

A FAMILY OF SUPPORT: CHILD & YOUTH MENTAL HEALTH INITIATIVE  
IMPACT REPORT YEAR 1

# COMING TOGETHER TO IMPROVE CHILD AND YOUTH MENTAL HEALTH SUPPORT



CANADA'S  
CHILDREN'S  
HOSPITAL  
FOUNDATIONS

### 3 Introduction

### 5 Message from President & CEO

### 6 Message from Chair, Board of Directors

### 7 Executive Summary

### 8 OVERVIEW OF THE NATIONAL NEED

A selection of summary statistics that show the urgency and importance of Sobeys investment in child and youth mental health, especially amid the COVID-19 pandemic.

### 10 STRATEGIC THEMES AND IMPACT MEASUREMENT

A review of the strategic themes and measurement framework of A Family of Support: Child & Youth Mental Health Initiative.

### 11 FINANCIALS

An overview of the support that the Sobeys Foundation and Sobeys Inc. have delivered to Canada's Children's Hospital Foundations in the first year of the Initiative.

### 12 OUR NATIONAL COLLABORATION

A tour of the 13 children's hospitals bringing our partnership to life and supporting improved mental health for children and youth from coast to coast.

### 13 PROGRAM OVERVIEWS AND UPDATES

#### 13 Alberta Children's Hospital Foundation Foundational Discovery Platform ▲

#### 14 BC Children's Hospital Foundation Mental Health Programs Education Strategy: Regional capacity-building initiative ▲

#### 15 Children's Health Foundation Prospect Program: Psychosis early intervention ■

#### 16 CHEO Foundation Head to Toe (H2T): Mental health screening for inpatients ■ Dialectical Behaviour Therapy: emotion-regulation support ■

#### 17 The Children's Hospital Foundation of Manitoba Urgent Tele-Mental Health Service ▲

#### 18 CHU Sainte-Justine Foundation Targeted facility improvements to enhance training and care ■

#### 19 IWK Foundation The Learning Link: A regional hub of mental health expertise and training ▲

#### 20 Janeway Children's Hospital Foundation Child and Youth Advocacy Centre ■

#### 21 Jim Pattison Children's Hospital Foundation Mental Health Intensive Care Room ▲

#### 22 McMaster Children's Hospital Foundation I AM SAFE: Suicide prevention intervention and study ▲

#### 23 Montreal Children's Hospital Foundation Family-Based Therapy Program for Patients with Eating Disorders ■ Obesity Program ▲

#### 24 SickKids Foundation Neuropsychological assessments to support early intervention ■

#### 25 Stollery Children's Hospital Foundation Expanded and integrated mental health programs ■

### 26 BASELINE SCORECARD

An overview of initial results associated with each hospital in four established areas of impact: number of patients served, number of assessments, number of people trained, number of treatment spaces.

### 29 NEXT STEPS

A look ahead at the next milestones in our journey as we work to realize the full potential of this ground-breaking collaboration.

**Note:** Some images and videos in this report were taken before the COVID-19 pandemic gave rise to masking and social distancing protocols.

■ Existing Programs Enhancements or Extensions  
▲ New Programs or Pilots

# CHILDREN ARE 25% OF OUR POPULATION AND 100% OF OUR FUTURE.



“On behalf of the entire Sobey family, I would like to express our gratitude to all the partners from coast to coast that have already begun showing measurable impact in the lives of young Canadians through this critical program. The work being accomplished by our partners from across the Canada’s Children’s Hospital Foundations network will truly mean a better quality of health and life for countless young people and their families. The Sobey Foundation and the Sobey family are humbled by the collective work.”

Heather Sobey-Connors



“This initiative brings two legacies together to support a mammoth need among Canadian families. Our stores have an incredible legacy of contributing to their local communities and the wonderful Sobey family, through their foundation, has a proud history of championing mental health challenges. We’re grateful to Heather Sobey-Connors for continuously championing this vital cause. We had started our work on this initiative before the COVID-19 pandemic and now the need has grown even greater. Together with the Sobey Foundation, Canada’s Children’s Hospital Foundations, our teammates, customers, and suppliers, we will build healthier tomorrows for generations to come.”

Michael Medline, President & CEO, Empire



At a fundraising event several years ago, someone made a simple remark that stayed with me: “When a child is sick, the whole family is sick.”

Millions of Canadians have experienced the truth of that statement. A child’s illness weighs not only on parents and siblings but on grandparents, neighbours, teachers – the entire community. When it comes to mental health challenges, that shared pain can be compounded by uncertainty about how to help effectively. In fact, experts agree that the best way to help is through early interventions: changing the trajectory of mental illness in its initial stages, and thus preventing kids and families from experiencing its worst effects.

It is a fitting expression of your values-driven commitment to kids, families and communities that the Sobey Foundation and Sobeys Inc. have come together to expand and improve mental health support for young people, focusing in particular on prevention and early intervention. Canada’s Children’s Hospital Foundations share your conviction that the potential for impact in this area is immense – and that the difference we make will expand outward to nearly all Canadians.

Your support is already helping to create meaningful change. Although it is too early to quantify, there is every reason to believe your partnership is helping children’s hospitals mitigate the mental health effects of the COVID-19 pandemic by supporting youth through this stressful period.

From Manitoba’s tele-mental health service for remote communities to Montreal’s evidence-based support for young people with eating disorders (hospitalizations for these conditions have surged over the past year), projects initiated or expanded with your support are being implemented as designed. They are meeting the needs of a moment none of us could have anticipated when we embarked on this work.

The most extraordinary results of A Family of Support: Child & Youth Mental Health Initiative are yet to come. The progress outlined in this first impact report shows great promise – and we are just beginning. This collaborative national effort rooted in local, evidence-based initiatives is sparking learning that will spread and compound positive results for children and youth in the years ahead. Effective as Canada’s 13 children’s hospitals are individually, your support is helping them become more than the sum of their parts when it comes to child and youth mental health.

