



**HOW WE ARE
SUPPORTING
CHILDREN
YOUTH
& FAMILIES
THROUGH A
GLOBAL**

Pandemic

Pathstone 
Mental Health

Compassionate · Innovative · Professional

**ANNUAL
REPORT**

APRIL 2020 TO
MARCH 2021

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OUR SUPPORTERS

*Cette publication est disponible en français sur demande.



2020, easily described as fascinating, incredible, and enlightening. At Pathstone, it was a year filled with many conversations, strategizing, quick responses and alterations, as plans kept changing. Through this process, a new vision for the future of Pathstone Mental Health was created.

HOW WE SERVED

Despite pandemic closures and stay-at-home orders, we were able to navigate through 2020 successfully, providing essential mental health counselling in an instant.

HOW WE CHANGED

Our team expedited Pathstone's plans to move more of our work to digital platforms ahead of schedule. This allowed us to function more quickly and cohesively despite being physically fragmented from one another.

OUR VISION FOR THE FUTURE

It is of great importance for Pathstone to push the technology boundaries in order to reach children and families in the furthest corners of our Region. Our vision also includes embracing competent cultural awareness. We are focused on matters of equity, diversity, and inclusivity in all that we do.

HOW CARE IS BETTER

Here is the silver lining, we are now better serving our children/youth who have mental health and addiction struggles, in more ways than ever! Despite the inherent challenges, Pathstone's organizational culture is more embracing of change in what seems to be a forever changing landscape. We collaboratively work together to quickly transition treatment services to accommodate clients needs. Our priority is and always will be, KIDS.

OUR TEAM

If I may, recognition needs to be made of our Pathstone team. They stepped up to the challenge every time, putting in extra time and energy, and were thoughtful of one another and of those who needed their help. They redirected just about everything they do under difficult circumstances, and did so together as a team.

They talked to more kids than ever before, and did so over the phone, in-person, and online. We supported 9,449 kids over the past 12 months (a 35% increase from the previous year). Our team made people feel safe, heard, and supported, and I am forever grateful for their extraordinary commitment to the job and our community. Go #TeamPathstone!

MESSAGE *from* **PATHSTONE** **MENTAL** **HEALTH** **CEO**

With the increase in clients we saw over the past year, we anticipate that our children/youth and families will continue to reach out to us in record numbers this year too.

To the many donors who gave generously to Pathstone Foundation, thank you. We wouldn't have been able to see the number of kids we did without your support. Our Walk-In Clinics both in-person and video, only operate thanks to your generosity. Throughout the pandemic, those two services were a lifeline to so many.

Mental Health is about all of us.

If the pandemic has demonstrated anything, it's that mental health knows no bounds. You would be hard pressed to find a single person who has not had their mental health challenged over these many months. Through this world-wide crisis, we are more understanding, and empathetic to those who struggle.

Shaun Baylis

**Pathstone Mental Health
CEO**



NUMBER OF CHILDREN HELPED BY EACH TREATMENT OR SERVICE

Counselling & Therapy	7,679 (+)
Walk-In Clinic (<i>In-person & Video</i>)	627
Brief Services	1,219 (+)
Crisis Line	1,275 (+)
Day Treatment	386 (+)
In-Home Support	200
Rotary House	47 (+)
Special Consultation / Assessment	4,299 (+)
Youth Justice	154
SPTN (<i>Supervised Parenting Time Niagara</i>)	227
NPRS (<i>Niagara Preschool Resource Service</i>) & KFM (<i>Kids & Families Matter</i>)	133
MITT (<i>Mobile Intensive Treatment</i>)	57

(+) Indicates an increase in clients served
 *Some children & youth are helped by more than one service.

OUR REACH

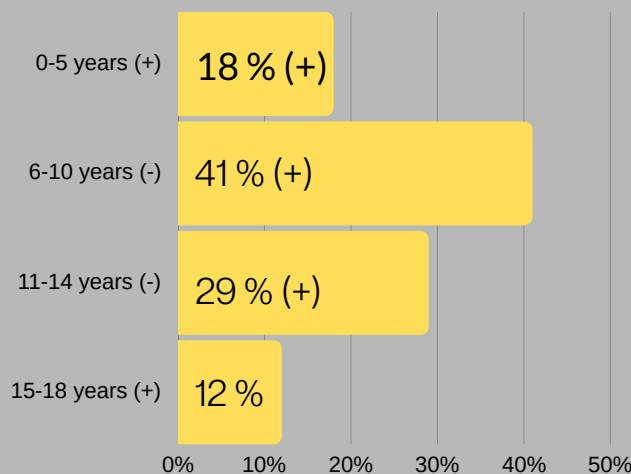
April 2020 - March 2021



9,449

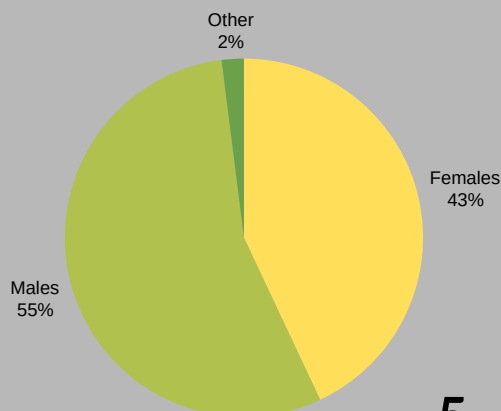
CHILDREN ACCESSED OUR TREATMENT/SERVICES

AGE COMPARISON FOR YOUTH CORE SERVICES



Our clients range in age from birth to their 18th birthday.

OUR CLIENT BREAKDOWN



5

1,275

CALLED CRISIS & SUPPORT LINE

53,171

NUMBER OF DIRECT COUNSELLING HOURS

ACCREDITATION

Pathstone Mental Health is accredited by the
Canadian Centre for Accreditation &
Children's Mental Health Ontario



Accredited by
Canadian Centre
for Accreditation



Agréé par
Centre canadien
de l'agrément

Research shows that treatment at Pathstone WORKS!
OVER 85% of our clients improve, based on results
following the completion of their treatment.



LEAD AGENCY FOR THE NIAGARA REGION

Supported by...





