



vanier

Children's Mental Wellness



2023 | 2024
ANNUAL REPORT

Our Story. Our Journey. Our Commitment.

A NEW LOOK FOR OUR LOBBY

Last summer we welcomed Mike Cywink, an Indigenous artist to Vanier to create a safe space and welcoming environment in our lobby. Mike did not disappoint. He created this beautiful mural depicting family. Thank you to Mike and his student, Freddie, for their inspiring artwork. Mike also wrote the story, titled Family, to accompany the artwork.

FAMILY

As a place that helps, supports, and looks out for all different kinds of families, it is important to understand that all families are different. They all look different, feel different and are unique in their own ways. And that of course, is a beautiful thing.

The hope and the dream are that all youth that pass through these doors realize their potential and get to live full, long, healthy lives and that they get to spread their wings and soar like the birds in the sky. The foxes represent those families. All connected, loving, and supportive of each other. As we are all at different stages in our lives, and as one chapter either ends, or begins, the sun can be viewed as either a sunrise, or a sunset.

An important part of Indigenous ways of being is our connection to the land, and to the water. Water plays such an important role in all of creation. Water is life. Water is representative of our path in life, so, when the water is strong, so is life. All families are different but one thing that all families need is love. No matter what your family looks like, I hope that love is the foundation of it. We all need that.

Mike Cywink
Thunder Day Visions



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*In all this world there is
nothing so beautiful as
a happy child.*

L. Frank Baum

MESSAGE FROM THE CEO & BOARD CHAIR

DEAR VANIER STAFF, CLIENTS, AND COMMUNITY PARTNERS,

The annual report provides us with the opportunity to reflect on the 2023-2024 fiscal year, share our story, our journey, and our commitments. Over the past year, Vanier has continued to provide exceptional programs and services for our children and families requiring mental health support. In 2023-2024, Vanier served 2418 children and families, consistent with the previous year. Demand for crisis and intake support continued to increase, and members of the Tandem team worked collaboratively in hospital and community settings to support our clients experiencing a crisis. We want to express our sincere appreciation to all Vanier staff for providing high-quality programs, services, and support for our children and families who have increasing and complex mental health needs. We are forever grateful for your ongoing dedication and commitment to Vanier.

Our ongoing commitment to quality and clinical excellence resulted in Vanier receiving a three-year accreditation status of excellence from CARF using international quality standards. We are proud of this accomplishment and the positive feedback from staff, clients, board members, funders, and community partners. Equity, Diversity, Inclusion, and Belonging (EDIB) has always been an essential area of focus. This past year, our staff worked collaboratively to co-design an EDIB framework to implement this important work this year.

Vanier has embarked on an exciting journey towards measurement-based care, transforming the quality of mental health services across the healthcare system. Vanier has purchased a license to use Greenspace, a platform that allows clinical staff to use consistent clinical assessment tools, collect client feedback, and track clinical outcomes. We are so appreciative of all front-line staff for their participation and support in implementing the Greenspace platform.

Vanier is thankful to receive 1.7 million in minor capital funding from the Ministry of Health. The funding was used to replace the leaky agency roof, provide new flooring, replace all washrooms, paint offices, upgrade and purchase new video cameras outside the building, and buy new stand-up desks to promote wellness.

Our work is only possible with the strong support of the Board of Directors, who play a vital role in the agency's strategic governance. We are truly thankful for their time and ongoing dedication to Vanier. As a Lead Agency, Vanier is grateful for the strong and collaborative relationships we built with our community partners and funders. As system leaders, we look forward to working with our partners to continue to build a better system for children and families requiring mental health support in London-Middlesex.

We look forward to opportunities to foster innovation, clinical excellence, quality improvement, and growth in the coming year.

Sincerely,

Kelly Simpson, CEO and Sally Zandri, Chair, Board of Directors

OUR KEY ACCOMPLISHMENTS

CARF Accreditation

Vanier is excited to announce our Three-Year Accreditation issued by the Commission on Accreditation of Rehabilitation Services (CARF). This high level of accreditation acknowledges that our organization is guided by internationally recognized service standards and best practices. The three-year accreditation applies to all our programs and services except our eating disorders program, which is in the early stages of development. This accreditation decision represents the highest level of accreditation that can be given to an organization and shows our organization's substantial conformance to the CARF standards.

CARF accreditation, a rigorous process of ongoing consultation with in-depth on-site reviews, and is a testament to our commitment to providing our clients with the highest quality of care. This accreditation is a public statement that our organization has opened its service delivery and business processes to outside scrutiny, all in the pursuit of improving the quality of our programs and services. It demonstrates to clients that Vanier is committed to reducing risk, addressing health and safety concerns, respecting cultural and individual preferences, and providing the best possible quality of care.

Attaining and maintaining CARF accreditation requires significant effort, strong teamwork, and a commitment at all organizational levels to provide quality services and enhance the lives of the people we serve. We are proud of this achievement. A sincere thank you to Vanier's leadership, staff, and board, who are so committed to providing our kids and families exceptional service. This was an excellent experience for staff, clients, and our board.