A Family of Support: Child & Youth Mental Health Initiative is all the more exciting for Canada’s Children’s Hospital Foundations. It is such a powerful expression of why the national organization was created just three years ago: to enable made-in-Canada partnerships to benefit Canadian children, youth and their families, in communities across Canada where Sobeys employees live and work.

Thank you for your partnership and your outstanding leadership. Children’s hospitals and foundations across Canada look forward to realizing the extraordinary potential of this collaboration.

Sincerely,

A handwritten signature in blue ink, appearing to read 'Mark Hierlihy'. The signature is stylized and fluid, with a large initial 'M' and 'H'.

**Mark Hierlihy**  
President & Chief Executive Officer  
Canada’s Children’s Hospital Foundations



Canada's children's hospitals are more than just hospitals. Each one is a hub of expertise, learning, support and community leadership. Through generous and long-standing engagement and philanthropy, the Sobey Foundation and Sobeys Inc. have experienced first-hand the vital role children's hospitals play in Canadian communities.

When the Sobey Foundation and Sobeys Inc. began the journey of investing in child and youth mental health across the country, Canada's Children's Hospital Foundations were extremely grateful to be chosen as your partners. We share your belief in the vast potential for hospitals to make tremendous impact on child and youth mental health – not only with outstanding care but through the training, research, collaboration and relationships that support early interventions and mental-health literacy.

In this inaugural impact report, we're proud to provide you with updates from the first stage of our important work together. Our 13 hospital partners have begun to implement the training and care initiatives that your support is helping to bring to life.

Although the pandemic has caused some delays, every single hospital has made meaningful strides on A Family of Support: Child & Youth Mental Health Initiative. Some are laying foundations for complex, regional capacity-building initiatives. Others are focused on delivering specific early interventions or other forms of evidence-based care. All 13 are united in strengthening our regional and national ecosystem of mental health care for children and youth.

Our entire network of hospitals is honoured to have the Sobey Foundation and Sobeys Inc. by their side. We're privileged to be part of your history of philanthropy, including your ground-breaking contribution to child and youth mental health research through the Sobey Family Chair in Child and Adolescent Mental Health Outcomes, initiated by Heather Sobey-Connors.

I am so proud that one of Canada's leading companies with roots in Atlantic Canada is making a major commitment to the mental health of children and youth through this national partnership. I have witnessed first-hand the tremendous impact you have made across the country. This national initiative is transformative and highlights Sobey's strong local values and commitment as a family-focused company.

We're deeply grateful for the trust you've placed in us, and we look forward to learning alongside you as we work together to make an urgently needed and life-changing difference for children, youth and families across Canada.

Sincerely,

A handwritten signature in blue ink, appearing to read 'Jennifer Gillivan'.

**Jennifer Gillivan**

Chair, Board of Directors  
Canada's Children's Hospital Foundations

The Sobey Foundation, Sobeys Inc. and Canada’s Children’s Hospital Foundations have come together to create A Family of Support: Child & Youth Mental Health Initiative. This innovative national partnership is investing millions in mental health early interventions for children and youth across Canada.

**WHAT SOBEYS SUPPORT IS MAKING POSSIBLE**

The Initiative was developed in consultation with Canada’s 13 children’s hospitals and their foundations. Each hospital proposed a local, evidence-based initiative for support through the Initiative – either a new program or pilot, or the expansion or enhancement of an existing program to support the mental health of children and youth. In addition to the program-focused support generously delivered through the Initiative, an annual in-store campaign at stores across 16 banners provide additional funds that hospitals are allocating to the areas of the greatest need with respect to care and training in child and youth mental health at their hospitals.

**PERIOD COVERED BY THIS REPORT**

This inaugural impact report describes the first phase of the implementation of A Family of Support: Child & Youth Mental Health Initiative. Covering the period of January 1, 2020 to May 1, 2021, it outlines the steps hospitals have made in designing and advancing their Sobeys-supported mental health programs or enhancements.

**PROGRESS IN DIFFERENT FORMS ACROSS THE COUNTRY**

Supporting the diversity of expert-driven, locally relevant approaches is an important and unique strength of the Initiative. Of the programs led by the 13 local children’s hospitals, some were already operational; with Sobeys-supported capacity increases (e.g., hiring), data for some of these programs already reflect growing success. In this initial phase of activity, other hospital teams have been hard at work laying the foundations for future care and training initiatives. For example, some are creating IT systems that will support training activities or virtual care; others are building institutional partnerships that will strengthen regional mental health care delivery.

**TIMELINE OF PARTNERSHIP TO DATE:**

<b>2017</b>	Exploration of partnership between the Sobey Foundation, Sobeys Inc. and Canada’s Children’s Hospital Foundations
<b>2018–2019</b>	Development of mental health-focused strategy and partnership with Canada’s Children’s Hospital Foundations
<b>May 2019</b>	Proposed case for support and strategy approved by the Sobey Foundation and Sobeys Inc.
<b>2019–2020</b>	Elaboration of program elements in consultation with mental health experts at Canada’s 13 children’s hospitals
<b>Dec. 2019</b>	Joint Steering Committee established as a venue for representatives of Canada’s Children’s Hospital Foundations, Member Foundations, the Sobey family and Sobeys Inc. to set goals and track progress
<b>Jan. 1, 2020</b>	Contract officially commences
<b>Sept. 2020</b>	Full 360-degree advertising campaign to drive awareness of the Initiative (August–October)  First In-Store Fundraising Campaign Sept. 17 – Oct. 1 generating over \$2 million in funds. Over 1,200 stores, across 16 banners and over 127,000 Sobeys Teammates  Local PR and social coverage in local markets by both member foundations and Sobeys Teammates
<b>Dec. 2020</b>	First tranche of support delivered to children’s hospitals
<b>Feb. 2021 Ongoing</b>	Timely curated content and creative on store marketing channels supporting key conversations specific to child and youth mental health, including foundation program spotlights and mental health statistics

# A NATIONAL CHALLENGE – WITH NEW URGENCY

In 2020, when the Sobey Foundation and Sobeys Inc. formally partnered with Canada's Children's Hospital Foundations to address the urgent need for earlier interventions and better access to mental health care, we could not have imagined how much more urgent those needs would soon become. The COVID-19 pandemic has increased stress, isolation, and reports of abuse while moving care out of reach for many. Your partnership is more vital than ever as we work to support kids and families who need us.