HOW WE MEASURE

UP

period end date: March 31, 2021
 quarter: 4

Q4 OPERATION PLAN INDICATORS TO ANNUAL SCORECARD

	TARGET	SCORE	TRACKING
CUSTOMER SERVICE AND QUALITY			
met treatment and intervention goals			
satisfied with service experience	25%	23.00%	●
outcomes: quantitative	25%	23.25%	●
group and workshop satisfaction	25%	25.00%	●
TOTAL CUSTOMER SERVICE AND QUALITY	25%	23.75%	●
OPERATIONAL EFFECTIVENESS	100%	95%	●
provided EBP or EIP treatment			
met intake standards	20%	20.00%	●
met transitioning standards	20%	20.00%	●
risk and client well-being issues	20%	18.50%	●
program and intervention fidelity	20%	20.00%	●
TOTAL OPERATIONAL EFFECTIVENESS	20%	18.75%	●
FISCAL RESPONSIBILITY	100%	97.25%	●
prepare a balanced annual budget			
all Ministry and other funding agency reporting requirements submitted on time <small>(including but not limited to Budget Submissions, Infrastructure Survey, Quarterly & Year End Reporting, and Transfer Payment Agency Reconciliation)</small>	20%	20.00%	●
complete and circulate monthly financial statements by the 3rd day of the month	20%	20.00%	●
auditors provide a 'qualified opinion' that indicates all financial practices comply with accounting standards for not-for-profit agencies	20%	20.00%	●
all processes and practices comply with GAAP <small>(Generally Accepted Accounting Principles)</small>	20%	20.00%	●
TOTAL FISCAL RESPONSIBILITY	20%	20.00%	●
WORKPLACE HEALTH AND EXCELLENCE	100%	100%	●
employee employer issues			
staff retention	15%	14.00%	●
workwellness reporting	15%	14.00%	●
TOTAL WORKPLACE HEALTH AND EXCELLENCE	70%	68.00%	●
TOTAL SCORECARD	100%	96%	●

LEGEND: WELL ABOVE EXPECTATIONS ● AT OR SLIGHTLY ABOVE EXPECTATIONS ● BELOW EXPECTATIONS ●



FOLLOWING OUR FUNDING

Current year - 2020/2021

THE STORY

In the year ending on March 31, 2021 Pathstone focused on meeting the needs of Niagara Families during the current pandemic. Investments were made to enhance safe counselling and working spaces, implement virtual counselling across programs, and support the increasing need for brief (immediate, short term) counselling. These investments were supported primarily by additional provincial funder dollars.

REVENUE

Total revenue is greater than the previous year by 10.8%. This increase is associated with funding received from the Ministry of Health (MOH), in large part to address additional costs associated with the Covid pandemic. Additional funding was also received in the year for special projects which provided one-to-one support for children. Decreases in revenue on some lines occurred due to the completion of prior year projects and slowdown in programs due to the inability to meet in person.

EXPENSES

Expenses increased by 11.1% over the prior year. The additional expenses were primarily associated with government funded Covid costs and one-to-one care costs. Total expenses remained in line with revenue.

In 2020/2021, the assets of the organization increased significantly by 83%. This increase is largely due to the increase in cash holding. Funds have been received for renovations and improvements at the Merrittville site. These additional funds will be used in the 2021/2022 fiscal year.

At the end of the year, Pathstone Mental Health realized a Deficiency of Revenues over Expenses of (\$38,701).

Our auditors this year were Durward Jones Barkwell & Company LLP. If you would like additional information, or to request to review a copy of the audited financial statements in their entirety, please call Pathstone at 905.688.6850.

Statement of operations

Year Ended March 31, 2021

	2020-2021	2019-2020
Revenue		
Government grants	9,822,513	9,700,168
Government grants - COVID-19 special funding	1,033,441	
Special projects	751,214	331,769
Fee for service	88,684	147,922
Donations	67,153	144,010
Other income	107,504	382,894
Amortization of deferred contributions	55,919	53,733
Total Revenues	11,926,428	10,760,496
Expenses		
Salaries & benefits	8,179,554	8,200,719
Programs	1,515,352	671,917
Occupancy	1,248,069	1,016,758
Professional fees	96,344	52,378
Administration	831,428	742,597
Amortization	94,620	82,947
Total Expenses	11,965,367	10,767,316
Excess (Deficiency) of Revenues over Expenses	(38,939)	(6,820)
Fund Balance Beginning of Year	683,156	689,976
Fund Balance End of Year	644,217	683,156

Statement of financial position

Year Ended March 31, 2021

	2020-2021	2019-2020
Assets		
Current assets		
Cash	1,666,576	814,147
Accounts receivable	676,360	264,622
Prepaid expenses	78,076	80,773
	<u>2,421,012</u>	<u>1,159,542</u>
Due from operating fund		
Capital assets	667,766	73,699
	<u>1,066,400</u>	<u>1,037,857</u>
	<u>4,155,178</u>	<u>2,271,098</u>
Liabilities		
Current liabilities		
Accounts payable and accrued charges	990,045	698,281
Due to MCCSS	44,783	32,000
	<u>1,034,828</u>	<u>730,281</u>
Deferred contribution		
Due to capital fund	1,808,367	783,962
	<u>667,766</u>	<u>73,699</u>
	3,510,961	1,587,942
	<u>644,217</u>	<u>683,156</u>
	<u>4,155,178</u>	<u>2,271,098</u>
Fund Balances		

Pathstone and Niagara's Child and Youth Mental Health service providers have been busy when it comes to the engagement of families!

In 2020, all four core service delivery providers signed a Commitment Charter to Family Engagement, and have now begun the task of making those commitments a reality.

Prior to the Commitment Charter being signed, in 2018 a survey was distributed to just over 150 staff at child and youth mental health agencies assessing their organization's readiness to implement family engagement practices. We have since repeated that survey and compared the results. Some of the findings below show us that we are moving in the right direction.

For example:

When asked, "Has our agency clearly defined practices in place to support family engagement?" In 2018 the staff responded with general neutrality to this question, indicating that while they felt their leadership believed in the commitment and importance of family engagement, not much operationally had been established to support it. In this year's survey we see those results jump to where staff indicated a strong agreement with this statement. This is in part due to,

- Practices that support families participating in internal organizational committees
- Families being involved in research and evaluation as part of the research team and not just subjects of the research
- Family Engagement Policy, and Procedures being developed and adopted by the organizations
- Expanded consultations with our Family Engagement Network

When staff were asked, "Are you aware of engagement opportunities for families?" In 2018, only 24% could identify any engagement opportunities. In this year's survey, that number rose to 64%. It is important for staff to be aware of engagement opportunities as they are key supporters of engaging families and need to communicate these opportunities.

