

**OUR YEAR  
IN REVIEW  
2007 – 2008**



**Aisling Discoveries**  
Child and Family Centre

Thank you for understanding  
our problems you made me and  
my mom happy'er then anyone else  
in the world I THANK YOU  
FOR THAT !!!



## MESSAGE FROM THE PRESIDENT AND EXECUTIVE DIRECTOR

**A**s we approach the end of the first year of implementation of our Centre's Strategic Plan, we are pleased to report that our focus on responsive service, innovation and organizational capacity building helped to set priorities and guide our work.

We have developed new partnerships through our extensive work in east Toronto's priority neighbourhoods such as Scarborough Village, Dorset Park, Thorncliffe Park. We've also worked with the Centre for Addiction and Mental Health and Native Child and Family Services to deliver a new group, Strengthening Families for parents with substance abuse problems. Outreach to the diverse communities in Scarborough has been through agencies such as Somaliland Women's Centre, Sabawoon Afghan Family Education and Counselling Centre and the Asian Community Centre. Our Centre has been actively involved with Diversity in Action Scarborough, an interagency partnership that is developing outreach initiatives in newcomer communities.



Our work with child welfare families continues to be an important collaboration with our child welfare partners – Children's Aid Society of Toronto, Catholic Children's Aid, Native Child and

Family Services and Jewish Family and Child Services. Results from the evaluation of the first series of the Dads' Connection program indicated positive feedback from the fathers and adjustments were made to the program based on evaluation results. Our other child welfare focused programs continue to have a steady stream of referrals.

Each year since the inception of the Toronto Partnership for Autism Services (TPAS) in 2002, Aisling Discoveries has stepped forward in response to the growing need for service by expanding our program. This year was no exception, as we created a sixth team of staff to bring our capacity from 7 children to 52 children during the past 6 years. The growth of the Autism Program has compelled us to look for a more suitable physical environment in which to house this intensive therapy program. Much work was begun this year to locate and plan for a new home for our TPAS program.

We continue to be inspired by the strength and resilience demonstrated by our children and families. They come to us with a resolve to overcome challenges and with the hope of a brighter future. Our incredibly skilled staff shared their compassion and their expertise to help over 3,000 children and their families through our treatment and home visiting programs. Another 8,400 individuals were served by our talented staff in our community support services.

As we approach our tenth anniversary since the founding of Aisling Discoveries Child and Family Centre, we look forward to celebrating our many achievements with our community partners in 2008-2009.

Handwritten signature of Michael Bowman in blue ink.

Michael Bowman  
President

Handwritten signature of Betty Kashima in blue ink.

Betty Kashima  
Executive Director

## PHOTO GALLERY



*Board Past President, Deborah Wolfe and Executive Director Betty Kashima congratulate therapist, Joan Williams for 30 years of service.*



*Harley Owners' Group Mystery Ride fundraiser in support of Buddy Builders program*



*Scarborough Village Community Festival with the Honourable Mary Anne Chambers*



*United Way Days of Caring Volunteers*



*Megan, winner of our Holiday Greeting Card contest, sponsored by Multi-Health Systems Inc.*



*Community Support Showcase at Toronto District School Board*

## VISION

**A community in which the emotional and social well-being of children and families is developed and nurtured.**

## MISSION STATEMENT

**To provide responsive services in partnership with families and communities to strengthen the social and emotional well-being of children and promote their healthy development.**

