespoli-Burch, Innovation Award – Zameena Hussain, Spirit Award – Karen McLean.
- ✓ **Shaun's tour of Branscombe Mental Health building** Please join Shaun as he tours Pathstone's new building! Click on link to watch <https://yourtv.tv/node/97896?c=niagara>

## INFORMATION TECHNOLOGY

- ✓ Outreach Team, School-based Team, Crisis Team, Youth Justice Team, Early Years, and NPRS Teams all have new touch-screen tablets, docking stations, and wireless mice. These Teams were selected for upgraded hardware to empower them in their work out in the community and away from their formal office.
- ✓ Many other staff, including some on the Administration team and Finance, office workstations at Rotary House, and others have received new desktop computers.
- ✓ Smartboard computers have had memory upgrades, and Smart software is loaded and functioning.

## BITE/BRIEF/SOLUTION FOCUSED SERVICES

### Intakes

- ✓ Our intake department has been very busy with the increasing referrals. We hit our record this month for 175 intakes for the month of May.

### Clinic Offerings:

- ✓ Our spring clinics are winding down in the month of June. Feedback has been very positive from teens and parents on all of our clinics. Over the summer, we will continue to offer BMED clinics, and we are offering the 3 session CPS clinics again. These clinics provide a great introduction to the CPS model and benefit parents who wish to improve communication with their children and help problem solve conflicts in the home or just add extra parenting tools in their parenting toolbox.
- ✓ We are now offering a new clinic, Capacity Building for Anxiety, which is a 3-session clinic for parents of anxious children. The clinics are divided to parents with children 11 and under and 12 and over.
- ✓ Our social skills and anxiety clinics for children/teens will resume again in September with pre-screens being booked during the summer, so our groups are all ready to go once the back to school stress begins. In addition, the 8 session CPS clinics will resume in September.
- ✓ We have been working with Danima Creative Group to add a scheduling software in our clinic offerings. This sophisticated software allows parents to book their own clinic appointments in the future. We are hoping to launch in September. (Donna Tyler, Jason Brereton, Tony Antidormi, Arthur Martin, Kim Hill, Sheila Lavery, Pauline Beauchamp, Daphne Boyns, Ulla Woodard).

### Walk-In

- ✓ The walk-in services will be moving to Ulla Woodard this fall. We plan to increase the walk-in hours to 5 days a week in the near future. (Ulla Woodard).

## CRISIS SERVICES

- ✓ The Crisis Services team is an integral part of the “Hear & Now” Walk-In Clinic that operates on a weekly basis on Tuesday, Wednesday and Thursday from 9

am – 4:30 pm (last appointment at 3 pm). Since the inception of the Clinic on February 27<sup>th</sup>, 261 children/youth and families have been provided with brief solution focused counselling at this *clinic* (Crisis Services team - June Zalba, Teresa Koch, Glenna Ranieri, Katie Monaghan as well as Sue Etherington, Kathy Molloy, Lee-Ann Standish, Colleen Johnson, Shaye Hutchinson, Sea Marsland, Kelly Burns, Carly Steele, Zameena Hussain, Donna Hepburn, Joanne Leblanc and Olivia Fabiani)

## DAY TREATMENT PROGRAM

- ✓ Pathstone Summer Camp – Pathstone Mental Health, in conjunction with Niagara Region Children’s Services, will be offering a camp program this summer for children between the ages of 6 and 12 years who require additional supports to attend summer programming. This camp will offer lots of fun activities with the opportunity for skill building under the umbrella of Collaborative Problem Solving.

Preference will be given to the children of parents/caregivers who work full-time or are attending school on a full-time basis. There is a limited number of spots for this camp so please register as soon as possible. Transportation to and from the camp location is not provided. *(Staff working in the camp over the summer include Liz Oblak, Amy Langlois, Emily Janssen, Mario Rosano, Hope Kamerman, Brittany Weaver, Brad Farinacci, Amanda Peters, Megan Fleming. Thanks also to Tonia Lowry, BSW placement student, for her help with the intake process, camp schedule and so much more!)*

- ✓ Behaviour Consultant Support – YMCA Day Camps – For the third summer in a row, Pathstone will be providing Behaviour Consultant Support to the YMCA Day Camps across the Niagara Region. This support may be provided to the camp in general e.g. suggestions re: games, camp setup, de-escalation strategies or, with the proper referral and consent, individual children who are having difficulty managing in the camp environment. The Children’s Services Department at the Niagara Region have demonstrated that they value the support that this program provides to the YMCA Day Camps by increasing the weekly support provided from 10 to 15 hours this year *(Shelley Koks)*.
- ✓ With support and encouragement from Shaun, and Diane who made sure the raised garden beds at Merrittville were weeded and ready to go.....we have planted several pumpkin plants for next fall! One little student (our youngest) worked so hard to plant and water our new garden. Please pop by and check it out! With some luck and rain we may have our own jack O lanterns next Halloween!