FAMILY ENGAGEMENT COUNCIL

Members

HAILEY SQUIRES

AMY WILSON

CARLA BIANCO

MARCELLA BLANCHARD

TOM BARNES

KATHLEEN BARNES

LINDA GRUBIC

MICHELLE SANDERS

Plus

JULIE ANDERSON
of Contact Niagara

JOCELYNE MBUYI
of Centre de Santé

For more information, or to get involved please contact our Family Engagement Specialist,
Sarah Cannon, at scannon@pathstone.ca or 905-688-6580 ext. 308.

WHERE WE ARE HEADING

Message from the Board Chair
JENNIFER FERGUSON

Strange days indeed. These lyrics were written by John Lennon over 40 years ago, but have a particular truth today. As we reflect on the 2020-21 fiscal year at Pathstone Mental Health, we have much to be thankful for, appreciate and celebrate.

Within days of the World Health Organization declaring COVID-19 a global pandemic, Pathstone created the Pandemic Response Team to address the urgent and emerging needs of our staff and our most vulnerable.

Over the past year, Pathstone has made great strides in pushing innovation forward. With the onset of the pandemic, Pathstone expedited the advancement of virtual care services to ensure our staff could support the needs of children within the community. We have expanded walk-in clinics to include video counselling support and removed barriers to access by streamlining intake processes. Community involvement has expanded with the Niagara Ontario Health Team (NOHT-ESON), new partnerships with Ridley College and Niagara College that include the co-development of initiatives and a Memoranda of Understanding. We have developed a strategic collaborative relationship with DSBN, NCDSB, and Francophone School Boards to continue to build seamless pathways for children's mental health. Pathstone continues to foster a positive and collaborative decision-making work environment. Our Employee Wellness Survey demonstrates a positive work environment with a 92.7% employee satisfaction rate. Together, we will continue to foster innovation in the pursuit of positive client experiences, a healthy workplace culture, removing barriers and improving children's mental health throughout Niagara.

There is no doubt that the pandemic has forever changed us and the mental health needs of our community. In many ways, the experience has affirmed that Pathstone Mental Health is ready to embrace the future and will continue to be a leader in innovation.

On behalf of our dedicated and talented board, I offer our sincere gratitude. This year the words 'thank you' just don't seem to be enough to express our deep appreciation to the volunteers, staff and Shaun, who have led Pathstone through multiple lockdowns, developed leading health and safety protocols and who have put the needs of children's mental health above and beyond. We are humbled by the commitment that you have shown every day. We are all living through this unprecedented moment in time, but what gives me hope is our equally unprecedented commitment to responding to the mental health needs of our children and our future.

Jennifer Ferguson

Pathstone Mental Health
Board of Directors, Chair

CHAIR

Jennifer Ferguson

VICE-CHAIR

Laura Fyfe

TREASURER

Karen Smith-Curtis

SECRETARY

Carling Wright

BOARD MEMBERS

Harroop Ahuja

Benoit Beausoleil

David Ceglie

John Darch (Liaison)

Tammi Givans

Brent Harasym

Paddie Lucas

Brad Mayhew

EXECUTIVE MANAGEMENT TEAM

Shaun Baylis

Chief Executive Officer

Bill Helmeczi

Director of Strategic Initiatives,
Standards, and Practices

PATHSTONE AGENCY BOARD OF DIRECTORS 2020 - 2021

Zoom Meetings



The New Norm

Our MISSION VISION & GOALS

MISSION

To strengthen the quality of life for children, youth and families, who are dealing with mental health and addiction challenges.

VISION

Foster and nurture a healthy and thriving community for all .

GOALS

To become the industry leader in service delivery, research and training in the following categories;

- *Family & Youth Engagement*
- *Innovation*
- *Accountability & Transparency*
- *Research*
- *Diversity & Inclusion*
- *Healthy Workplace*

RESEARCH

We are accountable to those we serve and partner with. We ensure our practices and decisions are predicated upon data and knowledge, obtained systematically, via the collection and analysis of that data. We exist on the basis of improving the lives of infants, children, youth and their families. Engagement in research activities are to inform our decision making, enrich our services, generate new concepts, methodologies, and understandings.

ENGAGEMENT

We are committed to engaging and embracing the ideas, values and opinions of others with respect to the functions and services Pathstone provides. We are committed to being present, transparent and treating all with dignity. We aspire to be an engaged culture knowing this will engender a richer depth of services offered and accessed.

SAFETY

We are committed to creating and maintaining an environment free from hazards (physical, emotional and psychological). We will work to recognize and remediate conditions that create distress to avert harm. This will be achieved in conjunction with other values such as: engagement, collaboration and being trauma informed.

PROFESSIONALISM

Our services are of the highest quality and are provided by well-trained and educated staff who are supported in an atmosphere of optimism, opportunity and hope. These ideals are engendered through the promotion of accountability, unity, and transparency.

EXCELLENCE

We are devoted to delivering the best service, holding ourselves accountable for the results. We will continue to challenge the status quo, growing Pathstone as a team. We believe this value will be realized when we have a normed culture of co-creation, communication, and collaboration with families.

COLLABORATION

We believe in a transparent, consensus based, accountable, and collective approach to all aspects of Pathstone in the pursuit of excellence. We feel, authentic family engagement is a critical and foundational element of this value.

TRAUMA INFORMED

Recognizing that trauma is likely a part of individuals history, we strive to recognize the presence of symptoms, and acknowledge the role of trauma. We commit to ensuring an environment that provides: safety, trustworthiness and transparency, peer support and mutual self-help, and empowerment of voice and choice. We operate under the principles and policies of a certified Trauma-Informed Agency.

2021-2024 PATHSTONE'S STRATEGIC *Plan* Pathstone's Values, based in R.E.S.P.E.C.T.

A series of strategies and actions have been outlined in our Strategic Plan to enable our team to reach our Goals, while keeping our Mission and Vision in focus. To view our full Strategic Plan, we invite you to visit our website at pathstonementalhealth.ca/about/how-pathstone-measures-up/

IMMEDIATE SERVICES @ PATHSTONE

Under this umbrella, kids and families can access mental health support the moment they need it, in 3 ways.

1

CRISIS & SUPPORT LINE
OVER THE PHONE 24/7 BY CALLING
1-800-263-4944



2

WALK-IN CLINIC - IN-PERSON
AT 9 LOCATIONS ACROSS NIAGARA
MONDAY - FRIDAY



3

WALK-IN CLINIC - VIDEO COUNSELLING
FROM ANYWHERE IN NIAGARA
MONDAY - FRIDAY



Services offered at NO cost with NO referral and NO health card needed to children & youth from birth to age 18.

