



CHILD
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2010

Programs
and Services





CHILD
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Bringing hope

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To confirm program availability and hours, please call
Child Development Institute.

Child Development Institute is a registered charity.
Please make donations to Child Development Institute Foundation.
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About us

Child Development Institute works with families to help children under age 12 reach their full potential. We provide programs and services focused on early learning, aggressive behaviour and family violence. Our unique blend of evidence-based programs, innovative research and proven results brings hope to thousands of children in Toronto, and around the world.

We provide young children with a healthy start, through our curriculum-based child care and early learning programs.

When children and their families are struggling, we help them get back on track with our early intervention services: counselling and treatment, skill-building programs, and proven techniques, including SNAP® (Stop Now and Plan), for maintaining self-control.

For children and their mothers who are recovering from family violence, sexual abuse or substance abuse, we offer counselling, parenting support, family reconnection and healing services, and links to community supports.

We help children by working with the whole family. We identify each child and family's unique strengths, needs and challenges. We work with them to uncover their abilities, give them tools to succeed, and help them to overcome challenges.

All of our programs are evidence-based. We transform research into positive outcomes. Through our scientist-practitioner model, we develop and lead new programs and approaches based on evidence and best practices. We share our own research and knowledge about child development through partnerships and collaborations, and through training, consultation and publications. Our leadership in our field has been recognized through local, national and international awards, and our model programs and assessment tools are used and replicated worldwide.



Healthy Child Development



Introduction

Child Development Institute provides young children with the best possible start through play-based, active learning programs in a well planned Early Learning environment. Children's readiness to learn reflects their early development and is a strong predictor of later school achievement. We follow the HighScope curriculum and our enriched programs include Mad Science, Sports Play and Music Enrichment.

Our Early Learning Centre programs are family-focused, and are delivered in community settings close to where children and families live – many in densely populated, high priority neighbourhoods.

As Early Childhood Educators our goal is to strengthen family in their roles as parents, nurturers, providers and teachers. We empower parents to act on their own behalf to build skills, gain new knowledge and develop confidence in their role as parent and first teachers of their children.

Early Learning Centres

Child Development Institute's Early Learning Centres are licensed by the Province of Ontario and maintain specific health, safety, fire and program standards as outlined in the Day Nurseries Act. Each centre has a service agreement with the City of Toronto that provides subsidized spaces to families in need of assistance. Our Early Learning Centres, in neighbourhoods across the City of Toronto, are open from 7:30 a.m. to 6:00 p.m.

Annex Early Learning Centre

161 Madison Avenue, Toronto ON M6P 1Y8 • 416.924.0545

Serving the Annex neighbourhood. 66 spaces for children from infancy to school age.

Cabbagetown Early Learning Centre

162 Parliament Street, Toronto ON M5A 2Z1 • 416.968.0990

Serving the Cabbagetown and Regent Park neighbourhoods. 66 spaces for children from infancy to pre-school.

Maple Leaf Early Learning Centre

301 Culford Road, Toronto ON M6L 2V4 • 416.915.5360

Located in the Maple Leaf Public School, this is a Best Start site. It provides an integrated model of child development, parent support and community development services to the Maple Leaf, Falstaff and surrounding neighbourhoods of Toronto in partnership with the Toronto District School Board. Licensed child care for 24 pre-school and kindergarten children.

Parkdale Early Learning Centre

119 Close Avenue, Toronto ON M6K 2V2 • 416.535.6116

Serving the Parkdale neighbourhood. Licensed child care for 49 children from infancy to pre-school.

Wellesley Early Learning Centre

495 Sherbourne Street, Toronto ON M4X 1K7 • 416.928.9900

Serving the St. Jamestown neighbourhood. Licensed child care for 62 children from infancy to pre-school.

Windermere Early Learning Centre

356 Windermere Avenue, Toronto ON M6S 3L3 • 416.763-2734

Serving the Bloor West-Swansea area. Located in the Windermere United Church. Licensed child care for 52 children from infancy to pre-school.



Dufferin Mall Family Place

900 Dufferin Street, Toronto ON M6H 4A9

Dufferin Mall Family Place provides informal learning opportunities and social networks to parents and caregivers of young children. It is operated as a drop-in centre where children can “learn through play” and develop social, cognitive, and language skills necessary for healthy development. Parents can also access other community resources, information and referral services at the drop-in.

Parents, caregivers and children drop in for play time, learning and sharing with other children and families. Staff can provide information on child development, parenting concerns, and child and family health.

