



Pathstone   
Mental Health

# ANNUAL REPORT

APRIL 2021 TO  
MARCH 2022

# MOVING THROUGH A GLOBAL PANDEMIC

How mental health support is reaching more children, youth and families across Niagara



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\*Cette publication est disponible en français sur demande.

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# MESSAGE *from* SHAUN BAYLIS CEO

As pandemic restrictions fade, we are far from being in the clear. There is a constant deluge of children and youth mental health cases that are being directed to Pathstone at alarming numbers. The aftermath of the Covid-19 trauma has surfaced in the outcomes recently reported by CAMH- OSDUCHS entitled, "The Well-Being of Ontario Students" Summary Report (2021) and Centre for Addiction and Mental Health (April, 2022).

## So how are our children 'really' feeling? Of the 2,225 students surveyed,

Nearly 1 in 5 report **contemplating suicide** last year.

18% say they often, or **always feel lonely**.

59% of youth feel **depressed about the future** because of Covid-19.

A quarter of youth say their relationship with their parents/guardians **worsened during the pandemic**. While (39%) say they "rarely" or "never" talk to a parent about their problems or feelings.

The pandemic has been seen as a double-edged sword. It has not only negatively impacted the emotional well-being of most of our youth, but it elevated the fact our nation was in the midst of a mental health crisis before the pandemic.

Inside Pathstone, our staff came out in full force adapting quickly to the constantly changing environment and offering care in any and all forms possible. As an essential service it was our responsibility to do so. Our sites remained open because our team was there. A BIG thank you to Pathstone's Staff.

Even with a pandemic, the show must go on. We were successful wading through the Accreditation process and also embarked in an extensive and comprehensive Strategic Plan exercise that will guide our organization over the next 5 years.

## Our Commitment Goals include:

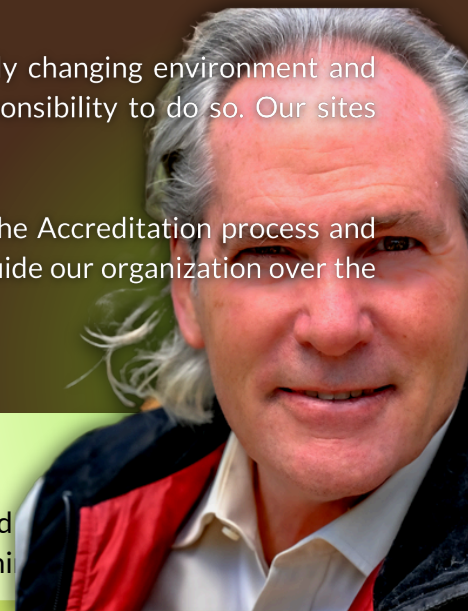
**Our new VISION** to ultimately foster and nurture a healthy and thriving community through data driven decision making.

**Our MISSION** continues to be, to strengthen the quality of life for children, youth, and

**Our OBJECTIVE** is to become the industry leader in service delivery, research & training

- ✓ Promoting optimal outcomes.
- ✓ Creating a work culture of continuous improvement, collaboration and best accountability practices.
- ✓ Open communication within the agency, clients, staff and partners.
- ✓ Providing diverse interventions.
- ✓ Offering a safe and respectful healthy work place environment.

And I wish to thank those who have supported our River House RENO Campaign to fulfill our dream to bring core treatment services to Niagara South. Yes in early 2023, Niagara South communities will have access to counselling services in the heart of Welland.



*Shaun Baylis*  
Pathstone Mental Health,  
CEO



April 2021 to March 2022

# OUR REGIONAL REACH

## NUMBER OF CHILDREN HELPED BY EACH TREATMENT OR SERVICE

Walk-In Clinic .....	1,332
Brief Services .....	1,589
Crisis & Support Line Calls .....	2,050
Family Intervention .....	2,300
Intensive Therapy Programs (Rotary House, Day Treatment & In-Home Support) .....	693
Supervised Parenting Time Niagara .....	85
Youth Justice .....	221
MITT ( <i>Mobile Intensive Treatment</i> ) .....	58
Early Years Child Care .....	253

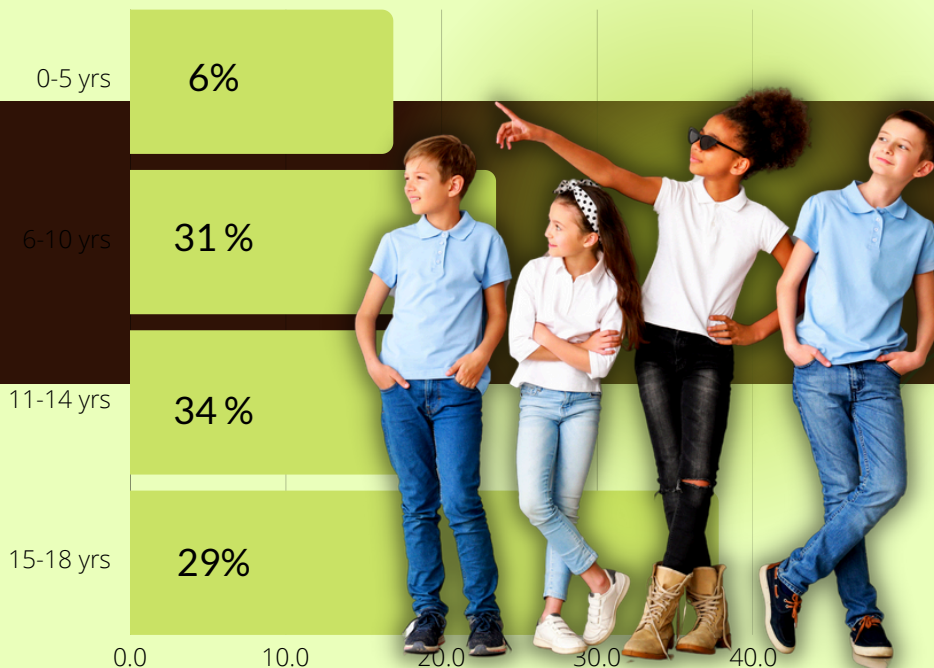
\*Some children & youth are helped by more than one service.