## MENTAL HEALTH ISSUES ARE WIDESPREAD



**One in four are vulnerable.** Among kindergarten-aged children in Canada, 27.6% are identified as vulnerable on at least one measure of emotional, social and cognitive development – a ‘code red’ indicator according to the Mental Health Commission of Canada.<sup>1</sup>



**A million Canadian children and youth need our help.** About 20% of Canadian youth have a mental disorder; early intervention is important to helping them achieve good outcomes.<sup>2</sup>



**More children and youth are seeking emergency care.** There has been a 61% increase in Emergency Department (ED) visits among children and youth for mental health conditions over the last decade.<sup>2</sup>



**Kids tell us the pandemic has harmed their mental health.** Researchers found that 70.2% of those aged 6 to 18 reported deterioration in at least one area, such as anxiety or attention span.<sup>3</sup>

## SERVICES ARE STRUGGLING TO KEEP PACE



**The system was trying to catch up even before the pandemic.** In Canada, only 1 in 5 children who needs mental health services receives them.<sup>4</sup>



**Wait times are too long, causing harm.** Experts say a clinically acceptable time frame for diagnosis of mood and anxiety disorders is less than a year after symptom onset. Only 38% of Canadians receives a diagnosis in that window; the delay is longer for younger kids.<sup>5</sup>



**Eating disorders have spiked during the pandemic.** Inquiries to the National Eating Disorder Information Centre from those 25 and younger have increased by 87%.



**Mental illness often coincides with other conditions, presenting challenges for caregivers.** 4 in 10 children and youth with a chronic physical illness also have a mental illness.

## YOUNG PEOPLE DESERVE BETTER OUTCOMES



**More children and youth die by suicide than from the top 10 fatal diseases combined.** In Canada, suicide is the leading cause of death in children aged 10 to 14 and the second-leading cause of death among youth aged 15 to 24.<sup>6</sup>



**For some conditions, existing treatments are insufficient.** Only 40 to 50% of pediatric patients with a diagnosed anxiety disorder respond to treatment, showing a need for more options.

### Sources:

1. Offord Centre for Child Studies, McMaster University
2. Canadian Institute for Health Information
3. [link.springer.com/article/10.1007/s00787-021-01744-3](https://link.springer.com/article/10.1007/s00787-021-01744-3)
4. Mental Health Commission of Canada 2013
5. Public Health Agency of Canada: [ncbi.nlm.nih.gov/pmc/articles/PMC5650019/](https://ncbi.nlm.nih.gov/pmc/articles/PMC5650019/)
6. Canadian Mental Health Association

# ARCHITECTURE OF THE STRATEGY

Although investments in prevention and early interventions have the greatest potential to reduce the harm mental illness causes, acute care demands a large share of the resources allocated to mental health. The result is that most children and youth facing mental illness cannot access services until their issues escalate to a crisis. Insufficient investment in early interventions causes demand for inpatient and emergency care to grow, as prospects for good outcomes dwindle. The Sobey Foundation, Sobeyes Inc. and Canada’s Children’s Hospital Foundations aspire to break this cycle.

## STRATEGIC THEMES

A Family of Support: Child & Youth Mental Health Initiative prioritizes early interventions in child and youth mental health. It supports care and training initiatives led by the 13 children’s hospitals in the Canada’s Children’s Hospital Foundations network.

CARE	TRAINING
Create and adapt clinical spaces to nurture patients and families and to send the message that mental health matters.	Build capacity for care by educating the next generation of mental health leaders and community providers.
Develop programs to enhance care and service delivery for children at risk of or in the early stages of mental health challenges to prevent acute crises.	Expand mental health training for pediatricians and frontline health-care workers so they can more quickly and accurately identify and refer children and youth with mental health issues.
Leverage the ‘living labs’ and vast patient cohorts within hospitals and community sites to test the effectiveness of current early intervention strategies and ensure they are delivering value for families.	Invest in mental health literacy and prevention programs to foster healthier more resilient families and communities.

## MEASURING IMPACT

This transformational national investment in child and youth mental health early intervention has the potential to make a profound impact – helping to decrease the chronic health burden on children and their families; reduce family stress; and improve quality of life and health outcomes.

All of these benefits support children in becoming healthy, productive adults. We will make a difference by focusing on four measurable outputs that will drive four key outcomes. Each hospital site has committed to increasing and measuring one or more of the following outputs in connection with their Sobeyes-supported program:

- More treatment spaces;
- More assessments;
- More patients served;
- More people trained.

Over the first five years of A Family of Support: Child & Youth Mental Health Initiative, these outputs will enable the following anticipated outcomes:

- Shorter wait times for accessing support or transitioning between services;
- Fewer patients reaching crisis stage and more hospital visits averted, both Emergency Department (ED) and inpatient;
- New evidence-based treatments for mental illness that deliver better treatment response;
- Improved patient and family satisfaction with care.

By the beginning of Year 2, as we scale up early intervention efforts, the 13 children’s hospitals plan to set, track and report on defined measures of success beyond the outputs outlined above, including a single overall metric of impact.

# BIG IMPACT IN YEAR 1

## \$3,433,131

2020 TOTAL FUNDS RAISED THROUGH  
A FAMILY OF SUPPORT: CHILD &  
YOUTH MENTAL HEALTH INITIATIVE

### \$1,350,000

DIRECT DONATIONS  
● HOSPITAL PROGRAMS

Distributed across the 13 children's hospital foundations to priority programs at each hospital.

