

FAMILY OF SUPPORT: CHILD & YOUTH MENTAL HEALTH INITIATIVE

# Impact Report Year Two



**Sobey's**   
THE SOBEY  
FOUNDATION



**CANADA'S  
CHILDREN'S  
HOSPITAL  
FOUNDATIONS**

This is the second annual impact report from Canada's Children's Hospital Foundations (CCHF) describing the implementation of our partnership with Sobeys Inc. and The Sobeys Foundation within the Family of Support: Child & Youth Mental Health Initiative. Covering the period from January 1 to December 31, 2021, the report outlines the progress hospitals have made in delivering or expanding access to their Sobeys-supported mental health programs.

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**Improving child and youth mental health across Canada through early intervention and broader access to care and training.**





When The Sobey Foundation and Sobeys Inc. embarked on a journey with Canada's children's hospitals to improve the mental health of children and youth across Canada, we knew this investment was urgent. Demand for mental health support had grown dramatically and care providers were struggling to keep pace.

What we didn't know when we began this work together was that the uncertainty and isolation of the pandemic were about to exacerbate every trend that families and care providers were already experiencing. Waiting lists that were already too long got longer. People whose mental health was solid two years ago have found themselves struggling – and those who felt precarious in early 2020 have, in many cases, deteriorated.

There simply could not have been a better time for Sobeys to deepen their commitment to the cause of child and youth mental health. The care providers at Canada's children's hospitals are eager to help young people during this period of extraordinary need, and our entire network is grateful for the support Sobeys is providing to help hospitals deliver vital treatment, care and support.

Although Family of Support began just before an unprecedented spike in demand for mental health care, I'm quick to remind people that this partnership was being designed well before the pandemic: it was not a reaction to a crisis, but a strategic investment with a long-term vision. With its emphasis on early intervention and expanding access to training, Family of Support is not just addressing today's needs – it is contributing to a generational change that will help to reshape the mental health landscape in Canada for decades to come.

On behalf of Canada's children's hospitals and foundations, thank you for your commitment to helping kids and families – not only in the extraordinary circumstances of the past couple of years, but whenever and wherever they reach out for help.

Sincerely,

A handwritten signature in blue ink, consisting of several loops and a long horizontal stroke at the bottom, representing the name Mark Hierlihy.

**Mark Hierlihy**  
President & Chief Executive Officer  
Canada's Children's Hospital Foundations



This year, we've seen the Family of Support initiative mature from its start-up phase in 2020 into a partnership that's beginning to show its potential to change the child and youth mental health landscape across Canada. It's been gratifying to see this partnership make progress despite the constraints of the pandemic, and even more exciting to know that the results we're seeing today are only the beginning of the impact that's coming.

This 2021 impact report summarizes the wide range of Sobey's-supported interventions CCHF hospitals have developed to help young people improve their mental health. Each program is effective and important on its own terms. But there's particular reason for optimism in knowing that this national initiative, Family of Support, is much more than the sum of its parts.

Over time – as the programs mature and as the pandemic subsides – children's hospitals will have more and more opportunities to share their learnings and collaborate with each other, ultimately expanding the reach of leading practices. As these collaborations gain strength, they will compound the impact of individual programs across the country, making a difference for a widening circle of kids and families.

Although the early results are enormously promising, we simply can't know the exact contours of the changes this partnership will create in the years ahead. But a quick story from 2021 points to the kinds of results that become possible with sustained support.

In May, the IWK hosted a three-day conference on a mental health model developed right here: the Choice and Partnership Approach (CAPA). Over 475 participants (psychiatrists, addiction clinicians, researchers, families) attended from eight countries and seven provinces. It was an extraordinary time of learning and training; an international community of practice took shape. Family of Support didn't set out to enable this conference, but Sobey's engagement is connected to every aspect of this vital gathering: the expertise to develop CAPA, the leadership of the Sobey's Chair in Child and Adolescent Mental Health, the capacity to host the conference and even the IT resources that connected some international participants.

This gathering was just one of many positive, largely unanticipated outcomes that we are confident will emerge from this extraordinary relationship. Thank you Sobey's Inc. and The Sobey Foundation for your vision and your steadfast partnership. We can't anticipate every step of the journey before we embark, but I believe without question that by trusting and supporting mental health experts from coast to coast to coast, the difference we'll make for young people will be profound and lasting.

Sincerely,

A handwritten signature in blue ink, appearing to read 'Jennifer Gillivan', written in a cursive style.

**Jennifer Gillivan**

Chair, Board of Directors, Canada's Children's Hospital Foundations  
President & Chief Executive Officer, IWK Foundation

# About the Partnership

In 2020, The Sobeys Foundation, Sobeys Inc. and Canada's Children's Hospital Foundations (CCHF) came together to create the inaugural partnership within the Family of Support: Child & Youth Mental Health Initiative. This innovative national partnership, developed in consultation with Canada's 13 children's hospitals and their foundations, is investing millions in mental health early interventions for children and youth across Canada. **The partnership supports mental health care in two important ways:**

**1.** Each children's hospital chose one or more local, evidence-based initiatives to receive support – either a new program or pilot, or the expansion or enhancement of an existing program to support the mental health of children and youth.

**2.** In addition to providing generous contributions for specific programs, Sobeys leads an annual in-store campaign (at stores across 16 banners), providing additional funds that hospitals allocate to their areas of the greatest need when it comes to care and training in child and youth mental health.



**13 CHILDREN'S HOSPITAL FOUNDATIONS.**

**134,000 SOBEYS INC. TEAMMATES.**

**ONE FAMILY.**



# Achieving Impact Together

Although investments in prevention and early interventions have the greatest potential to reduce the harm mental illness causes, acute care demands a large share of the resources allocated to mental health. The result is that most children and youth facing mental illness cannot access services until their issues escalate to the point of crisis. Insufficient investment in early interventions causes demand for inpatient and emergency care to grow, as prospects for good outcomes dwindle. The Sobeys Foundation, Sobeys Inc. and Canada's Children's Hospital Foundations aspire to break this cycle.

## STRATEGIC PILLARS

Family of Support: Child & Youth Mental Health Initiative prioritizes early interventions in child and youth mental health. Our partnership supports care and training initiatives led by the 13 hospitals in the Canada's Children's Hospital Foundations network.

### Care

- Create and adapt clinical spaces to nurture patients and families and to send the message that mental health matters.
- Develop programs to enhance care and service delivery for children at risk of or in the early stages of mental health challenges to prevent acute crises.
- Leverage the 'living labs' and vast patient cohorts within hospitals and community sites to test the effectiveness of current early intervention strategies and ensure they are delivering value for families.

### Training

- Build capacity for care by educating the next generation of mental health leaders and community providers.
- Expand mental health training for pediatricians and frontline health-care workers so they can more quickly and accurately identify and refer children and youth with mental health issues.
- Invest in mental health literacy and prevention programs to foster healthier more resilient families and communities.

## MEASURING IMPACT

This transformational national investment in child and youth mental health early interventions has the potential to make a profound impact – helping to decrease the chronic health burden on children and their families; reduce family stress; and improve quality of life and health outcomes.

All of these benefits support children in becoming healthy, productive adults. We will make a difference by focusing on four measurable outputs that will drive four key outcomes. Each hospital has committed to achieving measurable increases in one or more of the following in connection with their Sobeys-supported program:

- More treatment spaces;
- More assessments;
- More patients served;
- More people trained.

## Anticipated Outcomes

Over the first five years of our partnership, the outputs listed above will enable the following anticipated outcomes:

- Shorter wait times for accessing support or transitioning between services;
- Fewer patients reaching crisis stage, and more hospital visits averted, both Emergency Department and inpatient;
- New evidence-based treatments for mental illness that achieve better responses;
- Improved patient and family satisfaction with care;
- Increased understanding of mental health in both clinical and community settings, and improved ability to respond to young people's needs in those contexts.



# Hudson's Life of Adventure

Alberta Children's Hospital Foundation

**The need** for new and better mental health treatments is urgent – and the identification, development and personalization of such treatments is a critical area for investment. By contributing to the new Centre for Child & Adolescent Mental Health at Alberta Children’s Hospital (ACH), Family of Support is helping to ensure that all patients will be able to participate in and benefit from leading-edge mental health research.

