



**Child Development Institute  
Program Directory**

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# About Us

Child Development Institute (CDI) is an accredited children's mental health agency, providing a range of programs and services for children 0-12, youth ages 13-18, and their families. We offer evidence-based programs across four streams: Early Intervention Services, Family Violence Services, Healthy Child Development and the Integra Program.

Our approach is family-focused and we work with each child and family's unique strengths, needs and challenges. We help them to uncover their abilities, give them tools to succeed and support them in overcoming challenges.

Our Early Intervention Services programs help children and families struggling with social-emotional and behavioural issues. Our individual, group and school-based programs help them get back on track. SNAP®, CDI's proven early intervention model, is incorporated into many of the programs and helps children effectively manage their emotions and behaviour.

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

Our Healthy Child Development program includes six Early Learning Centres and the Parkdale-High Park Ontario Early Years Centre. Our program provides young children with a play-based early learning environment.

The Integra Program, provides therapeutic programs and services to children, youth, and their families who are dealing with mental health issues complicated by learning disabilities (LD/MH).

All of our programs are evidence-based and use a science-practitioner model. We share our research and knowledge around child development through partnerships and collaborations, training, consultation, and publications. We are a respected leader in child and youth programming, not only because our solutions are developed out of research, but also because of the innovative solutions that result from our approach.



# Early Intervention Services

## Introduction

CDI provides children's mental health services for children under the age of 12 who require assistance with identified difficulties, such as social-emotional or behavioural problems. Our programs are family-centred, and we work with families to assist with parenting challenges and help manage family relationships.

Many of the families we serve have experienced trauma or abuse, domestic violence, family breakdown and other issues that affect healthy childhood development. These children often experience conflict at school or in childcare, difficulties with peers and family members, and issues related to anger management, impulsivity and/or developmental difficulties.

Many parents face unique challenges with their children and are known to benefit from specialized child management and parenting skill development while building a stronger parent-child relationship. Our approach is family-centred and parents are involved throughout their child's involvement in our programs.

The consequences for children and parents who do not receive adequate and appropriate treatment affect all of us. It is estimated that four out of five children who need help for mental health problems never receive it, and the consequences can include incidences of depression, school dropout, juvenile delinquency and substance abuse. Long-term implications that last into adulthood include illiteracy, violence, underemployment and future family breakdown.

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.

For further information about CDI's Early Intervention Services, and for information on referrals, please call 416-603-1827.

# Child and Family Programs

## **Intensive Community and Home Services**

The Intensive Community and Home Services (ICHS) program provides intensive family-based therapeutic support for families with children ages 6-11 whose significant early aggressive, oppositional or defiant behaviours place them at high risk for future antisocial behaviour and negative outcomes.

ICHS Workers engage with children and their families to complete a thorough assessment and develop a collaborative intervention plan. Intervention plans are highly individualized and may include: individual, family and group counselling; SNAP® parenting strategies; home-based coaching and support; school support and advocacy; community support; and life skills coaching. Some children attend an on-site specialized classroom as part of their treatment plan, while others receive support to remain in their community schools.

Children are referred to this program through Toronto's Centralized Access to Residential Services (CARS).

## **Family and Community Counselling**

The Family and Community Counselling team provides counselling services for families of children under the age of six who are experiencing social, emotional, developmental or behavioural difficulties. The program is also available for children ages 6-11 and their families who have been referred internally from another CDI program.

Child and Family Clinicians provide counselling services tailored to each family's needs. Services may include: family therapy; parent counselling; parent-child interventions; parenting guidance and support; specialized group programs; in-home coaching and support; liaison and consultation to schools; and service coordination. Clinicians focus on identifying and building on strengths, and addressing specific areas such as the child's needs, family dynamics, stressors, coping strategies and parenting styles. Children are referred to this program through CDI's Early Intervention Intake Services; priority is given to children under the age of three.



## **Anxiety Programs**

CDI, in collaboration with the Department of Child and Adolescent Psychiatry at Toronto East General Hospital (TEGH), provides evidence-based programs for families with children under the age of 12 experiencing anxiety issues that interfere with their functioning.

The Parenting Group for Anxious Pre-Schoolers (P-GAP) is a group for parents of younger children, typically kindergarteners, who are experiencing anxiety, having difficulty overcoming fears or are socially inhibited. The group is co-led by a TEGH psychiatric expert in childhood anxiety and a trained CDI social worker.

The Cool Kids Anxiety program is a 10-session group for families with children ages 6-11 exhibiting fears and worries that interfere with their daily lives. A TEGH psychiatrist and three CDI workers lead concurrent groups for parents and children. Children learn how to think realistically, face fears and develop effective social and communication skills. Meanwhile, parents learn how to coach their children to cope effectively with anxious thoughts, feelings and behaviours, and learn parenting strategies to help manage their children's behaviour.