➤➤ **PATHSTONE'S SERVICES WERE ACCESSED 10,053 TIMES OVER THE PAST 12 MONTHS.**

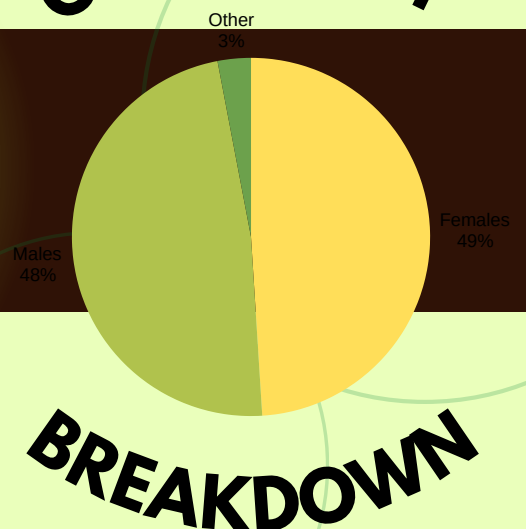
➤➤ **MEANTIME, 3,278 CHILDREN/YOUTH WERE SEEKING OUR SUPPORT FOR THE VERY FIRST TIME.**

➤➤ **OVERALL, THIS EQUATED TO 58,686 DIRECT COUNSELLING HOURS.**

## AGE COMPARISON FOR YOUTH CORE SERVICES



## OUR CLIENT



## BREAKDOWN



# ACCREDITATION CANADA

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



**Canadian Centre for Accreditation**  
*Excellence in community services*

**Centre canadien de l'agrément**  
*L'excellence en matière de services communautaires*

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



**Supported by...**





## THE STORY

For the year ending March 31, 2022, Pathstone continued to focus on meeting the needs of Niagara families, which have greatly increased during the pandemic. This included maintaining, expanding and supporting in-person meetings, walk-in clinics, the crisis line and the continued use of virtual meeting technology. Pathstone continues to monitor wait times and the ever changing and growing needs of the community.

## REVENUE

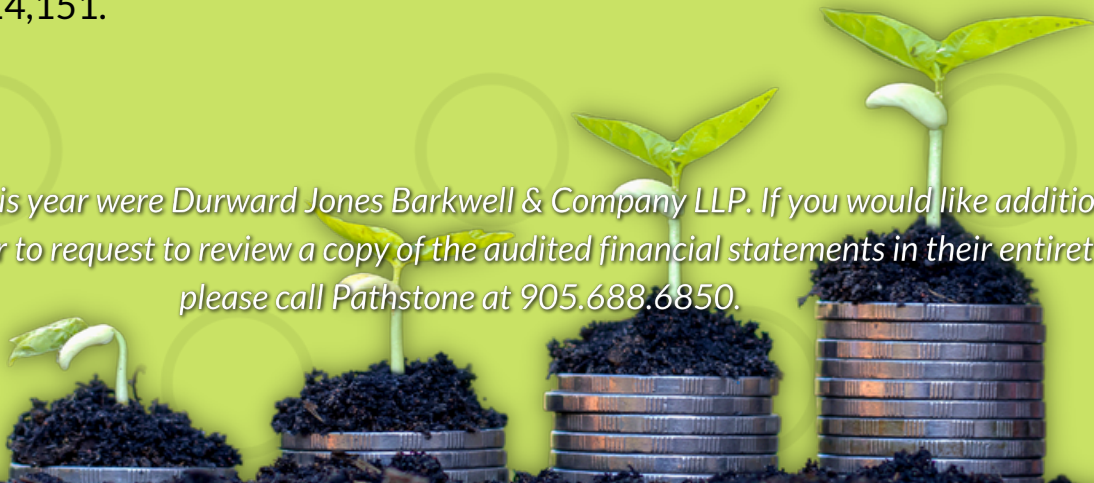
Total revenue is greater than the previous year by 3.3%. This increase is associated with a 4% funding increase from the Ministry of Health (MOH) which was used to support staffing needs.

## EXPENSES

Expenses increased by 2.8% over the prior year. The additional expenses were tied directly to the increased funding received. Investments were made in additional staff, virtual/IT technology costs and program costs for existing programs.

At the end of the year, Pathstone Mental Health realized an Excess of Revenues over Expenses of \$14,151.

