



New Path's Advocacy Committee is Action Ready

New Path's Board of Directors has recently established an Advocacy Committee to enhance efforts to raise awareness of the mental health needs of children and youth in Simcoe County. We know that there has been little investment in child and youth mental health over the years, in fact although the child population of Simcoe has almost doubled over the past two decades, government funding for core New Path services has been frozen in 17 of the last 19 years. Average wait lists for New Path are now up to 12 months long.

The need is increasing. 1 in 5 children and youth struggles with a mental health problem, yet only 1 in 6 actually receive the help they need. Suicide is the second leading cause of death among children and youth, second only to car accidents. Each week in Ontario, 2 to 3 adolescents commit suicide. Some of these tragedies have happened right here in Simcoe County.

The Advocacy Committee is working with community groups and our government to ensure that all children and youth receive the services they need in a timely manner. The Committee has taken the position that children and youth with mental health problems should not have to wait months for treatment, and neither should their families, classmates, schools, or the community in which they live.



Advocacy Committee—Glen Newby, Linda Janousek, Margaret Hildebrandt and Sharon Curran

DID YOU KNOW... New Path Intake Staff

- respond to an average of 1200 calls a year
- process over 950 intakes in a year
- case manage approximately 310 cases every month
- offer Family Consultation meetings (single session support)
- provide Triple P Parenting Programs

And here is what we have heard.....

Our worker was persistent in reaching me and showed compassion and care for our situation which was very comforting.....client

The intake worker was empathetic and gave websites and phone numbers for assistance....client

I just wanted to let you know that your intake staff are doing an awesome job for us. Your randomization numbers are way up there! We have a lot of success with your referrals both in terms of number who agree to participate (sign consent) and those who are eligible to be randomized after our assessment.....Karen, Strongest Families, National Study which New Path is participating in

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TRAIL SIGNS

For information on any Trail Signs article, please e-mail marmstrong@newpath.ca

SPECIAL PROJECTS

Nantyr Shores – Peer Mediation & Peace Medallion Awards (Jessica Proctor, School Based Diversion Counsellor)

Part of the School-Based Prevention/Diversion Program at Nantyr Shores Secondary School is a Youth Engagement Group called YIELD (Young Individuals Encouraging Leadership and Diversity). Members of the group, Mallory Davies and Emily Parker were awarded the 2010 YMCA Peace Medallion in Innisfil for their role in planning and running a Grade Nine Slumber Party at the School to teach the grade nine girls about female relational aggression.



EXPAND THE REACH.....AND WE ALL WIN!!!!

(Lisa Cluett, Project Manager)

New Path is very excited about our new initiative, Expand the Reach (ETR). This is a pilot project through the Ministry of Children & Youth Services, Youth Justice Program in collaboration with Morton Youth Services and the assistance of Vireo Research. We are aware that young people who participate in sports, music or the arts, have unique relationships with their coach. Our goal is to create a “tool-kit” based on information received from coaches that would provide them with resources to better assist the youth they work with, and therefore capitalize on that unique relationship. We hope this means that young people exhibiting mental health problems will receive the support they need earlier.

To launch this exciting initiative, we are hosting **Theo Fleury—Don’t Quit Before the Miracle** on Tuesday, June 7th 2011 at 8 p.m. at Georgian Theatre. Theo Fleury is a former NHL All-Star, Stanley Cup winner and Olympic Gold Medalist. Recently, Theo fascinated readers with his #1 best seller, “Playing with Fire”. Now he is one of the country’s most in demand keynote speakers. He shares funny stories behind the scenes, tells jaw dropping anecdotes of living hard at the top of the NHL, the crash that followed, and finally his comeback and redemption. His presentations entertain, motivate and inspire. Tickets are \$20 for adults and \$5 for youth age 24 and under and are available at most New Path offices, Barrie Ball Hockey, Skate Zone or The Village Gallery.



Lisa Cluett, New Path Services and Ryan Clark, Morton Youth Services

We are also seeking community/corporate sponsorship. If you are interested in supporting this valuable and exciting event, please contact Lisa Cluett at 705-458-4338 ext. 248.



Not-Just-Just Jazz 2011 - An Evening of Magic, Mirth, and Music

On Friday June 17th, New Path Foundation is once again hosting a magnificent evening of music, magic and samplings of gourmet cuisine and fine wines, including an upscale martini bar, amazing mystery draw, and a silent auction. The event will be held at South Shore Community Centre on Lakeshore Drive, in Barrie, overlooking Kempenfelt Bay. Last year’s event sold out so buy your tickets now for only \$75.00.

Help make a difference in the lives of children and youth in Simcoe County. All proceeds from this event go to New Path Youth and Family Services to help children and youth, and their families, move towards improved mental health.

Tickets are available from New Path at The Common Roof, 165 Ferris Lane, Barrie, or by calling Maureen Armstrong at 705-733-2654 ext 2228 /e-mail at marmstrong@newpath.ca. See you there!