Children are referred to these programs through CDI's Early Intervention Intake Services and TEGH intake.



# Child Care Consultation and Support Programs

CDI provides programs and services to support children with developmental, emotional or behavioural needs in child care centres. The programs focus on meeting the needs of individual children, providing support and resources for parents, and building capacity among child care staff.

## **Child Care Consultation Services**

Working within an assigned cluster of child care centres, CDI's Child Care Consultants collaborate with child care staff and parents to develop individualized plans and strategies to support the identified child's optimal development and ability to function within the child care centre. Services are available to children under the age of 12 in child care centres identified as having special needs or requiring extra support, including children with developmental delays, Autism Spectrum Disorder and social, emotional or behavioural difficulties.

Consultants visit the centres on a regular basis to monitor progress, and may also assist child care staff and parents in coordinating or accessing additional services.

The Consultants also work within the CITYKIDS network to provide screening and referrals for families seeking child care and who may require other services.

Children are referred to this program through individual child care centres.

## **Intensive Resource Support in Child Care**

This program provides intense, direct services for children in child care centres who are displaying significant social, emotional or behavioural needs. Community Child Workers collaborate with the Child Care Consultant, parents and child care staff to develop and implement an individualized support plan for the child.

The Community Child Workers also work directly with child care staff to support them in building an inclusive child care environment for children with social, emotional or behavioural needs. Modelling and coaching are used to help child care staff develop their skills and understand the needs of children with more intensive needs. The Community Child Workers support child care staff in implementing specific plans for children that are responsive and support skill development.

Sessions take place in the child care centre, usually twice weekly for up to 18 sessions.

Children are referred to this program by the Child Care Consultant, in collaboration with the child care centre and parents.



# School-Based Programs

## Start Right Social Skills

Start Right Social Skills is an early intervention program for children in kindergarten who are having difficulty adjusting to the everyday demands of their regular classroom. The program is offered in partnership with the Toronto District School Board and the Toronto Catholic District School Board, and it is available in over 20 schools across Toronto.

The 12-week program provides special “play and learn” sessions during school hours in groups of three to five children. 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. The primary program goal is to improve the social skills and future performance of young children identified as at risk for mental health problems. The program also incorporates SNAP® (Stop Now and Plan), CDI’s self-control and problem solving model, to address early behavioural issues.

Children are referred to this program by teachers and other school staff.



## **School Treatment Program**

The School Treatment Program (Section 23) provides three therapeutically-based classrooms and treatment programs. There are two classrooms for kindergarten-aged children (3½ to 6), and one classroom for students ages 6-11. In both programs, students are referred because they are exhibiting emotional, social and behavioural challenges and are unable to manage in the mainstream educational system. The program utilizes a multi-disciplinary team made up of a special education teacher, a Child and Youth Worker, a family counsellor, and consultants as needed, including a speech and language pathologist, a psychologist and a psychiatrist. A cognitive behavioural model and SNAP® strategies are used to help students better manage their behaviour and emotions.

The kindergarten classrooms provide a structured setting that helps children manage impulsivity and emotions, develop basic social and school-readiness skills, and enhance self-esteem and awareness of self and others. Children are referred to this program from a variety of sources including parents, schools and child care centres. The classrooms are run in partnership with the Toronto District School Board.

The classroom for students ages 6-11 provides a modified special education classroom for children with severe behavioural, social and emotional challenges who are unable to function in a community school setting. Students are taught using Individual Education Plan (IEP) goals that include behavioural expectations. They learn how to model pro-social values, acquire general knowledge and improve their social skills. Spaces in the program are prioritized for clients in CDI's Intensive Community and Home Services Program, and children are typically referred to the program through Toronto's Centralized Access to Residential Services (CARS). The classroom is located at CDI's St. Clair Gardens location, and is run in partnership with the Toronto Catholic District School Board.

The average stay in the program is one to two years, and the desired overall outcome is to be re-integrated into a community school (regular and special education).

## **SNAP® for Schools**

SNAP® for Schools (SNAP®-S) is based on SNAP®, CDI's award-winning early intervention model. This well developed program is delivered to students ages 6-11, focusing on developing SNAP® skills to promote a positive change in behavior. The 13-week in-class program covers topics such as managing anger, handling group/peer pressure and dealing with bullying. The program also offers individual interventions for identified students, while the rest of the class benefits from the universal skills learned in the SNAP® classroom sessions.