The drop-in is located on the lower level near Abrigo. Enter the mall at the HRDC/Service Canada entrance or walk down the stairs or take the elevator near Dollarama.

Dufferin Mall Family Place is operated in partnership with other community and child development agencies.

Parkdale-High Park Ontario Early Years Centre (OEYC)

2918 Dundas Street West (Dundas and Keele), Toronto • 416.762.3700

Child Development Institute operates an Ontario Early Years Centre (OEYC) for the Parkdale-High Park neighbourhoods. OEYCs are places where parents and caregivers can participate, with their children, in a range of programs and activities. The Parkdale-High Park OEYC offers, free of charge, early learning and literacy programs; evidence-based parenting programs, such as Mother Goose, Nobody’s Perfect, Incredible years; access to a Toronto Public Health Nurse; and information and training for new parents about pregnancy and parenting.

At the OEYC, parents and caregivers can get information about community programs and services that are available for young children, and get answers to questions. The OEYC is a place where they can meet and talk to child development professionals, and other parents and caregivers in the community. OEYCs are funded by the Province of

Ontario. Child Development Institute operates this centre in partnership with St. Christopher House.

Through the Parkdale-High Park OEYC, Child Development Institute also runs a number of satellite programs with its community partners, including:

- Creating Together
- Metro Community Housing (Family Fun)
- More Than Child's Play
- Swansea Family Drop-In Program
- Somali Family and Child Skills Development Services
- WHEELS Program
- 4 Villages Community Health Centre (Early Years 2 Program)
- St. Joseph's Women's Health Centre (Parkdale Parents Primary Prevention Project)

All services are free of charge. Families are referred for more specialized services as required.

Queen Victoria Partners for Early Learning Project

Queen Victoria Parenting Centre (inside Queen Victoria Public School)
100 Close Avenue, Toronto ON M6K 2V3

Child Development Institute is the lead agency of Queen Victoria Partners for Early Learning. This is a Toronto First Duty project, a universal early learning and care program model that simultaneously meets the developmental needs of children to ensure they reach their full potential; supports parents to work or study; and supports parents in their parenting role.

The Queen Victoria Public School community, in Parkdale, is an inner-city neighbourhood with families of diverse cultural and language groups. Many families have arrived recently in Canada. Through the Queen Victoria partnership, parents of children ages 0-6 are able to access the full range of child and family supports available in their community.

Early Intervention Services



Introduction

Child Development Institute provides services for vulnerable, at-risk children aged 0-12 who require assistance with identified difficulties, such as social-emotional or behavioural problems. We work with their families too, assisting with parenting challenges and managing family relationships.

Many of the children we serve have experienced trauma and abuse, domestic violence, family breakdown and other issues that affect their healthy development. These children often experience conflict at school or in child care, difficulties with peers and family members, and issues related to anger management, impulsivity or developmental difficulties. Many of the parents in our early intervention programs need help with child management, parenting skills and building a stronger parent-child relationship.

We offer a range of individual, family and group counselling approaches at several locations in the City of Toronto and in collaboration with community agencies across this diverse city. We offer school-based programs, children's social skills groups, parent training and in-home coaching. We run a summer day camp for children aged 6-12 with severe behaviour problems, and an intensive community and home service for boys and girls. Counselling services are available in English, Portuguese, Chinese

and Spanish. We have speech and language, psychiatry and psychology consultation services, and consultation and support for child care centres working with children who have special needs. In partnership with the Toronto Police Service, we coordinate treatment for children under the age of 12 who have committed offences. Partnering with 'priority 'neighbourhood agencies, we offer services for families recovering from substance abuse, and outreach for the highest risk youth.

The consequences for children who do not receive adequate treatment and help have a direct impact on them and their families. But we are all indirectly affected. It is estimated that four of five children who need help from services like ours never receive it – and the consequences include incidences of depression, school dropout, juvenile delinquency and substance abuse. Long-term implications that last into adulthood include illiteracy, violence, mental illness, underemployment and future family breakdown. Research shows that early intervention is the key to preventing these outcomes. Early intervention can produce significant positive changes in children's behaviour, coping skills and self-esteem and family functioning. Independent evaluation studies of our Early Intervention Services show that we are making a difference, generating positive results for the children and families we serve, and for our community.

Family and Community Counselling

Child Development Institute provides counselling services for families of young children (ages 0-6 years) with social, emotional, behavioural and/or developmental issues. Referrals are accepted from parents, schools, doctors, daycares and other community sources.