*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, 2022

	<u>2021-2022</u>	<u>2020-2021</u>
<b>Revenue</b>		
Government grants		
Government grants - COVID funding	10,245,174	9,822,513
Special projects	20,000	1,033,441
Fees for services	1,048,448	751,214
Donations	137,608	88,684
Other income	337,651	67,153
Amortization of deferred contributions	459,644	107,504
<b>Total Revenues</b>	<u>70,859</u>	<u>55,919</u>
	<b>12,319,384</b>	<b>11,926,428</b>
<b>Expenses</b>		
Administration		
Amortization	632,230	831,428
Occupancy	121,169	94,620
Professional fees	1,188,504	1,248,069
Programs	107,414	96,344
Salaries & benefits	1,230,010	1,515,352
<b>Total Expenses</b>	<u>9,025,906</u>	<u>8,179,554</u>
	<b>12,305,233</b>	<b>11,965,367</b>
<b>Excess (Deficiency) of Revenues over Expenses</b>	<u>14,151</u>	<u>(38,939)</u>
<b>Fund Balance Beginning of Year</b>	<u>644,217</u>	<u>683,156</u>
<b>Fund Balance End of Year</b>	<u>658,368</u>	<u>644,217</u>

## Statement of Financial Position

Year Ended March 31, 2022

	<u>2021-2022</u>	<u>2020-2021</u>
<b>Assets</b>		
<b>Current assets</b>		
Cash	1,721,635	1,666,576
Accounts receivable	169,127	676,360
Prepaid expenses	69,799	78,076
	<u>1,960,561</u>	<u>2,421,012</u>
<b>Due from operating fund</b>	102,569	667,766
<b>Capital assets</b>	<u>1,581,350</u>	<u>1,066,400</u>
<b>Total Assets</b>	<u>3,644,480</u>	<u>4,155,178</u>
<b>Liabilities &amp; Fund Balances</b>		
<b>Current liabilities</b>		
Accounts payable and accrued charges	710,288	990,045
Due to MCCSS	76,783	44,783
<b>Total current liabilities</b>	<u>787,071</u>	<u>1,034,828</u>
<b>Deferred contribution</b>	2,096,472	1,808,367
<b>Due to capital fund</b>	<u>102,569</u>	<u>667,766</u>
	<u>2,986,112</u>	<u>3,510,961</u>
<b>Fund Balances</b>	<u>658,368</u>	<u>644,217</u>
<b>Total Liabilities &amp; Fund Balances</b>	<u>3,644,480</u>	<u>4,155,178</u>



# MESSAGE *from* JENNIFER FERGUSON

Through the first year of the pandemic Pathstone demonstrated its ability to successfully navigate the changing demands of mental health. The second year has been defined by our versatility and perseverance in caring for children's mental health through the many waves of Covid-19.

We are extraordinarily proud of the commitment of the skilled workforce at Pathstone – who true to form stepped up again and again to meet the mental health needs of children in our community. With increased waitlists and the ever increasing mental health demands, the team continued to support each other through innovation, the ongoing implementation of virtual care and by remaining nimble during these rapidly shifting times.

Pathstone has continued to work to move forward and prepare for the future. Led by a collaborative team, we have gathered the input of our employees, our clients, our volunteers, our Board of Directors, our community partners and so many more to be able to successfully launch our strategic plan for the next five years.

Our latest endeavour, in partnership with Pathstone Foundation, has been the purchase of the River House in Welland. We are excited to expand care into this facility and provide the much needed, close to home support for those in Niagara South.

One of the positive outcomes of the pandemic – yes, there are a few – has been increased cooperation and integration between service providers across our community. We are convinced that the future of children's mental health lies in integration of services resulting in seamless patient experience and the best possible care.

As we close out another year of change and progress, the Board of Directors thanks CEO Shaun Baylis for his innovative leadership, as well as the collaborative leadership team and all employees for the dedication they have shown this past year to the children, youth, and families of Niagara. We would also like to thank those who volunteered their time, donated, raised money, and supported Pathstone throughout various other channels. The amount of community engagement and support for our cause has been amazing to see and continues to elevate awareness of children's mental health and the needs within our community.

## **CHAIR**

Jennifer Ferguson

## **VICE-CHAIR**

Laura Fyfe

## **TREASURER**

Karen Smith-Curtis

## **SECRETARY**

Carling Wright

## **BOARD MEMBERS**

Benoit Beausoleil

David Ceglie

John Darch (Liaison)

Paddie Lucas

Brad Mayhew

Willow Shawanoo

## **EXECUTIVE MANAGEMENT TEAM**

Shaun Baylis

Chief Executive Officer

Bill Helmeczi

Director of

Mental Health Services

*Jennifer Ferguson*

Pathstone Mental Health  
Board of Directors, Chair



# IMMEDIATE SERVICES at Pathstone Mental Health

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/walk-in-clinic](https://pathstonementalhealth.ca/walk-in-clinic)

# HOW WE MEASURE UP

## Balances Scorecard Summary: Agency Wide for period Ending March 31, 2022 / Quarter 4

Surveys are administered to client families for feedback on our customer service and quality, our effectiveness to operate as an agency, staff engagement, wellness and retention as well as our fiscal responsibility in being about to balance our budget.

Here is how Pathstone Mental Health as a whole, measures up:



# 91%

### OPERATIONAL EFFECTIVENESS - 91%

- Management of risk issues and client well-being
- Met program and service standards

# 93%

### CUSTOMER SERVICE AND QUALITY - 93%

- Treatment goals met
- Clients satisfied with service experience

# 94%

### WORKPLACE HEALTH AND EXCELLENCE- 94%

- Staff wellness
- Staff retention


# 100%

### FISCAL RESPONSIBILITY- 100%

- Balanced annual budget



# FAMILY ENGAGEMENT COUNCIL



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.



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

## *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





## STUDENT PLACEMENTS: CO-OP STUDENTS

Through Pathstone's 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 field.