## **ACT & ADAPT**

The ACT & ADAPT program is a group program for students in grades five to eight who are experiencing challenges managing their mood. Throughout the 20-week program children meet weekly in small groups during class time to discuss topics such as solving problems, making time for fun, and identifying and changing negative thoughts.

## **FRIENDS for Life**

FRIENDS for Life is a 10-week program for children ages 6-11 years. It can be run in small groups or within the whole classroom, and covers topics such as self-esteem, problem-solving and self-expression. The focus is on helping students learn skills to cope with stress and to build emotional resilience.

CDI's Child and Community Workers work alongside administration staff and school Social Workers to co-facilitate these programs.

Children are referred to these programs by teachers, social workers and other school staff. The programs are run in partnership with the Toronto District School Board and the Toronto Catholic District School Board.



# SNAP<sup>®</sup> (Stop Now and Plan)

SNAP<sup>®</sup>, which stands for STOP NOW AND PLAN, is an evidence-based cognitive-behavioural model that teaches behaviourally troubled children and their parents how to manage their emotions and behaviour by getting them to stop, think, and plan positive alternatives before acting impulsively.

Developed by CDI, SNAP<sup>®</sup> has demonstrated positive treatment outcomes among children under the age of 12 with conduct and related behavioural problems and their families.

The primary goal of the SNAP<sup>®</sup> program is to keep at-risk children in school and out of trouble. SNAP<sup>®</sup> will:

- Increase emotion-regulation and self-control skills in children and their parents
- Reduce aggression, bullying and antisocial behaviour
- Increase social competency
- Improve academic success by decreasing behavioural issues at school
- Engage high-risk children and their families in service
- Connect children and parents to community-based resources
- Prevent delinquency, school drop-out and teen pregnancy

The SNAP<sup>®</sup> model is incorporated into many of CDI's other early intervention programs, and has been licensed for use by over 90 organizations around the world.

CDI offers SNAP<sup>®</sup> programs for boys and girls ages 6-11, including the SNAP<sup>®</sup> Boys and SNAP<sup>®</sup> Girls programs. Children are referred to the program from a range of sources, with most referrals coming from schools. A CDI Intake Worker will assess the referred child to determine appropriateness before assigning the family to a program.

For further information on the SNAP<sup>®</sup> Program, please call 416-603-1827.



## **SNAP® Boys**

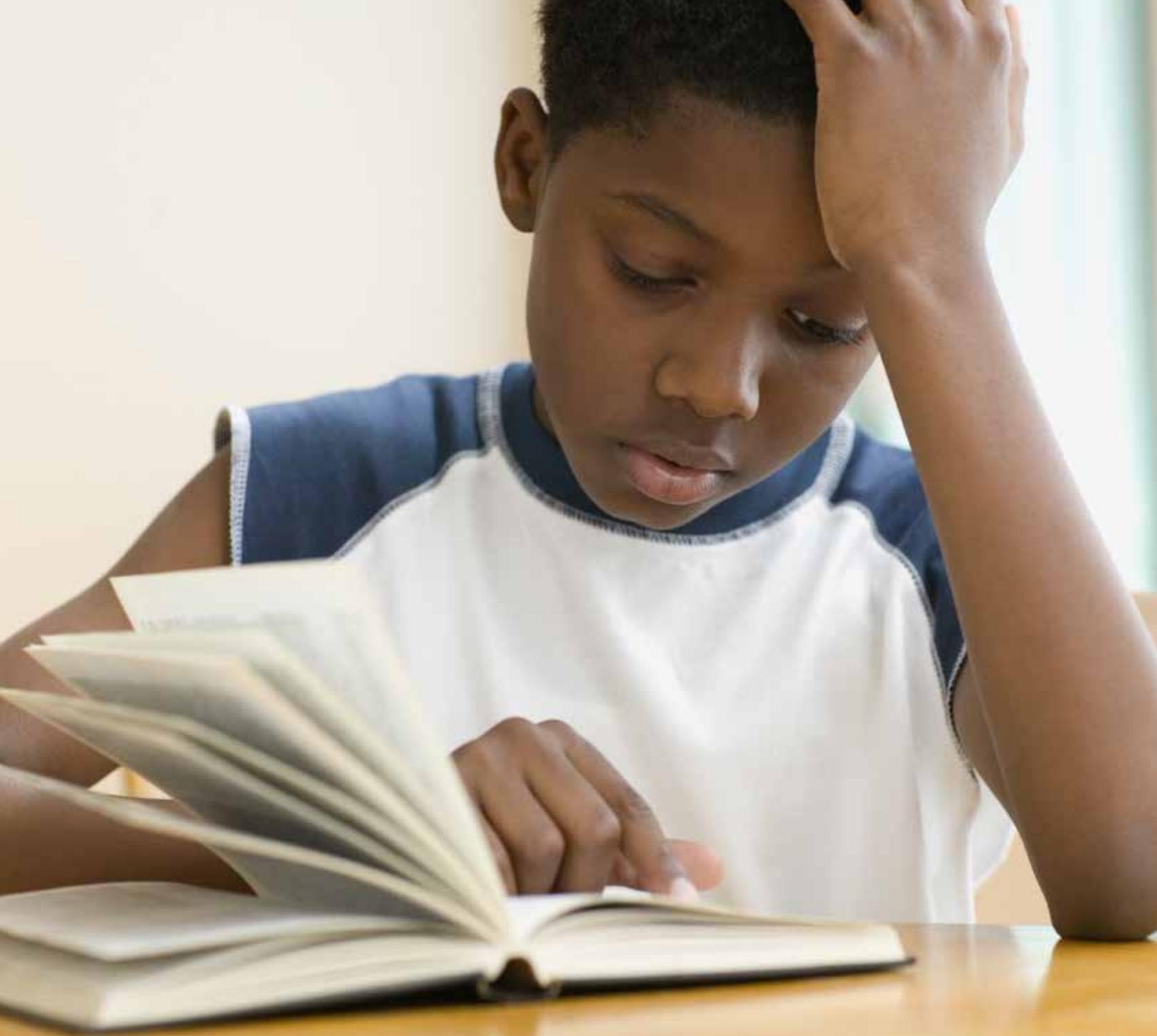
SNAP® Boys is a family-focused, early intervention program for boys ages 6-11 who are engaging in aggressive, antisocial behaviour and/or have come into contact with the police. The program aims to prevent these antisocial behaviours and reduce the chance of future conflict with the authorities through timely and effective early intervention.