## VALUES

**We believe in a partnership with families and communities where the well-being of children is paramount.**

### We value....

#### **DIVERSITY AND RESPECT:**

**We embrace diversity, recognize uniqueness, build on strengths and treat individuals with respect.**

#### **EXCELLENCE:**

**We are committed to ensuring quality and excellence in all our work.**

#### **INNOVATION:**

**We create and embrace new ideas and best practices.**

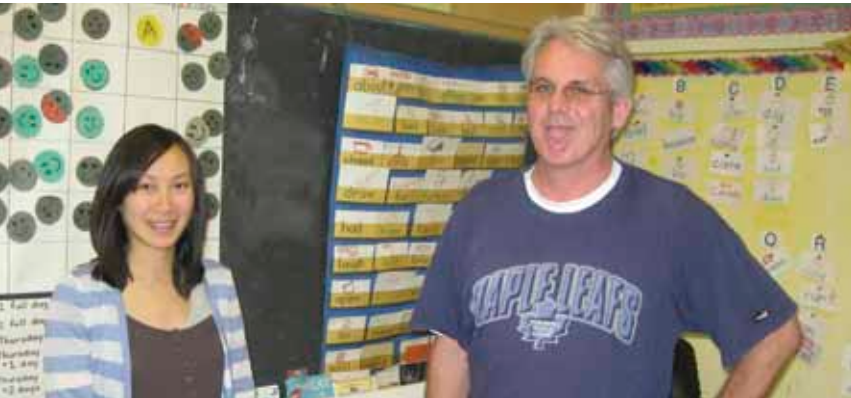
#### **CAPABILITIES AND EXPERIENCE:**

**We value the capabilities and experiences that staff, students and volunteers contribute to our Centre.**

#### **INTEGRITY AND ACCOUNTABILITY:**

**We are committed to integrity and accountability in all our work.**

## A SPECIAL KIND OF SCHOOL DAY



**A**s a Child Therapist at Aisling Discoveries' Day Treatment Program, Frank works with children who have a wide range of special needs... from emotional and behavioural problems to learning disabilities and speech and language disorders. Most of all, these kids have experienced challenges functioning in a regular school setting and have even exhausted Special Education programs at the local school Boards.

Each day, Frank works with Gail, an incredible teacher who has committed her teaching career to work with very special children. To round out the team, the program has a group of skilled Family Therapists to support the families.

For parents who are overwhelmed with the difficulties posed by their children and for teachers who have tried everything possible to manage these children in their classrooms, the Day Treatment team brings a ray of hope and much relief.

At Aisling Discoveries, we have six Day Treatment classrooms, each located within regular school settings, and offering intensive treatment to augment the academic program.

**“Listening carefully to children’s feelings and understanding their message is key to unlocking their potential.”**

*Frank Adams, Child Therapist*

**“Reading and writing open doors to a world of opportunities.”**

*Gail Tong, Teacher*

Frank and Gail’s classroom has the capacity to accept 6 children who arrive each day by school bus from different parts of the city. A visitor to the program would be impressed with how well the students manage their behaviour. Wasn’t this supposed to be a group of really challenging children? A key factor that might not be noticeable to our visitor is that the program is extremely structured and predictable for the children. Ground rules are established from Day One, and positive incentives are built into the daily activities. But this isn’t done in a “drill sergeant” fashion. Children are encouraged to develop their own goals. The environment is warm and inviting, with therapist and teacher showing care and support to each student. As the children’s time in the program progresses, they require fewer incentives as they take on more responsibility for their own behaviour.

Although the students spend their day in a school setting, they participate in social skills groups and anger management groups in addition to the academic curriculum, led by therapists like Frank.

To support the work that happens in the classroom, the Family Therapists meet with the parents to help them deal with issues on the home front such as managing difficult behaviour, setting reasonable limits and ensuring consistency between mom and dad.

The goal of the program is for every child to return to a more normalized school setting. This is often accomplished within one school year. Frank and Gail assist with transition planning and follow up as necessary at the new school placement. Continued support can be provided to the family by the Family Therapist.

Our Day Treatment program is one of many services offered to children and families at Aisling Discoveries. To learn more about what we do, please visit our web site at [www.aislingdiscoveries.on.ca](http://www.aislingdiscoveries.on.ca).