### \$2,083,131

IN-STORE LOCAL CAMPAIGN  
● CARE ● TRAINING

Directed to the most urgent needs in 2020 identified by the child and youth mental health departments of each hospital.



13 children's hospital foundations.

127,000 Sobeys Inc. teammates.

One family.



# DIRECT DONATIONS TO HOSPITAL PROGRAMS

Each hospital foundation identified a priority program that would improve child and youth mental health locally by advancing the objectives of A Family of Support: Child & Youth Mental Health Initiative. Responsive to local needs and therefore diverse in their design, programs under the Initiative are united in their aim of improving early interventions through enhanced care and training.

**In 2020, \$1,350,000 was distributed across the 13 children's hospital foundations.**



**BC Children's Hospital Foundation**  
Mental Health Programs Education Strategy ▲



**Stollery Children's Hospital Foundation**  
Expanded and Integrated Mental Health Support ■



**The Children's Hospital Foundation of Manitoba**  
Urgent Tele-Mental Health Service ▲



**CHEO Foundation**  
Enhanced Care to Prevent Mental Health Crisis ■



**CHU Sainte-Justine Foundation**  
Facility Improvements to Support Care and Training Innovations ■



**Montreal Children's Hospital Foundation**  
Obesity and Eating Disorder Programs ▲ ■



**Janeway Children's Hospital Foundation**  
Child and Youth Advocacy Centre ■



**Alberta Children's Hospital Foundation**  
Foundational Discovery Platform ▲



**Jim Pattison Children's Hospital Foundation**  
Mental Health Intensive Care Room ▲



**SickKids Foundation**  
Neuropsychological Assessments ■



**Children's Health Foundation**  
Prospect Program ■



**McMaster Children's Hospital Foundation**  
I AM SAFE ▲



**IWK Foundation**  
The Learning Link ▲

■ Existing Programs Enhancements or Extensions ▲ New Programs or Pilots

## Alberta Children’s Hospital Foundation Foundational Discovery Platform



# \$353,126

2020 TOTAL FUNDS RECEIVED BY  
ALBERTA CHILDREN’S HOSPITAL FOUNDATION

**DIRECT DONATIONS**  
● HOSPITAL PROGRAMS

**IN-STORE LOCAL CAMPAIGN**  
● CARE ● TRAINING



34% HOSPITAL PROGRAMS  
66% CARE  
0% TRAINING

### PROGRAM OVERVIEW

Prevention and treatment strategies for many mental health conditions have not advanced in decades. More clinical research will help us deepen our knowledge of these conditions and find better ways to address them, ultimately improving care and outcomes for young people and their families. Together with Alberta Health Services and the generous community, the Alberta Children’s Hospital Foundation is building a new and innovative Centre for Child and Adolescent Mental Health that will help to integrate research into community care. One important initiative that will be housed at the new Centre is the Foundational Discovery Platform, which will engage the patients in the systematic collection of a wide range of data (genetic, medical, behavioural). Gathering this information will provide researchers with a detailed, 360-degree view of each patient in order to optimize their care and help others with similar symptoms. As part of this initiative, over the next five years, the Centre aims to recruit 1,000 children and adolescents into the Discovery 1,000 program – a longitudinal study of anxiety and depression designed to make interventions more effective. More broadly, across all research topics and

initiatives we expect to enlist 17,500 participants through the new Centre over the next five years, creating one of the largest and best-characterized pediatric mental health samples in the world: a true ‘living lab.’

In addition to launching the Foundational Discovery Platform, Alberta Children’s Hospital is also collaborating with SickKids Hospital and McMaster Children’s Hospital on the I AM SAFE program (please see page 22).

### 2020 UPDATE

Although the Centre for Child and Adolescent Mental Health was scheduled to open in 2021, construction delays have altered the project’s timelines. These delays, combined with the numerous clinical challenges and disruptions associated with the COVID-19 pandemic, have delayed the launch of the Foundational Discovery Platform. We are currently working with our research team to launch the Platform, and we expect to make substantial progress toward this goal in 2021.



# BC Children’s Hospital Foundation

## Mental Health Programs Education Strategy

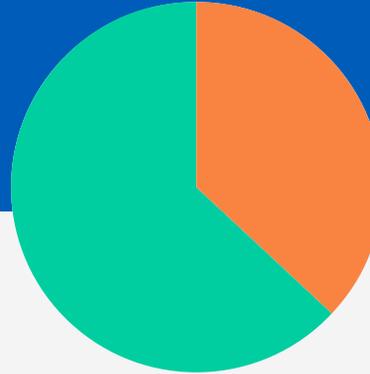


# \$591,336

2020 TOTAL FUNDS RECEIVED BY BC CHILDREN’S HOSPITAL FOUNDATION

**DIRECT DONATIONS**  
● HOSPITAL PROGRAMS

**IN-STORE LOCAL CAMPAIGN**  
● CARE ● TRAINING



37% HOSPITAL PROGRAMS  
0% CARE  
63% TRAINING

### PROGRAM OVERVIEW

Part of achieving success in early intervention is ensuring that those who work with young people – especially in health care and education settings – are equipped to identify and respond effectively to child and youth mental health needs. To expand knowledge of mental health issues and responses, and to address service delivery gaps across BC, BC Children’s Hospital is developing and implementing the Mental Health Programs Education Strategy. This wide-reaching strategy will support the education and training of hospital and community health care providers as well as elementary, secondary and post-secondary educators across the province. By strengthening capacity across the continuum of care to promote mental health, identify at-risk youth and ultimately diagnose, refer and treat, we will ensure that more children and youth receive timely intervention.

### 2020 UPDATE

We are currently laying the foundations – both technological and organizational – for the Education Strategy. The COVID-19 pandemic has reinforced our planned approach to roll out training through key partnerships both within BC Children’s and across the province.

