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DEMONSTRATING PROGRESS

Fostering Transparent Accountability

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A GREAT YEAR!

Message from the Director of Children’s Facilities, Anne Stark

For the past five decades we have been true to the same mission and values in the work that we do at the Child and Parent Resource Institute (CPRI). Enhancing the quality of life of children and youth with complex mental health or developmental challenges and working with their families so these children can reach their full potential has remained our focus. CPRI’s pillars of success have been and remain today the commitment to Treatment, Training, Education and Research.

CPRI has been an international leader in the field from the very beginning in 1960 and as we celebrate 50 years, we strive to fulfill that goal today. This year has been a landmark year for CPRI: a fascinating and rewarding year with major accomplishments towards the strategic framework that governs our work. I’m proud of these achievements and believe that each is worthy of celebration. These advances secure the foundation for future developments in the treatment of children and youth with complex mental health and developmental needs. In the following pages, you will see examples of the successful results of our efforts to further fulfill our mission and meet our mandate. I commend and thank our staff, volunteers and students who contributed to another very successful year.

2010 - WHAT A GREAT YEAR!
STRATEGY INTO ACTION: THE MCYS STRATEGIC FRAMEWORK

Directly operated by the Ministry of Children and Youth Services (MCYS), CPRI continues to be a major player in the delivery of mental health and developmental services for children, youth, and families. CPRI is committed to embracing the foundations of the MCYS Strategic Framework, “Realizing Potential: Our Children, Our Youth, Our Future,” and has committed to working on two of the goals during the past year (Every Child and Youth Has a Voice and Youth Every Child and Youth Receives Personalized Services). Our commitment recognizes that in order to support children and youth in reaching their full potential, we must also realize our own.

Client Engagement and Participation in Decision Making: Enhancing our Informed Consent Process

In order to strengthen our client’s ability to shape the services that they receive and to participate in making decisions about the way their services are designed and delivered, CPRI has improved upon their existing informed consent policy and procedure to provide a process for our non-regulated health care professionals. Based on research, it was evident that limited utilization and consistency of practice for the informed consent of children and youth existed in Ontario. Sharing the new process can inform practice for other children’s health organizations.

Having a Voice and Shaping Service:

To ensure a voice in treatment for clients who are non-verbal and/or cognitively unable to use an augmentative communication system, the Homeshare Program at CPRI has developed a pilot questionnaire/assessment tool which requires the judgement of family and staff. Summary data will be used to personalize and improve services for clients.

Integrated and Collaborative Service Delivery for Children and Youth with Complex Needs:

CPRI is part of a current partnership project (with a broad range of children’s services providers in London Middlesex) in an effort to enhance the delivery system’s ability to meet child and family need. The project focuses on children identified as having multiple complex needs. The group aims to develop and implement a new process which will have a “service system navigator” who will stay involved over the long term, to help the child and family access the services they need and to attain the best outcomes.
CHANGES TO OUR SERVICE DELIVERY

Individualized Planning: Reduction of Intrusive Measures

The reduction of intrusive measures (to develop organizational, clinical and training strategies that will lead to a reduction in restraints, secure isolations and chemical restraints) is of particular importance for each and every child and youth receiving intensive services at CPRI. CPRI’s new approach for individualized planning ensures that service is child and family-centred, and that families have a voice in developing effective strategies.

Through this initiative, CPRI has the opportunity to help inform the broader service system by:
- Sharing best practices for the reduction of high risk interventions;
- Looking at predictive models and looking even further into best practice strategies for risk mitigation;
- Illustrating benchmarks for reducing levels of high risk interventions; and,
- Sharing advice and recommendations about service delivery to other high risk agencies.

Intensive Services Review

In 2009, a comprehensive review of our residential services (now called Intensive Services) began. The focus of the review was to determine the role of tertiary level residential services at CPRI. One of the outcomes of the review was to consolidate residential units in order to reflect service demands and realign resources to other interventions, without a loss of services.