## SHARING OUR KNOWLEDGE

*The following are examples of Aisling Discoveries' commitment to broaden our knowledge and share our work with other professionals, both locally and abroad.*

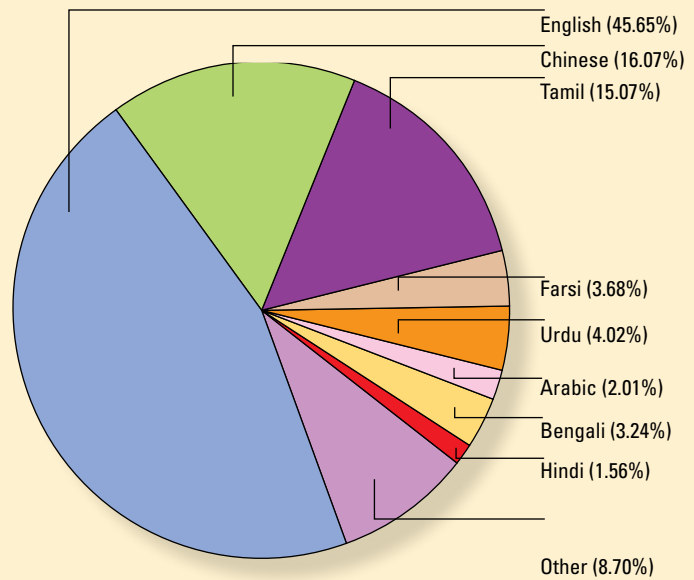
- Summers, J. & Bohr, Y. (2007). Does a community-based, empirically grounded CBT intervention for childhood anxiety generalize to social and classroom functioning? Six diverse case studies. Poster presented at "Hand in Hand: Anxiety Disorders and Co-morbid Conditions", Third National ADAC/ACTA Conference, Montréal, Québec, April, 2007.
- Liddell, S., Martin, C., Ready, Set, Go: A Collaborative Approach to School Readiness, National Inner City Conference, Toronto, Ontario, April 19-21, 2007.
- Bohr, Y., Armour, L., Sockett di Marco, N. & Halpert, B., Mullen, N. (2007). Putting themselves in their children's shoes: an intervention to address negative parental attributions in a context of attachment. Workshop presented at the 2007 Child Psychotherapies and Development conference. Department of Psychiatry, the Hospital for Sick Children, Toronto, Ontario, May 3rd - 5th, 2007.
- Blandizzi, V., Kerry, K., Scott, J. (St. Margaret's Public School) - Strategies for Developing and Sustaining Caring Schools and Communities: Caring Community – Building a Pro-social School Community. Presentation at Safe Schools Conference, Toronto, Ontario May 31, 2007.
- Bohr, Y. (2007). Modifying risky parental attributions: a brief cognitive approach to the prevention of relationship ruptures and child maltreatment. Invited seminar, the University of Rome, La Sapienza, Roma, June 6th, 2007.
- Miller, D., Burke, N.: The Incredible Years, Dinosaur School presentation at Ontario Association of Child and Youth Counsellors Conference, Cambrian College, Sudbury, Ontario, June 13-15, 2007.
- Bohr, Y., Armour, L., Sockett di Marco, N., Halpert, B., Mullen, N. & Chan, J. (2007). Modifying risky parental attributions: a brief cognitive approach to the prevention of relationship ruptures and child maltreatment. Workshop presented at the World Congress of Behavior and Cognitive Therapies, Barcelona, Spain, July, 2007.
- Bohr, Y., Sockett di Marco, N., Armour, L., Halpert, B., & Mullen, N. (2007). Addressing parental cognitions in the context of attachment: an intervention to reduce risk for maltreatment. Poster presented at the International Attachment Conference, Braga, Portugal, July, 2007.
- Gratta, D., Howe, P., and Pilch, M., (Child Welfare); Kavassalis, K., (Office of the Children's Lawyer); Birnbaum, R., (specialist on custody and access cases); Armour, L., Petraroja, N., (clinical staff), moderated by Fellegi, Z., Working with Complicated Family Custody and Access Issues: Implications for Clinical Staff. A panel discussion. Toronto, Ontario, October 29, 2007.
- Bohr, Y. (2007). The effects of trans-nationalism on infant development: are we meeting the mental health needs of our youngest victims of globalization? Paper presented at Transcultural mental health in a changing world: Building a global response, World Federation for Mental Health Conference, Minneapolis, Minnesota, October 29 - 31, 2007.
- Bohr, Y. & Armour, L. (2007). Building Bridges – Bringing Research and Evidence-Based Practice to Children's Mental Health, Poster presented at Designing Our Future, Children's Mental Health Ontario Conference, Toronto, Ontario, November 25 - 27, 2007.
- Jones, J., Use of Celeration Chart in Precision Teaching, presentation at Post ABA Jam, Toronto Partnership for Autism Services, Toronto, Ontario, March, 2008.
- Kerry, K., Liddell, S., Ratansi, N., Aisling Discoveries Child and Family Centre + Your School = Character Development, Display and Handouts at Character Development Showcase, Toronto District School Board, Toronto, Ontario, March 5, 2008.
- Bohr, Y., Halpert, B., Chan, J., Lishak, V. Mullen, N. (2007). Songs, Rhymes and More: a program to enhance parental sensitivity: Final outcome evaluation; report to the Provincial Centre of Excellence for Child and Youth Mental Health at CHEO. Retrieve from <http://www.onthepoint.ca/GAI/>.



