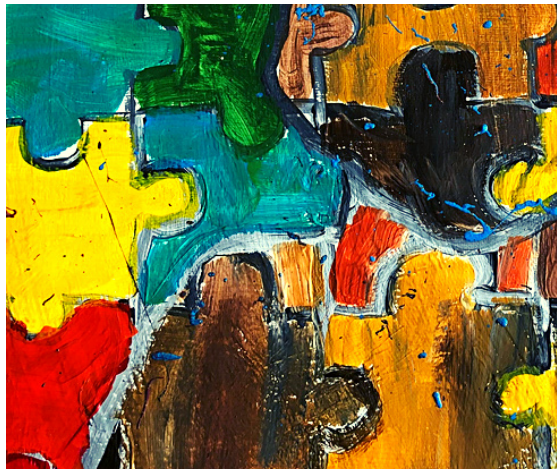
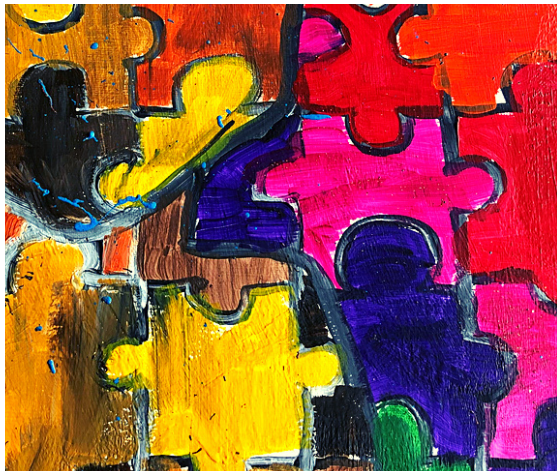


# WHERE EVERYONE FITS



**NEW PATH YOUTH &  
FAMILY SERVICES**

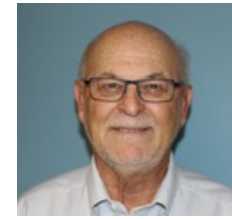
ANNUAL REPORT 2019-2020

a year's overview

# WHERE WE ARE NOW



Elizabeth McKeeman  
Chief Executive Officer



Paul Shervill  
Board Chair

2019-2020 has turned out to be quite an extraordinary year that none of us could have ever predicted. Amidst this global pandemic, children, youth and their families continue to be front and centre in our work and our minds. Since mid-March we have been working hard to ensure families continue to receive vital mental health services, although differently, because of COVID-19 physical distancing restrictions. While this year's report focuses on the entire year, we do feel the need to mention COVID, since it has meant such tremendous changes to the delivery of our services. Next year's report will highlight the work we are currently doing to ensure that every family in Simcoe County continues to receive the child and youth mental health services they need to thrive. And, we would certainly be remiss if we didn't acknowledge the tremendous effort of our staff and our clients to adapt quickly to a new way of delivering and receiving services. We know that New Path services are vital and we are so proud to share with you that there were no interruptions in services being provided. What we witnessed was our agency pulling together in unprecedented times to ensure our services continued seamlessly as we transitioned from in-person to call-in counselling.

In keeping with the theme of this year's Annual General Meeting as selected by the youth we serve, "Where Everyone Fits", our report touches on New Path's fit.

Working collaboratively, as incoming CEO and Board Chair, we have the privilege of a strong Board of Directors and a transition plan that has guided us into smoothly transitioning into these new roles. We are working together to ensure the strategic initiatives continue to guide us in our work while simultaneously being flexible enough to allow us to bend in this ever changing landscape of the child and youth mental health sector. We are embracing the challenges and new opportunities this year has brought with it and are ever mindful and grateful for the incredible team of colleagues with whom we work.

We have now begun the second year under our four-year strategic plan. In addition to being flexible because of service delivery changes, we have also had to accommodate a change in our reporting relationship to the Provincial government. We now report to the Ministry of Health and this has brought some new processes and procedures.