## EARLY YEARS PROGRAM

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### FAMILY INTERVENTION / TRAC

- ✓ **Riding the Wave** is a new Clinic for clients and parents dealing with youth with borderline personality traits. The parents attend for 3 sessions of psychoeducation and strategies for parenting and this is followed by 3 sessions for youth focusing on psychoeducation and DBT strategies. For this clinic we have partnered with Tony Antidormi from the Solution Focused Team, who presents the parent sessions and Don Campbell and Jennifer Forstinger will provide the youth clinic.
- ✓ **Meet Yourself** is a self-compassion group being offered to therapy clients over the summer months. This is an open group with clients attending as many sessions as they want to register for and will focus on a variety of self-care and empathy strategies. The program has been designed by our master’s student Branda Sceppacerqua and Zameena Hussain.
- ✓ **Out of the Box CBT** is a group program the team is currently working on to offer an introduction to CBT skills using media such as television and film. The idea was generated from a consultation with Sick Kids Hospital Psychiatrist, Dr. Umesh Jain, who has done extensive research on the use of media in therapy. Shaye Hutchinson and Sameera Karimi will be working to develop this program.
- ✓ **Motivational Video** to encourage clients to understand the importance of hard work in therapy is in the works with a client of Jan Venema’s who recently spoke at the mental health week event about the importance of staying motivated to change. We have, thanks to Shaye Hutchinson, obtained a professional videographer to film the video for us and are hoping to have this project completed for use in the fall. Jan will be working with her client to prepare for this presentation.
- ✓ **Manual for Trauma Clinic** is currently being compiled from the vast amount of research utilized so that other therapists will be able not only to utilize the

material but also take the opportunity to present. The Trauma Clinic has grown so rapidly thanks to all the hard work of Zameena and her wonderful students. What a great experience these students have had engaged in the development of such a rich program. To date the Trauma Clinic has received the most positive feedback from every session and Zameena has been invited to present to FACS foster parents later this year. Zameena is also working collaboratively with agencies dealing with refugees to develop programming they can use for trauma. Jennifer Forstinger has now joined Zameena for one day a week to offer children's trauma groups.

- ✓ **OTN** is now offering Personal Video Conferencing using therapist's and client's personal computers. Pathstone is reviewing how this could be used to help provide therapy to clients who find it difficult to get to the office or during bad weather periods. 3 Pathstone teams are also accessing monthly team consultations with psychiatrists from Hospital for Sick Kids. These consultations have been extremely informative as it provides access to some of the most current research being undertaken at the hospital regarding mental health interventions.

## OUTREACH SERVICES

- ✓ **Foster/Adoptive Parent Psycho-Education Series:** The series has commenced for the year. All sessions received outstanding feedback. Planning will begin for the upcoming series. Donna Hepburn will take a lead role in planning and organizing. (The entire Outreach Services Team)
- ✓ **Greenspace:** All team members have completed training to use the Greenspace platform for delivery and evaluation of measures employed in treatment. The team will launch use with all clients/families July 3<sup>rd</sup>. Jason Guay will act as the team champion. (The entire Outreach Services Team)
- ✓ **Circle of Security:** Cassandra Riddle will be attending this training in June. Circle of Security is an innovative intervention program designed to improve the developmental pathway of children and their parents (Cassandra Riddle)
- ✓ **Seeds of Change:** Several of the Outreach staff attended this training to become facilitators of the program in partnership with Regional Niagara, Ontario Works, and the Folk Arts Centre. Seeds of Change looks at mental health and addictions through a cultural lens. This is a very exciting endeavor! (Olivia Fabiani, Cassandra Riddle, Colleen Johnson, Laurie Marazzo)

- ✓ **H.E.L.P. Dual Diagnosis Presentation with Bethesda:** Outreach Services team members are participating in and presenting in a workshop series with Bethesda Services. The series is based on the H.E.L.P. model of intervention as designed by Elspeth Bradley. The series runs from June 7-June 28. (Olivia Fabiani, Leisa Ragione, Colleen Johnson)
- ✓ **Outreach Clinics:** Team members have started to develop a multi-media series. Preliminary planning is occurring to have videos of psycho-educational clinics available via the Pathstone Mental Health website. (The entire Outreach Team)
- ✓ **Retirements:** The team will say Good Bye and Good Luck to a long time member Bob Young. Bob has worked at Pathstone for many years, and offered support to countless families. It has been an honour and pleasure for all of those who have worked with Bob. We wish him well in his next journey!