#### Program Management

An Education Strategy Project Manager Position has been hired, and began working with our team in March 2021.

#### Learning Management System (LMS)

We have created the core of the LMS and are now in the process of enhancing the system to ensure that it’s able to accommodate extensive development and diverse uses over the next five years. The LMS will support targeted training materials for a range of audiences, including family doctors, health and community workers, school staff and students in certain postsecondary programs.



# Children’s Health Foundation Prospect Program

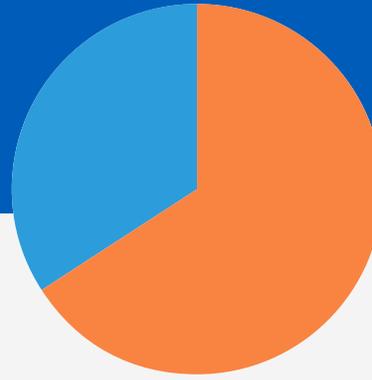


# \$300,645

2020 TOTAL FUNDS RECEIVED BY CHILDREN’S HEALTH FOUNDATION

**DIRECT DONATIONS**  
● HOSPITAL PROGRAMS

**IN-STORE LOCAL CAMPAIGN**  
● CARE ● TRAINING



**66% HOSPITAL PROGRAMS**  
**34% CARE**  
**0% TRAINING**

## PROGRAM OVERVIEW

Psychosis ranks as the third most disabling condition worldwide. Children’s Hospital, London Health Sciences Centre is expanding an early identification and intervention initiative called the Prospect Program, which focuses on supporting youth who are at high risk of developing psychosis. The Prospect Program emphasizes timely detection and proper treatment; our treatment approach focuses primarily on Cognitive Behavioural Therapy and consistent follow-up care, both of which have been shown to benefit this patient population. We use these treatment strategies to help participants to manage symptoms that can be early signs of psychosis, especially anxiety and depression. Early intervention to prevent or mitigate the worsening of symptoms can deliver substantial benefit for patients.

“The program works; it cured my early-stage psychosis before it got any worse. Now I am able to live a normal life by being able to go back to school and work which is nice.”

Anonymous

## 2020 UPDATE

The Prospect Program began in 2018 with two psychiatrists and two research assistants. We received an average of one or two referrals per month, and although results were positive, we faced some challenges in sustaining patient engagement as patients would sometimes lose interest in monthly check-ins. With the support of Sobeys, we have been able to increase our community outreach, leading to increased referrals. We now receive three to five referrals monthly. We have also been able to create a new Clinical Counsellor role. The Clinical Counsellor helps patients manage their symptoms and has been effective in reducing patients’ use of emergency support during crises. The additional resources have also helped us to create a more consistent and responsive experience for patients in the program, which has helped to sustain their engagement over time. Of the 28 participants accepted into the program, six individuals have experienced early onset First Episode Psychosis and have transitioned to our sister program, PEPP (Prevention and Early Intervention Program for Psychoses). They have been receiving medical care and case management to aid recovery. None of these individuals have experienced another psychotic episode, likely thanks to early treatment. Although we are not yet able to comment on the longitudinal impact of this young program, research from elsewhere indicates that this work is likely to deliver meaningful benefits. Anecdotal results from our own program indicates good results and deep appreciation from program participants.

## CHEO Foundation

### Enhanced Care to Prevent Mental Health Crisis

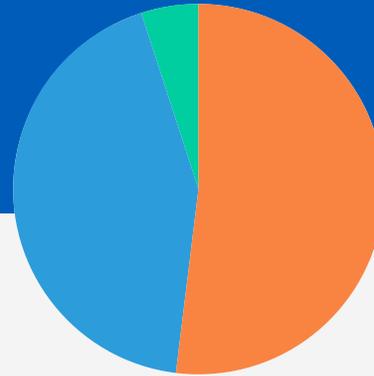


# \$210,885

2020 TOTAL FUNDS RECEIVED BY CHEO FOUNDATION

**DIRECT DONATIONS**  
● HOSPITAL PROGRAMS

**IN-STORE LOCAL CAMPAIGN**  
● CARE ● TRAINING



52% HOSPITAL PROGRAMS  
43% CARE  
5% TRAINING

### PROGRAM OVERVIEW

Over the past five years CHEO's Emergency Department (ED) has seen a dramatic increase in children and youth presenting with suicidal ideation and attempts. In response, CHEO has developed two programs to enhance care and service delivery for children at risk of or in the early stages of mental health challenges. With the support of Sobeys, we are investing in these programs to support more children and families and ensure fewer patients reach a crisis stage.

The Head to Toe project (H2T) introduces suicide screening for all admitted, inpatient youth aged 12 and older using a brief validated tool (Ask Suicide-Screening Questions). If a patient responds in the affirmative to any of the four questions, nurses ensure that the patient receives a timely mental health assessment.

The Dialectical Behaviour Therapy (DBT) program was developed to address the needs of adolescents who have difficulty regulating their emotions, resulting in chronic or repeated suicidal ideation, self-injury, family conflict and school problems. The CHEO DBT team provides training within the hospital and the community to expand the availability of DBT treatment.

### 2020 UPDATE

In 2020, through the H2T program, CHEO staff screened 433 adolescent inpatients for elevated suicide risk (78% of eligible inpatients). Our current goal is to screen 90% of eligible inpatients (age 12+) within four hours of their arrival on their floor. We are using the results of the screening to inform follow-up protocols, enhancing support to patients and families. Once regular follow-ups are established, our team will begin to investigate the impact of H2T on emergency department visits and suicide attempts. The H2T program has attracted interest from across CHEO, with several departments seeking to expand this screening model to other areas.

In 2020, our Dialectical Behaviour Therapy (DBT) program trained seven new residents, equipping them to support patients in both group and individual therapy. Over the next five years, many more care providers within CHEO and beyond will be trained, steadily expanding our collective capacity to meet patients' needs; this work is vital because CHEO is currently the only publicly funded, comprehensive DBT program in Ottawa. We also plan to expand access to DBT by complementing in-person group sessions with online sessions and by training community partners to offer DBT, especially in more remote regions outside of Ottawa.