Also, the Province has begun to implement the Ontario Health Team (OHT) policy which is designed to result in more community-based health care services. We are actively engaged in reviewing our community health care relationships and our business model under this policy to ensure we find the best service model for children and their families.

As a result of these shifts, we have made some very important strategic decisions related to the OHT's. The regional OHT is an ideal fit and we are well positioned to represent mental health in the area of specialized populations; specifically child and youth mental health. The regional OHT has made a great deal of progress and work is underway, though it is less clear how innovative models such as ours will fit in the overall provincial model of OHT's. That question will be answered in time and we have been encouraged to continue leading the work related to our priority group of mental health and addictions in children and youth.

Regionally, we've also had to think about where we fit, as Lead Agency for children's mental health services, in the Simcoe County ecosystem. We have chosen to partner with the Barrie OHT group and other Barrie-based partners, such as Family Health Teams and Royal Victoria Hospital (RVH), because their youth mental health services complement ours.

As always, we continue this work in order to best serve and advocate for children, youth and families in Simcoe County as we work together in seeking the best solutions to meet families' mental health needs.

Our work is made easier thanks to a strong committed Board of Directors whose work is always focused on how to best serve children, youth and families in our area. Our professional staff are committed and continue to be responsive to families' needs. Our leadership team has welcomed new members who have meshed seamlessly together and continue to support our strategic priorities.

Our Board remains engaged and supportive and our families and youth share with us parts of their lives. To all of you, including our funders, a huge thank you!

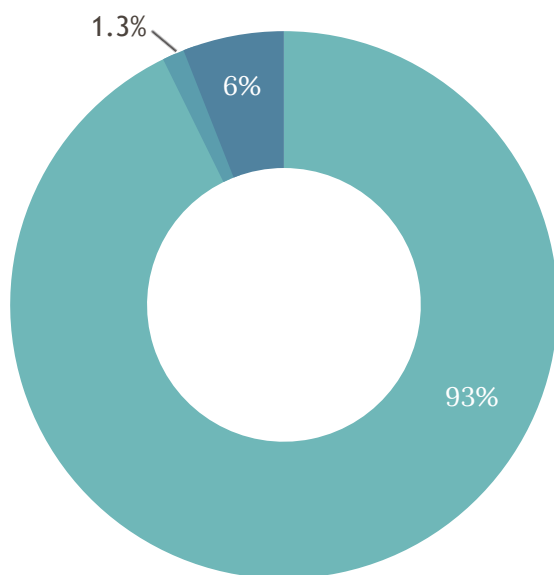
Liz and Paul

Elizabeth McKeeman

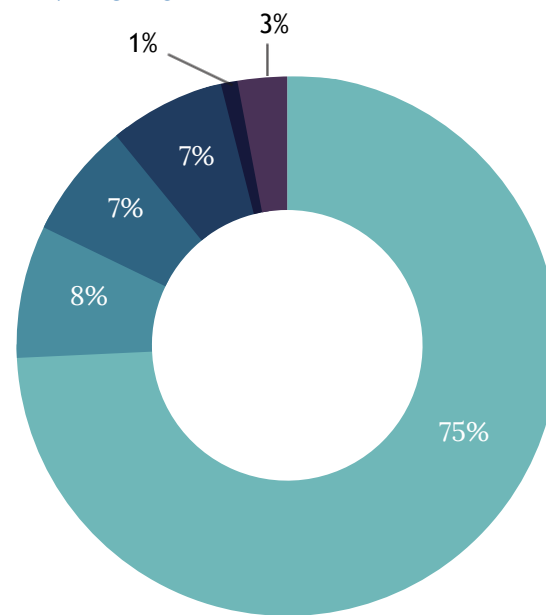





# last year's FINANCES

REVENUE SOURCES



PROGRAM EXPENDITURES



	<b>Operating Grants - Ministry of Health and MCCSS.....</b>	<b>\$7,978,562</b>
	<b>Other Operating Grants.....</b>	<b>\$110,501</b>
	<b>Expenditure Recoveries, Investment Income, and Other Income.....</b>	<b>\$505,258</b>