This year, 49 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
- Mohawk College
- Niagara College
- Niagara University
- University of Buffalo
- University of Windsor
- Yorkville University



WE'RE LOOKING FOR  
**ROCKSTARS**

VOLUNTEER OPPORTUNITIES AVAILABLE

APPLY ONLINE

[PATHSTONEMENTALHEALTH.CA/VOLUNTEER](http://PATHSTONEMENTALHEALTH.CA/VOLUNTEER)





# MESSAGE *from* RUTH UNRAU

Throughout 2021, Pathstone Foundation continued to adapt to our new reality in creative and innovative ways. We are a board of dedicated volunteers that are passionate about the work being done by Pathstone Mental Health, in addition to overseeing a social enterprise in the operating of The Branscombe Centre building.

In the role of CEO, Shaun continues to demonstrate great leadership through collaboration, navigating both the Foundation and Pathstone Mental Health teams through the challenges that continued in year two of the pandemic.

Never to sit still, Pathstone Foundation continued putting the care of kids first and are expanding mental health services to Niagara South. Thanks to a generous donor, we were able to purchase 102 River Road in Welland, to be named River House. This site will offer in-person one-on-one counselling, walk-in clinic services, group clinics, parenting sessions and child-minding; putting care so much closer to children and families across Niagara South.

Zeroing in on our Fundraising duo, Kim and Michelle are an absolute dream team. Their ability to understand programming needs coupled with their amazing fundraising efforts have ensured we will continue to deliver existing services, and create new programs. They modified events to be "Covid-Safe" allowing our community to stay connected and engaged in Pathstone's mission.

## Some of our Proudest Moments over the past year included:

The Wellness Wall program, designed by the Foundation Team, these installations were put up in high-traffic areas at 164 NCDSB and DSBN schools. This program focused on mental wellness, self-discovery and directed students to mental health support if they needed it.

Innovation continued to play a role in the Foundation for a second straight year, Pathstone's Worry Monster Pop Up campaign (online) won the Special Award Category (20 staff and under across Canada) presented by Charity Village at their annual Conference.

The Foundation funded the hiring of 3 additional counsellors to help reduce the wait list acquired through the pandemic.

The grand re-opening of Pathstone's site on Merrittville Hwy. named, The Mountainview Centre for Innovative Learning. This site was upgraded both inside and outside, and now includes outdoor play and learning hubs including outdoor classrooms.

The Branscombe building is now almost fully leased and continues to generate revenue.

To say that we've accomplished a great deal in the past year feels like an understatement. I'm personally so very proud and honoured to be part of this great organization, and I look forward to the next year and the many things we will accomplish together.

### CHAIR

Ruth Unrau

### VICE-CHAIR

John Darch

### TREASURER/SECRETARY

Martin Zarembo

### BOARD MEMBERS

Sarah Ane  
David Boychuck  
Ken Chan  
Owen Hughes  
Betty-Lou Souter  
Greg Wight

### EXECUTIVE MANAGEMENT TEAM

Shaun Baylis  
Chief Executive Officer

Kim Rossi  
Director of Philanthropy & PR



*Ruth Unrau*

Pathstone Foundation  
Board of Directors, Chair

# THE POWER OF FOUR 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.

**WHO ARE THEY?** Students gaining valuable experience, full-time professionals giving back to their community, and seniors who share knowledge gathered over a lifetime.

**THANK YOU**, for your unwavering support, and riding this rollercoaster of a pandemic 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 “HEROES”, we were able to:**

## **PROVIDE:**

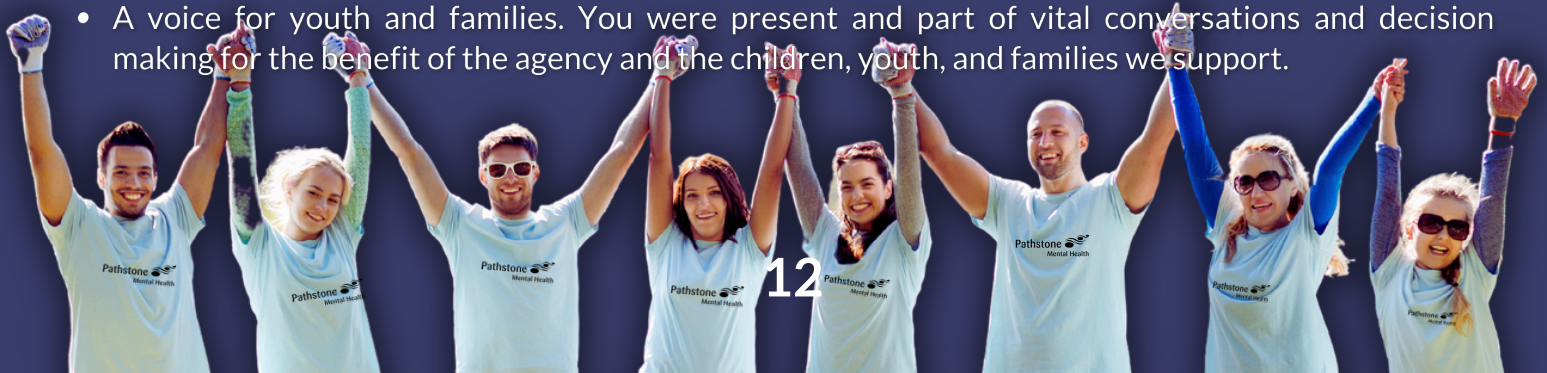
- Yoga classes, gardening skills, arts Programming and a book club forum to youth at our live-In treatment centre, known as Rotary House.

## **ORGANIZE:**

- Children’s Mental Health Awareness Week activities in May.
- Virtual tutoring and mentoring in order to stay connected to and support youth in need.
- Social Media Activities: By becoming Social Ambassadors, sharing our virtual activities and fundraising initiatives through their networks.
- Office tasks, virtually, that included updating contact lists, manuals and making phone calls.