Naomi and Ryan Brock know how important research and treatment advances are. Their son, Hudson, has faced a number of debilitating health issues: absence epilepsy, anxiety, Obsessive Compulsive Disorder and Tourette syndrome. Hudson’s diagnoses made him and his family ‘frequent flyers’ at the ACH.

When things were at their worst, medication stopped controlling Hudson’s tics and he was throwing his head forward with such force that he was essentially giving himself whiplash. His ACH care team enrolled him in a study focused on the effects of transcranial magnetic stimulation (TMS) in children with Tourette syndrome. TMS is a non-invasive procedure that targets specific areas of the brain using magnetic fields. Hudson’s participation in the study was life-altering for him and his family. His tics were reduced by about 70 percent, which gave him more energy to focus on controlling his OCD and anxiety. Beyond the outcomes related to TMS itself, Hudson benefitted greatly from his time spent with the

research team, as they helped better understand his Tourette syndrome. It was a turning point in his journey.

“Having access to studies like this for families who are searching for ways to improve the quality of life for their child is everything,” says Naomi. “Not only did Hudson benefit from the TMS treatment, but he was able to do something that helped others, and that was an incredible feeling for him as a young boy.”

Hudson is now 16 and has been living overseas with his family for the last two years. While moving abroad was difficult, the support he received at the Alberta Children’s Hospital has been instrumental in helping him adapt and embrace opportunity.

“Hudson is proof that having OCD, Tourette’s and anxiety doesn’t need to stop you from living a successful life full of adventure,” says Naomi. “Having the support from the Alberta Children’s Hospital at an early age has helped him through all of these trials and challenges. The struggles are real and they are very hard at times, but there is always a way through when you have the proper support.”

Support from Sobeys for mental health research means that families like Hudson’s can access the latest, most effective therapies and be equipped with the tools needed to manage mental health struggles and improve their lives.

## Lives Changed Through Timely Support

Family of Support is helping Canada’s children’s hospitals deliver the right treatment and care at the right time to children and youth facing mental health challenges. In many cases, the results are transformative for patients and families.



## New Confidence for James

### Stollery Children’s Hospital Foundation

**When James** (a pseudonym) was 14 years old, he experienced severe social anxiety. His history included three emergency department visits, two inpatient mental health stays and several suicide attempts. He hadn’t attended school in two years.

After James and his family were directed to the mental health team at the Stollery Children’s Hospital, they were treated for eight months – engaging in safety planning and family therapy. The care team also worked on James’s ability to engage socially without anxiety.

Today, James is attending school full time and has the skills to engage confidently with others. He hasn’t been admitted to an emergency department or inpatient visit since receiving care at the Stollery.

Thanks to donors like Sobey’s, the Stollery Children’s Hospital is providing round-the-clock critical mental health care to children, youth and families as well as increased access to timely non-emergency support.

## Jessica’s Bright Future

### CHEO Foundation

**A message to CHEO from a grateful parent:** It’s been several years since you helped my daughter through the Dialectical Behavioural Therapy (DBT) program. I’ve been looking forward to writing this update email to you for years. Jessica just finished her bachelor’s degree in social work at Carleton, which she excelled at (honour roll every year). She has also been accepted for the master’s degree starting in September. She is doing very well, is very happy, has a wonderful girlfriend and has a very bright future ahead of her. Thank you to you and

your team at CHEO. We still think about the wonderful work you did for us and for Jessica. The DBT skills you taught us were invaluable to us all.

Family of Support is enabling CHEO to invest in the expansion of the DBT program, which is on track to serve 385 youth over the current five-year period of the partnership. We are also training additional team members to deliver this proven intervention. See page 16 for a program overview.

# Our National Collaboration

Each hospital foundation identified a priority program that would improve child and youth mental health locally by advancing the objectives of Family of Support: Child & Youth Mental Health Initiative. Responsive to local needs and therefore diverse in their design, programs under the partnership are united in their aim of improving early interventions through enhanced care and training. **In 2021, \$4,508,705 was distributed across the 13 children’s hospital foundations.**

■ Existing Programs Enhancements or Extensions ▲ New Programs or Pilots



**BC Children’s Hospital Foundation**  
Mental Health Programs Education Strategy ▲



**Stollery Children’s Hospital Foundation**  
Transforming Pediatric Mental Health Care ■



**The Children’s Hospital Foundation of Manitoba**  
Urgent Tele-Mental Health Service ▲



**CHEO Foundation**  
Enhanced Care to Prevent Mental Health Crisis ■



**CHU Sainte-Justine Foundation**  
Innovations in Care and Training ■



**The Montreal Children’s Hospital Foundation**  
Obesity and Eating Disorder Programs ▲ ■



**Janeway Children’s Hospital Foundation**  
Child and Youth Advocacy Centre ■



**Alberta Children’s Hospital Foundation**  
Mental Health Research 4 Kids ▲



**Jim Pattison Children’s Hospital Foundation**  
Mental Health Intensive Care Room ▲



**SickKids Foundation**  
Neuropsychological Assessments to Support Early Intervention ■



**Children’s Health Foundation**  
GET-Care Clinic ▲



**McMaster Children’s Hospital Foundation**  
I AM SAFE Suicide Prevention Intervention and Study ▲



**IWK Foundation**  
The Learning Link ▲

# Year Two: Fundraising Success Enabled Even More Impact

# \$4,508,705

2021 TOTAL FUNDS RAISED FOR CHILDREN'S HOSPITAL FOUNDATIONS THROUGH FAMILY OF SUPPORT: CHILD & YOUTH MENTAL HEALTH INITIATIVE

## \$1,664,171

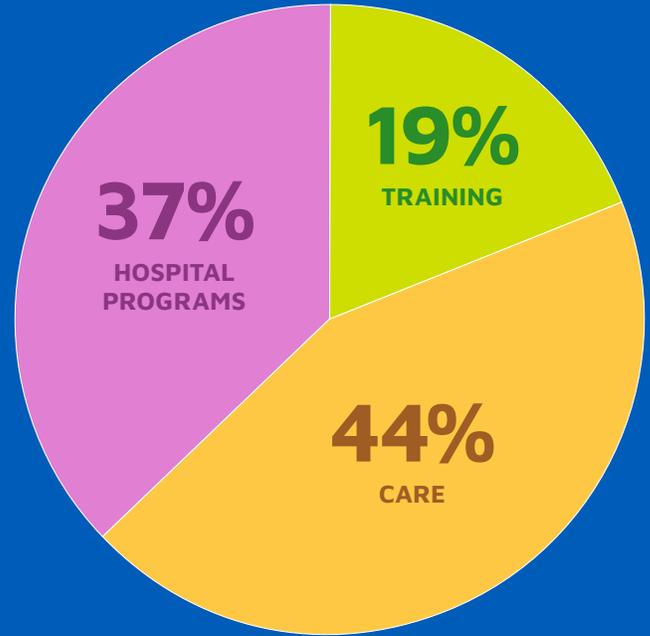
DIRECT DONATIONS TO HOSPITAL PROGRAMS

Distributed across the 13 children's hospital foundations to priority programs at each hospital.

## \$2,844,534

LOCAL FUNDRAISING TO CARE AND TRAINING

Directed to the most urgent needs in 2021 identified by the child and youth mental health departments of each hospital.



In 2021, due to outstanding fundraising success in local stores, several hospital foundations were able to add activities – over and above the new programs and increased capacity that Sobey's support was already making possible.

For example, the funds that the Children's Hospital of Eastern Ontario (CHEO) Foundation expected to raise over the entire five years of Family of Support were raised in the Initiative's first two years. With the funds expected to be raised over the remaining three years, CHEO will be able to staff the hospital's Emergency Department 24/7 with a Child and Youth Counsellor – providing immediate, specialized mental health support to young people who arrive in Emergency experiencing a mental health crisis. Three other hospital foundations – BC Children's Hospital Foundation, Jim Pattison Children's Hospital Foundation, and the Children's Hospital Foundation of Manitoba – also expect to expand their activity in view of greater-than-expected contributions from Family of Support.