	<b>Salaries &amp; Benefits .....</b>	<b>\$6,257,298</b>
	<b>Building Occupancy .....</b>	<b>\$653,234</b>
	<b>Purchased Services .....</b>	<b>\$558,834</b>
	<b>Administrative Costs .....</b>	<b>\$600,839</b>
	<b>Repairs &amp; Maintenance .....</b>	<b>\$97,985</b>
	<b>Other Expenses .....</b>	<b>\$225,881</b>

# OUR IMPACT

2019-2020

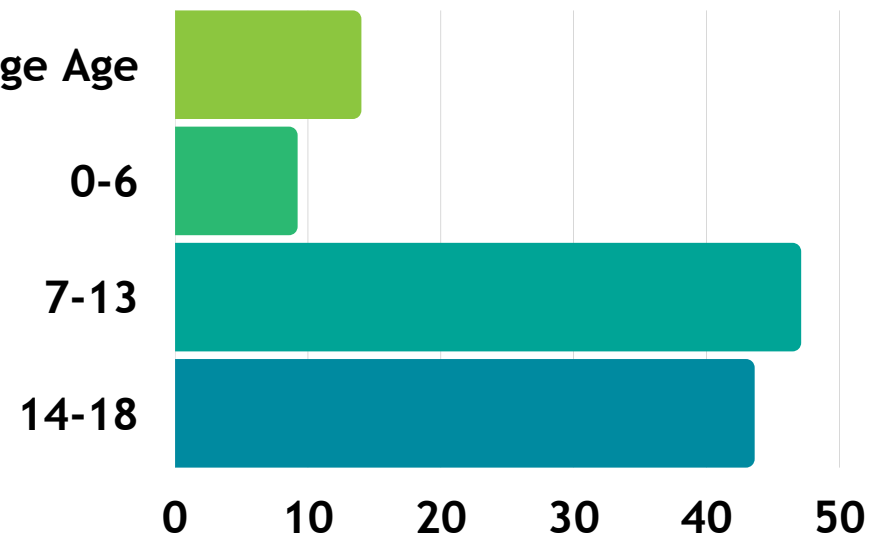
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New Path offers a full-range of mental health services for children, youth and their families across Simcoe County.

Last year alone, 2,637 children and youth, aged 0-18, accessed our services.

## Average Age



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#BECAUSEMENTALHEALTHCANTWAIT

# SERVICE HIGHLIGHTS

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## Interprofessional Collaboration

New Path is part of an interprofessional, interagency project team consisting of partners from primary care (Georgian Bay Family Health Team), community (New Path Youth & Family Services), and specialized services (paediatrician specialized in mental health) in South Georgian Bay, along with clinical, implementation, and evaluation experts from the Centre for Addictions and Mental Health. The project seeks to address system challenges in mental health services for young people with depression and anxiety and will utilize evidence-based guidelines to integrate service provision from primary care, community, and specialized services. Furthermore, this project seeks to empower physicians to feel equipped to manage child and youth mental health concerns and only refer when needed, to reduce long wait times for specialist services. The collaborative work among partners has created new relationships between all involved. Ultimately, the project team seeks to have better assessment and treatment of child and youth anxiety and depression with clear pathways to service. Furthermore, an implementation manual will be developed to allow for wide dissemination across Family Health Teams.