For more info on these services visit pathstonementalhealth.ca

What will your *Legacy* be?

How **YOU** can ensure kids and families can lean on Pathstone today, and for years to come. There are many ways to donate:

- Leave a Legacy, in your Will
- Donate Stocks, Bonds, Mutual Funds and Insurance
- Contribute through a Flow Through Share (or Fund)
- Become a Monthly Donor
- Make an Impact Gift (set amount gifted each year for 5 years)

LET'S TALK MORE ABOUT IT.

PHONE: Call Kim Rossi, Director of Philanthropy at 905.688.6850 x167

EMAIL: krossi@pathstone.ca

WAYS to *Donate*


ONLINE: <https://www.pathstonefoundation.ca/donate>

An e-receipt is sent to you instantly.

IN-PERSON or MAIL: 1338 Fourth Avenue, St. Catharines, ON, L2S 0G1

Stay connected with the work we are doing by following us!

 On Instagram @pathstoneMH_niagara

 On Twitter @pathstoneMH

 On Facebook @pathstonementalhealth

Sign up for our newsletter at <https://www.pathstonefoundation.ca>

**LEGACY
GIVING**
LEAVE A
LASTING LEGACY

THE POWER OF OUR People

Our Volunteers are an integral part of our team, sharing their time and talents to help support kids and families dealing with mental health issues in Niagara.

Our Volunteers are students gaining valuable experience, full-time professionals giving back to their community, and seniors who share knowledge gathered over a lifetime.

Throughout this challenging year they found creative ways to support and stay involved with kids and families, and when it was time to return in person, they came back in full-force, Covid-Style.

THANK YOU for your unwavering support, and riding this rollercoaster of a year with us. You helped others in a time of great need and were continuously adapting with us between in-person and virtual volunteer activities.

This year, with this diverse group of community “rock stars”, we were able to:

- Provide Yoga, Meditation, and Mindfulness classes to youth
- Assist facilitators and individuals attending our group I-sessions
- Organize and execute Children’s Mental Health Awareness Week activities online
- Offer a variety of perspectives on Pathstone committees, and Boards
- Pivot to virtual tutoring and mentoring in order to stay connected to and support youth
- Provide input for Accreditation interviews, and Strategic Planning sessions
- Be Social Ambassadors, sharing our virtual activities and fundraising initiatives
- Perform office tasks virtually that included updating contact lists, manuals and making calls
- Connect with hundreds of donors during our third annual Thank-a-thon
- Provide child minding support while caregivers attended workshops to learn strategies
- Facilitate supervised visits, allowing parents and children to spend quality time together
- Ensure success with an “all hands on deck” approach at our in-person fundraising events
- Collect feedback from fellow volunteers to update our training presentations
- Ensure the Youth and Family voice were present and part of vital decisions made for the benefit of the Agency and the children, youth, and families we support

STUDENT PLACEMENTS: CO-OPS AND INTERNSHIPS

Through our Education and Training Institute, we are able to offer students an opportunity to achieve their learning goals through their work in various programs and services we offer to families.

The Institute is focused on making Pathstone a state-of-the-art Research and Teaching facility in the children’s mental health space.

This year, 41 students were accepted into placements across our agency and came to us from various colleges and universities. These students are fulfilling college level, undergrad level, and graduate level programs from **Brock University, Laurier University, Medaille College, Mohawk College, Niagara College, Niagara University, University of Buffalo, University of Windsor, and Yorkville University.**

We look forward to welcoming more students into placement in the coming months.

SOME OF OUR SHINING Stars



DAVE COWAN is Pathstone's longest serving volunteer!

He has been part of our Supervised Visitation team for 20 YEARS! Dave's positivity and calm demeanor is an asset to this role as well as his two-decade long commitment to helping families connect, and providing a safe space for them to do so.

Dave is a dedicated volunteer, providing mentorship to new team members. In a female dominated program, he provides a positive male

influence, giving a sense of belonging to other men who support this program. We have nominated Dave to receive recognition with a 20 year Ontario Volunteer Service Award through the Ontario Government.

THANK YOU! We are honoured you chose to spend your valuable time with Pathstone!



AUBREY McCANN has been volunteering with Pathstone for nearly 5 years!

A tremendous asset to the team, she has supported children, youth and families dealing with mental health issues. Aubrey's impact has been felt through her service in a variety of ways at Pathstone that includes her life skills volunteer role at Rotary House, leading arts and crafts programming, one-to-one client mentoring, childcare support, and offering to help at numerous fundraising events over the years.

Thank you Aubrey, for your dedication and contributions!

OUR COMMUNITY AMBASSADOR

Letter from the
Foundation Board Chair
BETTY-LOU SOUTER



Throughout 2020, we added many new words and phrases to our daily vocabulary, which spoke to the challenging circumstances that became part of our everyday routine.

Words like nimble, pivot and adaptable. Phrases like, “we are in this together,” “it is what it is,” “in an abundance of caution,” “for the safety of all,” were on the lips of everyone. With eyes glued to daily newscasts, we took direction from politicians, which changed quite often. We were forced to adapt our work and private lives to wade through the turmoil of what 2020 brought, also referred to as, “the new normal.”

Pathstone Foundation demonstrated a keen sense of survival and adapted to the restrictions placed on many of its activities in this “new normal.” They remained connected to supporters who gave us the ability to continue carrying out important programs that truly make a difference. Fundraising took on a completely new direction at a time when it was needed most. The uncertainty of daily life was more keenly felt by the children who for many weeks and months were isolated from their friends and their routines. Through the support of the Foundation, our Walk-In Clinics are in every corner of the Region, supporting children who became overwhelmed with the loss of their routine. Staff adaptability was truly remarkable and it appeared to be business as usual. They ensured support was still delivered, children’s needs were met, and kept an overall focus that the most fragile were a priority.

The creativity of Kim and Michelle ensured the need for mental health support was articulated broadly in the community, which always had a positive outcome. Their creative marketing skills made everything seem so effortless, and they are to be commended for ensuring our story was told far and wide. Shaun’s strong leadership skills were apparent; creating an environment that gave donors the confidence their support was truly making impact and a difference.

The commitment of the Foundation Board of Directors remained constant. There were many hurdles to cross but they did so as a cohesive unit, firm in their resolve to ensure the mental health of our children is the best it can be.

Many thanks to all.