# FACTS AND FIGURES

Children and Families Served 2007 - 2008	
<b>Clinical Services</b>	
Family, Group and Individual Counselling	787
Infant Child Treatment	192
Parenting Capacity	128
Scarborough Agencies Sexual Abuse Treatment	122
Child Care Consultation	79
Priority Access	65
Day Treatment	59
Intensive Child and Family Services	44
Dads' Connection	20
Residential Treatment	14
<b>Toronto Partnership for Autism Services</b>	
Intensive Behavioural Intervention and School Stream	59
<b>Toronto Preschool Speech and Language Services</b>	
Children and Families Served	668
<b>Babies Best Start</b>	
Healthy Babies Healthy Children	621
Community Action Program for Children	356
<b>Total Served</b>	<b>3214</b>

## BABIES BEST START—Languages Used to Deliver Service

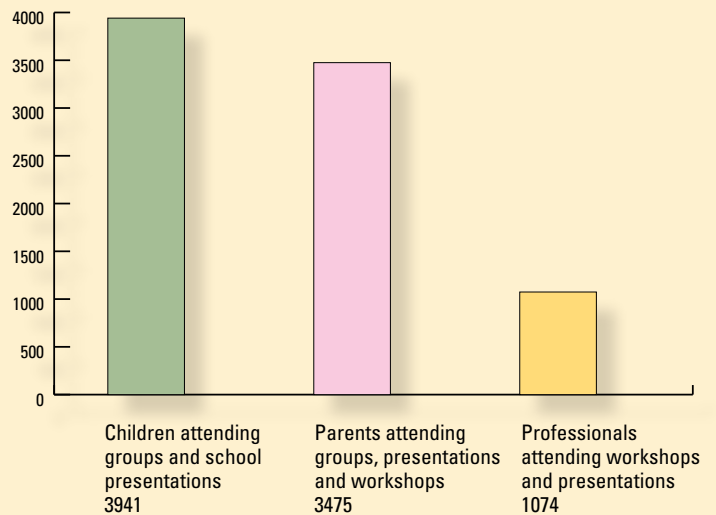


*Babies Best Start provides home visiting services, a birth companion program and parenting groups to promote the optimal growth and development of young children. Services are offered in over 20 languages to families coming from many regions of the world.*

**“One in five children in Ontario struggles with a diagnosable emotional, mental or behavioural disorder. These problems are painful, serious and very real.”** *Children’s Mental Health Ontario*

**“Research has proven that early intervention is critical to providing a hopeful and healthy future for kids struggling with their mental health.”** *Children’s Mental Health Ontario*

