Over the past year, we have continued the momentum of an unparalleled time of change, both at The Hincks-Dellcrest Centre and throughout the children’s mental health sector.

Children’s mental health has evolved from an issue that had little public awareness to one finally recognized for its profound effect on children, families, schools, and sometimes entire communities. Today, thanks to initiatives like Bell’s Let’s Talk Day and CAMH’s Transforming Lives campaign, as well as the Ontario all-party Select Committee on Mental Health and Addictions and the government’s launch of its Moving on Mental Health action plan, we are finally talking about mental health.

But as public discussion and awareness grow, a greater burden is exerted on existing services. The end result is an increase in wait lists that means children and families must wait even longer for much-needed help. We would not make a child wait a year, or even a week, to treat the flu, an ear infection, or a broken arm. Yet it can take up to a year – and sometimes longer – for families to access mental health services for their children.

For those families struggling to manage mental illness, that year can mean a lifetime. Indeed, that year can mean a life.

It’s time for a profound change in how we deliver children’s mental health services.

Continuing the momentum of the changes happening throughout our organization and the sector, and in alignment with our strategic objective to focus in areas where we are or can be leaders, Hincks-Dellcrest has launched an exciting clinical transformation that will both complement and inform government plans. Supported by funding from The Hincks-Dellcrest Foundation, we will refocus our services around families’ needs, building on our areas of expertise and forging meaningful partnerships with organizations that provide services that Hincks-Dellcrest does not.

The first phase of the clinical transformation, encompassing a detailed environmental scan of Hincks-Dellcrest and the sector in general, is currently underway. Clients and families, community partners, and other key stakeholders will also be engaged throughout the evolution of this project. Ultimately, we will redefine how children’s mental health services are provided, ensuring that Toronto children and families know where to go for help, and that they are able to access the services they need, when and where they need them.

It is a pivotal time at The Hincks-Dellcrest Centre, as we continue the momentum that will lead to brighter futures for children and families struggling with mental health problems. Together, we will reimagine the future of children’s mental health, bringing hope, optimism and possibilities to the children and families we serve.

“Mental health is an integral part of health; indeed, there is no health without mental health.”

– World Health Organization

Donna Duncan
President & CEO

Ian Smith
Board Chair
Our Vision
To bring hope, optimism, and possibilities to the children and families we serve.

Our Mission
To be leaders in mental health care for children and their families by combining prevention, treatment, research, and education.

Our Values
- Believe in our kids, and know that it is a privilege to serve them and their families.
- Seek knowledge, learn, and teach every day.
- Embrace diversity.
- Be a great partner.
- Bring passion, energy, and excellence to everything we do.

Strategic Objectives
- Strive for service excellence by continuously developing and incorporating cutting edge thinking, approaches, and methodologies into our care provision models.
- Focus in areas where we are or can be leaders.
- Develop a strong financial platform.
- Build an exceptional children’s mental health organization that attracts, develops, excites, and retains exceptional people.
- Partner and collaborate with other service providers to build system capacity.

Contents
4 Events and Achievements
A tradition of excellence: Achievements, events, publications, and project highlights from the Hincks-Dellcrest team
5 Prevention
Connecting with the community
6 Treatment
Helping children and families reach brighter futures
7 Research and Evaluation
A commitment to continuous improvement
8 Education
Preparing the next generation of mental health professionals
9 Financial Snapshot
The Hincks-Dellcrest Treatment Centre
10 The Hincks-Dellcrest Foundation
Raising funds and awareness for The Hincks-Dellcrest Centre
11 Our Fundraisers
12 Financial Snapshot
The Hincks-Dellcrest Foundation
13 The Hincks-Dellcrest Centre - Gail Appel Institute
Improving children’s mental health care through professional training
14 Financial Snapshot
The Hincks-Dellcrest Centre - Gail Appel Institute
15 Leadership
Board of Trustees, Executive Leadership Team, and staff
Honouring Child and Youth Workers

For the second year in a row, it was a clean sweep for Hincks-Dellcrest Centre nominees at the 2012 Krista Sepp Memorial Awards, which honour Child and Youth Workers and Counselors in Ontario. Gillian Rowney was presented with The Horizon Award while Bree Brown received The Mentoring Award. The Krista Sepp Memorial Award was established in 1991 in memory of Krista Sepp, who lost her life while performing her duties as a child and youth counselor.