# The Children's Hospital Foundation of Manitoba

## Urgent Tele-Mental Health Service

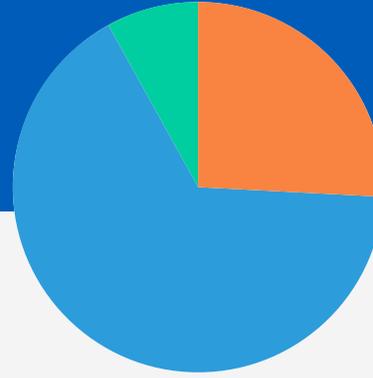


# \$182,811

2020 TOTAL FUNDS RECEIVED BY THE CHILDREN'S HOSPITAL FOUNDATION OF MANITOBA

**DIRECT DONATIONS**  
● HOSPITAL PROGRAMS

**IN-STORE LOCAL CAMPAIGN**  
● CARE ● TRAINING



**26% HOSPITAL PROGRAMS**  
**66% CARE**  
**8% TRAINING**

### PROGRAM OVERVIEW

Serving Indigenous communities both in Winnipeg and in rural and remote areas is a vital role for HSC Winnipeg Children's Hospital. While Indigenous peoples represent 15% of Manitoba's population, about 45% of child and adolescent patients who seek mental health care from our hospital are transported from Indigenous and rural communities, resulting in stress for these patients and their families and requiring extensive spending on medical transport every year. With support from Sobeys, we are implementing a new Urgent Tele-Mental Health Service to support children and adolescents in rural Manitoba. By bringing care closer to home, the project will break down barriers and further connect our hospital to Indigenous and other rural communities. This new mode of delivery enhances the wellbeing of both patients and families by providing mental health services without the financial and emotional strains associated with travel. Remote consultations also create opportunities to engage patients' families with knowledge about their child's needs and guidance on how to provide effective support.

In addition to launching the Tele-Mental Health Service, we are:

- Improving care by renovating a physical space in the hospital to create a Rapid Assessment Clinic, an important addition to our mental health infrastructure.

- Building our capacity to deliver care by training the next generation of pediatric psychiatry residents in our community.

### 2020 UPDATE

By the first week of December 2020, we had completed 36 telehealth consults. Of 36 patients referred to us, only six young people were brought to Winnipeg for admission to hospital. The others were assessed by the psychiatry team from Winnipeg and connected with local community resources. Moreover, through phone calls with the local care provider, on-call psychiatrists at Winnipeg Children's Hospital have been able to connect another 14 young people to community resources close to home without needing to use the telehealth service. Since the implementation of the Urgent Tele-Mental Health Project, most of the kids in crisis that we have become aware of in rural and remote areas have been able to remain in their own communities and not be transferred to Winnipeg. This spares them the stress of travel and lets them access care more quickly. To date, the program has not been able to gather satisfaction data from families as it is very tough to do so when families are in crisis.



# CHU Sainte-Justine Foundation

## Facility Improvements to Support Care and Training Innovations

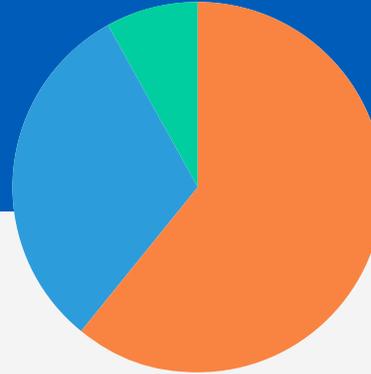


# \$157,940

2020 TOTAL FUNDS RECEIVED BY CHU SAINTE-JUSTINE FOUNDATION

**DIRECT DONATIONS**  
● HOSPITAL PROGRAMS

**IN-STORE LOCAL CAMPAIGN**  
● CARE ● TRAINING



61% HOSPITAL PROGRAMS  
31% CARE  
8% TRAINING

### PROGRAM OVERVIEW

CHU Sainte-Justine Foundation is currently investing in two mental health initiatives – one focused on providing high-quality care facilities for youth facing mental health challenges, and another that will support the training and evaluation of the next generation of mental health leaders.

#### Care

We are adopting specialized, innovative approaches to support youth with mental health challenges, ensuring the safety of both patients and staff. Our hospital is introducing a range of facility improvements, including adaptations that will let us use virtual reality (VR) in the treatment of children and youth with anxiety disorders and other conditions. VR lets patients safely navigate everyday situations with the immediate support of a care provider, gradually building their capacity to negotiate this terrain ‘in real life.’

#### Training

CHU Sainte-Justine is creating a set of meeting rooms equipped with audiovisual equipment for recording interviews between trainees and families. These assets will enable supervisors to more discreetly evaluate and guide the training of the next generation of mental health leaders.

### 2020 UPDATE

During the COVID-19 pandemic, teams at the CHU Sainte-Justine, like those across the country, have been responding to exceptional demand for mental health care. With support from Sobeys, we are adapting to this surging demand while continuing to move forward with planned enhancements to our facility. We have made considerable progress in planning our capital improvements, and have identified the spaces that will be used for VR and other leading-edge therapies as well as for technology-enabled training activities. Since public health requirements have demanded the temporary reconfiguration of many spaces in the hospital, further work on our facility improvements has been paused for the time being. As the pandemic recedes and normal activities resume, we look forward to confirming our plans for the physical premises and starting construction.