## COMMUNITY SUPPORT SERVICES—Individuals Served



# AISLING DISCOVERIES CHILD AND FAMILY CENTRE

## REVENUES AND EXPENSES YEAR ENDED MARCH 31, 2008

### 2008

#### Revenues

Government grants	
Ministry of Children and Youth Services	<b>\$8,343,847</b>
City of Toronto	<b>1,705,289</b>
Public Health Agency of Canada	<b>529,206</b>
United Way	<b>297,399</b>
Project grants and contracts	<b>477,161</b>
Donations and fund-raising	<b>102,776</b>
Other income	<b>85,876</b>
Investment income	<b>63,489</b>
	<b>11,605,043</b>

#### Expenses

Salaries and employee benefits	<b>9,668,400</b>
Travel	<b>83,114</b>
Training and recruitment	<b>76,961</b>
Building occupancy	<b>703,061</b>
Professional fees	<b>451,861</b>
Program expenses	<b>241,490</b>
Other operating expenses	<b>269,950</b>
	<b>11,494,837</b>

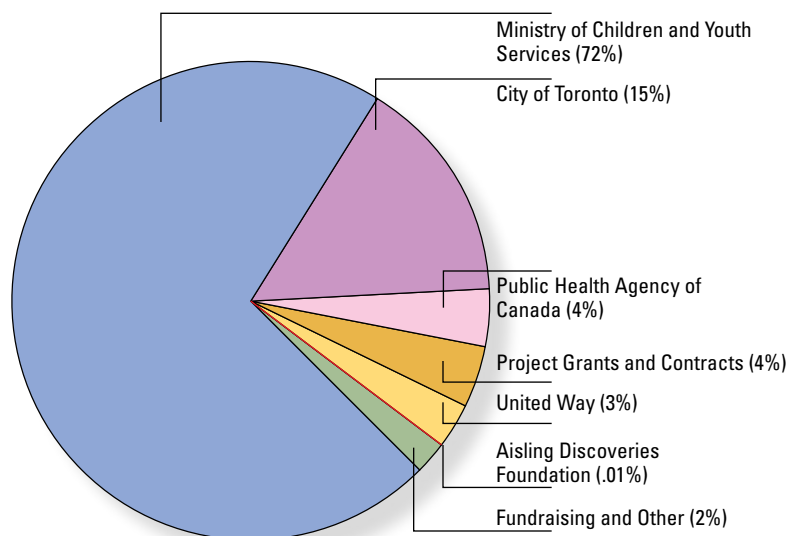
Depreciation and amortization of property and equipment	<b>270,615</b>
---	----------------

Amortization of deferred capital contributions	<b>(268,193)</b>
--	------------------

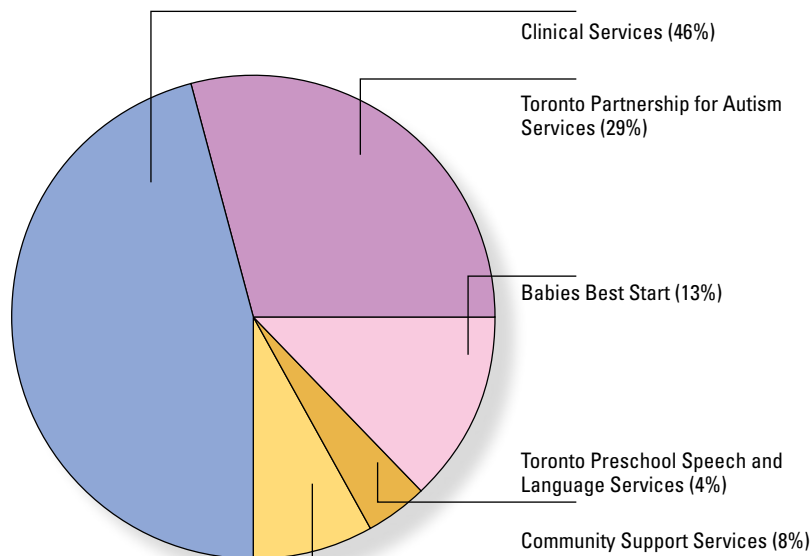
**11,497,259**

Excess of revenues over expenses for the year	<b>\$ 107,784</b>
---	-------------------

## SOURCES OF FUNDING



## EXPENDITURE BY PROGRAM



## *A great big thanks to you!*

We appreciate the support of individuals, businesses and organizations shown here, whose generosity has helped us make a difference in the lives of children and families in our community.