Vanier's strengths highlighted in the report included:

Vanier is recognized for its commitment to diversity, equity, inclusion, and belonging that are embedded in all the initiatives and processes of the organization.

Vanier demonstrates continuous quality improvement efforts throughout the organization, and there is a seamless integration of strategic planning with performance improvement activities.

Vanier staff demonstrate creativity in ensuring the needs of the individuals served are met within the organization and through the utilization of community resources with sensitivity to cultural diversity and individual preferences. They demonstrates outstanding services to children, youth, and families through community counselling services, crisis call centres, intensive family-based services, day-treatment services, and residential treatment services that all promote independence.

For more information on CARF - <https://carf.org/carf-canada/>



OUR KEY ACCOMPLISHMENTS

Early Intervention Program (EIP)

Due to the overwhelming demand for service, and to meet the needs of the community, Vanier opened a second EIP classroom for JK/SK children. The Early Intervention Program, focuses on providing specialized treatment and intervention for children who have struggled to integrate into mainstream classrooms or daycare settings. This unique program offers a supportive environment for both children and families to participate in therapy and gain insights into the child's needs, ultimately setting them up for success. With the addition of the second classroom, we are able to serve six additional children.

Throughout the school year we have observed many children and their families develop stronger connections, resulting in increased resiliency. Caregivers expressed their gratitude and appreciation of the CYCs, teachers, and CFTs for their unwavering support. It is incredibly moving to see the success that can happen for children and families.

Measurement-Based Care

Vanier has implemented measurement-based care through the Greenspace platform to support gathering self-report assessments, and client's information to support shared treatment planning. Clients complete self-reporting assessments, which chart their progress in real time, and are available for the clients to share with any caregiver, across sectors at their discretion. Vanier registered 703 clients on the Greenspace platform who completed 1503 assessments this year. One of the assessments that measures the therapeutic alliance between clients and staff has demonstrated a steady result over the year with a reporting of an average of 74% - 76% client & therapist alignment. Using the self-report assessments in Greenspace, we were able to capture that 33% of the clients receiving In Home Family services shifted from high to low stress during the program duration. This recovery trend highlights the accomplishments of the client, the program, and the importance of measurement-based care to support trend analysis.

During an engagement interview, one family shared the importance of assessments and how this supports the parent accessing services in other sectors like school and primary care. The mother shared that she was able to show others the results and she felt validated by the data assessments capture.

Engagement Feedback

- Co-design within the Haven program led to awareness of client needs around school transition plans, and sensitivity when celebrating the cohort discharge. The client feedback was shared, and program changes made to better support the needs of the clients.
- LIT interviews and engagement work supported the recent adjustment to capture engagement work prior to the client being accepted into the LIT program. The engagement time acts as a chance for the client to stabilize and for the parent to build comfort in the transition to the child moving into an intensive treatment program.

EQUITY, DIVERSITY, INCLUSION, AND BELONGING

“Our Story, Our Journey, Our Commitment”

Our story began when we came together at Vanier to provide the best care possible for our clients and families that incorporated their preferences and celebrated each step of their care journey. In the evolving healthcare landscape, the cultural makeup of our communities is diversifying. We are invested in understanding how we can build on our strengths and collaborate in new ways to provide care and continue to make lasting positive impacts where no one is left behind.

Our journey began by connecting with people and listening to voices, perspectives and lived experiences of many. We also conducted an environmental scan to gather the needs of our diverse community and learn about the current state of EDIB at Vanier. One of Vanier’s Strategic Plan drivers is to implement an EDIB framework, while facilitating knowledge and capacity for a more equitable and inclusive workplace. To this end, Vanier’s staff have come together to begin the work in co-creating an EDIB framework, its priorities, and action plan which will be launched in the Fall of 2024.

Our commitment to ongoing self-reflection, honesty, and transparency in challenging ourselves to authentic and meaningful conversations will build our capacity to remove systemic barriers and deliver compassionate care while standing strongly together. We will thread equity, diversity, and inclusion across all areas of the organization to create a rich and diverse tapestry where everyone feels welcomed and accepted. With the support of Vanier’s Board of Directors, Executive Sponsor, Staff, and Clients and Families, we are boldly moving forward through learning, caring, actioning, and healing to embody EDIB in all that we do.

Equity, Diversity, Inclusion, and Belonging Training (EDIB)

Vanier hired Dr. Nouman Ashraf, Director of Equity, Diversity & Inclusion at the Rotman School of Management to deliver EDIB training. The series of interactive training sessions used case studies, role-play, and small group discussions to explore, and introduce cultural fluency, and learn how to enable organizational inclusion by design at Vanier. The sessions were engaging, creative, and insightful. The feedback from staff and our board was positive. This EDIB training will support Vanier at all levels to continue to advance this important work.