## Positive Parenting (Triple P) Family Transitions Training and Implementation

Triple P launched a new group called Family Transitions, which is a program for divorced or separated parents. This program allows parents to explore new ways to co-parent their child during a marital dissolution. Strategies learned help divorcing or separating parents cope with stress, anger and change, resolve conflict and communicate better with their child's other parent. Triple P Transitions will give parents a broader range of positive parenting ideas that can help them calmly manage other behaviour and parenting issues in the home. New Path, along with community partners from the Simcoe Muskoka District Health Unit, Simcoe Muskoka Family Connexions and Kinark Child and Family Services were all trained, which allows for shared facilitation of groups between and across agencies.



Live-in Treatment Services (LITS) held a reunion event that was the brainchild of several LITS residents, past and present, as well as LITS staff.



The New Mentality group expanded and met monthly at the Barrie Community Health Centre with some of their youth and adult allies. They also participated in events, like yoga.



Family Engagement Core implementation session.

# YOUTH & FAMILY ENGAGEMENT

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"I have always truly appreciated how the staff at New Path, whether it is front-line staff or executive staff, listen to me and I feel heard at New Path. The committee is another example of how New Path listens to families."

 New Path Family Engagement Parent

Staff participated in Family Engagement training and a commitment charter development session in the spring of 2019. A Family Engagement Core Implementation Team was developed and they have been co-developing action items and moving Family Engagement forward as an integral embedded process at New Path.

Parents were invited to participate in Collaborative Problem Solving training to support their children. Parent participants were connected with a staff ally who supported with transportation and engaged in the training alongside them.

A Teen Dating Violence Action Committee was developed and co-led by staff and youth to promote awareness, through activities and curriculum. Guest speakers included The Man Up presentation, OPP, and Rising Angels who shared a personal survival story and educated the group on warning signs of human trafficking.

Clear guidelines regarding youth honoraria have been embedded into policy and an orientation guide for youth has been developed. A family engagement policy and procedure was also co-developed with families and youth.







**New Path's annual Strat Café brings together staff, youth, families and Board members to inform agency strategic priorities.**

# CONNECTING TO OUR COMMUNITY

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Planning and System Integration  
2019-2020

New Path's first year reporting to the Ministry of Health was highlighted by the Ministry's release of their plan to build a mental health system that promises to provide Ontarians easier access to higher quality care.

The plan, titled, Road Maps to Wellness: A Plan to Build Ontario's Mental and Addictions System, features 4 pillars:

- Improving Quality
- Expanding existing services
- Implementing innovative solutions
- Improving access



## At New Path this Means:

### Collaborating and Partnering with:

- Child Protection
- Schools
- Hospitals
- Primary Care
- Mental Health & Addiction Providers

### Engaging Families and Youth

### Diversity and Inclusion

### More Walk-In Clinic Locations

### French Language Services

### Additional Counselling Services

Improving  
Access



Implementing  
Innovative  
Solutions



Expanding  
Existing  
Services



Improving  
Quality



Care Pathways

Virtual Services

Ontario Health Teams

Quality Child and Youth Mental  
Health Services

Data Collection and Analysis

Evidence-Based Services

Our alignment with the plan and the Ministry's four pillars can be divided into five main areas:

1. Making the case for expanding core services
2. Advancing service partnerships and collaboration
3. Promoting innovative services including the use of technology
4. Providing high quality evidence based services
5. Effectively utilizing data and results monitoring

As the Lead Agency for children's mental health in Simcoe County, New Path remains well positioned, prepared and excited to participate in local planning and system integration efforts designed to advance mental health services for the children, youth and families we serve.



# WE SEE YOU WE HEAR YOU WE THANK YOU

## @newpathYFS

<https://www.simcoe.com/news-story/9838395--pressure-point-children-youths-waiting-more-than-300-days-for-counselling-in-barrie-simcoe-county/>



**New Path Youth & Family Services**  
July 26, 2019 · 🌐

Thank you to some amazing students from [Sister Catherine Donnelly Catholic School](#), [Monsignor Claire School](#), [St. Marguerite D'Youville School](#), [St. Monica's School](#), [SMCDSB](#) for your donation! Mental health can't wait and your support is changing lives. Read the full story: <https://newpath.ca/barrie-students-raise-1500-for-new-path-youth-family-services-in-musical-theatre-production/> Also, a shout out to [Simcoe.com](#) <https://www.simcoe.com/.../9517530-students-raise-1-500-.../> See [More](#)



Thank you so much [Barrie 360](#) for helping us spread the word about this scholarship opportunity for [County of Simcoe](#) youth!