Anxiety and the Gift of Imagination: Discovering the link between childhood anxiety and imagination: Dr. Robin Alter (Consulting Psychologist) has written a book, Anxiety and the Gift of Imagination, which has met with great success and been extensively featured in the media. Dr. Alter explains that childhood anxiety can be triggered by a runaway imagination, and offers strategies to help both parents and children manage it.

Adolescent Language Study: Dr. Nancy Cohen (Director of Research) and Dr. Fatanah Farnia (Associate Director of Evaluation, Handle with Care) presented a paper based on findings from the Adolescent Language Study, co-authored by Dr. Fatanah Farnia and Dr. Nancie Im-Bolter, as part of a symposium at the meeting of the Scientific Studies of Reading in Montreal, Quebec.

Teaching the importance of play in the West Bank: Rochelle Fine (Program Manager – Community Prevention Program, Growing Together, and Healthy Babies Healthy Children) facilitated Learning Through Play training in the West Bank, teaching local World Vision home visitors about the importance of play, child development, and parent-child attachment.

Supporting child development in Cambodia: Miriam Reesor (Manager, Learning Through Play International) provided training to help the Adventist Relief and Development Agency integrate Learning through Play into their CIDA-funded Cambodia child development program. This is a four year project for which Hincks-Dellcrest will provide training and consultation support.

Developing an Early Child Development Index: Alfredo Tinajero (Program Evaluation Services) and Anaïs Loizillon published “Review of Care, Education and Child Development Indicators in Early Childhood”. This document was commissioned by UNESCO within the framework of the Holistic Early Child Development Index.

Facilitating work with infants and families in Lithuania and the Ukraine: Elizabeth Tuters (Child, Adolescent, and Adult Psychoanalyst; Infant and Preschool Team Leader) and Sally Douliis (Psychoanalytic Child Therapist) facilitated “Challenges working with infants and their families: Two approaches to working with troubled parent-infant relationships” at University of Lithuania, Vilnius, Lithuania, as well as “Attachment theory and two infant parent approaches” in Kiev, Ukraine.

Training World Association of Mental Health affiliates in Turkey: Elizabeth Tuters and Dr. Susan Yabsley (Psychology Training Leader and Head of Infancy Training) facilitated “Attachment theory: A move to representation” for World Association of Infant Mental Health affiliates at Yeditepe University in Istanbul, Turkey.

Ontario Association of Infant and Child Development: Dr. Susan Yabsley has been appointed a Board Member of the Ontario Association of Infant and Child Development, an affiliate of the World Association for Infant Mental Health.

Events and Achievements

A tradition of excellence: Achievements, events, publications, and project highlights from the Hincks-Dellcrest team

Striving for service excellence
International community gathers in Toronto for Learning Through Play conference

More than 100 international and local community leaders, social workers, teachers, and representatives from organizations working with children and families throughout the world gathered in Toronto for The Hincks-Dellcrest Centre’s Learning Through Play International conference in May 2012.

Partners from Ethiopia, Ghana, India, Jamaica, Kenya, Pakistan, Peru, and Uganda attended the week-long conference to share ideas and experiences about Learning Through Play, a Toronto-based parent education program that promotes the healthy growth and development of children up to age six. Developed by The Hincks-Dellcrest Centre in partnership with Toronto Public Health, the program is based on the principle that a parent is a child’s best teacher, and that children learn most effectively through play. Designed to be low cost, sustainable, multicultural, and appropriate regardless of literacy or language skills, Learning Through Play is in use in more than 20 countries worldwide, and has even been used to improve children’s lives at refugee camps in Uganda and Ethiopia. A newly adapted Learning Through Play resource for children who have special needs was also introduced at the conference.