French Language Services

In 2023-2024 Vanier refreshed the French Language Services Plan. The plan is part of the EDIB Initiative and aligned with the strategic plan. As London-Middlesex is a designated Francophone community, Vanier takes pride in offering services in french to children and families when requested. Vanier works in collaboration with the french school boards, Conseil scolaire catholique Providence and Conseil scolaire Viamonde to help families access French services. Vanier is a member of Accès Franco-Santé London, the French Mental Health and Addictions System Network Table, and the Communauté de Pratique pour Professionnels Bilingues.

National Day for Truth and Reconciliation

On September 29th, 2023, in recognition of the National Day for Truth and Reconciliation, Southwest Ontario Aboriginal Health Access Centre (SOAHAC) attended Vanier and graciously provided lunch for all staff and children. CYCs from SOAHAC attended and introduced different aspects of Indigenous culture, sharing games, crafts, and stories. The day was closed out with a vocal performance by a local Indigenous singer. Staff, children, and board members participated in the event. It was a sea of orange as everyone supported this important day by wearing their “Every Child Matters” t-shirts. It was an amazing day, and we are thankful to the SOAHAC team.



PROGRAM & SERVICE DATA

Clinical Outcomes



Clinical outcomes are based on the ChYMH Screener Plus assessment tool used pre and post treatment.

These results spotlight our Focused Family Therapy program.

UTILIZATION STATS



2418
clients using our services



22
clients in live-in treatment



7399
calls to Tandem



171
Talk-in Clinic - Clients



615
Talk-in Clinic - Sessions

TOP TEN PRESENTING ISSUES

Anxiety	Aggression	Anger Management	Family Issues	Non compliant/ Oppositional/Defiant
School Behaviour Issues	Diagnosed ADHD	Attention Problems/ Hyperactivity	Self-harm Statements/ Behaviour	Relationship/ Attachment Issues

FEEDBACK

What did we do well?

Themes: staff encouraged clients to share, staff are kind and professional, staff communicate in an understanding manner, excellent listening and patient, they provide coping strategies.
"Staff made therapy a beautiful thing for my son and allowed him to have a very positive experience. Staff talked to my son and extracted the reasons behind his case. The counsellor was easy to understand, kind, understanding, approachable, and made us feel welcome. Helping me understand things, offering helpful suggestions to try, listening to my concerns."

What can we do better?

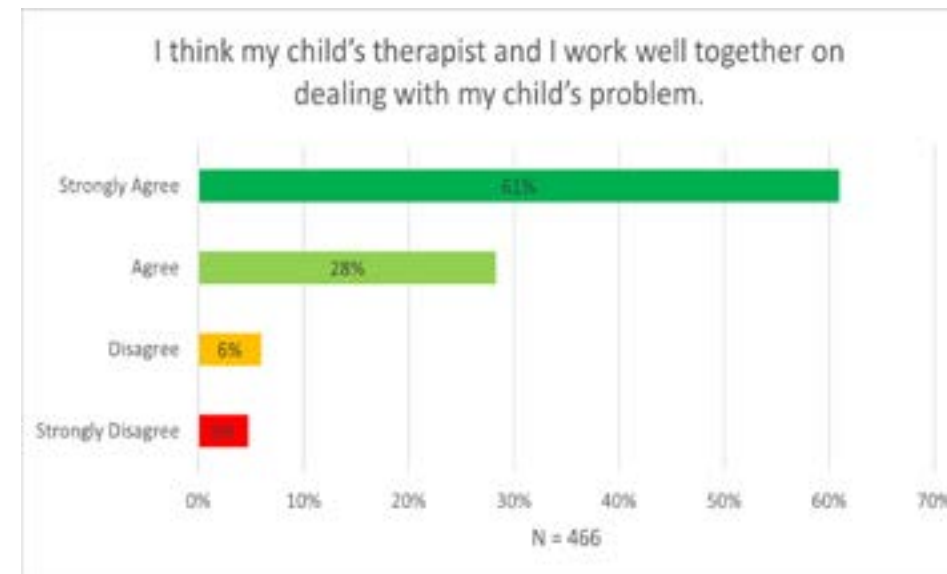
Themes: desire for longer service, reduce wait times, consistency in staff.
"Wait list is long, maybe more staff if there actually was funding. More streamlined services, i.e. one worker to register in all programs. Consistency in staff. More days, four seems like not enough."

What did you learn from participating in the services at Vanier?

Themes: strategies for dealing with emotions, coping techniques, support and resources.
"I've gained new resources and knowledge about what my child's needs are; New ideas on how to approach the child when he has challenging moments; There were more services available than I thought."

