

## **New Path Youth and Family Services Annual Report 2008/09**

**To Lead and Inspire Change: We provide an innovative, multi-service approach to meet the mental health needs of children, youth, and families.**

There have been a number of very significant activities this past year for New Path Youth and Family Services, the most far reaching being the development of an ongoing strategic and business planning process. With the consulting expertise of Aperio, New Path has developed a core set of eight values and principles along with strategic priorities aimed at Program Activities, Stakeholder Engagement, Organizational Capacity, and Financial Growth. A three year business plan process that includes annual plans will be developed, implemented and monitored to ensure alignment with the strategic priorities. This approach will provide a more disciplined, business approach to our work. The strategic plan for New Path Services was developed jointly with New Path Foundation resulting in consistency and complimentary between the two organizations. We also currently have two dedicated board members positions that sit on both boards.

Key elements of the new strategic plan speak to key program development activities that will ensure continued excellence in service provision, while enhancing the capacity to develop new programs and service models. New Path seeks to be the employer of choice in the field of child and youth mental health in Simcoe County, and will ensure that staff and volunteers will have the necessary systems, technology, and facilities to fulfill our mission and strategic priorities. Staff and volunteers will also possess the necessary competencies to fulfill our mission and strategic priorities. New Path held an agency-wide launch of our new Mission, Vision, and Values, as well as Strategic Directions, during the Fall. This provided the groundwork for the plan's implementation.

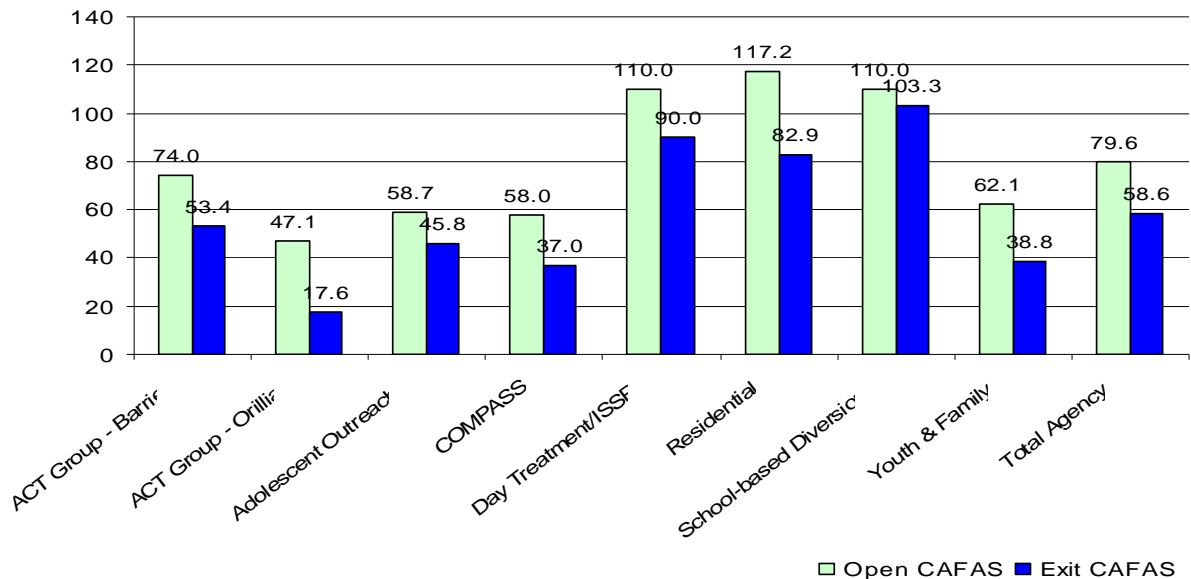
New Path serves all of Simcoe County through nine locations including Bradford, Cookstown, Alliston, Orillia, Collingwood, Midland, and three locations in Barrie. Many of our offices are co-located with other child and youth serving organizations. The Intake department experienced again this year an increasingly high volume of enquiries and referrals. They ensure that all clients are offered consultation sessions as required and requested, while waiting for an opening in their identified program.