YOUTH ENGAGEMENT CONTINUES TO FLOURISH

(Lisa Cluett, Chair Youth Engagement Committee and Program Manager)

“Rather than standing and speaking for youth, we need to stand by youth who speak for themselves” - Unknown

- New Path now has a Youth Engagement policy
- The Youth Engagement Committee has increased their membership to better represent youth and staff from various services and are also excited to have two board members, Sandy Roberts and Margaret Hildebrandt, join the committee.
- In January, representatives from New Path staff, board and youth attended training provided by The Ontario Centre of Excellence for Children and Youth Mental Health which helped to define our youth engagement priorities. It also gave our youth an opportunity to sell artwork created by himself and the residential youth. The youth quoted that *“Visiting the Advocacy was a great experience for me to explore new sides of myself and where I can contribute to youth engagement. It made me feel more empowered about the children’s mental health field and how I can help others”*.
- In April, Lisa Cluett attended training in Ottawa in The Art of Youth Engagement. This training is delivered province wide by adults and youth and is available at no cost to Ministry of Children and Youth Services transfer payment agencies. For more information about this training please contact Erin Smith (ersmith@cheo.on.ca) at The Ontario Centre of Excellence for Children & Youth in Ottawa.



Left to right, top row - Deanna, Margaret, Kent, Jessica, Sandy, Laura. Bottom row- Sarah, Jordan, Sylvana, Jessica and Lisa

If you are aware of a youth who may be interested in joining our youth engagement committee, please contact Lisa Cluett at 705-458-4338 ext. 248.

New Directions Treatment Program

(Pat Malane, Director of Services)

New Path continues to expand our collaborative efforts with Youth Justice, recognizing that many youth who are involved with the youth justice system have mental health issues as well.

We have recently entered into an agreement with MCYS -Youth Justice and Family Services York Region to provide assessment and treatment to youth who have been charged with sexual offending. Three New Path staff participated in training with the nationally recognized sexual abuse treatment program, SAFE-T, at Thistletown Regional Centre in Toronto. The training was funded through Youth Justice in anticipation of implementing this program locally. The purpose of the current funding is to provide effective treatment to reduce the risk of reoffending within the context and supports of the youth’s own community rather than having to drive to the SAFE-T Program in Toronto.

The program began April 1st and a maximum of 10 referrals per year can be accepted from Probation Services in either Simcoe or York.

New Path Continues to Lead with Core Competencies *(Kelly Seymour, Director of Human Resources)*

Two years ago New Path developed seven Core Competencies that assisted us in defining what we value as an agency. During this process, we identified behaviors that we believe are important to demonstrate as a New Path employee. Over the past two years, we have incorporated these competencies into many aspects of our organization, including indicating the competencies on job postings and designing competency based interview questions when recruiting new staff. This has not only assisted us in streamlining our interview process, it has also ensured that we are hiring staff who match our agency's mission, vision and values.

We have also developed a new performance evaluation that incorporates the core competencies. Although still in its infancy, we are hearing positive comments from staff as it truly measures the dedication, hard work and aptitude of our staff.

"I recently had the opportunity to participate in my performance evaluation using the new format. I have to be honest, I was a little concerned as the new evaluation looked quite different and complex compared to our previous one. I'm pleased to say that the experience didn't feel vastly different and the process with my supervisor as usual felt fair and respectful." Kent

As New Path moves forward, we will continue to incorporate the competencies into our culture in order to ensure excellence in all that we do.

To learn more about our competencies, please visit our website www.newpath.ca

Jodi Brereton-Souter presents her art work, *THE SPIDER WEB*, to the Barrie Common Roof Partners

This piece of art evolved several years ago when Jodi was in her back yard and discovered a nest of baby spiders. She imagined all the intricate webs that each spider would create. The poem was first presented at a New Path All Staff Day in 2008. New Path staff participated in a team building exercise creating a woven web of intricate interconnections with one another. The poem reflects Jodi's work as an advocate for children's mental health, a pioneer for youth engagement in the agency, and the power of the arts to heal with the community art gallery Reflections.

Jodi's vision is for children and families across the province and nationally to have the collective community supports in place to support their wellness. Such vision reflects the values of all Common Roof partners.



Pictured here are Bill Frampton - CTN, Glen Newby - New Path, Louise Paul - CTN, Pat Malane - New Path, Jodi Brereton-Souter - New Path, Margaret Gallow - Catulpa and Wanda Rae - CMHA

Families Moving Families

Always the entrepreneur, Peggy Ann Boudreau, past Foundation board member and active philanthropist, wanted to find a way to help young people understand the value of philanthropy and at the same time respond to the challenge of raising money for New Path Services. Thus an exciting program called “Families Moving Families was created.

Here is how Andrew Zyp, Foundation Board Member, and his family responded.