Average Length on Wait List (Days)

Program	2022 - 2023	2023 - 2024
Full Therapy	153	113 ↓
Brief Therapy	48	57 ↑
Intensive Services	80	59 ↓
Specialized Consultation & Assessment	186	161 ↓



ALLIE'S STORY

Vanier's Hand-in-Hand Live-in Treatment program supports children ages of 6 to 12. Mental health treatment focuses on reducing the severity of mental health concerns. Treatment strengthens coping and resiliency skills, supports overall functioning at home, in community, and school. Children reside in the program during the week, returning home on weekends to apply their skills and maintain a secure connection with their family. The goal is to work with the family to transition their child home.

We had the opportunity to support Allie, a client who demonstrated a tremendous amount of effort and strength throughout her time at Vanier. She was admitted into the program after ongoing struggles at home and school, where she had yet to be exposed to structure and routines. She was a child who needed consistency to be successful. Before being admitted, Allie demonstrated physical aggression towards others, struggled with routines, and social interactions. She was unable to identify trusting adults around her.

Allie, with the support of the team, was able to achieve significant progress towards her treatment goals. She learned coping strategies, how to implement them, improved her emotional regulation, and developed positive relationships with others. Her time at Vanier provided her with the opportunity to develop a range of life skills, from cleaning and cooking to maintaining self-care and creating a consistent daily schedule.

Through building therapeutic relationships, Allie opened up about her true gender identity. Once coming out, she could explore and express her true self. The team hosted a second birthday party, as her previous one had been to celebrate a version of her that did not represent her true self. Throughout the party, she was provided with a space to share her voice with staff and peers regarding her transition. Each of the staff dressed in a different colour of the rainbow to represent their support of the LGBTQ+ community. When Allie noticed the staff's attire, she lit up. She could see how much the team accepted, appreciated, and valued her bravery.

The Hand-in-Hand team was very fortunate to support this client throughout the nine months of her treatment. She made huge gains while at Vanier and was able to persevere through hard times while allowing herself to lean on others for support. The relationships she built at Vanier have supported her transition home while leaving long-lasting impacts on the staff members who had the pleasure of supporting her.



LEAD AGENCY

Vanier is the Lead Agency for London-Middlesex and works at the local and provincial level to improve the child and youth mental health (CYMH) system.

London-Middlesex Service Area Plan

Locally, the Core Services Leadership Council (CSLC) ensures system planning for London-Middlesex. In fall of 2023, Lead Agency reached out to community partners to survey them regarding new and emerging trends to create a new Service Area Plan for London-Middlesex. The Plan highlights the current CYMH priorities based on community needs. The priorities will be implemented over the next three years.

The Service Area Plan priorities are listed below with a commitment to action the first two priorities in 2024-25.

- 1. Targeted prevention and intervention
- 2. Brief services and counselling/therapy
- 3. Coordinated access and flow
- 4. Enhanced coordination between core CYMH services and other mental health related community resources
- 5. Live-in treatment/intensive and specialized services

Lead Agency Key Accomplishments

Provincial Training Initiative- implementing mental health training to front-line staff and leaders

The Provincial Training Initiative is designed to provide mental health training to CYMH agencies across the province and has been initiated in London-Middlesex. The Lead Agency led and organized the registration training process. A total of 35 staff from the nine core CYMH service provider agencies completed Trauma Focused Cognitive Behavior Therapy (TF-CBT) training, and 77 staff completed the Circle of Security training. The impact of this training initiative is consistent adoption of treatment modalities, supporting continuity of care across agencies, and provincially.

London-Middlesex Training Plan - quick response to one-time funding to support staff training

The Lead Agency received notification from the Ministry of Health late February 2024 of one-time funds to support staff training and quickly responded by pulling together a comprehensive training plan to be shared across the Child and Youth Mental Health sector. This training was offered to all nine core service providers to offer training on staff wellness, vicarious trauma, equity, diversity, inclusion and belonging. Over 260 individual training courses were completed in one month, resulting in over 1000 combined hours of learning to build staff competencies. The Lead Agency training plan developed for London-Middlesex using the one-time funding was recognized by the Ministry of Health.

LEAD AGENCY

Innovative Initiatives Grant - CYMH Partnership with Muslim Resource Centre

The Lead Agency was successful in obtaining an Innovative Initiatives grant from the Knowledge Institute on Child and Youth Mental Health and Addictions (Knowledge Institute). This grant provided \$95,000 to support innovative, evidence-based approaches that implement and evaluate culturally responsive child and youth mental health and addictions programs in Ontario. The Innovative Initiatives grant is a collaboration with Craigwood Children, Youth & Family Services, Humana Community Services, the Muslim Resource Centre for Social Support and Integration, and Vanier Children's Mental Wellness. In 2023-2024, Lead Agency hired a Clinical Lead who is working with the Muslim Resource Centre for Social Support and Integration (MRCSSI) to adapt a Cognitive Behaviour Therapy (CBT) model to be more culturally appropriate for the newcomer/immigrant/refugee population from Middle Eastern countries. The group will be piloted in fall 2024.