Betty-Lou Souter

**Pathstone Foundation
Board of Directors, Chair**

CHAIR

Betty-Lou Souter

VICE-CHAIR

Ruth Unrau

SECRETARY/TREASURER

Martin Zaremba

BOARD MEMBERS

Lorne Bentley

David Boychuck

John Darch (Liaison)

Paul Leon

Rosanne Marsh

Greg Wight

EXECUTIVE MANAGEMENT TEAM

Shaun Baylis

Chief Executive Officer

Kim Rossi

Director of Philanthropy & PR

PATHSTONE FOUNDATION BOARD OF DIRECTORS

2020 - 2021



FOUNDATION HIGHLIGHTS

Over the past 12 months, most of which led to the elimination of in-person events, Pathstone Foundation pivoted its plans to continue fundraising for much needed programs, when demand was at an all-time high.

In addition to fundraising, the Foundation also undertook a number of mission, awareness, education, and prevention initiatives.

APRIL 2020

With the pandemic in its beginning stage, we pivoted our June in-person gala to a LIVE Stream Event on April 8. Over 2,000 people watched the “**White & Bright LIVE Stream Affair**”, presented by RBC with special guest Dr. Gary Chapman, author of the best-selling series, “The 5 Love Languages.” A special performance was also part of the show from Canadian recording star and Juno award winner, Brett Kissel. **Over \$60K was raised.**

MAY

We released a **coping kit for families** as many of us dealt with stay-at-home measures, school closures and job loss. Our main goal was to ensure families had support tools to connect with us and others when and if they needed to.

JUNE

Marked the launch of **Pathstone TV**. This online platform offers 3-5 minute chats from experts about various mental health and mental wellness topics. This series lives on our website at www.pathstonementalhealth.ca/pathstonetv/

JULY

With the **Jeff McKillop Memorial Car & Truck Show** scratched from the event schedule, Jeff’s family organized a “Meat Sale” with Big Red in Thorold. Just over **\$3,500** was raised thanks to those who purchased bulk boxes of burgers, bacon, chicken wings and other products.

AUGUST

On sale for just 10 days, OVER 325, **Isolation Station Phase 2, “Unity Hats”** were purchased, thanks to a campaign launched by Frank Pietrangelo of “The Mad Hatters Band” on Instagram LIVE. Proceeds from the ISO 67 hat and Phase 2 hat totaled over **\$4,500** for Pathstone. This campaign was not only innovative, it provided much needed connection to hundreds of people across Niagara through a dark time.

SEPTEMBER

Enter the **Niagara Golf Marathon "COVID-Style"** at Royal Niagara Golf Course. A record number of golfers played 100 holes in a single day! \$62K was raised, and benefitted five local causes, including OURS. This brings NGM's grand total to just under \$500K since it began in 2010! Special thanks to the Pathstone team which included Kim Rossi, April Cotton and Donna Venditti!

Lowe's Canada Home Heroes' Campaign was a month long effort in September. The Niagara Falls LOWE'S picked Pathstone as their charity of choice and raised the most money in the country!!! Thanks to community donations made at the check-out and a corporate gift + match, Pathstone received just under **\$35K** to support our outdoor classroom project at our elementary school on Merrittville Highway.

Dancing and other physical activities and challenges proved to be the way to go to keep us UP and MOTIVATED over the past year. Thanks to **Disco Dino's** inspirational and motivational disco series videos, over **\$4,600** was raised for Pathstone. It was Dino's good friend Carm Ciccarelli who started it all off with a push-up challenge that asked others to get involved, challenge others and make a donation. Congrats to you both on your efforts! And thank you for the support!

Corporations that typically participate in **Cotton's Annual Golf Tournament** took the year off golf, but still gave! As a result even more money was raised and Pathstone was one of the recipients of this collective generosity!

A new partnership with the **Niagara International Marathon** took off running in 2020! Thanks to Diane Chesla's determination, we kept running, even when we couldn't do it together. Over **\$5,000** was raised for us through a series of 5K- Marathon length events, done across the Region. We are looking forward to continuing to hit the road with this team!

Not one for sitting still, Pathstone Foundation created **Wine, Dine & Drive-Thru**. This in-person yet Covid-style event brought over 200 guests to three locations in a single night. At The Branscombe Centre "Check-in" guests were treated to music, live art, swag and their appetizer. Next was a scenic fall drive to Nature's Corner in Fonthill for a hot drink and dessert. The final stop was at Henry of Pelham winery, where guests picked up their main course, and a bottle of HOP's finest wine. They had the option to picnic outdoors with LIVE music or take their dinner home. Special thanks to our volunteers, Henry of Pelham Estate Winery and Haskell Photography for their support as well as our countless sponsors who made the event possible.



NOVEMBER

Despite the pandemic, we were able to host a very successful **Portraits in the Vineyard** for a second straight year. This year, we welcomed over 450 people to Calamus Estate Winery. Special thanks to Haskell Photography, David and Guen, Johnny Rocco's Pizza Wagon, owners Tony & Fern, and Jennifer Damico of Coldwell Banker for their support!

In their annual quest to raise **\$10,000** for Pathstone, The Mane Event Team decided to sacrifice their locks, in support of Mental Health. **The Mane Campaign** surpassed their **\$10,000** goal with help from our community and a corporate gift from Mark Basciano, owner of Mountainview Building Group. Thanks to Haskell Photography for creating the photo campaign, Malia Hair Salon for hosting the hair cutting event and to Taylor Venditti, Jamie Chevalier and Maria Kossilos for being our hair dresser hosts that day.

#ProjectPlaid dressed up Niagara in November, in Memory of Amelia Durocher. In two years, over **\$20,000** has been raised for Pathstone. This November campaign encourages dressing in plaid (Amelia's favorite), suicide awareness and donating to Pathstone to commemorate what would have been her birthday on November 27.

Firefighters were all around! The annual **St. Catharines Fire Department Combat Team Calendar + Fire & Wine Event (online)** made headlines once again! This year, online sales were added, and over **\$10,000** was raised!

Another physical challenge took shape through the **Trip N Fall Runners Group**. Participants took on Hydro Hill in St. Catharines all day long, with a goal to complete the distance of ½ of Mount Everest, which by the way is 4,424.5 meters. Thanks to lead, Jonathan Toews.

DECEMBER

We hosted our THIRD annual **Thank-a-thon**. A team of our volunteers made calls and sent emails to over 1,000 people who had made gifts to Pathstone over the past year. It was another feel good kinda' morning, even with social distancing in play!