From the review, CPRI continues to work towards fulfilling their commitments to improve the following areas:
- Implementing long term community support plans
- Streamlining access to intensive services and seamless transitions
- Individualized treatment plans
- Enhancing parental involvement
- Ensuring that recommendations for ongoing support focus on realistic expectations for child/youth in home, school and community-supporting families
- Engaging youth in the design of programs and services
- Working with treatment classrooms

FCIS

CPRI is currently undergoing a replacement of our client information system. The Ministry of Children and Youth Services “Facilities Client Information System” project started as two separate implementation projects at the Child and Parent Resource Centre (CPRI) and the Thistletown Regional Centre (TRC). The projects have merged and an implementation team comprises of membership from the two facilities as well as the Children, Youth and Social Services I&IT Cluster (CYSSC). The new database will provide a consistent approach to client information management and reporting and enhanced information security and is expected to go live in November 2010.
BUILDING BETTER OUTCOMES and INFORMING PRACTISE

Knowledge Dissemination: Research Day

The first of its kind for CPRI, Research Day 2009 focused on Children and Youth with Complex Mental Health Needs: Service Utilization, Outcome and Best Practices. Speakers represented a portion of the CPRI research conducted onsite and in collaboration with professionals at UWO.

Research Initiatives at CPRI

Today CPRI has over 35 research partnerships, 5 of which are international and we collaborate with 13 Universities across Canada.

CPRI received $25,000 in training from the Centre of Excellence in Children’s Mental Health at CHEO to conduct training in the Circle of Security (COS). The funding will enable CPRI to increase the number of clinicians trained in COS, evaluate the training and intervention, and enhance our partnerships with Children’s Aid Societies ultimately enhancing placement stability and child mental health. In collaboration with the Mary D. Ainsworth Child-Parent Attachment Clinic, research activities are planned to examine the COS treatment approach with older children.

Two proposals have been submitted to the Canadian Institutes of Health, in conjunction with Dr. Reid at the University of Western Ontario, to fund research that shares the goal of informing practice:

- A Roundtable on Service Utilization of Children’s Mental Health Service (to clarify needs, gaps and opportunities for research and to consider how findings in pattern of service can translate into changes in clinical practise, health services and policy).
- The Development of a Continuity of Care Measure (an instrument to measure continuity of care from the perspectives of the parents).

A research project evaluating a side effects checklist tool to help make the use of psychotropic drugs safer is underway, directly addressing recommendations from the MCYS Expert Panel on the use of psychotropic medications with children in residential care. The study evaluates whether the checklists were considered helpful in improving staff knowledge of side effects and helpful in improving the process for monitoring and reporting side effects. The goal is to develop and utilize a tool useful for increasing CPRI residential client safety, and then to modify the tool for other settings throughout Ontario.

In 2009 the research department made 61 presentations, 20 posters submission and 6 manuscripts. 5 articles were published and 5 are under review. 6 articles were submitted in 2009, all presenting outcome data collected from CPRI clients. This is the largest number of article submissions focusing on client outcomes to date.

Supporting Skills Development: Our Focus on Training Students

With a strong commitment to educating students, over 120 placements occur each year in various clinical disciplines Additionally, in 2009 we have had over 211 student placements in Psychiatry and Paediatrics (as clerkships, electives, residents, or fellows).
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<table>
<thead>
<tr>
<th>Expenditures by Division - 2009/10</th>
<th>Total Expenditures</th>
<th>% of Total Spending</th>
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<tbody>
<tr>
<td>Clinical Services</td>
<td>19,879,121</td>
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<tr>
<td>Operations (includes Utilities)</td>
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<tr>
<td>Administration</td>
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<tr>
<td>Applied Research &amp; Education</td>
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<td>2%</td>
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<tr>
<td>Total spending</td>
<td>24,365,801</td>
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