## **EXECUTE:**

- Child Minding, while caregivers attended workshops to learn strategies
- The elevation of awareness of our walk-in clinics and services through community information booths across Niagara
- The 4th Annual Thank-a-thon, calling hundreds of donors to thank them for their support.
- Monthly meetings to help support families of children diagnosed with ADHD through our H.O.P.E. volunteer leaders (Helping Others Parent Effectively)
- Parenting time, in order to facilitate a meaningful connection for parents/caregivers and their children.
- Foundation fundraising efforts that included: Market Square Summer Social, Biketoberfest, Project Plaid and Portraits in the Vineyard.
- Ontario Perception of Care client surveys, you collected feedback on our services.
- A voice for youth and families. You were present and part of vital conversations and decision making for the benefit of the agency and the children, youth, and families we support.





## ON WORLD HEALTH DAY, PATHSTONE LAUNCHES POP-UP PROJECT TO HELP KIDS WITH ANXIETY

On April 7, 2021 [St. Catharines, ON] - With increased cases of Anxiety, especially in those aged 10 and under, and the loss of physical tools to help them, typically, therapists will use things like fidget toys, and pen and paper tasks in their sessions; Pathstone sought out another way to support and connect with kids.

### Meet our Very Hungry Worry Monster

This cute, blue, plush toy is very hungry and dines on worries for breakfast, lunch, dinner, and everything in between. Through this campaign, a \$35 donation put a Worry Monster into the hands of a Pathstone child struggling with anxiety. They can write down their worries with help if needed, put them in the Worry Monster's mouth and zip it shut!



When kids meet with their Pathstone counsellor, they will have their Worry Monster too. Together they can “unpack” the worries that have been zipped inside. This exercise allows therapists to connect in a safe way with their client, and gives kids an opportunity to put down their worries, as soon as they have them.

Over \$10,000 was raised in under 14 days and more than 400 Worry Monsters were purchased and gifted to Pathstone kids.



“

“Thank you so much for the Worry Monster! Mia takes it with her everywhere she goes. She tells her every night to gobble up anything on her mind or worries she has so she can sleep well. It has been a great buddy for her to have. She said she sleeps better and feels safer, like she doesn't have to worry because the worry monster can do it instead!” She has named her Violet.



# FOUNDATION HIGHLIGHTS

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

## APRIL

The Very Hungry Worry Monster Campaign saw **\$10,000** raised and over 400 Worry Monsters purchased and gifted to Pathstone kids.

## MAY

In loving memory of a dear friend and Pathstone volunteer Rachael Monaghan. **Heart in the Park** took place at Fireman's Park in Niagara Falls. The morning was filled with meditation, yoga and reflection of how important mental wellness is.

## JUNE

Meet **Bryan Krasovskis**, He's a passionate runner, but a few months into the pandemic and he will tell you it started playing with his mind emotionally and mentally.

As an essential worker at Sobeys in Stoney Creek, he faced COVID-19 daily, and the mental health effects of that were weighing on him. Bryan was training for a marathon when the world closed down. "Races were being cancelled one after the other. My drive to and from work each day was met with empty streets. I found it all to be quite depressing and my motivation started to slip." Then Bryan decided to take control of his health both mentally and physically and began a running streak he called Miles for Mental Health. He ran everyday and on day number 365, for his grand finale, he ran from Burlington to Toronto in support of Pathstone. His Sobeys family planned a great surprise to celebrate him!

## JULY

After seeing a 90% increase in eating disorder cases, Pathstone needed additional training for our team to ensure we could accommodate the growing number of youth who needed us.

In just 30 days we received 65 new cases of teens who were suffering. Another Pop-Up Project brought in over \$10,000 for enhanced training for 14 staff and also allowed Pathstone to bring on a nutritionist at no cost to our clients. Special thanks to the **J.P. Bickell Foundation** for their support on this project.

Third party events support so many programs at Pathstone, we couldn't make our year without the help of our community. In July, Pathstone was the recipient of funds raised at the **Andy Koschok Memorial Golf Tournament** held at **Legends Golf Course**. **\$13,766** was raised and was directed to our Brief Services Program which has been experiencing a significant wait list since the pandemic began.





VERY HUNGRY WORRY MONSTER



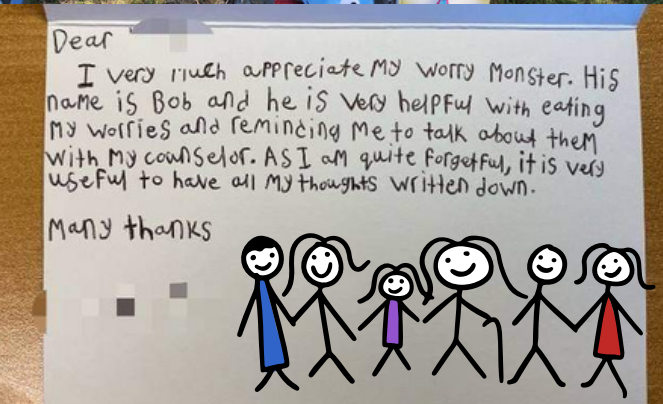
HEART IN THE PARK



HEART IN THE PARK



BRYAN KRASOVSKIS



POP-UP PROJECT #2

Getting to the  
**HEART**  
of Eating Disorders

Teens fighting for CONTROL, when they feel like they have none.