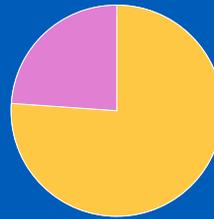


## Alberta Children's Hospital Foundation

### Mental Health Research 4 Kids

# \$600,666

2021 TOTAL FUNDS RECEIVED BY  
ALBERTA CHILDREN'S HOSPITAL FOUNDATION



#### DIRECT DONATIONS

● HOSPITAL PROGRAMS 24%

#### LOCAL FUNDRAISING

● CARE 76%

● TRAINING 0%

### HOSPITAL PROGRAM OVERVIEW

Prevention and treatment strategies for many mental health conditions have not advanced in decades. More clinical research will help us deepen our knowledge of these conditions and find better ways to address them, ultimately improving care and outcomes for young people and their families. Together with Alberta Health Services and supporters like Sobeys, the Alberta Children's Hospital Foundation is building a new and innovative Centre for Child and Adolescent Mental Health that will help to integrate research into community care.

One important initiative that will be housed at the new Centre is Mental Health Research 4 Kids, which will engage patients in the systematic collection of a wide range of data – genetic, medical and behavioural. Gathering this information will provide researchers with a detailed, 360-degree view of each patient in order to optimize their care and help others with similar symptoms. As part of this initiative, over the next five years, the Centre aims to recruit 850 children and adolescents into the Mental Health Research 4 Kids program – a longitudinal study of anxiety and depression designed to make interventions more effective. More broadly, across all research topics and initiatives we expect to enlist 10,000 participants through the new Centre over the next five years, creating one of the largest and best-characterized pediatric mental health samples in the world: a true 'living lab.'

In addition to launching Mental Health Research 4 Kids, Alberta Children's Hospital is also collaborating with SickKids Hospital, and McMaster Children's Hospital on the I AM SAFE program (please see page 22).

### 2021 UPDATE

We've made progress in a range of areas this year as we move toward the launch of the new Centre for Child and Adolescent Mental Health, expected to open Fall 2022.

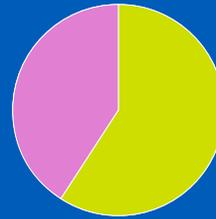
- **Website:** We have developed and launched a website to promote the research program, recruit participants and share findings. With the support of the Calgary Mental Health Literacy team, we are also developing online videos to highlight the importance of child/adolescent mental health research, demystify the research process and let potential participants know what to expect if they choose to participate in research.
- **Measurement-based care:** A newly formed subcommittee now meets monthly to discuss what measurement-based care will look like in the Centre. Measurement tools have been selected for the various services that will be offered at the Centre; the measurement program will be ready to launch when the Centre opens its doors.
- **Youth and family research partnerships:** We have created a second subcommittee and developed a strategy to support diverse youth and family engagement and consultation for various aspects of the research program and associated projects. This subcommittee includes an Indigenous scholar who is working to support the development of Indigenous research partnerships and engagement.
- **Research registry:** We have established a research registry that has recently been approved to start enrolling across Calgary Child and Adolescent Addiction and Mental Health Psychiatry Program (CAAMHPP) clinics in advance of the Centre opening.

# BC Children's Hospital Foundation

## Mental Health Programs Education Strategy

# \$646,184

2021 TOTAL FUNDS RECEIVED BY  
BC CHILDREN'S HOSPITAL FOUNDATION



**DIRECT DONATIONS**  
● HOSPITAL PROGRAMS 41%

**LOCAL FUNDRAISING**  
● CARE 0%  
● TRAINING 59%

### HOSPITAL PROGRAM OVERVIEW

Part of achieving success in early intervention is ensuring that those who work with young people – especially in health care and education settings – are equipped to identify and respond effectively to child and youth mental health needs. To expand knowledge of mental health issues and responses, and to address service delivery gaps across our province, BC Children's Hospital is developing and implementing the Mental Health Programs Education Strategy. This wide-reaching strategy will support the education and training of hospital and community health care providers as well as elementary, secondary and post-secondary educators across the province. By strengthening capacity across the continuum of care to promote mental health, identify at-risk youth and ultimately diagnose, refer and treat, we will ensure that more children and youth receive timely intervention.

### 2021 UPDATE

Funding from Family of Support has enabled us to develop a comprehensive education strategy with the support of specialized consultants. The strategy was informed by consultation with a range of stakeholders and user groups, including clinicians, patients and families.

We undertook an assessment and technical audit of our current departmental program offerings, and performed an environmental scan that included a review of the offerings and practices of best-in-class organizations in mental health. Through this process, we sharpened our understanding of the work and resources required to extend new relevant and effective learning opportunities to our colleagues, and to deliver the learning resources our community members want and need.

One key insight from our stakeholder consultation was that many of the resources our communities are looking for already exist: we've created strong, clinically vetted material on key topics, but audiences are having trouble finding them. As a result, although resources from Family of Support will aid in the creation of some new resources, we're shifting more of our focus toward unlocking the value in existing learning assets by reorganizing materials for greater accessibility.

Support from the Sobeys partnership is extremely timely as the pandemic has led to a significant increase in demand for mental health information online. Between January 1, 2021 and November 12, 2021, Kelty (our family-focused site) received 187.7% more visits than during the same months in 2020. The current click-through rate (CTR) for the Kelty website is now at 2.53%, 43.34% higher than the average CTR in the health and medical industry – suggesting that our material stands out in its relevance and usefulness.

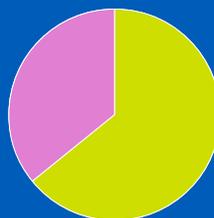
# Children’s Health Foundation

## GET-Care Clinic



# \$223,027

2021 TOTAL FUNDS RECEIVED BY CHILDREN’S HEALTH FOUNDATION



### DIRECT DONATIONS

● HOSPITAL PROGRAMS 36%

### LOCAL FUNDRAISING

● CARE 0%

● TRAINING 64%

### HOSPITAL PROGRAM OVERVIEW

The Child and Adolescent Mental Health (CAMH) Program at Children’s Hospital has seen a significant increase not only in the number of young people requiring assessment and treatment, but also in the seriousness of their conditions when they come to us. Our program has finite capacity and has been struggling to meet the overwhelming demand that has emerged during the COVID-19 pandemic, resulting in unacceptable wait times. Since 2019, wait times in our catchment area have increased by a factor of four; young people who seek help are scheduled to wait approximately 24 months for care – a delay that far exceeds clinical guidelines even for cases of moderate clinical urgency. Excessive wait times are associated with increased patient distress and family strain.

To alleviate strain on our program and reduce wait times, the team at Children’s Hospital has introduced an innovation to our model of care for children and youth with anxiety by introducing the GET-Care Clinic (Get Evidence-based Treatment Clinic). This clinic model has been developed by Drs. Eichstedt, Singh and Collins to increase timely access to evidence-based assessment and group cognitive behavioural therapy (CBT) for children, adolescents and their families. The model identifies children and youth who present at intake with anxiety and who could potentially benefit from group-based CBT. Care providers offer them a standardized diagnostic interview and resulting triage directly into group therapy.

The CAMH Program at Children’s Hospital treats more than 1,500 young people each year, delivering more than 13,000 treatment sessions. Although only a subset of our patients will directly access the GET-Care Clinic, we anticipate that all patients will benefit from this innovation to some extent because it will alleviate strain on our teams, speed access for patients in other programs (since they’ll be assessed more quickly as GET-Care Clinic patients exit the queue and begin therapy) and further enhance our team’s capacity for interdisciplinary collaboration and innovation. Indeed, if the GET-Care Clinic is successful in reducing wait times for children and youth with anxiety, our program will look to expand this physician-led model to other treatment streams in the Child and Adolescent Mental Health Program.

With the generous investment from Family of Support, we continue to seek ways to provide access to the right care, at the right time. In the case of young people with significant anxiety, this means providing access to therapy within weeks, not years, of the day when young people and their families first seek help.

Note: Due a range of issues including a clinical leadership change at Children’s Hospital, the program we reported on last year, the psychosis-focused Prospect Program, was discontinued; the hospital is offering its patients appropriate care through other channels. No funds from Family of Support were directed to Prospect in 2021; only the GET-Care Clinic received Sobey’s support.