Donations received from April 2007 to March 2008 are listed below.

### **\$10 to \$99**

Susan Abell  
Michael Allen  
Bass Associates Ltd.  
Etheline Baxter  
Audrey Beard  
Susan Berati  
Brimwood Blvd Jr PS  
Sandra Campbell  
Barbara Clendinning  
Ted & Sarah Collins  
Gail Collins  
Helena Correia  
Peter & Becky Crocker  
Lawrence Crocker  
Leona Crocker  
Sarah Crocker  
Carol Cunningham  
Digitcom Canada Inc.  
Robert Dilworth  
Ruth Ehlich  
Gail Hagerman  
Fred Harris  
Nancy Hicks  
John Hionides  
Karen Hooper  
Sue House  
Joyce James  
Quincy James  
Kirstie Jarvis  
Doreen Laird  
Jehan Lalor  
Jacqueline Lim-Sang  
Linda Markle  
Ellen McKeown  
Gwen Merrill  
Helen Milligan  
Jane Moore  
Gordon and Deborah Murphy  
Nora Murray  
Carolyn Mykusz  
Dennis Niven  
Jane Reilly & Norbert Siegfried  
Ontario Interpretation Services  
Sharon Ramesbottom  
Sharron Richards  
Monica Rimann  
Brenda Short  
Conrad Stewart  
Lori Traicus  
Linda Voyame  
Jenn Wagman  
Beverley Wallis

Jill Watson  
Lee Weisser  
Merle Wherrett  
Linda Wolfe

### **\$100 to \$499**

ACU Industrial Battery & Charger Service Inc.  
All-Lift Ltd  
Carol Annett  
Armstrong Inlay Co.  
B & W Lift Trucks Inc.  
Alan Bardikoff  
Barmmaeus Inc.  
Hana Bistrisky  
Yvonne Bohr  
Michael Bowman  
Nicole Burke  
C.J. Lift Inc.  
CAMIS  
Ken and Patricia Clea  
Melvyn Davine  
Don Deathe  
DeGroot Auto Services Ltd.  
Dell Direct Giving Campaign  
Valerie Dunham  
Lynn Eakin  
Diane Evans  
Zel Fellegi  
Lynne Freeland  
Carol Gray  
Sanjiv Gupta  
Jim Howes  
Tracy Hsu  
Sue Hunter  
IBM Canada Ltd Employee Charitable Fund  
Ken Coombs Insurance Agency Ltd.  
Kronos Painting Co.  
Indira Kronic  
John LaPorta  
Shelby & Patrick Leeder  
Loeffelhardt Communication Consultants Inc.  
John MacNaughton  
Magna Structural Systems Inc.  
Cecelia Martin  
Jane Millan  
N.Y.A.D. Community Inc.  
Olga and Philip Peacock  
Sam Persaud  
Jennifer Puddicombe

Rosemary Purwins  
Anne Richards  
Joan Ridout  
Ross Ridout  
Bruce Rivers  
Elisabeth Robson  
Nancy Schmidt  
Craig Shields  
Noel Choi-Man Sou  
Rodeen and Steven Stein  
TML--Toronto Maple Lift  
Toronto Truck Driving School  
Ron and Cathy Trewin  
Walking On A Cloud  
Hazel Zemel

### **\$500 to \$999**

Ted Addie  
Arrowspeed Delivery Service  
Rita Bode and Brian O'Byrne  
Robert J. Cooper  
Domti Engineering & Construction Ltd  
Ernst & Young LLP  
McCarthy Tetrault Foundation  
Priscilla Norgate Estate  
Nuroad Construction Limited  
Scarborough Harley Owners Group  
Scott Sinclair  
Christopher Stringer  
Sygnet  
Deborah Wolfe