**Barrie 360**  
January 16 · 🌐

Applications are now being accepted for The Glen Newby Scholarship Fund



[BARRIE360.COM](#)  
New Scholarships Honouring Youth Mental Health Champion – Barrie 360

**New Path Youth & Family Services**  
January 23 · 🌐

Thank you [BarrieToday.com](#) for sharing this story!



[BARRIETODAY.COM](#)  
New Path now offering divorce support program for parents

# newpath.ca


# Moving Forward in 2020

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You have read all the wonderful, creative, responsive and client focused work that has been accomplished this past year. As we look ahead to what this next year will bring, we know that COVID-19 is a challenge we will continue to face. Our priority remains the same and that is to ensure that all children, youth and their families in Simcoe County can safely access high quality and responsive mental health services when they need them.

Despite the challenges, COVID has also allowed us to move into new directions quickly to maintain this priority by enabling us to deliver services virtually through both online and call-in counselling - something we've never done before! As we continue to work with families under these new conditions, we are also learning about their experiences. At the same time we're learning from ongoing research that tells us about the types of programs, services and families that can benefit most from this kind of virtual service delivery.

Out of this crisis came a wonderful opportunity to quickly shift to meet the ever increasing needs of families in our communities while ensuring everyone's safety at the same time.



I got to talk about things that have been going on in my mind and I really feel like someone understood me. I also now have many techniques that I can use to help my anxiety.

New Path Client



Advocating alongside our partners and provincial association to our funders, for ongoing investment into child and youth mental health, remains a priority for us. We will continue to use our role as lead agency in Simcoe County to represent children's mental health to Ontario Health Teams and other key partners. This is a strategic plan directive that we anticipate will develop even more over the coming year. Moving forward under our new funder, the Ministry of Health, we are also continuing to connect with and develop new partnerships.

How will New Path fit into all of this over the coming year? We see us continuing to work shoulder to shoulder with children, youth, their families as well as other key stakeholders in planning for and developing a stronger more responsive children's mental health system in Simcoe County. Our goal is to work together to build a system that offers the highest quality child and youth mental health counselling services to families who need them in our region.

Connect with us! Follow us on social media and check out our website: [www.newpath.ca](http://www.newpath.ca). We often post stories about the wonderful work our staff do as well as share information and resources to help families in Simcoe County with their mental wellness.

We wish you good health this coming year.

# Thank you to our Funders and Donors

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Thank you to the Ministry of Health and Long Term Care and the Ministry of Children, Community and Social Services (MCCSS) and MCCSS Youth Justice Division for your ongoing support of child and youth mental health services.

We would also like to thank New Path Foundation, The New Mentality and The Students Commission of Canada for your ongoing support of our services.

We want to thank all of our donors including those who chose to remain anonymous. Thank you so much for helping us to support children, youth and their families throughout the many communities in Simcoe County.

RBC - CSF Conference  
Toronto Dominion Bank - Alliston  
TNT Bantam AA Team  
Kyle Coleman Memorial Fund  
Corporation of the Township of Adjala-Tosorontio  
Sister Catherine Donnelly Catholic School  
Manpower - Barrie (Boston Pizza Fundraiser)

Gerald & Susan Eckhoff  
Janice Evans  
Richard Gilder  
Gayle & Robert Kaderly  
Carlo Mandarinio

A special thank you to the many, many residents in South Simcoe who also donated to us in memory of Alisha Wilson.

And a huge thank you to the very talented Kayla Peddle for creating the artwork for this year's report.