Pathstone  
Mental Health

it's not  
about  
**FOOD.**

17



YOU DID IT!  
~~\$6,500~~ ~~\$8,500~~  
**\$10K**

THANK YOU NIAGARA  
GOAL!  
90%  
80%  
70%  
60%  
50%  
40%  
30%  
20%  
10%  
0%



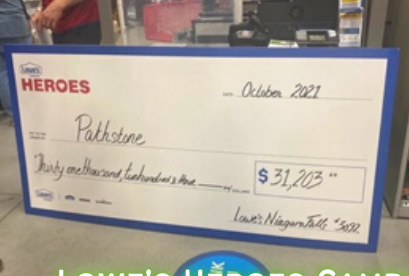


# IN-PERSON EVENTS ARE *Back*

COVID-Friendly



## MARKET SQUARE SUMMER SOCIAL



## LOWE'S HEROES CAMPAIGN



## WALK-IN CLINICS



**ARE YOU STRUGGLING?**  
WE **SEE** YOU,  
WE **HEAR** YOU,  
WE CAN **HELP** YOU.



## DULIBAN FUN RUN



## NIAGARA GOLF MARATHON



## GRAND RE-OPENING OF THE MOUNTAINVIEW CENTRE FOR INNOVATIVE LEARNING





# FOUNDATION HIGHLIGHTS

## AUG

After a few delays, we were finally able to announce our newest event, **Market Square Summer Social**. With an idea to support local business and our charity, we connected with area restaurants, wineries, breweries and beaneries to come together and showcase their best to our guests at Market Square in downtown St. Catharines. Just over 120 people attended this Covid-Friendly event which saw them tour through vendors with their MSSS volunteer and then head to dinner at one of our participating restaurants. This event will only get bigger and better.

Make that NINE! In August, Pathstone officially opened its 9th In-Person Walk-In Clinic in Fonthill, funded by the Town of Pelham, The Fenwick Lions Club, Fonthill Lions Club, The Fonthill Kinsmen Club, and the Pelham Library. Each Tuesday, the walk-in clinic is open on the second floor of the Meridian Community Centre. For more info, visit [www.pathstonementalhealth.ca/walk-in-clinic/](http://www.pathstonementalhealth.ca/walk-in-clinic/)

## SEPT

We reopened our Pathstone site on Merrittville Highway, now named the **Mountainview Centre for Innovative Learning**. Inside we installed a new HVAC system thanks to support from OTF. Outside, our “Sky Full of Stars” donors funded the creation of a series of outdoor learning and play hubs, complete with two outdoor classrooms for our Grade 1–8 students. A \$1M gift from Mountainview Building Group made this major renovation and revitalization possible.

It was a dry and sunny day for the **Niagara Golf Marathon** at Royal Niagara Golf Course. A record number of participants played 100 holes in a single day! Pathstone received **\$37,600!** Special thanks to the Pathstone team which included Shelley Dix, Katarina Chataway and Kim Rossi.

**Lowe’s Canada Home Heroes Campaign** was a month-long, high energy effort in September. The Niagara Falls RONA location picked Pathstone as their charity of choice for a second straight year and in turn became Pathstone Ambassadors! Thanks to community donations made at the check-out and a corporate gift match of \$2,000, Pathstone received just over **\$31,203** this year. This gift was designated to our Brief Services program (6 sessions or less of mental health support) which amassed a significant wait list through the pandemic.

Corporations that typically participate in **Cotton Inc’s Annual Golf Tournament** took a second year off golf but still gave. Pathstone was supported with a **\$10,000** gift!

**The Duliban Fun Run**, held in Fonthill - raised a total of just under **\$17,500**. A little surprise arrived a few weeks later that resulted in another \$15K being raised! Extra Special thanks to Andrea Bushey, event planner extraordinaire, as well as Adam and Jason Duliban and their enthusiastic team!





#BEYOU

PROJECT PLAID

Project Plaid

DDL CO

THANK YOU

BAKE SALE

THANK-A-THON

LEMONADE STAND (L2L)

Fundraiser  
It's the year of Family.  
NOV 29  
SOLD OUT!

PORTRAITS  
in the Vineyard

Pathstone Mental Health calamus

Calamus  
ESTATE WINEERY  
VINEYARD • WEDDINGS • EVENTS  
TOURS • TASTING ROOM • PATIO  
2027  
OPEN

PORTRAITS IN THE VINEYARD

Johnny Rocco's  
PIZZA WAGON  
HAND-MADE PIZZA



# FOUNDATION HIGHLIGHTS

## SEPT

Philanthropy can start early. **Hunter, Max, Preston and Jacob** are four youth from St. Davids who saw a can't lose opportunity. They set up a lemonade stand in support of Pathstone outside The Grist, a new and very busy restaurant.

While customers waited for a table, which happens all of the time, the boys sold them chef pressed lemonade and raffle tickets. They raised **\$1,400** and were the inspiration behind **Pathstone's Youth Program, Lemons2Lemonade**. Now, money raised for Pathstone through any youth event (18 and under) will be **MATCHED**, dollar for dollar by **Meridian**. Connect with our Foundation office to find out more, and to get your L2L kit so you can get started! Email: [events@pathstonefoundation.ca](mailto:events@pathstonefoundation.ca).

## OCT

To call it a bake sale, is an UNDERSTATEMENT! **The Kids for ADHD Awareness Bake Sale** or as we called it, "Not Your Mama's Bake Sale" was an outdoor sugar rush offering sweets and treats for every palate. Special thanks to **Loredana Rizzo of Salon Carrizz** and her team who baked their hearts out and raised over \$3k.

## NOV

In November the only fashion needed, is **PLAID**. The entire month of November is all about **#ProjectPlaid (#PP)** in loving Memory of Amelia Durocher.