Family and Community Counselling services include family therapy, parent counselling, parent-child interaction (relationship-building), individual child play therapy, behaviour management and parenting groups.

Through counselling, parents develop an understanding of their child's needs and how to meet them. They learn to understand family dynamics and stressors affecting the child, and how to shift them in a way that is more helpful to the child. Parents develop helpful coping skills; learn how to make changes in the family or in their parenting style; and learn how to work more successfully with school or daycare. They also learn how to connect with helpful community resources.

Child Development Institute staff work in close partnership with parents. Parents' opinions and beliefs are respected in setting goals, and parents are involved in all aspects of service planning and decision-making. The professional skills of staff complement, but do not replace, a parent's special knowledge of his or her child.

Start Right Social Skills

The Start Right Social Skills program is an early intervention prevention program offered in partnership with the Toronto District School Board. It is for children in kindergarten who are having difficulty adjusting to the everyday social demands of their regular classroom. They are referred by principals and teachers of selected schools participating in the program.

The Start Right Social Skills program offers 12 weeks of special "play and learn" social skill sessions during the school day. These sessions involve withdrawing a group of 3-5 children from the classroom into a small structured skills group. By providing structured opportunities for healthy social, emotional and behavioural learning, children develop the confidence and skills to deal more effectively with challenges in the classroom, playground and at home.

Child and Community Workers collaborate with school staff in choosing the children who are in need of additional communication, social or emotional skills and who would most benefit from the program. Parents help to set program goals which may include things such as: problem-solving; ability to share; understanding the feelings of others and making friends.

Intensive Services

This is a counselling service for families with young children, aimed at providing flexibility in service delivery to reduce barriers to access. Clients are offered various venues (e.g. home, office or community setting) for sessions and all our clinicians offer evening hours. Services are client-centered and geared to family strengths and addressing families' concerns. Family members' views are actively explored and close collaboration occurs in setting goals and developing strategies to achieve these goals. Methods of service delivery are matched to each family's needs and may include family therapy, parent counselling, parent-child work, groups and bridging and/or coordinating with other services and resources. There is often mutual exploration of additional resources and supports within the community, when needed.

Intensive services are offered to a variety of clients, and may include: families with children experiencing social, emotional and/or behaviour difficulties, developmental concerns or adjustment issues; families with children who may be experiencing a significant transition in their lives; children and parents who are willing to explore themes and issues related to their areas of concern; families who have, or may experience, obstacles in accessing mental health services. Families may achieve similar outcomes to other CDI counselling services, like Family and Community counselling, such as strengthening family relationships and parenting skills, reducing stressors, and increasing awareness of family members' skills and abilities. Clients may be self-referred, or be referred by professionals or other community agencies.

Parenting groups offered by this team vary according to the needs and interests of clients and have included "Beyond the Basics" and "The Incredible Years". Families involved in group programs may also access counselling services and/or be connected to other supportive community resources as needed. Some members of the Intensive team also provide individual child trauma treatment; these referrals are made through CASAT (Central Agency Sexual Abuse Treatment).

Family Reconnection Centre

The Family Reconnection Centre (FRC) is a highly specialized service for mothers and their young children (birth to 6 years) who have been impacted by substance use and who are seeking support with parenting and substance use. Mothers who participate in the program may be active caregivers or on the path toward family reunification. Referrals are accepted from parents directly or other service providers such as Toronto Public Health, child welfare agencies, or addiction treatment services.

FRC provides opportunities to strengthen parent-child relationships through counselling, parent-child activities and education, and promote the social, cognitive, emotional and physical development of children through play and age-appropriate programming. The program helps parents to gain a better understanding of child development and the needs of young children, and enhances their feelings of competence and confidence in parenting their children. It also addresses issues related to substance use and parenting. Through the Family Reconnection Centre, parents can access health information and resources from partnering with health professionals. The program helps to reduce family isolation through peer support and links to community resources and services.

Core services of the Family Reconnection program include a parent-child program, a mothers' support group and a children's program. All are offered in a supportive, nurturing and respectful environment. Additional services are provided based on the needs of each family.

Child Care Consultation Services

The Child Care Consultation Service partners with child care centres to provide specialized support for staff in the centres. The program is committed to working productively with centres and parents of children, infants to 12 years of age, who may have special needs. They focus on building a sound understanding of the needs of identified children to facilitate the development of appropriate programming and care for these children. Through a collaborative process, an individualized plan is developed to promote each child's strengths and address specific needs. Additional services may also be accessed, if required. Workshops and resource materials are also provided by Consultants to child care staff or parents, as needed.