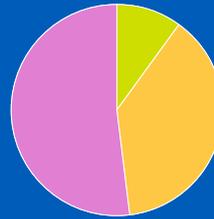


## CHEO Foundation

Enhanced Care to Prevent Mental Health Crisis

# \$281,805

2021 TOTAL FUNDS RECEIVED BY  
CHEO FOUNDATION



### DIRECT DONATIONS

● HOSPITAL PROGRAMS 52%

### LOCAL FUNDRAISING

● CARE 38%

● TRAINING 10%

### HOSPITAL PROGRAM OVERVIEW

Over the past five years CHEO's Emergency Department (ED) has seen a dramatic increase in children and youth presenting with suicidal ideation and attempts. In response, CHEO has developed two programs to enhance care and service delivery for children at risk of or in the early stages of mental health challenges. Aided by Family of Support, we are investing in these programs to support more children and families and ensure fewer patients reach a crisis stage.

**The Head to Toe program (H2T)** introduces suicide screening for all admitted, inpatient youth aged 12 and older using a brief validated tool (Ask Suicide-Screening Questions). If a patient responds in the affirmative to any of the four questions, nurses ensure that the patient receives a timely mental health assessment.

**The Dialectical Behaviour Therapy program (DBT)** was developed to address the needs of adolescents who have difficulty regulating their emotions, resulting in chronic or repeated suicidal ideation, self-injury, family conflict and school problems. The CHEO DBT team provides training in the hospital and the community to expand access to DBT treatment.

### 2021 UPDATE

Both programs continued and grew in 2021. We are grateful to Family of Support for supporting our work in both areas.

**H2T:** We continue to train registered nurses and registered practical nurses to ensure that they're equipped to effectively deploy the screening tool. In all, 120 team members were oriented to H2T in 2021. Our ultimate goal is to screen 100% of eligible young people for suicide risk. This year, we achieved a 91% screening rate, an improvement over our 78% rate in the inaugural year of the program and an 11-point improvement over our target rate for 2021 of 80%. We're proud of our team for continuing to advance this important program even amid the strains across the hospital due to the pandemic.

**DBT:** The program served 59 patients in 2021, and we were able to train an additional 9 clinicians to support the delivery of the program. DBT remained largely virtual in 2021 as the COVID-19 pandemic persisted. A systematic survey of participants found that DBT for adolescents can effectively be delivered as virtual care. Youth, caregivers and providers generally preferred in-person care but were glad to have the virtual option and found it helpful. For most families, accessing the program virtually was more accessible and convenient. Indeed, more patients to whom the program was offered have chosen to participate, perhaps because of convenience.

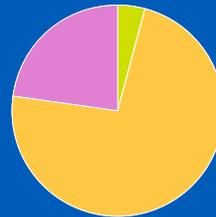
# The Children’s Hospital Foundation of Manitoba

## Urgent Tele-Mental Health Service



# \$228,529

2021 TOTAL FUNDS RECEIVED BY  
THE CHILDREN’S HOSPITAL FOUNDATION OF MANITOBA



**DIRECT DONATIONS**  
● HOSPITAL PROGRAMS 23%

**LOCAL FUNDRAISING**  
● CARE 73%  
● TRAINING 4%

### HOSPITAL PROGRAM OVERVIEW

Serving Indigenous communities both in Winnipeg and in rural and remote areas is a vital role for HSC Winnipeg Children’s Hospital. While Indigenous peoples represent 15% of Manitoba’s population, about 45% of child and adolescent patients who seek mental health care from our hospital are transported from Indigenous and rural communities. This results in stress for patients and their families, and requires extensive spending on medical transport every year. With support from Sobeys, we have implemented a new Urgent Tele-Mental Health Service to support children and adolescents in rural Manitoba. By bringing care closer to home, the project is breaking down barriers and further connecting our hospital to Indigenous and other rural communities. This new mode of delivery enhances the well-being of both patients and families by providing mental health services without the financial and emotional strains of travel. Remote consultations also create opportunities to engage patients’ families with knowledge about their child’s needs and guidance on how to provide effective support.

### 2021 UPDATE

The ongoing isolation and uncertainty connected to the COVID-19 pandemic continued to drive increased need for mental health services in our communities, making the Urgent Tele-Mental Health Service an even more critical program than our team could have anticipated when we designed it. By the end of December 2021, the team at the Children’s Hospital of Manitoba had completed 141 telehealth consults, addressing critical mental health needs in Manitoba’s remote and Indigenous communities. Three quarters of the patients who received these remote consults were able to stay in their home communities close to friends and family, giving them and their families much needed comfort in a time of distress while avoiding unnecessary disruption and transportation costs. The remaining 25% of patients were assessed by the psychiatry team from Winnipeg and connected with local community resources that could effectively meet their needs.

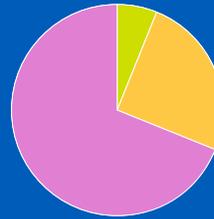
The more young people we serve through this remote care service, the more clear it becomes that helping patients remain at home and in their communities is – alongside access to care – integral to the positive impact of this program. We’re deeply grateful to Sobeys for helping us provide timely access to expert mental health care, especially at a time when the need is so great.

## CHU Sainte-Justine Foundation

Innovations in Care and Training

# \$185,363

2021 TOTAL FUNDS RECEIVED BY  
CHU SAINTE-JUSTINE FOUNDATION



### DIRECT DONATIONS

● HOSPITAL PROGRAMS 69%

### LOCAL FUNDRAISING

● CARE 25%

● TRAINING 6%

### HOSPITAL PROGRAM OVERVIEW

CHU Sainte-Justine Foundation is investing in two mental health initiatives with Sobey's support – one focused on providing high-quality care facilities for youth facing mental health challenges, and another that will support the training and evaluation of the next generation of mental health leaders.

**Care:** We are adopting specialized, innovative approaches to support youth with mental health challenges, ensuring the safety of both patients and staff. Our hospital is introducing a range of facility improvements, including adaptations that will let us use virtual reality (VR) in the treatment of children and youth with anxiety disorders and other conditions. VR lets patients safely navigate everyday situations with the immediate support of a care provider, gradually building their capacity to negotiate this terrain 'in real life.'

**Training:** We are also creating a set of meeting rooms equipped with audiovisual equipment for recording interviews between trainees and families. These assets will enable supervisors to more discreetly evaluate and guide the training of the next generation of mental health leaders.

### 2021 UPDATE

We continue to advance both of the initiatives described above, but we're doing this in the context of broader changes at our hospital as we respond to the extraordinary increase in demand for youth mental health support that has arisen during the COVID-19 pandemic. Since our last report to Family of Support in the Spring of 2021, the ongoing COVID-19 pandemic has continued to affect our operations, staff and spaces.

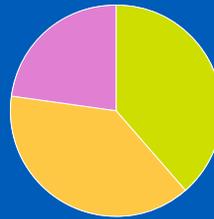
As we work to meet the needs of today's young patients while building strong foundations for the future, we welcome the leadership of Lyne Ouellette, Director of Multidisciplinary Services, Mental Health and Rehabilitation, who joined us in January 2022. Ms. Ouellette, along with her team, is undertaking a comprehensive reevaluation of current and future needs for mental health services at the CHU Sainte-Justine. This review will generate recommendations aimed at better responding to the needs of patients and families, and of the care professionals who support them. The team has already identified eight clinical training spaces that can be adapted to help us better respond to increased demand for care. In the coming months, the team will finalize their evaluation, share their recommendations and begin to implement changes to optimize our spaces and processes for excellence in care and training.

## IWK Foundation

The Learning Link

# \$434,139

2021 TOTAL FUNDS RECEIVED BY  
IWK FOUNDATION



### DIRECT DONATIONS

● HOSPITAL PROGRAMS 24%

### LOCAL FUNDRAISING

● CARE 38%

● TRAINING 38%

### HOSPITAL PROGRAM OVERVIEW

To address a widespread need for increased access to addiction and mental health support across our region, the IWK Health Centre is developing The Learning Link, a hub of expertise for Nova Scotian and Maritime mental health clinicians and community partners. The Learning Link is helping mental health clinicians share knowledge with one another, and train community partners across the region and beyond. By supporting this work, Sobey's support is helping to extend and enhance the network of support available to clients and families, connecting them more quickly with high-quality care.

The Learning Link is helping to create a Maritime mental health landscape where:

- Children, youth and families can access timely, high-quality, evidence-based mental health and addictions services wherever they live.
- Decision-making is informed by evidence.
- Information-sharing drives innovation and evidence-based improvement.
- Care practices are enhanced through expert observation, evaluation and feedback.
- Mental health providers learn from new initiatives and consider their fit for wider adoption.