When the idea of getting my children involved in philanthropy at a young age was presented to us by New Path, I was immediately enthusiastic. Although my kids are still quite young (not quite 2 and 3 years old), it is already a struggle to keep them grounded and ensure that they appreciate what they have. I’m sure they don’t yet understand what it really means to give to a charity, but next year they’ll feel some familiarity for the task(s) and before you know it, it will be second nature! So with that goal in mind, we decided to sell pumpkins this year to raise money. Our children, Chloe and Marco helped us pick and carry the pumpkins to my truck and we sold them to friends for whatever they wanted to pay.

The generosity of those who bought pumpkins was truly amazing; with my wife’s Kempenfelt Rotary club leading the way. All in all, pumpkin sales raised about \$300 and the kids contributed money from their Oma and Opa to help reach the goal of \$500 for this year.

New Path and the Common Roof Share Experiences South of the Border...

New Path’s Common Roof model has attracted much attention here in Ontario and in Newfoundland. We are very pleased that our friends to the south of us also have great interest in the development of multi-tenant facilities using the model and lessons learned from our Canadian experience.

Glen Newby, President and CEO, Ken Edwards, Director of Finance, and Laurie Herd, Common Roof Coordinator, will be presenting at the upcoming NonProfit Centres Network (NCN) annual conference in Los Angeles, California in May. The NCN is an international network of non-profit organizations which have realized, understood, and taken the first steps at ensuring agency sustainability through the use shared space and shared services. New Path has been active on this network for a number of years. The presentation will focus on New Path Foundation business tools and assessment considerations that helped determine the viability of going to scale and building the Orillia Common Roof. They will be working with a partnered organization, the United Way of Greater Houston, which has successfully accomplished some similar initiatives throughout Texas. Glen is now an Ambassador of the NonProfit Centres Network and sits on the Steering Committee. We hope one day soon to be able to host the annual conference in Ontario.

New Path Commercial Building Services

(Neville Twine, Vice-President New Path Foundation)

We recently said goodbye to Jen...our hard working and trusted cleaning person at The Barrie Common Roof building.

Jen is a graduate of New Path Commercial Building Services Program designed to play a supportive role in the training and development of those wishing to improve their work experience. Jen graduated and went on to assist with her family business and we wish her well.

For more information about the Commercial Building Services Program, email maintenance@thecommonroof.ca.

CHILDREN'S MENTAL HEALTH WEEK CELEBRATED ACROSS SIMCOE COUNTY...

In Wasaga Beach, Grade five students from 2 schools attended the Wasaga Beach Recreation Complex with hand-made signs asking for some understanding about mental health issues. Speeches were made and trinkets were given to the students. In attendance were representatives from New Path, Simcoe CAS, and Simcoe Muskoka District Health Unit.

Regent Park Public school in Orillia was attended by New Path staff and the local press, Orillia Today and the Orillia Packet and Times. Many activities were arranged including announcements, posters, posing of questions to students. Stress balls and jelly bands were handed out, and there were two prize draws. The kids displayed great interest and enthusiasm during the activities.

In Barrie, staff and Board members made the trek from the Barrie Common Roof to Cundles Public School to join school staff and students walking around the playground in support of increasing awareness of children's mental health.

Nantyr Shores secondary school in Innisfil also had a very successful week with many amazing activities directed at breaking down the stigma and educating staff and students. There were contests and prizes and great fun was had by all.

New Path's Youth Engagement committee produced handbags and T-shirts through a Dare to Dream grant, to raise awareness about mental health and decrease stigma. Items are \$10 each and available at most New Path offices. Proceeds go toward youth engagement initiatives.

NEW PATH STAFF TAKE THE PLUNGE TO SUPPORT THE ORILLIA COMMON ROOF PROJECT (Laurie Herd, Orillia Common Roof Project Coordinator)

The Orillia Common Roof project continues to plunge ahead with move-in date forecasted for July 2011. Some unique components planned for this facility include a living/breathing wall, a workable kitchen that breaks out into meeting space, plus a 1st floor lobby resource area.



New Path Foundation was a recipient, with Couchiching Jubilee House, of funds raised at the Annual Orillia Winter Carnival Polar Bear Dip held in February. New Path Dippers included Doug Moore and Michelle Vennard (left), Michelle's son Nick and his friend Eli, along with Frosty Flippers of Orillia Parks and Recreation Aquatics crew; all taking the plunge to support the Orillia Common Roof. The Project's builder, Jim Storey of Bradanick Construction, offered a challenge to meet his pledge of \$2500.00, and the competition was on! In the end over \$9,700.00 was raised.



Jim Storey presents his 'pledge cheque' to Neville Twine of New Path Foundation in support of the Polar Bear Dip.

The Orillia Winter Carnival committee will donate a plaque to commemorate the event, to be displayed in the Orillia Common Roof lobby. The funds raised will be used to develop a resource area to be utilized by clients, agency associates and community members to access information and services available within the facility, the community, and the region.

Thank you to all who supported the event; all dippers and flippers and their sponsors, polar jail scapegoat Kelly Seymour, media partners including Swisssh Radio, agency reps, New Path folks and Jim Storey who got the ball rolling.