Referrals are generally made by the child care centre staff to the Consultant assigned to the child care centre. Licensed child care centres and nursery programs may access this service. Referrals only proceed with parental consent. Consultants also work within the CITYKIDS network to provide screening and referrals for families seeking services and child care.

Consultation support may include the following: regular visits to the program, early identification and intervention, individual consultation, program consultation, workshops for child care staff or for parents, service coordination and referral, and enhanced staffing/intensive resource support, if needed. In delivering these services, Child Development Institute works in close partnership with Toronto Children's Services to support and promote an inclusive child care system.

Intensive Resource Support in Child Care

Intensive Resource Support (IRS), as delivered by Child Development Institute, is a service available to licensed child care programs to support the inclusion of children exhibiting significant social, emotional and behavioural difficulties in child care. Children are referred for this service by the Child Care Consultant connected to the centre, following consultation with child care staff and parents. Parental consent is required.

This service is delivered through a partnership between the IRS worker, the child care staff, the Consultant and the parents. These participants are involved in the development of goals and strategies for the child as part of the support plan. The IRS worker assists the child care staff in the implementation of the plan through frequent visits to the Centre during the period of involvement. Coaching and modeling are some of the strategies used by the IRS workers in carrying out this role.

Intensive Resource Support is a time-limited service. Sessions take place in the child care centre, usually twice weekly for up to 18 sessions. Parents participate in the initial planning, review and closing meetings for this service.

SNIAP[®]
STOP NOW AND PLAN



SNAP® (Stop Now and Plan)

Many children benefit from specific techniques that help them monitor and control their own behaviour, make the right choices and think about the consequences of their actions. That's what is behind SNAP® (Stop Now and Plan), an approach developed at Child Development Institute and now a part of many of our early intervention programs. More than 10,000 children and families have been helped by SNAP®, either through CDI programs or through programs offered by our partners in Canada and beyond our borders. SNAP® is an internationally recognized, evidence-based, award-winning model that has been replicated by affiliated agencies in many countries.

Based on sound research on the development and course of childhood aggression, SNAP® is an evidence-based, cognitive behaviour strategy that helps kids regulate their angry feelings and think before they act. It was initially developed for children ages 6 to 11 years exhibiting disruptive behaviour problems such as lying, stealing, aggression and bullying. SNAP® helps children learn to avoid fighting, handle peer pressure, stop stealing and play fairly. SNAP® is taught to children individually or in groups as an integral part of our multifaceted interventions. SNAP® groups and classroom sessions have also been shown to be effective as stand-alone interventions offered in schools.

Parents may also participate in concurrent SNAP® training for parents to develop effective parent management strategies. Parents learn to “snap their fingers” and find appropriate ways to calm down and generate positive solutions to their problems. Parents learn how to reduce the frequency and intensity of their children’s behaviour problems through effective monitoring and encouragement.

SNAP® is a trademarked procedure owned by Child Development Institute. Users of SNAP® are required to enter into a SNAP® licensing agreement with CDI and comply with all standards, practices and conditions established for the use of its models and resource materials. For further information about our replication guidelines and training opportunities, please contact us at 416.603.1827 ext. 3148 or visit www.stopnowandplan.com.

Under 12 Centralized Services Protocol: Central Intake Line

Child Development Institute provides the Toronto Centralized Services Protocol for children under 12 years of age in conflict with the law in conjunction with the Toronto Police Service. This is a city-wide centralized referral service for the general public and police officers in the City of Toronto wishing to refer a child who is under the age of 12 and who has had, or is at risk of having, police contact. The centralized number, **416.654.8989**, is available 24 hours a day, but is **not an emergency hotline**. The referral service connects the child's family with SNAP* services in the City of Toronto and/or appropriate community agencies in the child's community.

The following information is required when making a referral:

- child's name
- child's date of birth
- child's address and phone number
- parents' names
- brief description of incident

Children must be under the age of 12 at the time of referral, and verbal consent from the child's parent or guardian must be obtained before making a referral.

Protocol partners include Toronto child welfare agencies, a number of child, family and community service agencies, school boards, the Toronto Fire Service and the Toronto Police Service.

School-Based Services

Child Development Institute offers two school-based programs for vulnerable children 6-12 years of age, in partnership with the Toronto District School Board and Toronto Catholic District School Board. CDI's Child and Community Workers work alongside teachers and school support staff to co-facilitate the programs, provide ongoing consultation, participate in multidisciplinary discussions, and provide some professional training for school and parent groups.