### 2021 UPDATE

With the social isolation, financial pressures on families and loss of school structure, the mental health of kids and families have suffered and demand for mental health treatment has grown dramatically. While working to meet these increased needs, we have continued to roll out as many of our planned training and capacity-building activities as possible, training 471 clinical staff and delivering 239 Learning Link training sessions. However, the spike in demand for care did affect our training activities across Nova Scotia, as our specialists prioritized the immediate and acute needs of children and youth over the (also urgent) work of building future capacity.

Nevertheless, we did continue to develop the tools and relationships for future training and collaboration initiatives. We acquired or developed supportive technologies to enable distance learning – including interactive smart boards (installed in nine community locations to aid virtual case consultations and clinical supervision) and a clinical knowledge management system (KMS), which will serve as a hub to store, share and access clinical information, tools and resources. Nova Scotia Mental Health and Addictions also identified the need for a virtual interactive learning platform to support IWK-developed learning modules. This platform will allow clinicians to access teaching sessions, clinical learning modules and videos to enhance clinical expertise and practice.

Even as we've made substantial gains in virtual and distance learning and collaboration, we also remained focused on identifying and outfitting a physical home for the Learning Link's team and activities. We're in the final stages of procuring a new space and we expect to begin renovations in the late spring of 2022.

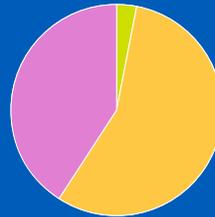
# Janeway Children’s Hospital Foundation

## Child and Youth Advocacy Centre



# \$134,717

2021 TOTAL FUNDS RECEIVED BY  
JANEWAY CHILDREN’S HOSPITAL FOUNDATION



**DIRECT DONATIONS**  
● HOSPITAL PROGRAMS 41%

**LOCAL FUNDRAISING**  
● CARE 56%  
● TRAINING 3%

### HOSPITAL PROGRAM OVERVIEW

Research has found that nearly a third (32%) of Canadians aged 15+ – almost nine million people – report that they personally experienced childhood physical or sexual abuse. In Canada, Child Advocacy Centres (CACs) are one tool that governments and communities have developed to support children in cases where abuse is suspected. CACs bring together multi-disciplinary teams to holistically address the needs of children, youth and their families; they offer a range of services in areas ranging from mental health to access to justice.

In a five-year, multi-site study, the Department of Justice of Newfoundland & Labrador found children and families to be highly satisfied with the support they received from CACs. These findings held true across a range of delivery models. Ninety-three percent of respondents say the support they received from professionals through the CAC was helpful. Large majorities of youth victims (79%) and caregivers (91%) said the services they received were culturally sensitive.

Janeway Children’s Health and Rehabilitation Centre has partnered with other agencies to establish a much-needed Child and Youth Advocacy Centre (CAYAC) for children in Newfoundland & Labrador. The Centre supports children and youth who have been victims of or witnesses to abuse, violence and other crimes. Customized services delivered in a safe space help reduce short- and long-term impacts of the abuse and violence that many young people experience.

### 2021 UPDATE

Although pandemic restrictions caused delays and disruptions in the opening of the CAYAC, we are pleased to report strong progress in clinician training and in the completion of the Centre’s physical spaces, all aided in part by the Family of Support initiative.

**Training:** All clinicians have now received trauma-informed training specific to their area of expertise. Many completed “Understanding Developmental Trauma,” a two-day program designed to prepare clinicians to support children and youth who have experienced or been witness to crime, violence and/or abuse.

**Clinical spaces:** The renovations of the clinical spaces are complete. We now have three child-friendly clinic rooms, a playroom and two joint investigation rooms for police services.

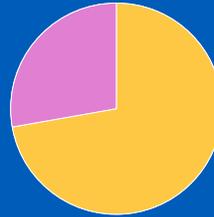
The Centre also has a new official name: The North Star Child & Youth Advocacy Centre.

## Jim Pattison Children's Hospital Foundation

### Mental Health Intensive Care Room

# \$160,352

2021 TOTAL FUNDS RECEIVED BY JIM PATTISON CHILDREN'S HOSPITAL FOUNDATION



#### DIRECT DONATIONS

● HOSPITAL PROGRAMS 28%

#### LOCAL FUNDRAISING

● CARE 72%

● TRAINING 0%

### HOSPITAL PROGRAM OVERVIEW

The first contact many children and families have with mental health services is in a hospital emergency department. Reliance on emergency departments tends to increase when young people are not able to access timely care – a challenge that thousands of young people and families across Canada have been confronting in recent years, especially since mental health needs have increased during the COVID-19 pandemic. In Saskatoon, there are 800 children on the wait list to see a child psychiatrist.

Even as care providers work hard to intervene earlier and prevent more young people from reaching a state of mental health crisis, the current reality is that many young people experiencing acute mental health challenges turn to the Emergency Department at Jim Pattison Children's Hospital for short-stay crisis care. When they do, it's vital that we provide them with a safe, supportive care environment. Thanks in part to generous support from Sobeys, the hospital operates a Mental Health Intensive Care Room in the emergency department to provide a secure, calming environment for children and youth in crisis.

### 2021 UPDATE

The Mental Health Intensive Care Room in the Emergency Room (ER) at Jim Pattison Children's Hospital first opened in September 2019. Since that time, it has undergone further modifications to enhance its suitability for young people in mental health crisis, including those at elevated risk for self-harm. The modifications have added further protections for patients, staff and the department. Design adaptations have included:

- Door modifications to allow crisis access, as well as improved observation and communication during non-crisis periods;
- Live cameras and new security processes to support continuous monitoring of the patient;
- Installation of 'panic strips': easily accessible emergency buttons that can immediately alert others to a crisis in the room;
- Addition of a specially designed assessment bed, secured to the floor and without moving parts, to reduce risk of harm;
- New protocols for all areas and staff.

This dedicated environment – the physical space itself as well as the observation and care protocols that guide its use – not only improves patients' experience by providing comfort and privacy at a stressful time, it also often means they need less medication and are at lower risk of self-harm.

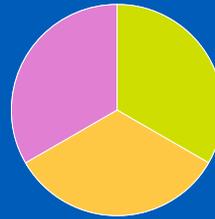
# McMaster Children’s Hospital Foundation

## I AM SAFE Suicide Prevention Intervention and Study



# \$172,054

2021 TOTAL FUNDS RECEIVED BY  
MCMaster CHILDREN’S HOSPITAL FOUNDATION



**DIRECT DONATIONS**  
● HOSPITAL PROGRAMS 34%

**LOCAL FUNDRAISING**  
● CARE 33%  
● TRAINING 33%

### HOSPITAL PROGRAM OVERVIEW

More Canadian youth die by suicide than from the top 10 fatal diseases in this population combined. To address the urgent need for effective suicide prevention strategies, mental health experts have developed a new and innovative six-week psychotherapy program called I AM SAFE, focused on improving family communication, reducing conflict and increasing coping skills. “Our goal is to help these teens to be teenagers and not patients. They need to know that there are solutions to their problems that do not involve self-harm,” explains Dr. Khrista Boylan, Child and Adolescent Psychiatrist at McMaster Children’s Hospital.

With support from Sobeys, McMaster Children’s Hospital is working alongside SickKids Hospital and Alberta Children’s Hospital to test the effectiveness of this intervention program through a multi-site clinical trial. The goal of the trial is to develop a new standard of care for patients who present at Emergency Departments at risk of suicide or self-harm. Currently, many such patients are sent home and referred to community programs – but there is no systematic intervention to address effective communication between parents/guardians and patients to ensure they are navigating their challenges effectively together.

### 2021 UPDATE

After developing research protocols and other fundamentals in 2020, in 2021 the three hospitals involved in the I AM SAFE clinical trial began recruiting patients. At McMaster Children’s Hospital, a new team member, Imayan Neela, Research Coordinator of Psychiatry and Behavioural Neurosciences, has led the recruitment process and engaged six patients in the trial.