FEBRUARY

We launched our third annual **Fill the Pig, Feel Better campaign** in partnership with Meridian Credit Union. This year, it was an ALL VIRTUAL effort and we engaged 13 Youth Champions to be the faces of each Meridian branch. Their efforts and Meridian's Matching program brought our total raised to **\$31,153.68!**

To mark **Pink Shirt Day** in February, Pathstone's good friend Ash spoke about how he was bullied and offered advice to kids who may be keeping their feelings to themselves. What transpired was a motivational and inspirational message from our eight year old friend who gave others the courage to come forward. **Read Ash's story in this report.**

MARCH

Fundraising for the future has been a learning process for sure. In March we started work on Pathstone's first **POP-Up Project**. This would be a short "pop-up" campaign, online only that will present a need at Pathstone and ask the community to answer the call, and share the campaign. We are thrilled to share with you that our kick-off campaign raised just under **\$11K** in 15 days, and put cute, "Very Hungry Worry Monster's" into the hands of Pathstone kids struggling with Anxiety. They now put their worries, in the monster's mouth. Thanks to Sun Life, Golden Horseshoe District for helping kick it off with a \$2,500 Gift Match.

From a mission, education and prevention standpoint, we also used our social media platforms to share a variety of activities, challenges and information as a way to stay connected and engaged with our community. Mental Health support was and still is vital through this time.

We would like to recognize our Media friends and partners who help us tell our story all year long.

SPECIAL THANKS TO:

610 CKTB

CHCH TV

Country 89 / Giant FM

Niagara Connects

Niagara Falls Review

Niagara This Week

The Niagara Independent

The Voice of Pelham

St. Catharines Standard
SNAPD – Niagara Region

The Lake Report

The Local

The News Forum

The River News

Welland Tribune

Your TV Niagara



CLIENT STORIES

Meet Ash

THE STORY

If you spend time with Ash, you will see he's a sweet kind boy with a big heart full of love. You will learn, he's obsessed with Pokemon, the TV show The Mandalorian, and books. His favourite author is Rodman Philbrick.

Ash is all about the details. He will tell you about every Pokemon character and what makes each one so special. He'll likely tell you a joke, because he loves to make others laugh. Once he feels comfortable, Ash will tell you that he was the victim of endless bullying at school. He envisioned how his day would turn out before getting out of bed each morning. When Covid-19 hit and schools were closed, this grade 4 student's daily battle finally ended. No school meant the kid who was bullying him could no longer reach him. He couldn't be stared down, pushed around, or threatened. Ash felt safe at home.

However, this didn't solve everything.

Ash was at Pathstone, being supported by therapist Kathy Molloy, who talked about their sessions together.

"We worked on coping with his feelings of sadness, worry, confusion and anger. Fear was keeping him awake at night. Ash described it as being like a DVD that was always playing in his head. He's since learned how to talk about his feelings, how to make the worries smaller and to focus on all of the good things about him, and his life. Most importantly, he learned how to trust again.

THE OUTCOME

Today, Ash is at a new school, and is thriving socially, emotionally and academically. He still sees Kathy at Pathstone and is excited to tell her about the new friends he's made

In his words, Ash says, "Pathstone has helped me deal with my issues, and I feel like I've been heard, and people want to help. I trust Kathy, and I know I can tell her anything."

This year, on **PINK SHIRT DAY**, Ash shared his story with all of us. His friends and family were proud of him, and many shared with Ash that he gave them the courage to talk to someone.

In our fight against mental illness it's you, our monthly donors, who ensure that children who are struggling have the help they need,

every day.

**BECOME A
MONTHLY
DONOR**

**GIVING MONTHLY
HELPS DAILY**

At Pathstone, we see children struggling with stress, anxiety, depression and other mental health issues, and families are being forced to witness that struggle.

This is why we need YOU.

Your committed gift to Pathstone ensures the walk-in clinic's are sustained and extended, to continue to provide immediate one-on-one sessions with our therapists as soon as a child needs it. Your gift fuels our treatment programs and provides research into the best therapy to further increase a child's success.

As a monthly donor, you are part of our circle at Pathstone. Together we are putting Niagara's kids on a better path.

Become a monthly donor.

It's the greatest gift you can give.

As a Pathstone monthly donor, you will receive:

- An official welcome to our monthly donor circle, which includes our signature Bella Budda Beads bracelet designed for Pathstone monthly donors.
- Email updates on the impact your gift is making.
- Exclusive insight on projects at Pathstone.
- Annual receipt for tax purposes.

Questions? Connect with us directly.

Kim Rossi - Director of Philanthropy / 905.688.6850 x 167 or Krossi@Pathstone.ca

PROUD Moments

Pathstone Staff Awards and Years of Service Recognition

35 Years

Tony Antidormi

25 Years

Kathy Molloy

20 Years

Michelle Pearce

Judy Robertson

Jonathan MacCormick

Dave Sprackett

Colleen Johnson

Julie Anthony

Donna Hepburn

Glenna Ranieri

Jason Guay

Laurie Marazzo

15 Years

Susie Pearson

Liz Oblak

Katrina Beardsley

Jill Wiens

Michelle Price-Picard

10 Years

Bailey Dejong

Linda Vespoli-Burch

5 Years

Wendy MacDonald

Theresa Mitchell

Carly Steele

Sarah Connolly

Jodi Bradshaw



THE SPIRIT AWARD,

given to a staff member who promotes Spirit.

Awarded to DIANE KON



THE INNOVATION AWARD,

given to a staff member for exemplary commitment to innovation.

Awarded to KIM ROSSI



THE ORGANIZATIONAL VALUES AWARD,

given to a staff member for their exemplary commitment to organizational values.

Awarded to JODI BRADSHAW



THE SUE CHAPMAN AWARD,

awarded to an outstanding therapist.

Awarded to RYAN ANDRES

Bethesda
Bridges Community Health Centre
Brock University
Canadian Mental Health Association (CMHA)
Centre de Santé Communautaire
Community Addiction Services of Niagara (CASON)
Community Living in Fort Erie, Grimsby and West Lincoln,
St. Catharines, Welland Pelham, Port Colborne, and Wainfleet
Contact Niagara
Distress Centre
District School Board of Niagara
FACS Niagara
Fort Erie Native Friendship Centre
Gateway Residential & Community Support Services of Niagara

COMMUNITY

Partners

The Community Partners we work
hand in hand with across Niagara.