A commitment to diversity …

The Healthy Babies, Healthy Children (HBHC) home visiting program is one of The Hincks-Dellcrest Centre’s most multicultural programs. The HBHC team speaks 15 languages, in addition to English, and over the past several years has served families from 51 different countries.

This resource is marvellous. In all my travels, I have seen nothing that compares with Learning Through Play for high quality and universal accessibility.

– Dr. Jean Clinton, Associate Clinical Professor, Department of Psychiatry and Behavioural Neuroscience, McMaster University, division of Child Psychiatry

Our Children’s Caravan

A resource centre on wheels, The Children’s Caravan provides multilingual children’s books, educational toys, parenting books, and information about community resources to parents, teachers, and early childhood educators. Through monthly visits to parenting programs, childcare centres, and schools, the Caravan provides the opportunity to borrow resources, access community information, and most importantly have direct access to an expert in the area of child development.

Enhancing relationships among “PEERS”

Promoting Enhancement of Effective Relationship Skills (“PEERS”) is designed to help children in grades 1 through 8 develop and strengthen their constructive social skills. The program is integrated into existing classes or lessons to teach concepts such as how to stay calm and control anger; bullying and dealing with bullies; the importance of being kind, respectful, and cooperative with others; and problem solving techniques. More than 80% of students who participate say that they have used what they learned in the program in their own lives, and 73% say that they get along better with others after having taken part in the program.
Parent Advisory Committee keeps parents’ feedback at the forefront

> Striving for service excellence

The Hincks-Dellcrest Centre has launched a Parent Advisory Committee, one of the first of its kind in the children’s mental health sector.

Comprised of committed parents who have been advocates for and leaders in the area of mental illness, the Parent Advisory Committee gives feedback on key issues and priorities of clients and their families, provides suggestions on improving service delivery, gives input on public education strategies, seeks answers to families’ questions, and helps evaluate The Hincks-Dellcrest Centre’s overall impact on children and families.

“The Hincks-Dellcrest Centre plays a critical role in supporting our children in their struggle with mental health issues,” says Committee Chair Kimberly Moran. “We are very happy to be invited to provide the parents’ perspective as Hincks-Dellcrest strives to continuously improve its support of children and families.”

Mental health in bloom: Our Children’s Garden

> Building an exceptional organization

The Children’s Garden, located at The Hincks-Dellcrest Centre’s Sheppard Avenue site, was enhanced in spring 2012 with a grant from the Walmart-Evergreen Green Grants program. The garden, which was designed through a donation by Susan Speigel Architect, is an innovative space that uses gardening as an extension of mental health treatment. In addition to its use as a peaceful, welcoming green space for children and families visiting Hincks-Dellcrest, the Children’s Garden offers an innovative approach to mental health treatment, offered alongside play, art, and family therapy. Evidence shows that horticultural therapy can enhance cognitive functioning, improve concentration, stimulate memory, and even reduce symptoms associated with depression and anxiety.

A visit from the Governor General

In April 2012, Hincks-Dellcrest was honoured by a visit from Their Excellencies the Right Honourable David Johnston, Governor General of Canada, and Mrs. Sharon Johnston. Their Excellencies visited The Hincks-Dellcrest Centre’s City Residence program to talk with youth and their parents about their experiences and the challenges they face on a daily basis. Meetings were also held with Hincks-Dellcrest leadership to discuss children’s mental health and the needs of the sector.

“We would like to thank you for this unique, profound and powerful experience. It was especially a pleasure to have a chance to speak with youth and parents. … This was definitely a highlight of our visit to Toronto.”

– Their Excellencies the Right Honourable David Johnston and Mrs. Sharon Johnston

Parent Advisory Committee keeps parents’ feedback at the forefront

> Striving for service excellence

The Hincks-Dellcrest Centre has launched a Parent Advisory Committee, one of the first of its kind in the children’s mental health sector.