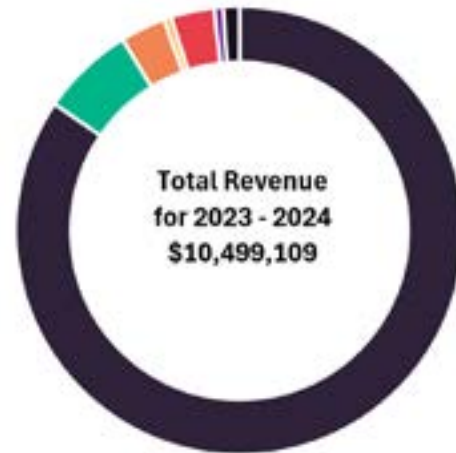


REVENUE & EXPENSES

Year Ended March 31, 2024

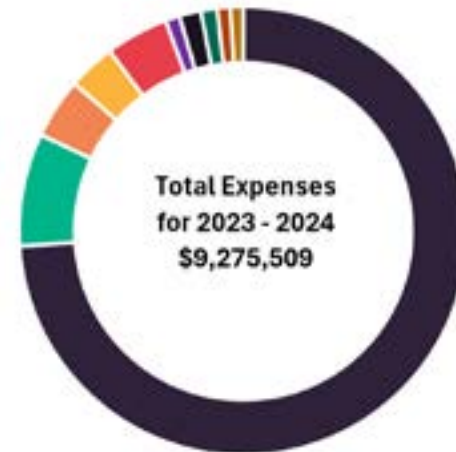
REVENUE

- Ministry of Health
- Childrens Aid Societies
- Eating Disorders
- Donations
- Fee For Service/ Expense Recoveries
- Grants



EXPENSES

- Salaries & Benefits
- Professional Fees
- Purchased services
- Information Technology
- Occupancy expenses
- Program Expenses
- Administrative expenses
- Staff Training & Travel
- Amortization
- Other operating expenses



*Audited financial statements are available on our website.

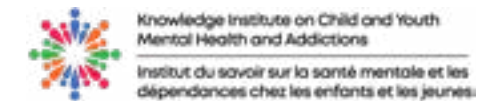
THANK YOU TO OUR DONORS AND FUNDERS

We would like to take this opportunity to thank those who have donated to Vanier this past year. We received \$90,000 in cash donations and numerous donations of gifts in kind. Funds are used to assist clients in need during the holidays and throughout the year with items such as clothing, grocery cards, gift cards, camp registration, sports equipment, and recreational activities. We are able to maintain our Photo Voice program through your generosity as well, which helps our most vulnerable children learn to express themselves through photography. We have two Photo Voice walls at Vanier showcasing the beautiful photography of the children in our live-in program.

We received \$1.7 million in funding for minor capital projects. This allowed us to replace our roof, complete much needed renovations including flooring, painting, washroom renovations, and acquiring new equipment for the agency.

Your donations have made a significant impact. We appreciate each and every supporter. You have our sincere gratitude.

thank you!



The Edith & Donald Strupat Foundation

CLIENT VOICE

When I was starting out at Vanier 18 months ago, my hope was to get help for my son. He had been through so much, his parents separating, a cross country move, and starting a new school. All of this had been too much for him and he was having a really hard time. His reactive behaviours scared me to the point that I knew I needed to reach out for help. I had no clue what I was doing but the team at Vanier were so kind and understanding, and helped me navigate through the process.

After the intake process was done I was placed with Rachael; by that point I was also struggling mentally as well. I felt like a failure as a mother because of how my son was behaving, and being a single mother who was struggling financially made it worse. I am grateful for Rachael, she put my mind at ease and helped me navigate to get to the bottom of why my son was being this way.

Although very reluctant at first, my son slowly started to open up to her. Rachael helped me learn some "tools" as we call it, to manage his reactive behaviour and learn what his emotions meant. She heard not only what he had to say, but also could recognize that he is in fact a delightful, fun boy who was just going through a hard time.

My time with Rachael has made a huge difference and has helped me not feel so alone in this navigation of parenting. The old saying it takes a village to raise a child is very much true, and I am glad that Rachael has been part of that village. Even if it's just for a short time, it has made all the difference in the life of a little boy and his mother.



STEPHANIE'S JOURNEY

Stephanie had been struggling with an eating disorder and other mental health challenges for several years before arriving at H.A.V.E.N. (Healing, Accessible, Care, Vision, Empowerment, Nourishment). Initially, Stephanie was hesitant to engage in treatment, knowing the challenges she would face along her road to recovery. After doing work to help get ready and engaged in treatment, she really showed everyone her courage and determination, and the effort she put forward throughout the program was incredible.

From the start, Stephanie was able to refrain from engaging in any eating disorder behaviours, including food restriction or compensatory behaviours. This is huge and very difficult to do! She continued to challenge herself to work towards her goals throughout H.A.V.E.N, and this was all in the midst of dealing with a chaotic home life. Stephanie worked tirelessly to push herself to work on her eating, and use of coping skills to help manage stress and her emotions. Even after completing day treatment, Stephanie continued to engage fully in the program and continued making positive changes as she reintegrated back into her normal life.