## VOLUNTEER

- ✓ **National Volunteer Week Recognition event** dinner and ceremony was held April 11, 2018 at Holiday Inn Parkway in St. Catharines. Pathstone nominated 4 volunteers that went above and beyond in the past year and did an exceptional job in their volunteer roles. (*Randy Upper for his roles within Rotary house, Inclusive Alliance committee, Information Ambassador; Carling Wright- Youth representative on Board of Directors, Chair of Youth advisory committee, Events, Information Ambassador; Ashley Dykun- event volunteer and team leader Strides to Wellness, Foundation assistance, Hope Award volunteer organizer; Nicole Kennedy- Hope Award committee volunteer and KO for Kids*)
- ✓ **Children's Mental Health Awareness Week May 7-11**) involved volunteers helping at various events such as: Client Appreciation day greeting clients, helping with activities, offering free cake and coffee in the lobby, and a former client of Pathstone's shared her personal journey of dealing with mental health issues (*Taylor McRae and Gwen Towne- both also on our youth advisory committee*)
- ✓ **Rotary House** has some new volunteers joining their team to enhance summer programming and engage youth in a variety of life skill activities – Gardening/ Horticulture program and Healthy Eating/ Nutrition/ Cooking program (*Destiny Lacasse and Kelsey Gatta*)
- ✓ **Community BBQ event and AGM** is being planned for September 19<sup>th</sup> in partnership with Contact Niagara and other agencies for a client family event in the fall at Heartland Forest in Niagara Falls. Parent advisors and youth advisor volunteers are engaged in the planning committee (*Kaitlyn Allan, LJ Scott, Taylor McRae, Gwen Towne*)

- ✓ **Community Information Booths & Community events across Niagara** serviced by Volunteer Information Ambassadors and Event volunteers at various events throughout Niagara such as: Pride Prom at Governor Simcoe, Wellness Fair at Cardinal Newman, Celebrity Fundraiser at Sunset Grill for Children's Mental Health week Community Safety Funfest, Comic Con 50/50 sales, Niagara Regional Police Association Chip it for Charity Golf Tournament (*Volunteers: Spencer Wyllie, Karen Wright, Carling Wright, Mike Burnett, Joan Burnett, Dawn Thompson, Gwen Towne, Ashley Dykun, Carly Blanchet, Bonnie Brady, Jessica Bos, Vanna Ibrahim, Patrick Lee, Megan Vandervlist, Adelina Ashani, Kustrim Alshani, Jodi Tebrinke*)
- ✓ **Signature Fundraising events from Pathstone Foundation** involved many volunteers and community partners with all hands on deck to help organize and execute successful events such as Hope Award Gala June 1<sup>st</sup> and KO for Kids on June 15<sup>th</sup> (*Ashley Dykun, Bonnie Brady, Marni Prokator, Carling Wright, Karen Wright, Jackie Frans, Adriana Garzon King, Angela Bachert, Vanna Ibrahim, Carol Mae Maidens, Jim Sissons, Kristin Baker, Linda Vaughn, Mallory Antonello, Martin Zaremba, Mary Margaret Murphy, Nicole Kennedy, Scott Baughn, Syliva Mattern, Andy Burt, Carissa Sommise, Chris Dabrowski, Jack Custers, Kellie Crossley, Lucy Galluci, Maggie Buckley, Matt Warriner, Michael Collini, Nancy Croce, Noel Buckley, Robert McAlpine, Wayne Thomson*)