The SNAP® for Schools Program focuses on externalizing problems in children from grades 2 to 6 and aims to foster a pro-social classroom environment. Children identified for the program receive SNAP® in their classrooms alongside their classmates who have not been previously identified as having behaviour problems. The program is based on the SNAP® School-Based manual. Classrooms are selected if they contain at least two target children who have been identified by a teacher, social worker or an administrative staff in conjunction with the CCW, as displaying above-average levels of behavioural problems. The clinical intervention is directed toward these two target children, while the rest of the class benefit from the universal skill base of SNAP®. The program is set up so that a select number of classrooms in each participating school receive the program during the academic year.

The ACT & ADAPT program is a withdrawal group program for students in grades 5-8 who are identified as experiencing internalizing problems, specifically exhibiting symptoms of depression and anxiety. Students are withdrawn from class and participate in a 20-week small group (four children) throughout the school year. A similar program, FRIENDS For Life, may also be used for small group or classroom setting.

The outcomes for both of these school-based services include: gaining and using new social skills; gaining new problem-solving skills; improved anger management skills; improved school functioning; and the ability to manage moods satisfactorily. In the long run, both programs look to achieve better school success, positive peer and family relationships and better coping and adaptation to life transitions and events.

School Treatment Program

The School Treatment program is an early intervention program offered in partnership with the Toronto District School Board and is for children in Junior and Senior Kindergarten. Referrals are accepted from parents, schools, early learning centres and daycares.

The program is for children who are unable to manage in the regular educational system due to significant behavioural, social and emotional issues and who require the support and intervention of a small structured classroom. The program provides a highly structured setting that helps children to develop social and school-readiness skills, emotion regulation skills, and behaviour management skills, thereby enhancing their self-esteem and their awareness of self and others.

The program is facilitated by a multi-disciplinary team including a Specialized Education Teacher and a Child and Community Worker who run the classroom component. In addition, the program utilizes a Child and Family Clinician who supports the caregivers and family component of the program. Specialized consultation is also available to support the program including a Speech and Language Pathologist, a Psychological Associate and a Psychiatrist. Parents play a crucial component of the program by working with the child and family clinician and also working in cooperation with the classroom staff and utilizing behavioural strategies.

SNAP® Girls Connection

The SNAP® Girls Connection program helps at-risk girls who exhibit behaviour problems at home, at school or in the community. It is a family-focused, gender-specific, and multifaceted intervention. Girls are admitted between the ages of 6-11, but may stay involved as long as necessary (up to age 18). Referrals come directly from parents as well a range of other sources, primarily teachers, social workers, police. They may be referred to us for one or a number of reasons, such as: they have trouble keeping friends; they are aggressive and non-compliant with friends, parents, other family members and teachers; they lack self-control and problem-solving skills; they have had police contact.

Girls take part in a group to help them develop social and problem-solving skills, using SNAP® (Stop Now and Plan) to manage their behaviour and emotions and learn alternative, positive ways to engage. They may also participate in additional services, such as our “Girls Growing up Healthy” group (addressing sexual development, mother-daughter relationships, and other issues), homework help, individual mentoring and Leader-In-Training programs for girl graduates over the age of 12.

Parents participate in concurrent groups to learn effective parent management strategies such as how to listen to their child, how to give effective directions, how to deal with home and school issues, how to set effective limits and how to establish effective routines (e.g., chores, homework, bedtimes) in the home. They may also participate in mother-daughter groups and a continuing care group for parents, as well as individual and family counselling as needed.

Child Development Institute ensures accessible services to families by providing flexible meeting places and both day and evening appointments for girls and families in SNAP® Girls Connection. Groups are held at the St. Clair Gardens (St. Clair & Dufferin) location.

SNAP® Girls Connection also offers a web-based, self-care tool for managing girlhood stress, depression and anxiety. www.howtochill.ca is an interactive website that provides girls with healthy, empowering tools to become more resilient to life’s challenges.

SNAP® Under 12 Outreach Project

The SNAP® Under 12 Outreach Project (SNAP® ORP) provides early intervention and treatment for boys aged 6-11 who are engaging in aggressive, antisocial behaviour and/or have come into contact with the police as a result of their own behaviour. Some of these boys have been involved in activities such as physical aggression, verbal aggression or defiance, issues with self-control & problem-solving, stealing, vandalism (property damage), setting fires, or having conflict with authority.