2021 was a banner year for this campaign that saw over 60 schools, and countless businesses take part. Over 900 #PP toques were sold and thousands of "I Donated" #PP stickers were handed out. This campaign each November encourages sharing and conversation around mental health, wearing plaid (Amelia's signature look) and supporting Pathstone through a purchase or donation. November 26, 2021 was Plaid Friday! **Thanks to a generous match from Meridian, \$119,610.38 was raised!** This year, Plaid Friday is November 25th. Look for us at the Pen Centre at our Pathstone Pop-Up Shop (near Starbucks)!

If you are keeping track, it was our 3rd **Portraits in the Vineyard**. This year, we welcomed 300 people back to Calamus Estate Winery. Special Thanks to **Haskell Photography**, David, Guen, Bill and Sawyer. Winston & Family from The Guilty Burger and Rick Tessier & Family from Tessier Pools. This was our final #ProjectPlaid Event.

## DEC

We hosted our **FOURTH** annual **Thank-a-Thon**. A team of our volunteers made calls and sent emails to over 1,100 people who had made gifts to Pathstone over the past year. **It's always a feel good kinda' morning.**



# EXPANDING SERVICES Niagara South



## A story that will keep growing,

In December, Pathstone Foundation purchased 102 River Road, which will be the newest Pathstone site located in Niagara South. **River House** is set to open in early 2023. This location will offer in-person, one-on-one counselling, walk-in clinic services, group clinics and child minding. We expect to support upwards of 3,800 Niagara South kids and families each year. The purchase of this building was thanks to a generous donor and all subsequent funds for renovations and staff continues to come from donors. This is truly a Niagara made, Niagara supported project. **The \$750K River House RENO campaign kicked off on March 3rd with a Gift Match commitment from Mountainview Building Group of \$250K**, meaning every dollar would be matched to that point. We continue to fundraise for this vital project. More info on the campaign and why our expansion to Niagara South couldn't wait another minute can be found here: [www.pathstonefoundation.ca/riverhouse/](http://www.pathstonefoundation.ca/riverhouse/)

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

### SPECIAL THANKS TO:

610 CKTB  
105.7 The Move  
CHCH TV  
Niagara Connects  
Niagara Falls Review  
Niagara This Week  
St. Catharines Standard  
SNAPD – Niagara Region

The Lake Report  
The Local  
The News Forum  
The Niagara Independent  
The River News  
Welland Tribune  
Your TV Niagara

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](mailto: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>



# COMMUNITY PARTNERS

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

Bethesda

Bridges Community Health Centre

Brock University

Canadian Mental Health Association (CMHA)

Centre de Santé Communautaire

Community Addiction Services of Niagara (CASON)

Community Living (Fort Erie, Grimsby and West Lincoln, St. Catharines, Welland, Pelham, Port Colborne, & Wainfleet)

Conseil scolaire catholique MonAvenir (Roman Catholic French)

Conseil scolaire Viamonde (Public French)

Contact Niagara

Distress Centre

District School Board of Niagara

FACS Niagara

Fort Erie Native Friendship Centre

Gateway Residential & Community Support Services of Niagara

Hospice Niagara

Indigenous Health Network

John Howard Society of Niagara

McMaster Children's Hospital

Meals on Wheels

Niagara Catholic

Niagara Conservation Authority

Niagara Emergency Services

Niagara Fire Services

Niagara Health

Niagara Ontario Health Team – (Équipe Santé

Ontario Niagara )

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

Youth Wellness Hub Niagara



# DIGITALINNOVATION



Pathstone Mental Health was committed to creating virtual service delivery methods as early as 2019. The landscape of work was dramatically impacted by the impacts of the global pandemic. Despite increased adversity Pathstone Mental Health's internal Digital Working Group worked tirelessly to develop robust and enhanced service delivery methods. We are proud to have developed seamless tele mental health services for all clinical services. **Our innovation extended to a 90% paperless pathway for all finance operations.** Further we have a seamless method for all other operational services.

**The Digital Working Group** is committed to ongoing monitoring and evaluation of the developed and innovative pathways. A user survey was conducted which utilized survey data and focus group feedback. We are elated to share that clients reported confidence in privacy, ease of usage, reduction of barriers, convenience, and quality of care. Similarly, providers noted increased ability to offer service to clients, increased ease in scheduling, reduction in barriers and a belief this has increased service opportunities.



# #RESPECT

Pathstone's values based in RESPECT

R

## RESEARCH

Through research gathered ethically, we are better able to make decisions, adapt services and generate new concepts that improve the lives of infants, children, youth and their families.

E

## ENGAGEMENT

We connect with those who are interested and affected by our work in a respectful way. Being present, transparent and treating all with dignity is a cornerstone of the agency.

S

## SAFETY

Using effective communication and collaboration, we are committed to creating and maintaining a workplace that is free from physical, emotional and psychological hazards.

P

## PROFESSIONALISM

Well trained and educated staff are providing the highest level of care, doing so in an atmosphere filled with optimism, opportunity and hope.

E

## EXCELLENCE

Challenging the status quo, continuing to think innovatively and strategically, we are committed to delivering the best service, and holding ourselves accountable for the results. This level of excellence can only be obtained through collaboration with families, and effective communication.

C

## COLLABORATION

Working together, ensuring transparency, being accountable and authentically engaged is the foundation of our agency which functions with collaboration at the core.

T

## TRAUMA INFORMED

We operate under the principles and policies of a certified Trauma-Informed Agency. In doing so, we commit to ensuring our environment provides a safe, trusting, transparent and supportive space, reducing the likeliness of triggering trauma in a client or staff member.