Experienced and highly trained SNAP® staff work with parents to assess problems and create and evaluate Treatment or Action Plans. Typically the program consists of five key components:

- SNAP® Boys Club – a structured group that meets weekly for 13 weeks and teaches boys self-control, problem-solving and emotion-regulation skills through the use of SNAP®
- A concurrent SNAP® Parenting (SNAPP) Group that teaches parents effective child management strategies
- One-on-one family counselling based on SNAPP (Stop Now and Plan Parenting)
- Individual counselling/mentoring for boys who require extra support
- School advocacy and teacher support to assist boys who are struggling behaviourally and/or not performing at their age-appropriate grade level at school

Other components of the program that may be used when appropriate include academic tutoring, victim restitution, community connections, and long-term continued care services.

As boys reach adolescence, they may decide to become engaged in continuing services including SNAP® Boys Youth Leadership Services; individual and family counselling; school support and advocacy; job readiness; and external referrals as needed. As well, a Parent Problem Solving group is offered several times each year to support parents who have completed the SNAP® Parenting group.



## SNAP® Girls

SNAP® Girls is a family-focused, gender-specific early intervention program for girls ages 6-11 exhibiting early disruptive behaviour problems at home, and school, and in the community. The program components are similar to the SNAP® Boys program, but there are important differences based on research and best practices for treating girl aggression. In SNAP® Girls, for example, there is greater emphasis on discussion and relationship-building.

Experienced and highly trained SNAP® staff work with parents to assess problems and create and evaluate Treatment or Action Plans. Typically the program consists of six key components:

- SNAP® Girls Club – a structured group that meets weekly for 13 weeks and teaches girls self-control, problem-solving and emotion-regulation skills through the use of SNAP®
- A concurrent SNAP® Parenting (SNAPP) Group that teaches parents effective child management strategies
- One-on-one family counselling based on SNAPP (Stop Now and Plan Parenting)
- Individual counselling/mentoring for girls who require extra support
- School advocacy and teacher support to assist girls who are struggling behaviourally and/or not performing at their age-appropriate grade level at school
- Girls Growing up Healthy – A mother-daughter group that occurs after the SNAP® program is completed. The group aims to strengthen mother-daughter relationships at the critical pre-teen stage, and to address challenges of physical development, harassment and healthy relationships.

As girls reach adolescence, they may decide to become engaged in continuing services including SNAP® Girls Youth Leadership Services; individual and family counselling; school support and advocacy; job readiness; and external referrals as needed. As well, a Parent Problem Solving group is offered several times each year to support parents after completing the SNAP® Parenting group.