New Path participates in a number of assessment processes, in addition to goal rating, and client feedback through Quality Assurance. This is to help determine both appropriate acceptance into service, as well as to determine functional improvement while participating in service. One of the tools used is the Child and Adolescent Functional Assessment Scale or CAFAS. The instrument measures the level of functional impairment exhibited by the client in 8 areas, including home, school, community, moods/emotions, self harmful behavior, thinking, behavior towards others and substance abuse. The client is rated on each domain and a total score is obtained for which there

are interpretive guidelines that are related to treatment options. The higher the number the more disturbed the client's behavior is in that category.

The following table and graph illustrate the average total scores for clients at assessment and discharge (Exit CAFAS) by program, for all clients who were evaluated at discharge. The difference between the light and dark bar for each program indicates the average positive change reported at discharge for clients who ended service during 2008-09. The scores indicate an improvement in level of functioning over the time the child or youth have been involved in service in each program. New Path is also part of a new provincial inter-agency Community of Practice focusing on use of CAFAS.

**Average Pre/Post CAFAS Scores by Program 2008-09**



The majority of New Path programs have remained consistent this past year from previous years. The notable exceptions are a realignment of the previous Day Treatment Services into the Intensive School Support Services. The realignment has allowed for greater flexibility to meet the needs of students within the context of their home school rather than the student needing to experience transitions to and from their home school. New Path was also given the opportunity to operate an Activities and Counseling (ACT) program in Barrie for clients referred by the local CAS. This program is part of the Community Capacity Building initiative of the Ministry of Children and Youth Services and is being reviewed annually. New Path was also asked to lead and coordinate the Student Leadership Support Initiative, representing Provincial Cluster 4 which includes Peterborough, the City of Kawartha Lakes, Northumberland County, the District of Muskoka, and Simcoe County. The initiative is to assess and facilitate more formalized linkages between school boards and community agencies to improve community based service access for students with mental health problems. This program is very much in

line with the Community Partners with Schools (COMPASS) services developed four years ago and now running County wide. Finally, New Path has developed a Telepsychiatry Program hub located at the Common Roof, which allows for psychiatric consultation services with psychiatrists at the Children's Hospital of Eastern Ontario, through video conferencing technology.

This past year New Path welcomed Kelly Seymour into the central administration team as our Director of Human Resources. Kelly has been with New Path since its inception as a Program Manager and everyone is delighted with her promotion. New Path continues to enjoy a positive working relationship with our union and we thank all those on our Employer Employee Relations Committee for their commitment to maintain this working relationship.

New Path continues to support and participate fully in the Simcoe County Coalition of Children Youth and Family Services. The Coalition is charged with the coordinated planning for child and youth services and currently has a membership of approximately thirty-five agencies. New Path was a Founding member ten years ago and currently has staff representation on many of its committees and task groups. New Path also continues its strong relationship with Children's Mental Health Ontario and actively participates at the board level as well as the clinical and accreditation levels.

We would also like to acknowledge all of our funders including the Ministry of Children and Youth Services which includes Youth Justice, the Ministry of the Attorney General, New Path Foundation, and the many individuals and corporations who have donated their time and money. We are especially pleased that the Central East Region of MCYS has shown leadership in implementing a number of corporate initiatives including the Mapping process, the Residential Review Committee, and the beginnings of a new Regional Table for children's mental health.

The Board of Directors at New Path serve as volunteers, to over see the agency's governance. They have committed enormous amounts of time this past year in order to ensure that governance standards remain at the very highest level possible. We would also like to recognize all the staff and program volunteers. They have endured significant demands and have ensured that client needs always come first.

Finally, and most importantly, we would like to acknowledge and thank the many children and youth, and their families in our Children's Services, as well as the many individuals in our Adult Services, for allowing us into their lives during a most difficult and stressful time.

Simon Atkins, Chair  
Board of Directors

Glen Newby,  
Chief Executive Officer