Patients become eligible for participation in the study at our site when they present at the Emergency Department at McMaster Children’s Hospital with risk of suicidal ideation or self-harm. Alongside whatever support is provided right away according to the existing standard of care, the patients and families are asked whether they wish to participate in a research project that may involve receiving additional mental-health resources and guidance. Those who agree to participate receive a baseline assessment to help researchers understand how they’re doing before the I AM SAFE intervention. For those patients assigned to the treatment group (as opposed to the control group, which receives the existing standard of care) the entire family undergoes a six-week program designed to foster open communication and help them navigate their challenges together as a family. The patients’ and families’ status is assessed during the program period, at its conclusion (after the final session), and eighteen weeks later. We look forward to providing further updates as the study progresses.

[See page 26 to learn about the difference the I AM SAFE program made for 15-year-old Bailey.](#)

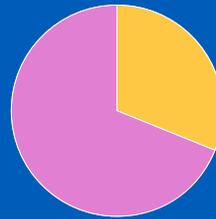


## The Montreal Children's Hospital Foundation

### Obesity and Eating Disorder Programs

# \$185,363

2021 TOTAL FUNDS RECEIVED BY  
THE MONTREAL CHILDREN'S HOSPITAL FOUNDATION



#### DIRECT DONATIONS

● HOSPITAL PROGRAMS 69%

#### LOCAL FUNDRAISING

● CARE 31%

● TRAINING 0%

### HOSPITAL PROGRAM OVERVIEW

The Montreal Children's Hospital Foundation is investing in improved treatment for two critical mental health issues: obesity and eating disorders.

Severe obesity in teenagers is an increasingly prevalent problem. This condition leads to short-term and long-term health complications, and diminishes quality and length of life. Until three years ago, severely obese teens had no dedicated services outside of Toronto. Funding from Sobeys is helping to build the first Centre of Excellence in Adolescent Severe Obesity in Quebec; there is an urgent need for this support, and having a Centre closer to home will help Quebec patients receive help earlier in the progression of their condition.

We were the first program in Quebec to provide licensed and accredited family-based therapy (FBT) for eating disorders. Our FBT-trained therapists provide evidence-based treatment, primarily for anorexia and bulimia. These illnesses have both psychological and physical components, and can have a dramatic impact on growth, brain function, bone strength, sexual development and cardiac health. Patients have a high rate of chronic complications and are at high risk of suicide. The FBT program, by intervening where possible before patients' conditions have become severe enough to warrant inpatient care, has led to a drastic reduction in the number and duration of hospitalizations for youths with an eating disorder. Sobeys support is helping us to invest further in this successful program.

### 2021 UPDATE

**Family-Based Treatment Program:** Consistent with a worrying and widespread trend across Canada, referrals to the FBT program are growing – likely a consequence of COVID-19's impact on adolescent eating disorders. It's now a well-established national trend that restrictive eating disorders have increased dramatically since the start of the pandemic. At our own hospital over the last year, more patients have presented for restrictive eating disorders in extreme medical and psychological states. Patients have rapidly lost large amounts of weight, presented with low heart rates and blood pressures and demonstrated extreme behaviors around food refusal. Effective treatment of these severe and entrenched eating disorders requires tertiary, multidisciplinary services often beyond the scope of community providers. Donors like Sobeys are helping us to respond.

**Centre of Excellence for Adolescents with Severe Obesity:** It's been a very challenging year for patients and families living with severe obesity, as well as our teams working hard to support them. The cancellation of adolescent bariatric surgeries due to COVID-19 has left many patients discouraged. Public health measures such as school and gym closures have had harmful effects on our patients' physical and mental health. We've seen more severe obesity, declines in healthful activities, and dramatic increases in depression and anxiety – all contributing to a worsening situation for an already vulnerable population. What's more, patients living with obesity represent a group at especially high risk of severe outcomes from this coronavirus. Donors like Sobeys have helped us to support, encourage and treat these adolescents (often virtually) at this extremely difficult time. We look forward to resuming in-person care as we continue our work to improve the well-being of adolescents living with this chronic disease.

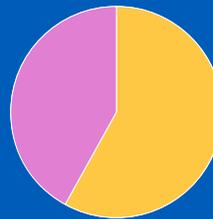
## SickKids Foundation

Neuropsychological Assessments to Support Early Intervention



# \$776,099

2021 TOTAL FUNDS RECEIVED BY SICKKIDS FOUNDATION



### DIRECT DONATIONS

● HOSPITAL PROGRAMS 42%

### LOCAL FUNDRAISING

● CARE 58%

● TRAINING 0%

### HOSPITAL PROGRAM OVERVIEW

More than 28% of children and youth with physical illnesses face mental health challenges. Without early assessment, intervention and education, their mental health needs may not be met. To identify potential challenges early, SickKids has a comprehensive neuropsychological assessment program for patients whose conditions – from brain tumours to congenital heart disease – put them at elevated risk of brain and mental health challenges. Each assessment, conducted by trained professionals, measures a child’s memory, learning, intelligence, socioemotional functioning, language and attention. Because of the pandemic, access to these types of assessments through school or the community has been limited, contributing to long waitlists. With support from Sobey’s, SickKids is increasing our capacity in order to expand access to this service, providing more assessments and ensuring youth don’t miss critical windows of opportunity for early intervention.

In addition to expanding access to neuropsychological assessments, SickKids is also collaborating with Alberta Children’s Hospital and McMaster Children’s Hospital on the I AM SAFE suicide prevention clinical trial (see page 26).

### 2021 UPDATE

The neuropsychology team completed 93 assessments for 75 patients from January 1 to December 31, 2021. A new neuropsychologist, Dragana Ostojic-Aitkens, was hired in October 2021 to replace Michelle Keightley. Dragana, having been with us as a clinical fellow in neuropsychology for several years, smoothly transitioned into this new role, working with the team to support clinics across SickKids, including genetics, haematology/oncology, neurology, cardiology and stroke. The increased capacity of the neuropsychology team has meant that patients who might have waited more than a year for an assessment are now seen sooner – during critical windows of opportunity for early intervention. Improved access to support in this area is a relief for patients and families, many of whom are already feeling overwhelmed by their child’s physical condition and lack of access to services in the community and school as a result of the pandemic. Streamlined access to neuropsychological assessments has allowed the team to advocate with parents, school administrators and other clinical services at SickKids and in the community for improved access to supports based on the assessments’ findings. Support from Sobey’s for testing materials has also enabled the team to conduct more assessments virtually using new digital tools. SickKids is now working with an external vendor to refine these tools; this work will ultimately help to shape the offerings available across Canada.

The I AM SAFE suicide prevention trial is making good progress. So far, SickKids has recruited 70 participants – more than we had anticipated recruiting by this stage. The high recruitment numbers speak to the higher volume of patients presenting to the SickKids Emergency Department with suicide ideation and attempts, as well as the willingness of this patient population to be engaged in clinical trials aimed at finding better ways to treat suicidality.

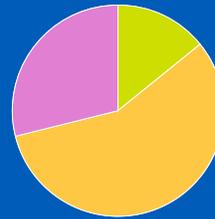
# Stollery Children’s Hospital Foundation

## Transforming Pediatric Mental Health Care



# \$480,407

2021 TOTAL FUNDS RECEIVED BY  
STOLLERY CHILDREN’S HOSPITAL FOUNDATION



**DIRECT DONATIONS**  
● HOSPITAL PROGRAMS 29%

**LOCAL FUNDRAISING**  
● CARE 57%  
● TRAINING 14%

### HOSPITAL PROGRAM OVERVIEW

Thanks to donors like Sobeys, the Stollery Children’s Hospital is providing round-the-clock critical mental health care to children, youth and families as well as increased access to timely non-emergency support. Due to difficulties accessing early mental health interventions, many young patients and their families end up turning to Emergency Departments (EDs). As the only specialized pediatric ED in central and northern Alberta, Stollery receives many of these cases – seeing approximately 2,500 kids and teens each year.

Although we have a 24/7 crisis team ready to respond to patients experiencing mental health emergencies, we are also working to adapt our team and service approach in order to meet non-emergency needs in a timely way – all while easing strain on the hospital. A key aspect of this work is to develop a multidisciplinary mental health team that’s integrated into the Stollery ED – ready to give patients the immediate care they need, and redirect them toward non-emergency supports where appropriate. Support from Sobeys and others has enabled us to hire enough licensed practical nurses (LPNs) to provide 24/7 coverage, as well as a social worker, a registered psychiatric nurse, a mental health therapist and a clinical nurse educator.