### **\$1000 to \$9999**

CHUM Charitable Foundation  
William J. Hazlewood  
John W. S. Preston Charitable Foundation  
Betty Kashima  
Margaret Wood Estate  
Gordon Mount  
James D. Patterson  
Rotary Club of East York  
Charin Torch  
United Way Toronto

### **\$10,000 or more**

TD Bank Financial Group

### **Donations-in-Kind**

Ajit Weekly Newspaper  
Amrik Bansal  
Yvonne Bohr  
Carolyn Buck  
Catering by Davids  
Chiovitti Banana Co. Ltd.  
Chrysler Financial  
Lina Cornacchia  
Costco Wholesale  
Crescent Premium Foods  
Dolco Printing  
Karin Field  
Brian Forrester  
Charlene Gilmour  
Sally Haydock  
Lill Jakobsson  
Kraft Canada  
M & M Meat Shops  
MAC  
Mackie Harley Davidson Buell  
Sarah Mahenthiran  
Mandarin Restaurant  
Maplewood Secondary School  
Marciano  
Mr. Coffee  
Multi-Health Systems Inc.  
Yvonne Murray  
James D. Patterson  
Jennifer Puddicombe  
Scarborough Corps of Clowns  
Scholastic Canada Ltd.  
Sobeys Morningside  
Sobeys Ontario  
Sonsuh Educational Supplies  
Diana Spacca  
Stephenson's Rental Services  
Television Bureau of Canada Staff  
The Cadillac Fairview Co.  
Tim Hortons  
Toronto Bread Co.  
Toronto Parks, Forestry and Recreation  
Toronto Preschool Speech & Language Services

### **Funding Partners 2007-2008**

Ministry of Children and Youth Services  
City of Toronto  
Public Health Agency of Canada  
United Way Toronto  
Human Resources and Skills Development Canada  
Agincourt Community Services Association  
Aisling Discoveries Child and Family Foundation  
East Metro Youth Services  
East Scarborough Boys and Girls Club  
Malvern Family Resource Centre  
Rouge Valley Health System  
The Scarborough Hospital  
West Scarborough Neighbourhood Community Centre  
YOUTHLINK  
YWCA of Greater Toronto  
Corporate and Private Donors

*We are grateful for the support that we receive from our funding partners.*

### **Board of Directors 2007-2008**

Michael Bowman – *President*  
Robert Cooper – *Vice President*  
Keith Jackson – *Treasurer*  
Lina Cornacchia – *Secretary*  
Sharon Azim (resigned September 2007)  
Zamin Baqar  
Robert Dilworth  
William Hazlewood  
Tracy Hsu  
Antoinette Moulton  
Katherine Murphy  
Sam Persaud  
Ross Ridout  
Bob Simon  
Scott Sinclair  
Deborah Wolfe

### **Foundation Board of Directors**

William Hazlewood - *President*  
Christopher Stringer - *Vice President*  
Michael Bowman - *Secretary/Treasurer*  
Jack Darville  
Gordon Mount

*Thank you to our supporters who bought holiday season greeting cards or other items during the last year, and to those who attended our events.*

*We would also like to say a special word of thanks to our volunteers, those who give the priceless gift of time. Their energy and enthusiasm are invaluable to our work.*



**Aisling Discoveries**  
Child and Family Centre

*Helping parents raise happy, healthy children.*

Aisling Discoveries Child and Family Centre  
325 Milner Avenue, Suite 110  
Scarborough, ON M1B 5N1  
Tel: (416) 321-5464 Fax: (416) 321-1510

www.aislingdiscoveries.on.ca  
Email: mailus@aislingdiscoveries.on.ca



A United Way member agency

Accredited by Children's Mental Health Ontario



Children's Mental Health Ontario  
Santé Mentale pour Enfants Ontario