# IWK Foundation

## The Learning Link



IWK Foundation

# \$293,963

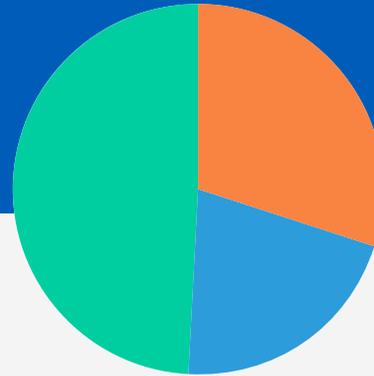
2020 TOTAL FUNDS RECEIVED BY IWK FOUNDATION

### DIRECT DONATIONS

● HOSPITAL PROGRAMS

### IN-STORE LOCAL CAMPAIGN

● CARE ● TRAINING



30% HOSPITAL PROGRAMS  
21% CARE  
49% TRAINING

## PROGRAM OVERVIEW

To address a widespread need for increased access to addiction and mental health support across our region, the IWK Health Centre is developing The Learning Link, a hub of expertise for Nova Scotian and Maritime mental health clinicians and community partners. The Learning Link will help mental health clinicians share knowledge with one another, and train community partners across the region and beyond. This work will extend and enhance the network of support available to clients and families, connecting them more quickly with high-quality care.

The Learning Link is helping to create a Maritime mental health landscape where:

- Children, youth and families can access timely, high-quality, evidence-based mental health and addictions services wherever they live;
- Decision-making is informed by evidence;
- Information-sharing drives innovation and evidence-based improvement;
- Care practices are enhanced through expert observation, evaluation, and feedback;
- Mental health providers learn from new initiatives and consider their fit for wider adoption.

## 2020 UPDATE – PREPARATORY PHASE

In preparation for The Learning Link, the IWK Mental Health and Addictions program has facilitated several different clinical training sessions to help inform the creation of this innovative model and approach. During the preparatory phase of Year 1, we have:

- Trained 30 people, increasing their ability to deliver more mental health and addictions services to young people and their families.

- Impacted over 180 patients and families by improving the quality and effectiveness of the treatment they received. By teaching new skills and knowledge to treatment providers and promoting the adoption of evidence-based approaches, our program improves care quality and patient outcomes.
- Engaged provincial partners who deliver mental health and addictions services across Nova Scotia to set the stage for a comprehensive needs assessment.

### Governance and Leadership

- We have created an Advisory Committee to guide and oversee The Learning Link initiative (October 2020).
- The Advisory Committee started the work to identify content experts who will help to inform the expertise we envision and map out the structure for the training model.
- IWK leaders have also begun to assess the resources, including personnel, The Learning Link will need.

### Consultation

The IWK is in the midst of a consultation process that has so far included six community partner engagement sessions across both provincial Health Authorities. This included the Mental Health and Addictions program at NS Health, the IWK Health Centre and government tables. Engagement sessions took place with the IWK Board of Directors, IWK's Executive Leadership Team and the IWK Foundation. Presentations were provided to the Department of Health and Wellness and the Federal Caucus Mental Health and Addictions Committee.

### Building The Learning Link

We have hired a project manager, begun work to secure a physical space for The Learning Link, and started an IT procurement process to support the hub's digital elements as well as outcome evaluation functions. We are also collaborating with the Province on a Needs Assessment, and mapping out a project plan to refine our capacity-building goals.

# Janeway Children’s Hospital Foundation

## Child and Youth Advocacy Centre

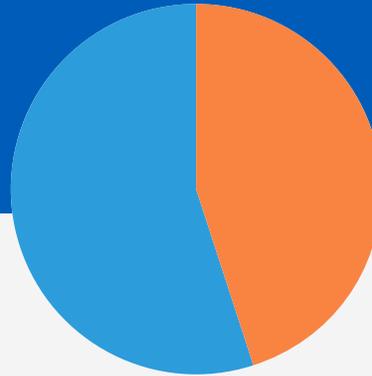


# \$98,055

2020 TOTAL FUNDS RECEIVED BY JANEWAY CHILDREN'S HOSPITAL FOUNDATION

**DIRECT DONATIONS**  
● HOSPITAL PROGRAMS

**IN-STORE LOCAL CAMPAIGN**  
● CARE ● TRAINING



45% HOSPITAL PROGRAMS  
55% CARE  
0% TRAINING

### PROGRAM OVERVIEW

According to self-reported data from the 2014 General Social Survey on victimization, nearly a third (32%) of Canadians aged 15 years and older – almost nine million people – have experienced childhood physical or sexual abuse. In Canada, Child Advocacy Centres (CACs) are one tool that governments and communities have developed to support children in cases where abuse is suspected. CACs bring together multi-disciplinary teams to holistically address the needs of children, youth and their families; they offer a range of services from mental health supports to help accessing justice.

In a five-year, multi-site study, the Department of Justice of Newfoundland & Labrador found children and families to be highly satisfied with the support they received from CACs. These findings held true across a range of delivery models.

- 93% of respondents in the study indicated that the support they received from all professionals provided by the CAC was helpful.
- 46% of caregivers identified the victim advocate as the most important service they had received personally, while 33% said counselling/therapy was the most important service their children had received.
- Large majorities of youth victims (79%) and caregivers (91%) said the services they received were culturally sensitive.

Janeway Children’s Health and Rehabilitation Centre is partnering with other agencies to establish a much-needed Child and Youth Advocacy Centre (CAYAC) for children in Newfoundland & Labrador. The Centre will support children and youth who have been victims of or witnesses to abuse, violence and other crimes. Customized services delivered in a safe space will help reduce short- and long-term impacts of the abuse and violence that too many young people experience.

### 2020 UPDATE

The Child and Youth Advocacy Centre was scheduled to become operational in the spring of 2020. Due to the widespread disruptions associated with the COVID-19 pandemic, the project has been delayed. Our new target date for the opening of the centre is Fall 2021.

“Funding for CAYAC will allow children in crisis to get the help they need in a way that will minimize them being re-traumatized. These events often harm children both physically and mentally, and being able to provide services in one location will certainly address their needs.”