# OUR STRATEGIC PLAN

**Pathstone Mental Health's Strategic Plan is bold and aspirational.**

The Design Committee was elated to present the completed Strategic Plan and Agency values to staff, community, and collaborating Agencies.

We are well on our way to operationalization! It is a very exciting and energizing time. Each team has developed initiatives that will work toward realizing the Mission, Vision and Goals of the Agency. Further, all initiatives will align with areas indicated in the Agency Values (below).

**MISSION:** Strengthening the quality of life for children, youth and families who are dealing with mental health and addiction challenges.

**VISION:** Pathstone Mental Health is committed to fostering and nurturing a healthy and thriving community for all.

**VALUES:** Pathstone Mental Health aims to become the industry leader in service delivery, research and training. These will be achieved through family and youth engagement, innovation, accountability & transparency, diversity & inclusion, and a healthy workplace.

**Pathstone Mental Health is committed to operating under and promoting the core values of Research, Engagement, Safety, Professionalism, Excellence, Collaboration, and Trauma-Informed (care / service).**





# OUR SUPPORTERS

Donor list of \$1K+ donations from April 1 2021 to March 31, 2022.

The Bank of Nova Scotia  
Duliban Insurance  
NOTL Healthcare Foundation Community Fund at the NCF  
Hudson Technology Corporation  
Benefaction Foundation  
co-operators  
William & Marlene Connacher  
City of St. Catharines  
City of Niagara Falls  
Town of Pelham  
Mario Ferrara & Annabel Kennedy  
St. Catharines Fire Fighter Combat Calendar  
Bell Canada  
Sherri Branscombe & Chris Holmes  
Cmdr Pettes Holdings Inc.  
Eleven Eleven Real Estate Services  
J.R. Armstrong Family Foundation  
Sobeys  
St. Catharines Downtown Association  
The Morris & Rosalind Goodman Family Foundation  
Stamford Lane United Church  
Mackenzie Investments  
Miller DKI Restoration  
Bosch Rexroth Canada  
FBT Inc.  
Katey Marie Campbell Fund at NCF  
Peter Partridge & Poppy Gilliam Family Fund  
ServiceMaster Restore of Niagara  
John & Linda Beyer  
Insurance Brokers Association of Niagara Falls  
Salon Carrizz



# OUR SUPPORTERS



AlectraCARES Community Support Program  
Dr. Ian Brown & Tina Brown  
Duomax Development Ltd.  
River Realty Foundation  
Mountainview Building Group  
The Branscombe Family Foundation  
Children's Hospital of Eastern Ontario  
Kiwanis Club of Welland  
Medavie Health Foundation  
Diane & Greg Slaight  
Niagara Golf Marathon  
RONA Inc.  
Meridian Credit Union  
Glenn Meyers & Linda Branscombe-Meyers  
Robert & Patricia Neill  
Brian Walker  
The Isaac Family Foundation  
The Ontario Paper Thorold Foundation  
Norris W. Walker  
City of Port Colborne  
City of Welland  
Court Holdings Ltd.  
Mike Dias  
Niagara Community Foundation (NCF)  
Erwin Taylor Charitable Foundation  
Niagara Region  
Allstate Insurance Company of Canada  
M&N Walker Foundation at NCF  
Sheila J. Bonapace  
Cotton Inc.  
GBF Community Services  
Goremutual Insurance Company Foundation  
Intact Insurance  
Ontario Power Generation



# OUR SUPPORTERS

J.P. Bickell Foundation  
Generations Sport & Spine Physiotherapy Centre  
John Darch Insurance & Investments Inc.  
Rice Road Greenhouses & Garden Centre  
Wormald Masse Keen Lopinski LLP  
Roman A. Groch & Hayna Wacyk-Groch  
Gervan Fearon  
Ken Hendriks  
Ann-Louise Branscombe Fund at NCF  
Beatties  
Commercial Cleaning Services  
Maryann Mergl  
Tom & Annette Urlocker Family Fund - IMO our son Patrick  
Touchstone Site Contractors Inc.  
Durward Jones Barkwell & Company LLP  
6445918 Canada Inc  
Eiffage GC Canada Inc  
May Court Club of St. Catharines  
RBC Dominion Securities  
TB Landscaping  
TD Bank Financial Group  
The Mentholatum Company of Canada Ltd.  
Thomas & Annette Urlocker  
1448022 Ontario Ltd  
Niagara Falls First Baptist Church  
Stamford Lane United Church  
Stamford Lioness Club  
Westland Greenhouse Solutions Inc.  
Julianne Morosin  
Monique Mulder-Wallace Pottery  
Paige Hergott  
Wendy MacPherson  
Greg & Anne Wight



# OUR SUPPORTERS

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

Niagara Catholic  
Betty Boyd  
Gymnastics Energy Training Centre  
Notre Dame College School  
Eden High School  
The Boys of Four Mile Creek Lemonade Stand  
Blessed Trinity Catholic Secondary School  
Verna L. Craig & James E. Craig  
Fonthill Lions Club  
Garden City Lions Club  
Brett Girard  
Harvey's #2935  
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Saint Michael Catholic High School  
Simply Fit Health Club  
TD Bank  
Teutenberg CPA Professional Corporation  
Verge Insurance Brokers Limited  
Vermeer's Greenhouses  
Don & Valerie Wolfe

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



Thank you

# COME JOIN OUR FAB~~U~~LOUS TEAM!

Scan for the latest job opportunities.



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PathstoneMentalHealth.ca

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Mental Health