Hospice Niagara
Indigenous Health Network
John Howard Society of Niagara
McMaster 3 G
Meals on Wheels
Niagara Catholic District School Board
Niagara Conservation Authority
Niagara Fire Services
Niagara Health
Niagara Region Child Care
Niagara Region Public Health
Niagara Regional Police
Niagara Chapter of Native Women
Niagara Children's Centre
Niagara College
Niagara Falls Community Health Centre
Niagara Regional Native Centre (NOTL)
Niagara Support Services
Niagara Training & Employment Agency
Oak Centre Alternative Community Support
Port Cares
Positive Living
Probation Services
Quest Community Health Centre
RAFT
Ridley College
Start Me Up Niagara
Strive Niagara
Youth Resources Niagara

INN OVA TION

How Pathstone's Research & Training Institute Continues to Push Forward

OUR MISSION

The Pathstone Mental Health Research & Training Institute is dedicated to pursuing research related to infant, child, youth, and their family's mental health and wellbeing.

This past year the Institute was hired to conduct:

- Clinical supervision for 10 graduate-level therapists,
- Training of over 25 professionals in Solution Focused Therapy,
- An eight-module certificate program for Niagara Regional Child Care on Infant Child and Youth Mental Health Promotion.

OUR STUDIES 2020-2021

The Institute has been involved in seven research studies over the last 12 months. Funds to support this work came through successful grant applications that will allow us to run on-going research. Below is a brief look at one of our promising and exciting research projects, for which we secured a research grant from the Centre of Excellence through the Children's Hospital of Eastern Ontario (CHEO).

Cognitive Behavioral Therapy offered through Virtual Reality.

This study will evaluate the efficacy of delivering Mental Health Services to Niagara Youth using Cognitive Behavioural Therapy (CBT) that is supported, through the utilization of Virtual Reality (VR). This study is based on the increased prevalence of anxiety disorders which now account for 10% of all mental health issues in Canada. (Public Health Agency of Canada, 2016). The largest increases were found among children and youth (aged 5 to 14) (Public Health Agency of Canada, 2016).

Keep in mind, these figures were captured pre-pandemic and therefore it is quite plausible that the number of young people struggling with anxiety may be exponentially higher. At Pathstone, cases of anxiety in kids aged 6-10 doubled, when compared to the previous year (pre-pandemic).

CBT has been recognized as an effective treatment for young people with anxiety related disorders (Podina, et. al., 2016). However, there can be issues in this age group to comply and complete their therapeutic treatment.

FOR THIS STUDY

We will provide CBT therapy in a virtual reality environment. We expect to allow service users/clients to select the therapy format they prefer be it, in-person, over the phone, through video or virtual reality. They will have access to the same therapist and the same treatment strategy (CBT) but will be asked to select the mode of delivery that they prefer to use.

WHAT WE HOPE TO LEARN

The intent of the research will be to determine the impact of digital/virtual care options on clients at Pathstone Mental Health from both a clinical and a user perspective. Areas to be explored would include outcomes of the therapeutic process, access to services, impacts on timeliness of services, removal or creation of barriers to services, impacts on treatment engagement, usability, outcomes, and satisfaction. In the process of service delivery, we plan to gather feedback from both service recipients and therapists to determine both contexts that bring about the most progress in therapy, as well as insights gleaned from participant experiences. If the findings show CBT through VR to be more effective, we can move forward with full program development in this style of care.



CHEO

RESEARCH INSTITUTE
INSTITUT DE RECHERCHE



Ontario Centre of Excellence
for Child & Youth Mental Health

Centre d'excellence de l'Ontario en santé
mentale des enfants et des adolescents

YOUTH ADVISORY *Updates*

Our Youth Advisory Committee led by Sarah Connolly and Taylor McRae have had a busy year engaging youth in a variety of projects and initiatives that made an impact throughout the agency.

SOME OF THE HIGHLIGHTS INCLUDE:

- Our Youth advisory group grew to 10 members with subcommittees and action groups
- Youth action groups were created to assist with Social Media content creation for the @youthofpathstone Instagram page; fundraising and mental health awareness
- Youth's voice is embedded in all of internal committees to give input and help make decisions on: Behaviour Intervention, Accreditation, Inclusive Alliance, Digital, and Pandemic Response
- This year's Children's Mental Health Awareness committee was busy with a variety of activities planned each day to raise awareness including daily story time at noon with one of the therapists, a family virtual cooking class, a family dance party, boxing 101, an interactive music night and a virtual paint night led by the Youth advisory Committee
- Participating in our fall fundraising event, Wine Dine & Drive Thru, youth helped to ensure a successful event with all hands on deck
- Involvement with our Accreditation process
- Surveying our staff and youth to assess the impact of youth engagement
- Updating our mentoring handbook to include age appropriate virtual activities

The pandemic posed many challenges for service delivery and engagement but it also created opportunities for our youth advisory members to become more engaged in different ways, as transportation barriers decreased by having meetings virtually. Attendance, participating and engagement all increased.

Youth's voice on our Digital committee was instrumental in helping us decide which digital platforms would work best for our clients and families. Youth helped us test various platforms as well as develop protocols and policies around virtual services being offered.

Youth advisory members include: Harroop Ahuja, Taylor McRae, Aliyah Cimek, Olivia Detlor, Caroline Grant, Megan Jacobs, Michelle Jankowiak, Mariah Parente, Matthew Rennie, Kora Russo, Emily Samaroo, Chloe Spelier



OUR YOUTH IN Action

YAC Zoom Meetings



OUR *Supporters*

DONATIONS OF \$500+

- Mountainview Building Group
- River Realty Foundation
- Rosslyn Reed
- Robert & Patricia Neill
- RBC Foundation
- Niagara Community Foundation (NCF)
- David S. Howes Fund at NCF
- Lucy & Larry Colangelo
- Meridian Credit Union
- The Branscombe Family Foundation
- TD Bank
- Lowe's Canada Heroes Campaign
- Norris W. Walker
- City of Niagara Falls
- City of Port Colborne
- City of Thorold
- City of Welland
- Court Holdings Ltd.
- Diane & Greg Slaight
- Town of Fort Erie
- Town of Grimsby
- Niagara Falls Rotary Club Foundation
- Niagara Golf Marathon (NGM)
- M&N Walker Foundation at the Niagara Community Foundation
- Sheila J. Bonapace
- NOTL Healthcare Foundation Fund at NCF
- St. Catharines Fire Department
- Stamford Kiwanis Club
- Intact Insurance
- Mike Dias
- Cotton Inc. Annual Golf Tournament
- iA Financial Group
- William & Marlene Connacher
- Glenn & Linda Meyers
- Mario Ferrara & Annabel Kennedy
- COGECO / YourTV
- F.K Morrow Foundation
- Fallsview Casino Resort Fund at NCF
- The Morris & Rosalind Goodman Family Foundation
- Loree Turnbull
- Isolation Station & Sound Gear- *Frank Pietrangelo, Tony Basilone, Robert Orr & Cindi Taylor*
- Bosch Rexroth Canada
- FirstOntario Credit Union
- Niagara City Cruises
- Katey Marie Campbell Fund at NCF
- Kerry & Barbara Cornelius & Family Fund at NCF
- KTX Insurance Brokers Ltd.
- OneTree Foundation
- Jeff McKillop Memorial Fund
- Graves & Richard Professional Corporation
- Lester Shoalts Limited
- Mark Basciano
- May Court Club of St. Catharines
- Tom & Annette Urlocker Family Fund - *IMO of Patrick Urlocker*