### 2021 UPDATE

We have made a number of important steps in 2021:

- A new mental health walk-in clinic opened in May, seeing clients diverted from the ED who screen as low-risk and do not require psychiatric support. These patients are offered a same-day appointment with a therapist. In July 2021 alone, 89 of the 269 ED mental health-related visits were redirected to the walk-in clinic.
- A new outpatient psychiatry clinic opened in November for children and youth who require ongoing psychiatric follow-up. Although the clinic is already providing high-quality, evidence-based support (and carried out more than 50 appointments in just two months of operation at the end of 2021), we look forward to welcoming patients and families into a new, larger clinic space that’s currently being renovated for this purpose.
- Our clinical nurse educator (CNE) continues to build the hospital’s mental health care capacity, including by working with medical teams who are not focused on mental health but benefit from the CNE’s support in providing holistic care to patients.
- Support from the donor-funded registered psychiatric nurse has allowed the Stollery Urgent Psychiatry Clinic to decrease wait times for referrals and consults from three weeks down to under 10 days.

A program at McMaster Children's Hospital helped 15-year-old Bailey gain the tools and skills she needed to put fear and stressful thoughts into perspective, increasing her sense of control over her mind and her life.

# A Change in Thinking

**The pandemic changed the world as we know it.** Everyday things we used to take for granted – like the ability to visit loved ones, attend public events or go to school in person – were no longer simple matters.

“I felt like a ticking timebomb,” says 15-year-old Bailey from Fort Erie, who found her mental well-being severely affected as the pandemic progressed. “There was stress because of school, and I was being bullied through texts, and the isolation caused by the pandemic made everything worse.”

In December 2021, Bailey reached her “breaking point” when she lost her job, causing her anxiety to soar even higher.

“I felt trapped, like there was no way out,” she recalls. “That’s when I visited the emergency department in St. Catharines, and I was referred to McMaster Children’s Hospital from there.”

Bailey and her mother, Kathy, were connected with a therapist through the Mental Health Assessment Unit at McMaster Children’s Hospital’s Emergency Department (ED).

They were asked if they were willing to participate in a clinical trial called I AM SAFE, which is designed to standardize



Bailey received mental-health support through McMaster Children’s Hospital and the I AM SAFE program.

the care of patients like Bailey who present to the ED with mental-health challenges. The program aims to reduce self-harm and suicide among young people. It provides tools and resources that can be used outside of the hospital setting to help the entire family during difficult times.

“We learned about the different resources that would be available, so we said yes immediately,” says Kathy. “We were willing to do anything necessary to help Bailey, and we realized that it’s okay to not be okay.”

For the next six weeks, Bailey and Kathy consulted with their therapist every week and they talked about healthy strategies to cope with anxieties and ways to reframe stressful situations when they come up in life.

The pandemic made it necessary for them to consult virtually, but even though they were unable to meet with the therapist in person, Bailey and Kathy found their time together extremely valuable.

“My time with the program gave me a new perspective on things and showed me that I could change how I think,” explains Bailey. “It enabled me to break down my thought process, and it helped me realize that things weighing me down today might not matter so much later.”

Bailey’s mental well-being has improved significantly since participating in the clinical trial. By sharing their experience with I AM SAFE, Kathy and Bailey hope they can help reduce the stigma associated with mental health.

“I AM SAFE is a phenomenal program that truly did help,” says Kathy. “There shouldn’t be a stigma associated with getting help when you need it, and we’re so glad we did.”

## Sharing Insight, Extending Impact

In addition to McMaster Children’s Hospital where Bailey accessed the I AM SAFE program, SickKids Hospital in Toronto and Alberta Children’s Hospital in Calgary are also participating in this important clinical trial. Experts at all three hospitals are collaborating in gathering and analyzing data about the program’s impact.

In addition to enabling projects at individual children’s hospitals, Sobey’s support is also fuelling collaborations like I AM SAFE that will help experts share valuable insights and expand the use of leading practices across Canada and beyond.

# Measures of Impact

## YEAR TWO: MOMENTUM AND REFINEMENT

Hospital foundations received their first funding from Family of Support in late 2020 and early 2021. In 2021, some local programs expanded significantly and built momentum after an initial startup phase. Other hospitals made adjustments to their programs based on valuable learnings from Year One (or, in a couple of cases, because of changes in clinical leadership). Both forms of progress – straightforward growth and program adaptation and optimization – mean an improved contribution to the mental health of Canadian children and youth.

## INTERPRETING THE NUMBERS

The scorecard on the following pages will help everyone involved with our partnership track progress over time against the goals we have established together. Even as we strive to make gains on these important measures, it is important to note that there are many factors health care providers, including Canada’s 13 children’s hospitals, cannot control. The COVID-19 pandemic is a vivid example of a disruption outside hospitals’ control. More common factors – from economic upheavals to major policy changes – also affect health care programs. In our reports to the partnership Steering Committee, we will strive to provide useful context and share both quantitative and qualitative measures of impact to provide an accurate picture of successes and challenges.

Member Foundation	Program Name	Year Two			
		Number of Assessments	Number of People Trained	Number of Patients Served	Number of Treatment Spaces
Alberta Children’s Hospital Foundation	Mental Health Research 4 Kids ▲	✓	✓	✓	✓
BC Children’s Hospital Foundation	Mental Health Programs Education Strategy ▲	–	✓	–	–
	Integrated Pain Program – PainCare360 ▲	New program metrics to be provided in the Year Three Impact Report.			
Children’s Health Foundation	GET-Care Clinic ▲	–	–	–	–
CHEO Foundation	Dialectical Behaviour Therapy Program (DBT) ■	–	✓	✓	–
	Head to Toe Program (H2T) ■	–	✓	✓	–
	Mental Health Child & Youth Counsellor at Emergency Department 24/7 ■	✓	–	–	–
The Children’s Hospital Foundation of Manitoba	Urgent Tele-Mental Health Service ▲	✓	✓	✓	✓
	PRIME: Partnering for Innovation in Mental Health through eHealth Excellence ▲	New program metrics to be provided in the Year Three Impact Report.			
CHU Sainte-Justine Foundation	Innovations in Care and Training ■	✓	✓	–	✓
IWK Foundation	The Learning Link ▲	–	✓	✓	–
Janeway Children’s Hospital Foundation	Child and Youth Advocacy Centre ■	✓	✓	✓	✓
Jim Pattison Children’s Hospital Foundation	Mental Health Intensive Care Room ▲	✓	–	✓	✓
McMaster Children’s Hospital Foundation	I AM SAFE: Suicide Prevention Intervention and Study ▲	✓	✓	✓	✓
The Montreal Children’s Hospital Foundation	Family-Based Therapy (FBT) for young people with eating disorders ■	✓	✓	✓	✓
SickKids Foundation	Neuropsychological Assessments to Support Early Intervention ■	✓	–	✓	–
Stollery Children’s Hospital Foundation	Transforming Pediatric Mental Health Care ■	✓	✓	✓	✓

■ Existing Programs Enhancements or Extensions ▲ New Programs or Pilots

## YEAR TWO SCORECARD

For purposes of tracking, Canada's Children's Hospital Foundations has divided the programs into two categories: (1) Existing Programs Enhancements or Extensions and (2) New Programs or Pilots. The data presented below reflect the results of diverse activities across 13 different institutions. Measurement and interpretation has been led by subject matter experts at each hospital.

### CARE AND TRAINING TOTALS, ALL PROGRAMS COMBINED

Family of Support Program Year	Number of Assessments	Number of People Trained	Number of Patients Served	Number of Treatment Spaces
Year One	3,002	313	6,165	10
Year Two	17,242	6,886	14,889	26
<b>Cumulative Total</b>	<b>20,244</b>	<b>7,199</b>	<b>21,054</b>	<b>36</b>

Substantial increases in 2021 reflect the fact that many hospitals moved from design and start-up activity in Year One to implementation and growth in Year Two.