Comprised of committed parents who have been advocates for and leaders in the area of mental illness, the Parent Advisory Committee gives feedback on key issues and priorities of clients and their families, provides suggestions on improving service delivery, gives input on public education strategies, seeks answers to families’ questions, and helps evaluate The Hincks-Dellcrest Centre’s overall impact on children and families.

“The Hincks-Dellcrest Centre plays a critical role in supporting our children in their struggle with mental health issues,” says Committee Chair Kimberly Moran. “We are very happy to be invited to provide the parents’ perspective as Hincks-Dellcrest strives to continuously improve its support of children and families.”

Mental health in bloom: Our Children’s Garden

> Building an exceptional organization

The Children’s Garden, located at The Hincks-Dellcrest Centre’s Sheppard Avenue site, was enhanced in spring 2012 with a grant from the Walmart-Evergreen Green Grants program. The garden, which was designed through a donation by Susan Speigel Architect, is an innovative space that uses gardening as an extension of mental health treatment. In addition to its use as a peaceful, welcoming green space for children and families visiting Hincks-Dellcrest, the Children’s Garden offers an innovative approach to mental health treatment, offered alongside play, art, and family therapy. Evidence shows that horticultural therapy can enhance cognitive functioning, improve concentration, stimulate memory, and even reduce symptoms associated with depression and anxiety.

A visit from the Governor General

In April 2012, Hincks-Dellcrest was honoured by a visit from Their Excellencies the Right Honourable David Johnston, Governor General of Canada, and Mrs. Sharon Johnston. Their Excellencies visited The Hincks-Dellcrest Centre’s City Residence program to talk with youth and their parents about their experiences and the challenges they face on a daily basis. Meetings were also held with Hincks-Dellcrest leadership to discuss children’s mental health and the needs of the sector.

“We would like to thank you for this unique, profound and powerful experience. It was especially a pleasure to have a chance to speak with youth and parents. … This was definitely a highlight of our visit to Toronto.”

– Their Excellencies the Right Honourable David Johnston and Mrs. Sharon Johnston

If we hadn’t found Hincks-Dellcrest, I don’t know where we’d be. The Centre helped my daughter recover and our family stay together.”

– Kim, mother of an 11-year-old day treatment client
Client Satisfaction and Experience collaboration will help foster service excellence throughout Toronto

Partnering and collaborating to build system capacity

Client and parent feedback is a vital way for children’s mental health centres to ensure they are providing appropriate services and supports, yet it can be challenging to collect valid, reliable information. In 2012, a survey of children’s mental health centres throughout Toronto found that many centres lacked evidence-based and client-informed measures, and struggled with low response rates, making interpretation and generalization difficult.

To address this situation, The Hincks-Dellcrest Centre’s evaluation department collaborated with The Etobicoke Children’s Centre (lead agency), The George Hull Centre, and the Griffin Centre to develop evidence-based client satisfaction questionnaires for parents/caregivers, children and youth (ages 7-18). The year and a half long collaboration began in November 2012, funded by a grant from the Ministry of Children and Youth Services.

Development of the questionnaire was based on extensive literature review, focus groups with clients, and consultations with other children’s mental health centres, as well as with other sectors, including education, youth justice, child welfare, and health. The questionnaires were pilot tested with children, youth and parents/caregivers, using several different methodologies (online, telephone, waiting room) and at different points in the treatment process.

The newly developed questionnaire has been pilot tested by three of the collaborating centres, with very good response rates. The questionnaires, as well as recommendations regarding administration procedures, will be shared with all children’s mental health centres in Toronto to help develop and maintain service excellence throughout the sector.

Handle with Care program gives Toronto families tools to promote children’s mental health

Striving for service excellence

Families of The Hincks-Dellcrest Centre’s Growing Together program took part in eight-week parent education sessions through Handle with Care, a national training program that aims to promote mental health in children up to six years old. The sessions offered new insights on how to nurture children’s social and emotional well being, helping to reduce the likelihood of mental health difficulties later in life and providing parents with tools to help mitigate any problems that should develop.