The SNAP® Under 12 Outreach Project aims to prevent future antisocial behaviour and reduce the chance of future conflict with authority through timely and early intervention. The program combines social learning and cognitive behavioural perspectives. Interventions are aimed at the child, the family, teachers and community.

Experienced and highly trained SNAP® staff work together with parents to assess the problems and create an action plan. Typically the boys participate in the SNAP® Club, a therapeutic evening group that meets weekly for 13 weeks during which the boys learn how to use SNAP® to manage their behaviour. Parents also attend concurrent parent group sessions focused on learning effective child management and SNAP® strategies. Other components of the program may include individual counselling or mentoring, connecting children to structured community and recreational activities, tutoring, school support and advocacy, family counselling, and victim restitution.

The SNAP® ORP is offered at the St. Clair Gardens (St. Clair & Dufferin) location.

Camp Wimodausis

Camp Wimodausis offers a special day camp experience for disadvantaged boys and girls aged 6-11 whose social circumstances and behaviour problems would otherwise prevent them from attending a summer day camp. Two summer sessions (July and August) are offered. Children may attend one four-week session. A maximum of 24 children are enrolled in each session.

At Camp Wimodausis, fun and educational activities promote healthy competition and develop fine and gross motor skills. Children are involved in arts and crafts, sports, music, swimming, special interest clubs, weekly field trips, nature hikes and theme days. The program is highly structured to maximize opportunities for success. In small groups of six, with two qualified counsellors, children learn to use SNAP® to manage their behaviour, exercise self-control and resolve problems.

During the fourth week of each session, Camp Wimodausis holds an open house for parents. Parents also receive a written report on their child's camp experience at the end of the one-month session. In addition, camp staff will liaise with the camper's teachers at the parent's request.

Camp Wimodausis offers a Leaders-in-Training (L.I.T.) program. Leaders-in-Training are selected past campers, twelve years of age and older, who have leadership potential.

Camp Wimodausis is located at our St. Clair Gardens (St. Clair & Dufferin) location. Spaces fill up quickly and are held on a first-come first-served basis. For an application form (there is a \$25.00 application fee) please call. An interview with the camper and his/her parents to discuss the camper's special program and the child's needs will be arranged.

The camp is free for qualified campers. Campers bring their own lunch and drink. Snacks are provided.

Youth Outreach Program

The Youth Outreach Program is a prevention program in the Jane-Finch region focusing on community outreach, development and engagement with youth aged 12-15. Child Development Institute partners with community organizations, parents, schools and other stakeholders to offer outreach services, youth mentoring, community consultations and group services. The group services component of the program uses SNAP[®] for Youth, which focuses on skill-building and is based on CDI's evidence-based SNAP[®] model programs. This SNAP[®] for Youth variation of the 12 session model incorporates youth oriented role play scenarios with a prevention focus. The program is facilitated by a Youth Outreach Worker and is co-facilitated with school or other organization personnel.

The Youth Outreach program combines social learning and cognitive behavioural perspectives and aims to improve the quality of life chances for at-risk youth. The program combines prevention and intervention approaches to support youth to develop pro-social skills, self-control and problem-solving skills, and to focus on building positive family and school relationships.



Family Violence Services

Introduction

Child Development Institute provides programs to help women and children who have experienced family violence. We also help children, youth and families who have been affected by childhood sexual abuse.

Violence happens in all kinds of relationships: dating, common-law, same-sex, marriage... even after a relationship has ended. Violence in families can affect children and teens in a variety of ways. It can cause them to hurt others or themselves. Children sometimes become quiet, withdrawn, or prone to being bullied by others. They may have trouble eating, sleeping or concentrating at school. Sometimes children or teens use drugs or alcohol to cope with the violence they have been exposed to.

Research has shown that children who witness the abuse of their mothers are just as affected as if they were being physically abused themselves. Many of these children have emotional or behavioural problems, physical complaints, and they often feel sad, angry, guilty or responsible for the violence. And they usually feel very alone. Exposure to family violence is a risk factor for challenges later on in life. Children who witness domestic violence are more likely to repeat the pattern by becoming an abuser or victim later in life. Teenagers may be more prone to



dating violence, or be more accepting of an abusive partner. A large majority of abusive men who participate in group treatment programs report that they witnessed family violence when they were children. By providing a safe and caring environment to help women and children deal with the negative effects of violence, we are helping to stop this damaging cycle and build positive parent-child relationships.

Our Family Violence Services offer individual and group counselling approaches, including on-site counselling for women and children living in shelters, as well as support for those children to integrate into their new school. We coordinate treatment services for children and youth who have been sexually abused, and for their families. We also offer training and support to professionals providing this treatment. Family Violence Services are available for children and youth 0-16 and their families.