## **SNAP® Youth Outreach**

SNAP® Youth Outreach is an intervention/prevention program in the Jane-Finch neighbourhood focused on community outreach, development and engagement for youth ages 13-17. CDI partners with community organizations, parents, schools and other stakeholders to offer outreach services, youth mentoring, community consultations, classroom based SNAP® for Schools, training, and group services.

The SNAP® Youth Outreach program combines prevention and intervention approaches to help at-risk youth develop pro-social skills, self-control and problem-solving skills, and to focus on building positive family and school relationships. The group services component of the program uses the SNAP® model, focusing on skill-building.

Youth are referred to this program by parents, teachers, social workers, police and others.





## **Camp Wimodausis**

Camp Wimodausis is a specialized day camp for children ages 6 to 11 whose social and behaviour problems would otherwise prevent them from attending a summer day camp. Two summer sessions in July and August are offered on a first-come, first-served basis.

Children may attend one four-week session, with a maximum of 24 children enrolled in each session. 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. Children participate in fun and educational activities, including arts and crafts, sports, music, swimming, special interest clubs, weekly field trips, nature hikes, and theme days.

Camp Wimodausis also offers a Leaders-in-Training (LIT) program for youth who are participating in the SNAP® Youth Leadership programs or are past campers.

The camp is held at CDI's St. Clair Gardens location, and is offered free of charge, although there is a \$25 application fee.



# Family Violence Services

## Introduction

CDI provides programs to help women and children who have experienced family violence or other trauma. We also help children, youth and families who have been affected by childhood sexual abuse. Violence happens in all types of relationships, including dating, common-law, same-sex, or marriage, and it can happen after a relationship has ended. Violence in families can affect children and teens in a variety of ways. Some children may act out and have trouble making friends, while other children become quiet and withdrawn. Children may have trouble eating, sleeping and concentrating at school. Violence may also introduce unique parenting challenges.

Our Family Violence Services offer group counselling programs, shelter services and specialized sexual abuse services to support women and children in healing from the effects of violence and abuse.

Free cultural interpretation is available for all Family Violence Services programs.

For further information on our Family Violence Services, please call 416-603-1827.

# Group Programs

## **Here to Help**

Here to Help is a group intervention program for mothers with children ages 4 to 18 who have experienced family violence. The group runs for 11 weeks and is offered three times per year. The group provides a safe and supportive environment for mothers and children to talk about the violence they have experienced, and helps families process their emotions together.

Here to Help helps women and their children to understand that they are not alone.

## **Mothers in Mind**

Mothers in Mind is a group program for mothers who have experienced woman abuse or other trauma (e.g. childhood abuse, sexual assault, war) and have children under the age of four. The program focuses on the needs of mothers who find that these hurtful experiences are making parenting difficult.

The 10-week program helps mothers learn ways to manage stress and other challenging feelings, foster healthy self-esteem, and respond to their children in a sensitive, supportive and effective manner.

Mothers in Mind supports women with young children in becoming the mothers they want to be.

## **Transitions**

Transitions is a drop-in group program to support women and children who have experienced family violence or other trauma, and are currently in crisis or transition. The drop-in group is run weekly and provides mothers with the opportunity to get support, resources and referrals as issues arise. Children attend a separate group to develop stress management and safety planning techniques, as well as coping strategies and social skills.

Transitions supports families during times of crisis and change.

Child care and TTC tickets are provided free of charge for all Family Violence Services group programs.



# Shelter Services

## **Shelters Program**

The Shelters Program provides accessible counselling services to mothers with children under 16 who have experienced family violence or sexual abuse, and are living in a shelter in downtown Toronto. Counselling is provided at the shelter with the opportunity for follow-up support once families move out. Families can meet with a counsellor once, or can access counselling on an ongoing basis.

The Shelters Program provides immediate counselling support to families living in shelters.

## **School Liaison Program**

The School Liaison Program is a school-based program that supports children ages 4 to 16 living in CDI partner shelters and attending a new school. School Liaison Workers work with children, mothers and shelter and school staff to support children during this transition. The School Liaison Worker meets with the child and their mother to orient them to the school, and is available at the school to support the child's academic, emotional, behavioural and social development. Follow-up services are available to children at their new school once they move out of the shelter.

The School Liaison Program helps children make a smooth transition to their new school.

## **Taste of Home**

The Taste of Home Program is a unique and innovative after school cooking program that helps children living in shelters develop a healthy lifestyle. Throughout the 25-week drop-in program, children learn how to prepare healthy, budget-friendly meals. The program also focusses on various stress management techniques to assist children in better managing the stresses of everyday life.

Taste of Home supports children living in shelters develop skills that promote healthy lifestyles.