At the end of treatment, Stephanie reflected that she was able to achieve all the goals she set at the beginning of H.A.V.E.N. One of her major goals was to experience the joy of food again, enjoying a meal with loved ones and being able to eat in a restaurant without fear. Stephanie also shared in her last session that she no longer feels distress around food and that she believes she wouldn't be where she is today without the help of H.A.V.E.N.

We're all so proud of Stephanie, and we wish her all the best as she continues her recovery journey. H.A.V.E.N. **always** has your back!



QUALITY

Tele-Mental Health Services (TMHS)

Over this past year, the Tele-Mental Health Services (TMHS) program piloted a new partnership with the Southwestern Ontario Aboriginal Health Access Centre (SOAHAC) as an additional coordinating agency for the Western Hub. Previously, SOAHAC's Tele-Mental Health clients were seen by psychiatrists from the Central Hub of TMHS (Sick Kids Children's Hospital). However, since October 2023 all SOAHAC referrals are now sent to the Western Hub to provide appropriate, culturally safe assessment and recommendations to Indigenous clients in our community. We have been able to support seven clients through this new process. The general feedback from SOAHAC has been very positive, and we continue to work with the Tele-Mental Health Coordinator at SOAHAC to explore additional opportunities for community outreach and to receive client and consultant feedback.

Ministry of Education Presentations

In June 2023, the TMHS Provincial Group coordinated and presented two separate virtual presentations (one in French and one in English) to the Ministry of Education as well as many school boards in the province. These presentations were very successful for the Western Hub, resulting in 47 referrals since October 2023.



SENSORY ROOM

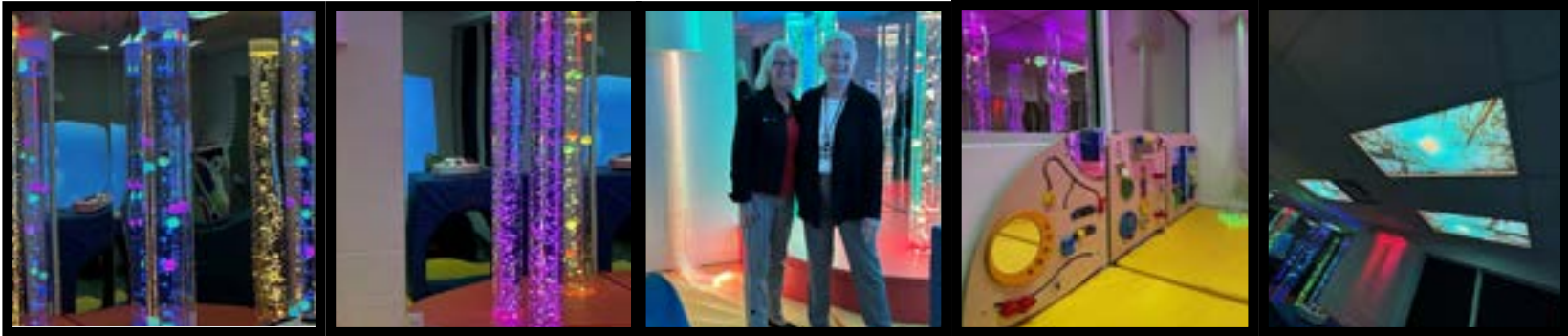
This year we completed the installation of our new sensory room. This project was made possible through a \$50,000 grant, fully funded by Sifton Family Foundation in 2022/2023. We celebrated with a grand opening of the Sensory Room with Sifton Family Foundation members in attendance along with Vanier's board chair and CEO. The sensory room is a therapeutic space for children providing a calm environment, with multi-sensory resources. We have had positive feedback from staff and clients who have experienced the sensory room.

"From my perspective, this was a great way to build and foster the therapeutic relationship with my client. We played music and explored the various colours and stimulating activities, we were also able to engage in conversation in a way that kept the client occupied and content. From my client's perspective, when I asked how they would rate this from 1 to 10, their response was "1 million out of 10", the client enjoyed the squeeze machine, the hug boat, and the big blue rocking chair the most, from observation the client was content when in these toys. According to the client their favorite thing to do was sit in the blue rocking chair and have the roller coaster video playing. I would rock the client backwards on the chair when the roller coaster was going up and then would rock the chair downwards when the roller coaster was going down. The client shared this felt like they were on a real roller coaster, and this made them feel happy."

"One of my most difficult clients had a significant change in behaviour while in the sensory room. She typically would not speak directly to me and would be unresponsive during activities. While in the room, she participated in reading a story and practiced some yoga poses to help keep her calm. This was our most successful session."

"One young girl was very excited to be able to do a session in the sensory room. She talked about it with her mother every day leading up to our session. While in the room, she was amazed by the lights and was able to develop a list of items that could be used in her own safe space. We discussed sensory toys and games that may be useful when she becomes anxious."

