



Mental health, developmental and community services for children, youth and families.

ANNUAL REPORT 2020-21

YEAR FOUR OF OUR 2017-2021 STRATEGIC PLAN



OUR PURPOSE

To create paths for our young people to reach their full potential.

Lead Agency for Child and Youth Mental Health Services in the Districts of Sudbury and Manitoulin.

A FRENCH LANGUAGE SERVICES DESIGNATED ORGANIZATION

COMMUNITY PARTNERS

Canadian Mental Health Association
Centre for Addictions and Mental Health
Centre de santé communautaire
Child and Community Resources
Children's Aid Society of the Districts of Sudbury and Manitoulin
Children's Community Network
Conseil scolaire catholique du Nouvel-Ontario
Conseil scolaire public du Grand Nord de l'Ontario
Espanola Regional Hospital and Health Centre
Fierté Sudbury Pride
Greater Sudbury Police Service
Health Sciences North
Huron Superior Catholic District School Board
Kina Gbezhgomi Child and Family Services
Laurentian University
Local Health Integration Network (now Ontario Health)
Manitoulin Health Centre
Manitoulin-Sudbury District Services Board
Ministry of Children, Community and Social Services
Ministry of Health and Long-Term Care
Ministry of the Attorney General
N'Swakamok Native Friendship Centre
NEO Kids
Nogdawindamin Family Community Services
Noojmowin Teg Health Centre
Partners Network for Sudbury Families (City of Greater Sudbury)
Primary Care Providers
Public Health Sudbury & Districts
Rainbow District School Board
Services de santé de Chapleau Health Services
Shkagamik-Kwe Health Centre
Sudbury Action Centre for Youth
Sudbury Catholic District School Board
Specialty Medical Providers
TGInnerselves

BOARD OF DIRECTORS

Iva McNair, President
Randi Ray, Vice-President
Brenda Tremblay, Treasurer
Kelsey Bastian
Patrick Lafontaine
Tanya Shute
Vincent Bolt
Linda Dugas, Executive Director (Ex-officio)
Monique Levesque, Executive Assistant and Board Liaison (Ex-officio)

LOCATIONS

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TOLL FREE: 1.800.815.7126

A MESSAGE FROM THE BOARD PRESIDENT AND THE EXECUTIVE DIRECTOR

The impact of covid-19 on child and youth mental health in Sudbury and Manitoulin.

“ In reflecting back on this unusual year amidst this global pandemic that has impacted all of us, it is important to recognize the efforts of our highly committed and dedicated staff who have served close to 2,000 clients despite these challenges.

Innovative, creative and courageous they have been; finding ways to address the multiple needs of families in our community. From Webinars for youth and caregivers, to training sessions for school board staff, to virtual and in person services, staff remained focused on ensuring that clients received the services they need.

I also want to recognize the efforts of our corporate team that have gone above and beyond to support the clinical work of our staff. Guiding our transition to virtual services, implementing infection prevention and control processes to support in person services, leading and managing in a world where so many uncertainties lie.

Last but not least, we must acknowledge the innovation behind our strategic planning process. Not only has it allowed us to envision our future state but it has also helped us achieve consensus on our desired culture, one focused on Purpose, Caring and Learning ”.



Iva McNair, Board President



Linda Dugas, Executive Director

DID YOU KNOW?

Since the beginning of the covid-19 pandemic, Compass has:

served **1962** children and youth.

delivered **8670** virtual client sessions.

offered **70%** of it's direct hours offered virtually.

FINDING NEW WAYS

CAREGIVER SKILL BUILDING

To support families during the pandemic, Compass developed a new Caregiver Skill Building Program which served 92 families during 2020-21 with 75% reporting reduced problems at discharge.

92 
families participated in the
Caregiver Skill Building Program.

MENTAL HEALTH WEBINARS

During the pandemic, Compass staff developed and provided a series of Webinars for youth, caregivers and community partners covering a series of mental health topics. In all, 340 individuals participated in these webinars with 94% recommending Compass webinars to others.

94% 
of participants would recommend
the webinars to others.

ENGAGING WITH PARTNERS

PARENTS' LIFELINE OF EASTERN ONTARIO

In 2020/21, Compass partnered with local School Boards and Parents' Lifeline of Eastern Ontario by promoting peer support groups specifically for caregivers struggling with the pressures of home learning during the pandemic.



SHARING OUR STORY

TRAUMA INFORMED COMMUNITY

Compass provided a trauma-informed workshop to 273 community partners with 81% of participants indicating they utilized their new knowledge while working with youth in a 3-month follow-up. In addition, 42 caregivers participated in a psychoeducation group to develop a trauma-informed lens to support their child or youth through trauma assessment and treatment. Thank you to the Centre of Excellence, Bell Let's Talk and Wolves UNITED / United Five for supporting this important work in our communities.



42 caregivers participated in a psychoeducation group.

273 community partners took part in workshops.

MEASURE TO UNDERSTAND

COMPASS' 2021-25 STRATEGIC PLAN

After consulting with staff, youth, caregivers and community partners, a new strategic plan has been developed. With the title of **Collaborate – Discover – Support**, we will achieve our purpose of “work together to create paths with children, youth and families to reach their full potential”.

We will realize our strategic goals by living our new guiding principles of:

- Caring for Others and Ourselves
- Growing and Learning Together
- Moving in the Same Direction



COMPASS

BY THE NUMBERS

CHILD & YOUTH MENTAL HEALTH (CYMH)

In 2020/21 Compass provided **over 12,000 client sessions**.

72% of clients were more able to manage problems than before treatment.

DEVELOPMENTAL SERVICES



Compass provided diagnostic assessments and services to **139 clients** with or suspected to have an intellectual disability or a global developmental delay (GDD).

SUPERVISED ACCESS PROGRAM (SAP)



199

IN-PERSON
VISITS



133

VIRTUAL
VISITS



118

EXCHANGES



50

CHILDREN
SERVED

In 2020/21, Compass oversaw **199 in-person** and **133 virtual visits**, **118 exchanges** involving **50 children and youth**.

STOP NOW AND PLAN (SNAP)™

80%

of clients improved
their behaviours.



Compass served **91 clients**.

RESOURCE PROGRAM



Resource Workers provided additional training to daycare and education partners including De-Escalation Strategies, Autism Spectrum Disorder Foundations, Sharing Sensitive News and more all of which were appreciated by partners to help them better support children in our communities.

YOUTH JUSTICE PROGRAMS (Section 34 & ISSP)



With closures due to the COVID-19 pandemic, Compass saw a decline in referrals to youth justice programming including the Intensive Support and Supervision Program in 2020-21. As the court system begins to re-open, Compass continues to build awareness of these services and develop new partnerships within this sector to increase the number of referrals to these programs.

81%

of families would recommend
Compass to other families.

2020/21 FINANCIAL SUMMARY

This financial summary has been extracted from Compass' 2020/21 audited financial statements.

Revenues	9,694,829
Expenses and Adjustments	9,658,444
Excess of Revenue over Expenses	36,385

Services by revenue stream

Ministry of Health (MOH)

Child & Youth Mental Health (CYMH)
Lead Agency

Ministry of Children, Community and Social Services (MCCSS)

Developmental Services
Stop Now And Plan (SNAP)
Psychological Assessments
Intensive Supervision & Support Program (ISSP)
Community Capacity Building (Family Intervention & Support)

Ministry of Attorney General (MAG)

Supervised Access Program (SAP)

Other grants - Manitoulin-Sudbury District Services Board (MS DSB)

Resource Program