# Central Agencies Sexual Abuse Treatment (CASAT)

CDI provides overall coordination for the Central Agencies Sexual Abuse Treatment (CASAT) Program, a coalition of more than 30 Toronto agencies focussed on promoting maximum recovery from child sexual abuse for children and youth ages 4 to 18. Together with our community partners, CASAT works to improve services for children, youth and families affected by sexual abuse and trauma. CASAT works to ensure that these services are responsive to the diverse needs of individuals affected by sexual abuse and are based on research and established best practices.

CASAT provides support and treatment for children and youth who have experienced sexual abuse.



# The Integra Program

## Introduction

Following a merger in 2014, CDI is now delivering programs previously offered by the former Integra Foundation, an accredited children's mental health agency providing evidence-informed, therapeutic programs and services to children, youth and their families who are dealing with mental health issues complicated by learning disabilities.

The Integra Program provides family-centred, evidence-informed direct clinical services to children and youth ages 8 to 18 with diagnosed learning disabilities and mental health issues in Toronto. Our summer residential therapy program, Camp Towhee, serves children ages 10 to 18 from across the province. Our Community Education and Engagement program provides training and public education without geographical boundary limitations.

Reflecting our belief that therapy is learning, the Integra Program offers a unique approach to evidence-informed mental health intervention by putting the child and youth's own learning profile at the centre of treatment. We begin by studying a child's learning profile, and then create a therapeutic program with a team of therapists and psychologists in consultation with the family. We tailor evidence-informed therapy practices to the child's learning style and develop evidence-informed, innovative and effective new group interventions for children with mental health issues complicated by learning disabilities. With the support of our psychology and research staff and community partners, we carefully evaluate our outcomes and disseminate our findings broadly.

For further information about Integra programs or to make a referral, please call 416-603-1827.



## **Community Education and Engagement Program**

The Community Education and Engagement (CEE) is primarily a program of prevention, delivered through public education and outreach. Recognizing that widespread understanding of learning disabilities contributes to healthier environments for children and families, the CEE Program was established in 1994 with the following goals:

- To promote a community-wide understanding of children, youth and their families who are dealing with mental health issues and learning disabilities, in order to increase empathy and support.
- To reduce stigma around mental health issues and learning disabilities by improving societal attitudes towards those with both emotional and learning challenges.
- To improve outcomes for children, youth and their families dealing with mental health issues complicated by learning disabilities.

By providing interactive workshops and training, the program builds understanding and competence in parents, guardians and family members, other caregivers, educators and other professionals who interact with children and youth with learning disabilities. In addition to our flagship “Walk a Mile In My Shoes” workshop, we offer a broad range of topics pertaining to Learning Disabilities and Mental Health and we develop innovative new workshops in response to individual request. The program is fee-based.

## **Individual Therapy and Counselling**

Our team of child and family therapists is comprised of compassionate, highly-educated and innovative individuals with expertise in the field of mental health and learning disabilities. Our staff is dedicated to helping children and youth understand their learning disabilities and develop coping mechanisms, improved self-esteem and confidence.

We provide evidence-informed individual therapy in response to assessed need. Individual therapy always begins with an understanding of the child or youth’s learning style and is adapted to the individual’s information processing strengths and stage of development. For example, for children and youth with mental health issues and learning disabilities who struggle with anxiety, we may provide cognitive behavior therapy.

## **Parent and Family Therapy and Counselling**

Knowing that the family is often the best resource for a vulnerable child, and that the whole family is impacted by a child's mental health issues, therapists meet with parents and guardians of the children and youth in our care. Our work is based on mutually agreed upon goals that are reviewed and revised regularly. Where appropriate, therapists use evidence-informed practices, such as collaborative problem solving or solution-focused therapy.

Family and Parent Counselling helps parents and families to:

- Understand the child or youth's mental health issues and learning disability;
- Recognize how the learning disability affects the child or youth's feelings, relationships and everyday functioning;
- Improve family relationships and communication;
- Lessen family conflict; and
- Support parents to manage their children's behaviour and other parenting stresses.

## **Triple P Positive Parenting Program**

Triple P Positive Parenting Program is an evidence-based, group-format parenting program developed by Professor Matthew Sanders and his colleagues at the School of Psychology at the University of Queensland, Australia. Triple P is the most highly researched parenting program of its kind world-wide, and its parent training methods have proven to be successful in improving parent knowledge, skill and confidence.

The Triple P Group Teen program teaches parents of adolescents foundational skills and strategies for parenting, such as how to manage difficult behaviors, reduce conflict with their child, and how to help their teen develop critical skills for a successful transition to adulthood. The Triple P Group program provides similar skills to parents of children under age 12.