Following-up on adopted children, a decade later

Focusing in areas where we are or can be leaders

The Hincks-Dellcrest Centre’s research department has been awarded a grant of $188,000 from the Social Sciences and Humanities Research Council to follow infants adopted from China who were studied at The Hincks-Dellcrest Centre from 2001 to 2004. Studying adopted children, especially those who have experienced some degree of deprivation, is important both to help parents prepare for what to expect and because adopted children are overrepresented in referrals to mental health settings such as The Hincks-Dellcrest Centre. The focus of this three-year study will be on how these children, now 10 to 12 years old, are doing in the areas of language, learning, social-emotional well-being, and mental health. Results are expected in 2015.
Collaborating to develop “Leaders for Success” in the children’s mental health sector

An innovative partnership between George Brown College and The Hincks-Dellcrest Centre, Central Toronto Youth Services, Turning Point Youth Services, and Oolagen will support leadership development in Toronto’s children’s mental health sector.

“Leaders for Success” is a four-month program that covers organizational culture and change, human resources management, partnerships and stakeholder relations, finance, and leadership and culture, all structured around cases specific to children’s mental health. A very enthusiastic response from throughout Hincks-Dellcrest led to the final selection of seven employees for the inaugural program, who will be supported by bursaries from the Toronto Regional Office of the Ministry of Children and Youth Services to cover the majority of tuition costs.

George Brown College has demonstrated a long-standing commitment to supporting the mental health sector, and we are privileged to be able to tap into the College’s expert resources in developing new leaders in the children’s mental health system.

Innovative training tools enhance learning

The Hincks-Dellcrest Centre has a long history as a teaching centre, providing students with educational placements in psychiatry, psychology, social work, child and youth work, early childhood education, expressive arts therapy, and nursing.

As students conduct therapy sessions with patients, they are frequently aided by unique training tools such as earpieces, one-way mirrors, videotaping, and audiotaping. With consent of the patient (no session is observed or recorded without prior permission), these tools allow supervisors to objectively view the session, communicate and provide instantaneous feedback, and most effectively interpret and improve the student’s work with children and youth.

There are many advantages to directly capturing the details of a therapy session. It allows the student to conduct the session without the disruption of taking notes, while the supervisor can observe body language and other visual cues that may have otherwise been missed. Clients receive the guidance and expertise of an additional, more experienced therapist who has viewed their session first-hand.

Dr. Marshall Korenblum, Psychiatrist-in-Chief at The Hincks-Dellcrest Centre, frequently supervises psychiatry students with these tools and is enthusiastic about their use. “This is one of the most unique and beneficial aspects of The Hincks-Dellcrest Centre’s training program,” he says. “Time after time, I hear from students that they’ve never before had the benefit of this type of feedback in their training,” adding that other children’s mental health centres are slowly beginning to use similar technology, following Hincks-Dellcrest’s lead. “These are incredibly valuable learning tools and The Hincks-Dellcrest Centre really is at the forefront in their use.”

“Hincks-Dellcrest was really helpful for me. Staff gave me strong emotional and psychological support whenever I needed it the most.”

– Marie, Parent
Financial Snapshot
The Hincks-Dellcrest Treatment Centre
Year ended March 31, 2013

For a copy of The Hincks-Dellcrest Centre’s audited financial statements, please visit www.hincksdellcrest.org or call (416) 924-1164, ext. 3244.