Here to Help

Child Development Institute offers this group intervention program for women and children (aged 4-16 years) who have experienced domestic violence. It's offered three times per year and is available in both English and Spanish with cultural interpretation for other languages as required. There are eleven weekly sessions in each group. The children's groups and the mothers' groups run at the same time.

Here to Help groups provide a safe and supportive environment. The program addresses issues such as safety, dealing with emotions, and parenting after violence. Women and children learn that they are not alone. They begin to heal from the negative effects of family violence through the support of program staff and other participants. The program is also intended to stop the cycle of violence from repeating when these children become adults.

Shelter Program

Child Development Institute's Shelter Program assists mothers and their children (aged 0-16 years) who are living in a shelter. Services are provided at the shelter. Families can usually be seen immediately following the initial phone call.

The Shelter Program offers individual counselling with mothers and their children, on-going or in a single session. The program also provides follow-up services once the family has left the shelter. The Shelter Program respects parents and listens to their concerns. Child Development Institute staff work with parents and complement parent knowledge with their professional knowledge. Parents are involved in planning and reviewing any services provided.

School Liaison Program

Child Development Institute's School Liaison Program is a school-based program for children who are in crisis and living in a shelter. The child may have left behind many of his or her belongings, family and friends. Some may be newly arrived in Canada; some may be without housing. Others may have just witnessed family violence or have experienced abuse themselves.

Starting at a new school is stressful for any child, and even more so for these children. The School Liaison Worker is sensitive to the needs of these children, and meets with the child and his or her parent to orient them to the new school. Children receive individual assistance with academic or behavioural problems. Sometimes the children meet in small groups with the School Liaison Worker to discuss shared concerns. The School Liaison Worker is available at the school, including during recess, to support problem-solving and encourage participation in games and activities. When the parents are ready to move away from the shelter, the School Liaison Worker may support the child in the move to the new school.



Mothers in Mind

Mothers in Mind is for mothers who have experienced domestic violence or other trauma, and worry about whether this may be affecting their experiences of parenting and their relationship with their young child or children. The program focuses on the needs of mothers who have recent or past experiences of hurting, and find that those experiences are making parenting difficult. It is designed to enhance parenting skills and parent child relationships.

Mothers in Mind is an interactive group for mothers with children between 0-3 years of age. The program provides mothers whose young children have been exposed to hurtful events an opportunity to learn ways to help their young children begin to heal. This program supports women to become the mothers they want to be. In the program, mothers will build confidence in being able to respond to their children in a sensitive, supportive and effective manner. They will learn how to separate out adult stresses and issues from parenting issues, and discover useful ways to cope with anger, worry and stress. Mothers learn about child development, and develop positive parenting skills. They learn how to provide a safe, secure environment for their child or children, and become more comfortable with positive touch.

The program is offered in a 12-session format, include an intensive intake, assessment and group preparation session and a final discharge and feedback meeting. TTC tickets and other supports are provided. Mothers in Mind is run in both English and Spanish, with cultural interpretation available as needed. To increase accessibility to diverse communities, Mothers in Mind may also be offered in partnership with other community agencies, including various women's shelters.

Mothers in Transition

Mothers in Transition is a new addition to Family Violence Services that provides women and children with two different drop-in programs, pre-group and post-group. The MIT Pre-group drop-in program is offered to mothers waiting for Here to Help or Mothers in Mind, and also to mothers and children currently living with an abusive partner, as well as expectant mothers interested in the Mothers in Mind program. Mothers with a previous or current experience of abuse, with children age 0 to 16, may drop in to access information on resources and supports available, including legal assistance, housing support, financial support, and transitional support workers. Mothers will develop strategies to increase safety for themselves and their children. They will also have an opportunity to discuss positive parenting strategies to support children who have experienced or are experiencing woman abuse, and to develop stress management strategies for themselves and their children.

The Mothers in Transition post-group drop-in program is designed to meet the needs of women and children who have completed either the Mothers in Mind or the Here to Help Program, but may need additional help with issues related to parenting after violence. Mothers will have the opportunity to meet together to discuss relevant issues related to parenting after violence, safety concerns and stress management techniques; while the children meet together to gain important skills and knowledge related to social skills, self-esteem, bullying and boundaries.

Both Mothers in Transition groups (pre and post) are run separately, once per week in both English and Spanish. Cultural Interpretation is available as needed. TTC tickets and healthy snacks are provided. Child care is also available for children not participating in the children's programming.