The manualized, eight-week group program incorporates video clips, live demonstrations, role plays and opportunities for parents to actively practice new skills. The program provides parents with a flexible 'menu' of strategies within a philosophy that recognizes the importance of a positive approach to parenting that fosters the parent/child relationship.

## **Social Competence Groups for Children and Youth**

Children and youth with learning disabilities experience more difficulties than most children in developing social competence. Social competence is a complex and interconnected set of knowledge and skills that come naturally to most people, but can be a challenge for children with learning disabilities. Social competence can include understanding social context and knowing what behavior might be appropriate in a given social situation. Social competence can also include the ability to understand non-verbal cues, like facial expressions and body language; to be organized; or to manage emotions. Difficulty with social competence can be devastating to a child or youth with a learning disability and can lead to social isolation, peer rejection or loneliness.

The goal of the Social Competence Group Program is to improve the child/youth's social functioning and social skills at school, at home and in the community. Group composition is carefully determined, factoring in each child's individual learning and mental health needs to ensure success. Groups can range from two to eight participants, and children are matched carefully based on evidence-informed factors that affect social competence.

Groups are led by highly-trained clinicians with a specialization in providing support to children and youth with mental health issues complicated by learning disabilities. Social competence is taught experientially in groups that are guided, safe, fun and engaging.

## Camp Towhee

Camp Towhee is not an ordinary summer residential camp; it's an extraordinary residential camp, providing evidence-informed, therapeutic programming for children and youth with mental health issues and learning disabilities.

Some youth with learning disabilities may not succeed at a traditional camp. Camp Towhee provides these children and youth with a safe, supportive environment and appropriate individualized programming. Staff and counsellors who are mature, highly-trained and experienced with children and youth with mental health issues and learning disabilities, along with on-going consultation with Integra's team of child and family therapists, help create a positive camp experience for this at-risk population.

Camp Towhee's goals are:

- To improve the mental health wellness of our campers, boys and girls ages 8-18 with mental health difficulties complicated by the presence of learning disabilities;
- To provide a uniquely supportive and safe environment where our campers can take calculated risks, and feel safe enough to let go of whatever barriers to success might be in their way; and,
- To create community. Our campers are taught to celebrate the many positive attributes of their learning differences, as well as those of their fellow campers. For this reason, many of our campers will say that Camp Towhee is the first place where they felt they belonged.

These goals are achieved through an evidence-informed, therapeutic-based program that includes Experiential Arts (therapeutic music, dance, drama and visual arts), Adventure-Based Learning (canoeing, out-tripping and waterfront activities), the Excel Program (ropes course and climbing wall), and a Leaders in Training program.

For more information about Camp Towhee, please visit [www.camptowhee.ca](http://www.camptowhee.ca). Camp Towhee is a fee-based program and bursaries are available.

## Mindfulness Martial Arts

Mindfulness Martial Arts (MMA) is a 20-week group program that was developed at Integra for youth 12-18 years old with learning disabilities and self-regulation disorders (i.e., anxiety, depression, disruptive behaviour). MMA integrates elements of evidence-based interventions (Mindfulness, Cognitive Behaviour Therapy, Behaviour Therapy, Parent-Child Meetings) with Martial Arts Training to create a comprehensive and innovative group intervention that promotes mental health and physical wellness and addresses key challenges in emotion regulation.

Results of over 10 years of research of Mindfulness Martial Arts program outcomes include:

- Significant improvements in core executive functions (i.e., impulse control and cognitive flexibility; Milligan, Badali et al., 2010);
- Youth with Attention Deficit Hyperactivity Disorder and learning disabilities show significant improvements in disruptive behaviour;
- Youth with anxiety show significant improvements in anxiety (Haydicky et al., 2012);
- Preliminary data from recent 2013/14 research in changes in neurobiology supports improvements in attention control;
- MMA encourages physical and mental health wellness, and counsels good nutrition and lifestyle choices;
- The “club” format of MMA’s “Klub Integra” gives participants a sense of belonging and fosters mentorship opportunities.

Mindfulness Martial Arts gives children and youth with mental health issues and learning disabilities the opportunity to learn new skills and take calculated risks in a safe, supportive environment, something they may avoid trying in other social settings (school, teams, clubs, etc.). Mindfulness Marital Arts is a fee-based program.

## Young Warriors

Young Warriors (YW) is an innovative, developmentally appropriate 20-week group intervention program developed at Integra for children ages 9 to 11 years with learning disabilities and difficulties with attention and self-regulation. The program integrates components that have demonstrated efficacy for this hard-to-engage population of children (e.g., behavior principles; graduated approach to teaching skills; breaking down each new skill into small component parts; use of drama and humor to engage attention; parent-child interactive exercises; home skill practice) in the context of Aikido (Art of Peace) martial arts training. YW targets two primary outcomes: improved self-regulation; and increased interpersonal awareness. YW is a fee-based program.