REVENUE

<table>
<thead>
<tr>
<th>Source</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Government funding</td>
<td>$14,843,932</td>
</tr>
<tr>
<td>United Way</td>
<td>$307,104</td>
</tr>
<tr>
<td>Grants and donations</td>
<td>$1,381,130</td>
</tr>
<tr>
<td>Recoveries/other</td>
<td>$1,607,050</td>
</tr>
<tr>
<td>Investment income</td>
<td>$27,691</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>$18,166,907</strong></td>
</tr>
</tbody>
</table>

EXPENSES

<table>
<thead>
<tr>
<th>Service</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Residential services</td>
<td>$4,886,400</td>
</tr>
<tr>
<td>Non residential services</td>
<td>$5,154,793</td>
</tr>
<tr>
<td>Community support</td>
<td>$1,502,124</td>
</tr>
<tr>
<td>Open custody services -Phase II</td>
<td>$1,512,533</td>
</tr>
<tr>
<td>Special projects</td>
<td>$3,410,468</td>
</tr>
<tr>
<td>Fundraising</td>
<td>$109,206</td>
</tr>
<tr>
<td>Administration</td>
<td>$1,978,477</td>
</tr>
<tr>
<td>Amortization</td>
<td>$325,336</td>
</tr>
<tr>
<td>Renovation and building/other</td>
<td>$201,827</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>$19,081,164</strong></td>
</tr>
</tbody>
</table>

27% Non residential services
26% Residential services
18% Special projects
10% Administration
8% Community support
8% Open custody services -Phase II
2% Amortization
1% Renovation and building/other
0% Fundraising
The Hincks-Dellcrest Foundation
Raising funds and awareness to support The Hincks-Dellcrest Centre

Tractor donation from The Gooder Foundation keeps Hincks-Dellcrest Farm running smoothly

Thanks to the generosity of The Gordon and Ruth Gooder Charitable Foundation, The Hincks-Dellcrest Centre’s Farm program is the proud owner of a new, much-needed tractor.

Set on 100 acres in the Beaver Valley, near Collingwood, The Hincks-Dellcrest Farm is a working therapeutic farm providing residential treatment to adolescents struggling with complex and challenging mental health concerns. In addition to mental health treatment, the Farm provides a healing environment where urban youth and staff work cooperatively caring for farm animals, working the land, growing crops, and harvesting the fruits of their labour.

The Gooder Foundation’s donation of a 110 HP Case tractor replaced the Farm’s 25-year-old tractor, which had broken down beyond repair. The donation was made in memory of Dianne Millard, former Program Director at the Farm, who passed away from cancer in 2011.

“I’m pleased that we were able to fill this need for The Hincks-Dellcrest Farm, carrying on the Gooders’ mission to help young people and honouring the commitment of Dianne at the same time,” Gordon adds. “It’s a win-win situation.”

Teeing off to help children and families

For the fifth year, CIBC generously selected The Hincks-Dellcrest Centre, along with two other children’s charities, to receive proceeds from the CIBC Charity Golf Classic. Hosted by CIBC Business Banking, golfers hit the links at Angus Glen Golf Club in August, raising a record of more than $40,000 for Hincks-Dellcrest.

Now in its milestone 20th year, the CIBC Charity Golf Classic has raised more than $1.5 million for children’s charities since its inception. We thanks CIBC for its ongoing and exceptional support of children and families.

Developing a strong financial platform
Our Fundraisers

Raise a Child’s Smile: “Mad Men” Style

Raise a Child’s Smile 2012 was a salute to the “Mad Men” era as our 16th annual gala welcomed a sold-out crowd of 475 corporate and individual supporters. Held during Children’s Mental Health Week and hosted by Ben Mulroney, the event raised a record-breaking $410,000, including $40,000 raised on the spot to decrease the number of children and families on The Hincks-Dellcrest Centre’s wait list. Our thanks to gold event sponsor CIBC, as well as our other generous sponsors, guests, donors, and volunteers, for making this event our most successful ever.