The addition of a Sensory Room at Vanier has made a significant impact for our staff and clients.



ETHAN'S STORY



Ethan was a child in our Live in Cornerstone program for a year and a half. When Ethan was first introduced to us, he was described as a child who struggled with big emotions and often did not know how to express them. Not being able to express his emotions often led to acting out behaviours such as hitting others, tantrums, causing property damage and disobeying rules. Due to these behaviours Ethan was not able to remain at his foster home. Ethan had low self-esteem, often putting himself down and doubting his ability to do things well. Ethan's first few months at Vanier were not easy, however, as time went on, he was able to build positive and trusting relationships with the Cornerstone child and youth counsellors as well as his child and family therapist.

Staff reported they felt lucky for the opportunity to work with Ethan, as they were fortunate to see him learn to identify his feelings and more importantly manage big emotions like sadness, rejection, and anger without harming himself or others. They got to watch him grow into a caring, creative, funny, compassionate, and enthusiastic child. To this day they fondly remember his charming personality, his bright smile, and his amazing dance moves. Ethan's time at Vanier ended as he was ready to live with his adoptive family. We are so immensely proud of Ethan; we are confident that he will continue to thrive and create wonderful lasting memories with his family.

dream
BIG

PROGRAM HIGHLIGHT - FOCUSED FAMILY THERAPY (FFT)

Focused Family Therapy (FFT) is a unique program at Vanier that supports child and family wellbeing while simultaneously promoting the professional development of new and growing therapists. Made up of interns who are typically completing their Master's degree in either counselling psychology or social work, the FFT program offers an opportunity to practice newly learned clinical skills.

FFT interns provide several services to families within the local community, including Brief Family Therapy (three sessions), single therapy sessions, and a weekly "Talk-In" clinic. Some families come to Brief Family Therapy (BFT) or single therapy sessions because they are struggling with a specific problem. Maybe a child refuses to sleep in his or her own bed. Maybe a parent struggles to respond when their child screams, kicks, bites, or throws. Adopting a solution-focused approach, FFT interns work with families to sort out what strengths and resources can be used to help. Some families, of course, come with bigger concerns. Perhaps a child is struggling both academically and socially at school, and things seem only to be getting worse. FFT interns can help identify concerns and work with families to determine next best steps.

Overall, FFT is an excellent opportunity to introduce children and their families to therapy. A young client recently expressed, "This is the best therapy I've ever been to before!" Despite this client having never been to therapy before, his reflections show why our programs are important: If children can engage in a positive counselling relationship, they may be more likely to reach out for help in the future.



"The FFT program is an enriching opportunity for new therapists to learn and grow. I've thoroughly enjoyed my experience with the FFT program and am thankful for the many lessons it's taught me—about children, parenting, family dynamics, working as a professional, and much more!

I am excited for future interns to gain as much I have through the FFT program."

Lisa Reynolds, RP(Qualifying)/FFT Intern

VANIER STAFF

Congratulations to Vanier staff who celebrated years of service. Thank you for your dedication and commitment to the families and children we support. **You are transforming lives!**



Celebrating 15 Years!

Spencer Lawton

Celebrating 5 Years!

Maria Melendez
 Courteney Van Haarlem
 Santana Hartford
 Eden Hawksworth
 Eleni Curtis

It was an extremely busy year at Vanier. Our staff have been persevering through much needed ongoing construction projects, including flooring, painting, a new roof, AC issues, and washroom renovations to name a few. They have faced new technology, new processes and so many changes.

Thank you for your patience and for embracing the changes.