- Hog Shed Scavenger Hunt
- John Beyer
- Ann-Louise Branscombe Fund at NCF
- Grantham Lioness Club
- Hudson Technology Corporation
- MNP LLP
- Rotary Club of St. Catharines
- Vermeer's Greenhouses
- Gore Mutual Insurance Company Foundation
- Zeke & Company
- Justice Wendy MacPherson
- Rosanne & John Marsh
- Beatties
- Bell Canada
- Duomax Developments Limited
- Durward Jones Barkwell & Company LLP
- Marz Homes
- Thomas & Annette Urlocker
- Niagara Peninsula Electrical Contractors Association
- Brand You, Promotional Products
- Greg & Anne Wight
- Matthew Zimmerman Memorial Fund at NCF
- Accenture
- Beverley Alexander
- April Cotton
- Dr. Kevin Smith and Ms. Marian Lips Fund
- Estate of Eileen Norah Savage
- Fidelity Investments Canada
- Garden City Lions Club
- Grimsby Community Fund
- Carol Ann Jackson
- John Darch Insurance & Investments Inc.
- Retired Women Teachers of Ontario - *Niagara South Branch*
- Revel Realty Inc., Brokerage
- Roseanna (Boutique)
- Rotary Club of Lincoln
- Jim & Nancy Sissons
- Stamford Lioness Club
- The McKeil Family Foundation
- The OTIP Community Fund
- George L L. Waters
- Welland Optimist Club
- Youth and Philanthropy Initiative Canada
- Becca Haroutunian
- Ronald Turnbull
- Angela L. Wyr cimaga
- Cooks in a Red Box
- Marsh Family Fund at NCF
- Dean Pollock
- Wanda Cook - *4x4x48 Challenge*
- Robert Cattana ch
- Paula Karas
- Lu Ann Leonard
- Ballet Etc.
- Betty Boyd
- Evelyn Bergen
- Adam & Jaime Bosak
- Carpet Emporium
- Gervan Fearon
- Elaine Gill
- Olivia Duncan
- Westland Greenhouse Solutions
- Diane Kon
- Michelle Pharand
- Mary Serveau
- Adam McInnis
- Blessed Trinity Catholic Secondary School
- Ron Bruch
- Nancy L. Court
- DDL Accounting
- Shelley Duncan
- Dr. D.M Girard
- Glendale Dental Centre
- Rachel Goulet
- Tyler Green

- Roman A. Groch
- Hare Winery (The Hare Wine Co)
- Bill Hunter
- Doug Hunter
- Frank & Sandy Leslie
- John Longo
- Hilda A. Makken
- Bernhard Mattern
- Cathy Minor
- Niagara Region Police Association
- OGML
- Ontario Secondary School Teachers' Federation
- Pelham Panthers Juvenile 2019/20 Team
- Barbara Reynolds
- Gregory A. Robins
- Saint Gobain Canada Inc.
- Dr. Ken Santher
- Mary Jane Sferrazza
- Justice Linda Walters
- Marie Wills
- Don & Valerie Wolfe
- The Morris & Rosalind Goodman Foundation
- Norris Walker

NIAGARA COMMUNITY FOUNDATION

Niagara Community Foundation (NCF) has been instrumental in supporting Pathstone with countless transformative grants.

Over the past year, they more than delivered on their mission, to improve the quality of life in Niagara through philanthropy. As an organization committed to supporting the needs of Niagara, this past year they rose to meet a number of challenges.

Pathstone was the recipient of a number of grants and funds that included:

In partnership with Community Foundations of Canada and the Government of Canada, NCF delivered directly to Niagara over \$900,000 through Canada's Emergency Community Support Fund. Pathstone received a \$75,000 grant, which ensured we had the tools to deliver mental health support to children, youth, and their families despite the obstacles caused by the pandemic. This support allowed us to pivot methods of care from in-person to video, seamlessly, whether children need mental health support for the first time, one-time, or were in any of our mental health treatment programs.

The David S. Howes Fund, awarded a \$55,000 grant to front-line services. Through the pandemic, we saw calls to our Crisis & Support line double and visits to our walk-in clinics escalate. Overall close to 10,000 children and youth were supported, a 35 per cent increase over the previous year.

NCF's Community Grant, committed \$15,000 to the Walk-In Clinic program. There are currently 8 walk-in clinics across Niagara, offering in-person and video counselling support with a Pathstone counsellor. Combined, over 800 hours of one-on-one support are available each month at no cost, with no referral or health card, to those 18 and under.

The Fallsview Casino Resort Fund's grant of \$5,000 provided us with marketing dollars to promote our in-person and video-counselling walk-in clinic services.

Countless Family Funds held at NCF were also received. They were directed to our most urgent needs at that time which was Brief Services. Described as six sessions or less of mental health support, this is the only program currently facing an extensive wait list. Ahead of the pandemic, there was not a wait for this program. Those family funds include:

- **Ann-Louise Branscombe Fund**
- **Katey Marie Campbell Fund - Urgent Needs**
- **Kerry & Barbara Cornelius & Family Fund**
- **Marsh Family Fund**
- **M & N Walker Foundation**
- **Matthew Zimmerman Memorial Fun**
- **Tom & Annette Urlocker Family Fund, IMO Patrick Urlocker**

**NIAGARA
COMMUNITY
FOUNDATION**
Niagara Community
Foundation,
helping good people
build smart & caring
communities.

This year's Annual Report was written and designed in-house by the team at Pathstone Foundation.

Pathstone



Mental Health

LEAD AGENCY FOR THE NIAGARA REGION

THANK YOU

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905.688.6850

PathstoneMentalHealth.ca