One Night Stand: Take a Stand for Children’s Mental Health

One Night Stand: Take a Stand for Children’s Mental Health marked its third successful year in 2012, welcoming young professionals to enjoy a great party while raising more than $30,000 for a very important cause. Known as an evening where “the place to be” is also the place to make a difference in the lives of children and families, this fundraiser attracts an ever-expanding group of young professionals who will become the next generation of Hincks-Dellcrest supporters. We extend special thanks to gold event sponsor BMO Mutual Funds and a generous group of corporate sponsors and supporters, as well as our prize donors, guests, and volunteers.
Financial Snapshot
The Hincks-Dellcrest Foundation
Year ended March 31, 2013

<table>
<thead>
<tr>
<th>REVENUE</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Donations</td>
<td>$714,728</td>
</tr>
<tr>
<td>Interest and other</td>
<td>$22,423</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>$737,151</strong></td>
</tr>
</tbody>
</table>

- 97% Donations
- 4% Interest and other

<table>
<thead>
<tr>
<th>EXPENSES</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Administration</td>
<td>$91,329</td>
</tr>
<tr>
<td>Building occupancy</td>
<td>$8,803</td>
</tr>
<tr>
<td>Purchased services</td>
<td>$126,780</td>
</tr>
<tr>
<td>Program expenses</td>
<td>$108,555</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>$335,467</strong></td>
</tr>
</tbody>
</table>

- 38% Purchased services
- 32% Program expenses
- 27% Administration
- 3% Building occupancy

For a copy of The Hincks-Dellcrest Foundation’s audited financial statements, please visit www.hincksdellcrest.org or call (416) 924-1164, ext. 3244.
Established in 1986, The Hincks-Dellcrest Centre’s Gail Appel Institute provides advanced training, research, and community consultation. More than 5,000 mental health and human services managers attend training sessions and conferences each year. Two-thirds of workshop participants travel from outside Toronto to attend training, including many from outside Ontario.

Linda Hills joins Hincks-Dellcrest

In January 2013, Linda Hills joined us as The Hincks-Dellcrest Centre’s Vice-President, Academic & Research and Executive Director of The Hincks-Dellcrest Centre - Gail Appel Institute. An established leader in adult learning and development, Linda brings expertise in instructional design, change management, team leadership and coaching, stakeholder management, and financial management to this important new role.

Linda’s appointment comes at a pivotal time in the evolution of both The Hincks-Dellcrest Centre and the children’s mental health sector, as service innovation and capacity building become central priorities and we prepare to redefine how children’s mental health care services are delivered, accessed, and measured.

The ABCs of Mental Health takes flight

The ABCs of Mental Health has become an invaluable resource throughout Canada and around the world. This free online resource helps parents and teachers identify whether children’s behaviours are a normal part of development or if they might be cause for concern, as well as providing practical suggestions for steps to take. Of the 30,000 visits the ABCs of Mental Health website has received during the past year, 17,000 were from Canada, while a remarkable 13,000 were from 142 different countries including the United States, United Kingdom, Australia, India, Philippines, and Ireland.

30 years of the Brief and Narrative Therapy Extern Program

The Hincks-Dellcrest Centre – Gail Appel Institute’s Brief and Narrative Therapy Year-Long Training Program, now in its 30th year of operation, is one of the longest standing programs of its kind in Canada. Now produced in collaboration with the University of Toronto’s Factor-Inwentash Faculty of Social Work, this globally-recognized program trains more than 20 clinicians each year. Through the decades, the Brief and Narrative Therapy program has adapted to an ever-changing community, with the program’s focus on cultural context making it ideally suited to Toronto’s multicultural population and the global audience beyond.

Partnering to foster training excellence in the mental health sector

In February 2013, The Hincks-Dellcrest Centre – Gail Appel Institute hosted The Canadian Domestic Violence Conference in Toronto, co-sponsored by Bridges, a Halifax-based domestic violence counseling, research, and training institute. More than 340 delegates from throughout Canada came together to advance the field of domestic violence response, sharing innovative approaches in use in communities across the country.

In March, The Hincks-Dellcrest Centre – Gail Appel Institute, in partnership with the Houston Galveston Institute, presented the Winds of Change Conference: Conversation-Fest 2013, in League City, Texas. The sixth annual conference attracted its most international audience ever, with presenters and participants from countries including Canada, the United States, United Kingdom, Sweden, Japan, Norway, Brazil, Mexico, Argentina, and Australia. This groundbreaking conference provided the opportunity for dialogue among leading practitioners, thinkers, theoreticians, and researchers in Collaborative Therapy, Narrative Therapy, Solutions-Focused Therapy and others, with the aim of moving together towards the future through innovative thinking.