## RESIDENTIAL ROTARY HOUSE

- ✓ Rotary House will now have a consistent consulting psychiatrist for the program. We will be working with Dr. Mirza who works at CPRI. Dr. Mirza has agreed to provide our program with an assessment appointment slot every month. We will use these slots solely for youth in our program so they can be seen and assessed (if needed) promptly; our first appointment is the end of July. We are in the process of setting up a time for Dr. Mirza to meet the staff and vice versa. We are very excited to have Dr. Mirza attached to our program.
- ✓ Kevin Gibson has been working hard developing a new program for our youth. The program is called "Moving Minds"; the premise of this program is for youth to understand and be aware of how their physical and mental health are connected. Each session the youth will learn about their bodies/minds and then will engage in physical activity immediately after. By doing something positive and being active this can change how we are feeling and thinking. Great Job Kevin!!
- ✓ Based on feedback from the staff we are in the process of evaluating our parent group and hoping to change it to meet the needs of both the youth and parents. As a staff group we will be looking to run the groups with the parents and youth at the same time so they are getting the same information. Towards the end of group we will leave time for both the youth and parents to come together and

summarize the information they learned to each other. We hope this will increase positive interaction between the youth and parents as well as provide opportunity for the youth to see their parents are invested and trying and vice versa for the parents. We are hoping to have this ready to go for September (all staff will have a role in developing/reviewing the content).

### **SCHOOL BASED PROGRAM**

- ✓ School Based Services is pleased to welcome Linda Morrice as the new manager of the program. She will assume this responsibility in early September. As you know Linda also manages Day Treatment and Early Years.

### **SPECIALIZED FUNDING – FEE FOR SERVICE**

- ✓ We have again benefited from two doctoral students in Clinical Psychology who, as part of their internship, completed almost (16) psychological assessments. In addition, our learning and treatment assessment and post assessment skills building program continues to be in high demand. Thank you Dr. Jordan, Dr. McLean and Dr. Wagner.

### **PATHSTONE INSTITUTES OF RESEARCH AND TRAINING**

- ✓ Our Research and Training Institute continues to expand, with increasing numbers of graduates (MSW, MS, MA, Ph.D, and Psy.D) students looking for placements. As well, we are currently working on a Memorandum of Understanding with Brock University to increase training opportunities for Brock Students and to increase Researchers from Brock to implement research studies at Pathstone.

### **PATHSTONE FOUNDATION**

- ✓ After a very successful Hope Award Gala, the foundation turned around with another big event.
- ✓ KO for KIDS drew just over 1,000 guests in support of Pathstone, Ronald McDonald House and McMaster Children's Hospital.
- ✓ Our Spring Direct Mail Campaign was focused on our Natural Playground & Healing Garden. Happy to report, donations are still coming in. Donors are selecting items like butterfly bushes, log benches and tree planting to fill our outdoor space. We expect construction to be in early Fall.

- ✓ Thrilled to report gifts from TD Friends of the Environment, Wise Guys Charity, Niagara Community Foundation, May Court and a few more pending. We will keep you posted!

## ADMINISTRATION

- ✓ The Administration Team has said fair well to Pauline Beauchamp on June 27<sup>th</sup> as she starts her journey to retirement. Pauline first worked for Niagara Child Development Centre in 1990 where she did a contract for Day Treatment Secretary as relief. She was hired full time in 1991 as the Niagara Preschool Resource Secretary. In 1999 Pauline became a Clinical Secretary and remained in the position until her retirement. Pauline was a great asset to the administration team and a great support to the Clinical staff. The next process will be to look for a good fit to complement our existing administration team.

## PATHSTONE FINANCE

- ✓ Base funding increase of 1.5%
- ✓ Lead Agency funding
- ✓ Providing backroom services for CSSN ( Community Support Services Niagara)
- ✓ The addition of a Data Entry Clerk to the complement effective early July
- ✓ The addition of Trevor Coons as a Junior Accountant with the organization
- ✓ **Finance Audits:** The fourth and final annual financial audit for 2017/2018 was completed by external auditors; all audits passed with glowing colours.
- ✓ **Staff Roles:** One back office contract has been expended which will allow for further specialization in the payroll area. We are focusing on CPS (Collaborative Problem Solving) solutions in the finance area as we work to respond to changing needs.
- ✓ **Training:** Payroll continues to focus on legislated changes to payroll laws through participation in government and third party training opportunities; specifically Bill 148 (Fair Workplaces, Better Jobs Act, 2017) . Staff have participated in CPS training and are actively apply the tools.



## YOUTH JUSTICE (YJ)

- ✓ Youth Justice is pleased to welcome Erin Clayton as the new manager of the program. She will assume this responsibility in early September. As you know, Erin also manages Outreach and MITT.