Central Agencies Sexual Abuse Treatment (CASAT)

The Central Agencies Sexual Abuse Treatment (CASAT) is a coalition of more than 30 Toronto agencies and services whose purpose is to promote maximum recovery from child sexual abuse for children and youth, age 3 to 18. Child Development Institute provides overall coordination for the coalition.

Together with our community partners, CASAT works to improve services for children, youth and families affected by sexual abuse and trauma. Working in partnership with supportive caregivers, youth and member agencies, CASAT functions to develop and enhance treatment services for children and youth who have experienced sexual abuse.

CASAT works to ensure that these services are responsive to the diverse needs of individuals affected by sexual abuse and are based in research and established best practices.

CASAT provides:

- Service coordination to trained clinicians from participating member agencies
- Trauma Assessment and Trauma Treatment
- Clinical consultation to service providers
- Group services
- Professional training
- Information about sexual abuse including resources for treatment
- Community development and coalition management

Research and evaluation



Evidence-based programs

Child Development Institute is committed to providing programs and services that are accountable, client-centred and effective. As part of that commitment, CDI monitors the effectiveness and quality of its programs in many ways. We recognize the importance of strengthening positive outcomes for children by using evidence-based programs, conducting relevant social research and sharing our knowledge with others.

CDI is dedicated to generating new knowledge that will increase our understanding of child development, contribute to service excellence in all program areas, and build on our foundation of caring, knowledge and innovation. Our scientist-practitioner philosophy, whereby science informs practice and practice informs science, helps us to build strong evidence-based programs and enables us to share this research with others, so that the positive impact on children's lives can be increased exponentially. It is a formula that works – building knowledge, understanding change, developing interventions that work.

We conduct applied social research in the areas of childhood aggression and antisocial behaviour, gender-specific interventions, family violence, child development and parenting. This work is enhanced by partnerships with York University, University of Toronto, Ryerson University, the Hospital for Sick Children, and several universities and research centres in the United States, United Kingdom and in Scandinavia. Our Early Intervention SNAP® programs have been subject to stringent evaluation and included in research studies, including random control trials, brain imaging and program impact, and risk assessment.

Our Family Violence Services team has worked collaboratively with the



University of Toronto to better understand the effects of trauma on children and family relationships, such as parenting after violence. Evaluation assessments have helped to inform the structure and content of the program. Our growing expertise in this area has led to international partnerships including a project to adapt our model programs for families in Macedonia.

As a result of our emphasis on research and evaluation, CDI is developing a critical body of knowledge that informs our practices so that we can provide the highest quality child development, early intervention and family violence treatment services.

Training, Consultation and Knowledge Transfer

Child Development Institute is committed to sharing our knowledge with other agencies and service providers, through research partnerships, training and consultation. We offer focused workshops to the professional community through many of our programs, including the Centre for Children Committing Offences, the Child Care Consultation Team, Central Agencies Sexual Abuse Treatment (CASAT), and Here to Help. We also work with a number of educational facilities to provide student field placement opportunities. This includes University of Toronto, Ryerson University, George Brown College, Humber College and Seneca College. In addition, Child Development Institute is a Teaching Centre for the Master of Social Work program at the Faculty of Social Work, University of Toronto.

In particular, we strive to make our award-winning, evidence-based SNAP[®]

model available to communities around the world. We teach professionals how to accurately detect and respond to a wide range of child, family and community risk factors using best practice tools so that referred children receive services that are both relevant and needed. To maintain our excellent quality of service to children and families, we enter into licensing agreements with our affiliates, who undergo extensive training and ensure fidelity to our model. Our program materials are accessible to our partners, and we maintain a centralized database to monitor results. We have partnered with other agencies to develop culturally appropriate manuals in other languages (including for some of Canada's aboriginal communities), and we have a joint project to train others to deliver the SNAP® technique to hearing impaired children.

Our trainers and consultants are available to assist our partners across Canada and internationally. In Ontario, we are working with public school boards to deliver SNAP® in schools. With funding from the National Crime Prevention Centre (Public Safety Canada), more than a dozen community agencies in Yukon, Alberta, Quebec and other provinces are becoming SNAP® partners. Internationally, we have replication sites in the United States, Australia, Norway and Scotland. Replication sites confirm the effectiveness of our approach in a multi-site model and have set Child Development Institute apart as an organization offering programs with proven results.

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For **Early Years** and **Early Learning Centres**, see pages 6-9.

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