Focusing in areas where we are or can be leaders
Financial Snapshot
The Hincks-Dellcrest Centre - Gail Appel Institute
Year ended March 31, 2013

REVENUE

<table>
<thead>
<tr>
<th>Source</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Training fees</td>
<td>$1,621,053</td>
</tr>
<tr>
<td>Building rental</td>
<td>$264,924</td>
</tr>
<tr>
<td>Programs - Grants and donations</td>
<td>$11,846</td>
</tr>
<tr>
<td>Other</td>
<td>$72,881</td>
</tr>
<tr>
<td><strong>Total Revenue</strong></td>
<td><strong>$1,970,704</strong></td>
</tr>
</tbody>
</table>

EXPENSES

<table>
<thead>
<tr>
<th>Category</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Training</td>
<td>$1,417,051</td>
</tr>
<tr>
<td>Research</td>
<td>$12,301</td>
</tr>
<tr>
<td>Administration</td>
<td>$290,338</td>
</tr>
<tr>
<td>Building</td>
<td>$198,241</td>
</tr>
<tr>
<td>Interest and bank charges</td>
<td>$1,700</td>
</tr>
<tr>
<td>Amortization</td>
<td>$86,182</td>
</tr>
<tr>
<td><strong>Total Expenses</strong></td>
<td><strong>$2,005,813</strong></td>
</tr>
</tbody>
</table>

For a copy of The Hincks-Dellcrest Centre - Gail Appel Institute’s audited financial statements, please visit www.hincksdellcrest.org or call (416) 924-1164, ext. 3244.
Leadership

Board of Trustees – Treatment Centre
Ian Smith (Chair)
Bryan Baker
Shaun Darchiville
Howard J. Kaufman
Agnes Kazakos
Susan Kee
Tom Little
Hugh McKee
Patrick Nelson
Jan Rush
Debbie Thompson
Sandy Walker
Dr. Trevor Young

Board of Trustees – Foundation
Calvin Younger (Chair)
Bryan Baker
Julie Di Lorenzo
Barry Fenton
Christina Ford
George Hardy
Pamela Jeffery
Ann Sutherland

Executive Leadership Team
Donna Duncan
President & CEO - The Hincks-Dellcrest Treatment Centre

Valerie Campbell
Interim President & CEO - The Hincks-Dellcrest Foundation

Dr. Marshall Korenblum
Psychiatrist-in-Chief

Linda Hills
Vice-President, Academic & Research and Executive Director - Gail Appel Institute

Katherine Dominic
Vice-President, Clinical Services & Interprofessional Practice

Annabelle Rocha
Vice-President, Corporate Services and Chief Financial Officer

Mary Pompanti
Vice-President, Talent & Culture

As of March 31, 2013

The Hincks-Dellcrest team: Committed to children and families

The Hincks-Dellcrest Centre is made up of approximately 350 full-time and part-time staff members, students, trainees, and volunteers. Our team includes psychiatrists, psychologists, social workers, child and youth workers, early childhood educators, and community home visitors, as well as administrative staff that support our work with children and families.

Our team is dedicated to the work of Hincks-Dellcrest and children's mental health. More than half of our permanent and contract employees have been with the Centre for over a decade; one-quarter have contributed more than 20 years of service.
To make a donation
To support children’s mental health and the work of The Hincks-Dellcrest Centre, please contact Annabel Bassin at abassin@hincksdellcrest.org, (416) 924-1164, ext. 3343, or 1-855-944-HOPE (4673).

To volunteer
To inquire about volunteer opportunities at The Hincks-Dellcrest Centre, please email volunteer@hincksdellcrest.org or call (416) 924-1164, ext. 2111 or 1-855-944-HOPE (4673).