### CARE AND TRAINING RESULTS IN YEAR TWO, BY PROGRAM

Member Foundation	Program Name	Year Two				Additional Information
		Number of Assessments	Number of People Trained	Number of Patients Served	Number of Treatment Spaces	
<b>Alberta Children's Hospital Foundation</b>	Mental Health Research 4 Kids at the Centre for Child & Adolescent Mental Health ▲	0	0	0	0	The Centre is expected to open in Fall 2022.
<b>BC Children's Hospital Foundation</b>	BCCH Mental Health Programs Education Strategy ▲	—	5,917	—	—	
	Integrated Pain Program – PainCare360 ▲	—	—	—	—	New program metrics to be provided in the Year Three Impact Report.
<b>Children's Health Foundation</b>	Prospect Program (Prodromal Psychosis Service – Early Identification and Intervention for Severe Mental Health Issues) ■	—	—	—	—	This program has been closed down and there will be no report. Instead, three-year estimates for the new GET-Care Clinic have been provided.
	GET-Care Clinic ▲	—	—	—	—	The new program started in 2021. Metrics are expected in 2022.
<b>CHEO Foundation</b>	Dialectical Behaviour Therapy Program (DBT) ■	—	9	59	—	
	Head to Toe Program (H2T) ■	—	120	1,073	—	
	Mental Health Child & Youth Counsellor at Emergency Department 24/7 ■	823	—	—	—	A portion of 2021 funding support from Sobeyes will be directed to this program.

■ Existing Programs Enhancements or Extensions ▲ New Programs or Pilots

## YEAR TWO SCORECARD (CONTINUED)

Member Foundation	Program Name	Year Two				Additional Information
		Number of Assessments	Number of People Trained	Number of Patients Served	Number of Treatment Spaces	
The Children's Hospital Foundation of Manitoba	Urgent Tele-Mental Health Service ▲	141	0	141	2 per day on weekend, 1 per day during week	
	PRIME: Partnering for Innovation in Mental Health through eHealth Excellence ▲	—	—	—	—	New program metrics to be provided in the Year Three Impact Report.
CHU Sainte-Justine Foundation	Championing Mental Health Care and Training at CHU Sainte-Justine ■	6,832	64	—	8	
IWK Foundation	The Learning Link ▲	—	471	2,826	—	
Janeway Children's Hospital Foundation	Creation of a New Child and Youth Advocacy Centre in Newfoundland and Labrador ■	0	0	13	7	The numbers are represented as 0 as the North Star project has not been opened yet. No patients have been seen as a result of the COVID-19 pandemic.
Jim Pattison Children's Hospital Foundation	Mental Health Intensive Care Room ▲	1,359	—	902	2	
McMaster Children's Hospital Foundation	I AM SAFE Suicide Prevention Intervention and Study ▲	6	0	6	0	Patient families assessed Patient families served
The Montreal Children's Hospital Foundation	Family-Based Therapy (FBT) for young people with eating disorders ■	156	5	62	5	
	Centre of Excellence for Adolescent Severe Obesity (CEASO) ▲	—	—	—	—	Program was put on hold in Year Two because of the pandemic
SickKids Foundation	Neuropsychological Assessments to Support Early Intervention ■	93	—	75	—	
Stollery Children's Hospital Foundation	Transforming Pediatric Mental Health Care In Alberta Emergency Departments ■	7,832	300	9,732	4	

■ Existing Programs Enhancements or Extensions ▲ New Programs or Pilots

# Our Journey Continues

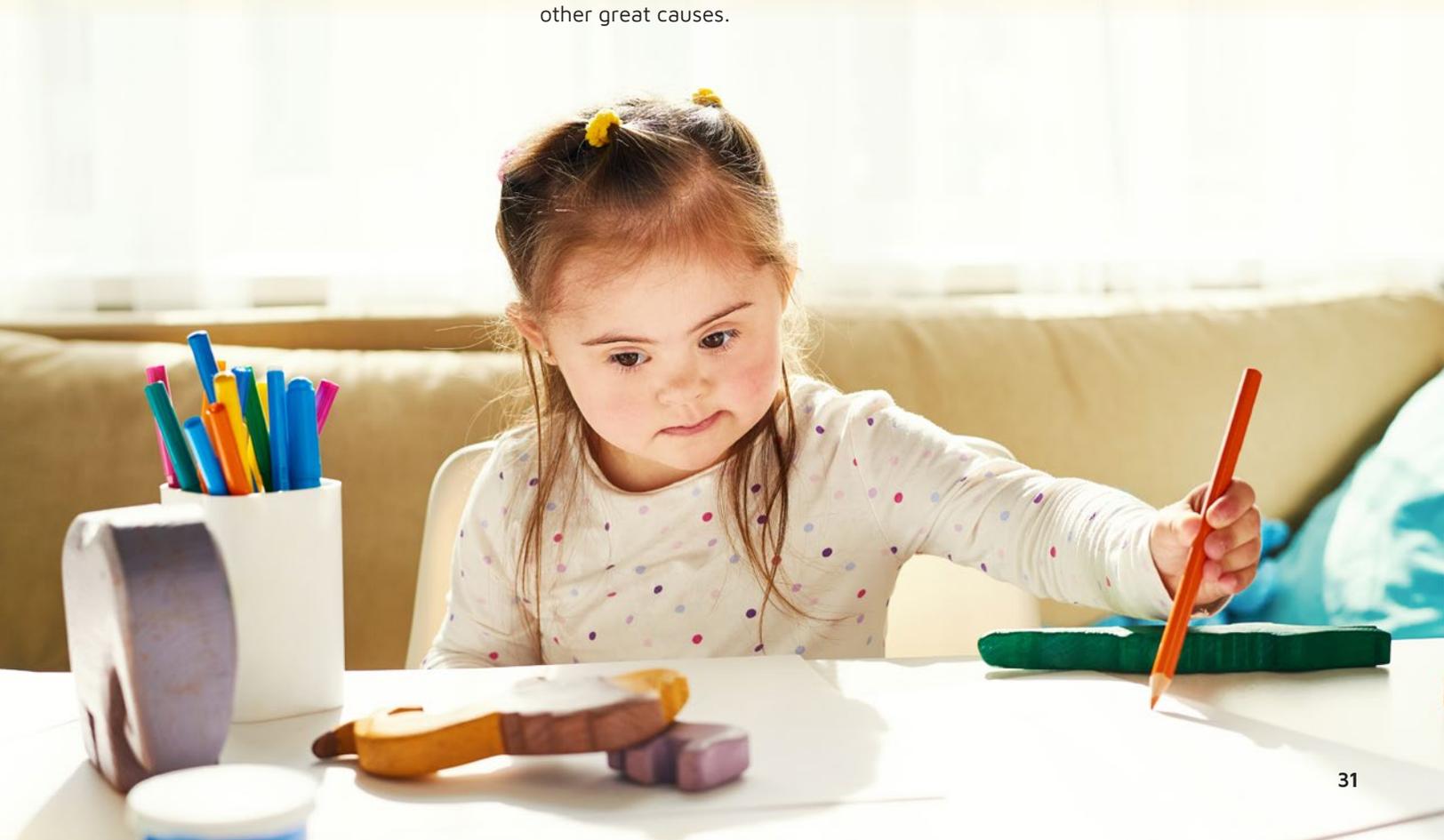
This impact report describes how funding from the Family of Support: Child & Youth Mental Health Initiative is helping hospitals across the country initiate or expand local, evidence-based programs that will make a profound difference in the lives of young people and families.

As we learn and collaborate, even more potential for impact is coming into view. Canada's Children's Hospital Foundations look forward to working alongside The Sobey Foundation and Sobeys Inc. to realize urgently needed improvements in care and training in the field of child and youth mental health across Canada.

Some upcoming milestones for our partnership include:

- **Sobeys Healthier Tomorrow's Individual Giving Program** launched April 15, 2022, and will be a yearly "always on" campaign for Sobeys Inc. teammates and employees of franchises to make a donation to their local children's hospital foundation directly from their paycheque.
- **Family of Support 360 Degree Advertising campaign** starts July 2022, complete with some amazing patient journeys.
- **Family of Support In-store Donation campaign** runs July 26–August 10 in English Canada and September 1–14 in Quebec.
- **The Sobeys Inc. Annual Charity Golf Classic** will return in person October 5, 2022, to raise funds for the Family of Support: Child & Youth Mental Health Initiative and other great causes.

Thank you for working alongside Canada's child and youth mental health experts in a spirit of trust, collaboration and shared learning.



FAMILY OF SUPPORT: CHILD & YOUTH MENTAL HEALTH INITIATIVE

# Impact Report Year Two



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