



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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# 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.

<b>Revenues</b>	9,694,829
<b>Expenses and Adjustments</b>	9,658,444
<b>Excess of Revenue over Expenses</b>	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