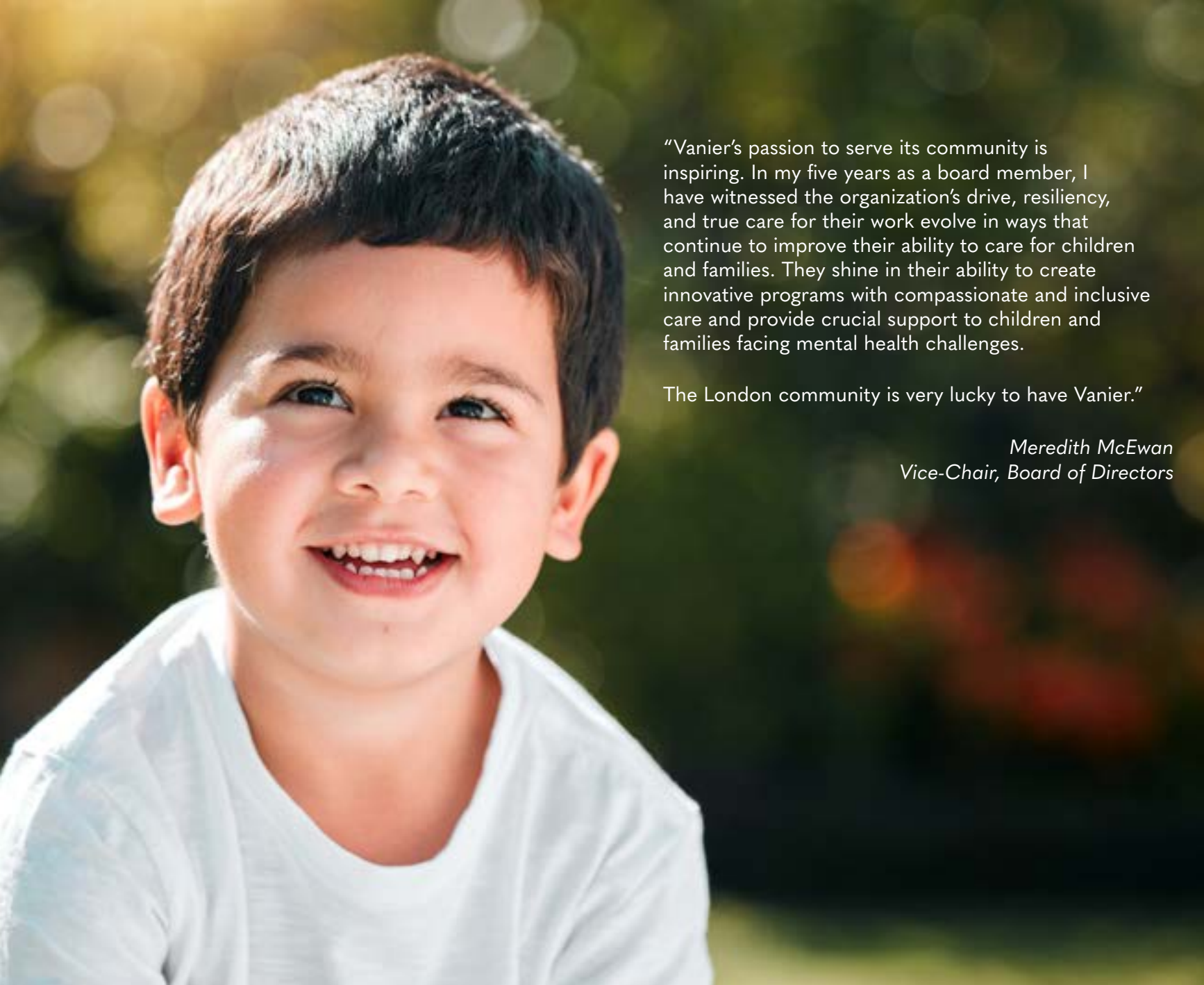
Change is not an event, it's a process - Cheryl James

Thank you!

YOU ARE AT THE HEART OF EVERYTHING WE DO!



The strength of the team is each individual member. The strength of each member is the team. - Phil Jackson



“Vanier’s passion to serve its community is inspiring. In my five years as a board member, I have witnessed the organization’s drive, resiliency, and true care for their work evolve in ways that continue to improve their ability to care for children and families. They shine in their ability to create innovative programs with compassionate and inclusive care and provide crucial support to children and families facing mental health challenges.

The London community is very lucky to have Vanier.”

*Meredith McEwan
Vice-Chair, Board of Directors*

OUR 2023 - 2024 BOARD OF DIRECTORS

Vanier Children’s Mental Wellness is governed by a volunteer Board of Directors who follow best practices for board governance, and provide broad strategic oversight to ensure that all of our resources are used in pursuit of the organization’s mission and mandate. We appreciate the time and commitment given to the organization by our board members.

Sally Zandri
Chair

Meredith McEwan
Co Vice-Chair

Krista Vogt
Co Vice-Chair

Hilary Di Crescenzo
Treasurer

Paul Levac
Secretary

Zoe Ritchie
Board Member

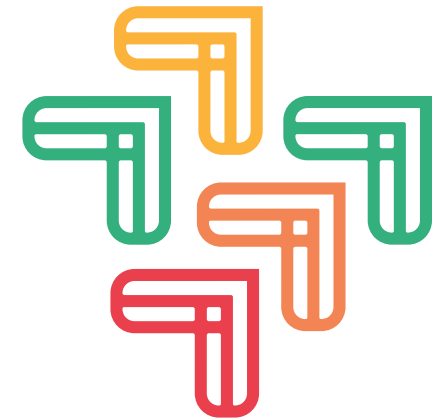
Greg Lavoie
Board Member

Bayly Guslits
Board Member

Mariana Peres Toledo
Board Member

Jean-Marc Boisvenue
Board Member

Samrat Raj
Board Member



MISSION

We deliver culturally responsive, accessible mental health services to children, youth and families while providing system leadership and advocating to improve care in our community.



VISION

A community that cares, supports and transforms the lives of children and families.



VALUES

Compassion	Trust
Belonging	Innovation
Advocacy	Excellence



We listen. We advocate.
We champion children to find their victories every day.
We support the family, the central part of a successful outcome.
We help put the pieces together.
Caring. Supporting. **Transforming Lives.**

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