# Healthy Child Development

## Early Learning Centres

CDI operates six Early Learning Centres and the Parkdale-High Park Ontario Early Years Centre. Our Centres are located in diverse communities across Toronto, and are licensed by the Ministry of Education. We maintain specific health, safety, fire and program standards outlined in the Day Nurseries Act and the Toronto Operating Criteria. Each Early Learning Centre has a service agreement with the City of Toronto Children's Services department to provide subsidized child care spaces for families in need of assistance.

Our Early Learning Program provides young children with a positive learning experience in an inclusive, child-focussed play-based environment. Our Directors and teachers are Registered Early Childhood Educators and Early Childhood Assistants. Our program provides a balance of teacher-directed activities and child-initiated play and exploration. We welcome and encourage parent involvement and have an active Parent Advisory Committee (PAC) in each of our Centres.

## Parkdale-High Park Ontario Early Years Centre

The OEYC offers a variety of free programs and services for parents, caregivers and children under the age of six. Programs and services include:

- Early learning and literacy programs
- Parenting programs such as Mother Goose and Nobody's Perfect
- Pregnancy and parenting programs for new parents
- Access to a Toronto Public Health nurse

CDI operates the OEYC in partnership with St. Christopher House. Our community partners include:

- Creating Together
- St. Christopher House
- More Than Child's Play
- Queen Victoria (Public School) Partners
- College Montrose
- 4 Villages Community Health Centre (Early Years 2 Program)
- St. Joseph's Women's Health Centre

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

For further information about our Early Learning Centers or the Parkdale-High Park Ontario Early Years Centre, please contact the Centres directly:

**Annex Early Learning Centre**

161 Madison Avenue, Toronto  
416-924-0545  
Serving the Annex neighbourhood  
66 spaces for children from infancy to age 10.

**Cabbagetown Early Learning Centre**

162 Parliament Street, Toronto  
416-968-0990  
Serving the Cabbagetown and Regent Park neighbourhoods  
62 spaces for children from infancy to age 4.

**Fraser Mustard Early Learning Centre**

82 Thorncliffe Park Drive, Toronto  
416-603-1827 ext. 4230  
Serving the Thorncliffe Park community  
88 spaces for children infancy to age 4.

**Fraser Mustard Before and After Program**

For children attending Full Day Kindergarten  
For more information contact:  
416-603-1827 ext. 423

**Parkdale-High Park Ontario Early Years Centre (OEYC)**

2918 Dundas Street West (Dundas and Keele), Toronto  
416-762-3700

**Parkdale Early Learning Centre**

119 Close Avenue, Toronto  
416-535-6116  
Serving the Parkdale neighbourhood  
49 spaces for children from infancy to age 4.

**Wellesley Early Learning Centre**

495 Sherbourne Street, Toronto  
416-928-9900  
Serving the St. Jamestown neighbourhood  
62 spaces for children from infancy to age 4.

**Windermere Early Learning Centre**

103 The Queensway Toronto  
416-763-2734  
Serving the Queensway/Windermere Ave. area  
57 spaces for children from infancy to age 6.



# Research and Evaluation

CDI 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.

Our programs are based on a scientist-practitioner philosophy, meaning science informs practice and practice informs science. This helps us 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.

In partnership with national and international universities and hospitals, and world-renowned research experts, we conduct applied social research in the areas of childhood aggression and antisocial behaviour; gender-specific interventions; family violence; child development; and parenting.

CDI is committed to sharing our knowledge and expertise with other agencies and service providers. We offer workshops to the professional community through many of our programs, and we work with a number of local, national and international educational institutions to provide student field placement opportunities.

We have a dedicated implementation team which is responsible for making our award-winning, evidence-based SNAP® model available to communities around the world. In Ontario, we are working with public school boards to deliver SNAP® in schools, and with funding from Public Safety Canada's National Crime Prevention Centre, more than a dozen community agencies across Canada are becoming SNAP® partners. Internationally, the SNAP® model has been replicated in the United States, Australia, Norway and Scotland. We also teach professionals how to accurately detect and respond to a wide range of child, family and community risk factors using our risk assessment tools, which have been used and tested world-wide, so that children receive services that are both relevant and needed.

As a result of our emphasis on research and evaluation, CDI is developing a critical body of knowledge that informs our practices and programs so that we can provide the highest quality services.



**For more  
information  
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