Sgt. Frank FLYNN, Special Victim Section & Cpl. Peter ROBINSON, Sexual Assault Investigation Coordinator

# Jim Pattison Children’s Hospital Foundation

## Mental Health Intensive Care Room

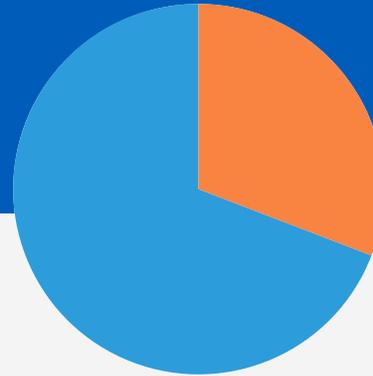


# \$123,580

2020 TOTAL FUNDS RECEIVED BY JIM PATTISON CHILDREN'S HOSPITAL FOUNDATION

**DIRECT DONATIONS**  
● HOSPITAL PROGRAMS

**IN-STORE LOCAL CAMPAIGN**  
● CARE ● TRAINING



**31% HOSPITAL PROGRAMS**  
**69% CARE**  
**0% TRAINING**

### PROGRAM OVERVIEW

Often, the first contact children and families have with mental health services is in a hospital emergency department. The Children’s Emergency Department at Jim Pattison Children’s Hospital provides short-stay crisis care for Saskatchewan children and youth experiencing acute mental health challenges. Thanks in part to generous support from Sobey’s, the hospital now has a new Mental Health Intensive Care Room in the emergency department to provide a safe, calming environment for children and youth in crisis. Having a dedicated, safe place to go while they await treatment and care not only improves these patients’ experience by providing comfort and privacy at a stressful time, it also means they need less medication and are at lower risk of self-harm.

### 2020 UPDATE

The mental health Intensive Care Room in the Emergency Room (ER) at Jim Pattison Children’s Hospital became operational in September 2019. We modified its design shortly thereafter as the room’s original design was not geared to support children in crisis, including those at elevated risk for self-harm. The modifications have added further protections for patients, staff and the department. Design adaptations have included:

- Door modifications to allow crisis access, as well as improved observation and communication during non-crisis periods;
- Live cameras and new security processes to support continuous monitoring of the patient;
- Installation of ‘panic strips’: easily accessible emergency buttons that can immediately alert others to a crisis in the room;
- Addition of a specially designed assessment bed, secured to the floor and without moving parts, to reduce risk of harm;
- New protocols for all areas and staff.

“The Intensive Care Room at Jim Pattison Children’s Hospital ER has been absolutely essential to the care of children. Without that space, they would have been in an incredibly dangerous environment, given their mental health risks. The space has provided them a safe environment.”

Dr. Madhav Sarda

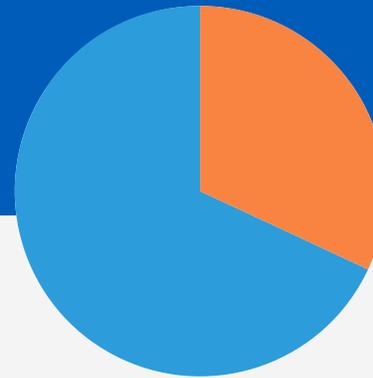


**\$151,546**

**2020 TOTAL FUNDS RECEIVED BY  
MCMASTER CHILDREN’S HOSPITAL FOUNDATION**

**DIRECT DONATIONS**  
● HOSPITAL PROGRAMS

**IN-STORE LOCAL CAMPAIGN**  
● CARE ● TRAINING



**32% HOSPITAL PROGRAMS**  
**68% CARE**  
**0% TRAINING**

**PROGRAM OVERVIEW**

More Canadian youth die by suicide than from the top 10 fatal diseases in this population combined. To address the urgent need for effective suicide prevention strategies, mental health experts have developed a new and innovative six-week psychotherapy program called I AM SAFE, focused on improving family communication, reducing conflict and increasing coping skills. “Our goal is to help these teens to be teenagers and not patients. They need to know that there are solutions to their problems that do not involve self-harm,” explains Dr. Khrista Boylan, Child and Adolescent Psychiatrist at McMaster Children’s Hospital. In the coming months, McMaster Children’s Hospital will work alongside SickKids Hospital and Alberta Children’s Hospital to test the effectiveness of this intervention program through a multi-site clinical trial.

**2020 UPDATE**

The three hospitals partnering on I AM SAFE are finalizing research protocols and study design and preparing to recruit patients into the program in spring 2021. While preparing for I AM SAFE, the team at McMaster has also been focused on supporting this vulnerable patient population amid the stresses of the ongoing COVID-19 pandemic. As acute mental health treatment has surged during the pandemic, the site principal investigator for I AM SAFE, Dr. Boylan, worked with the Child and Youth Mental Health Program to develop a rapid assessment service for suicidal and other high-risk patients who need immediate follow up after their emergency department mental health crisis visit. This program, called the Rapid Assessment Clinic (RAC) began operation on February 1, 2021 and consists of two part-time child psychiatrists, a redeployed crisis worker and a part-time care navigator. We believe RAC will make a positive difference for patients and will also support the success of I AM SAFE by increasing the preparedness of our site. For example, many youth who would be eligible to participate in I AM SAFE will have access to this clinic for early psychiatric assessment. We hope this will enhance their care experience, as well as their ability to complete the study if they are randomized to the control (or non-intervention) arm of the trial.

“Shift after shift, I see the devastation, anger and grief that accompany visits to our emergency room when a child presents with a crisis, self-harms or attempts suicide. There are so few evidence-based intervention strategies or programs that we can offer. Trials like [I AM SAFE] will have a huge impact and the potential to save lives.”

Dr. Mohamed Eltorki, Division of Pediatric Emergency Medicine, McMaster Children’s Hospital



# Montreal Children's Hospital Foundation

## Obesity and Eating Disorder Programs

la fondation  
de l'hôpital  
de montréal  
pour enfants  
the montreal  
children's  
hospital  
foundation



# \$157,940

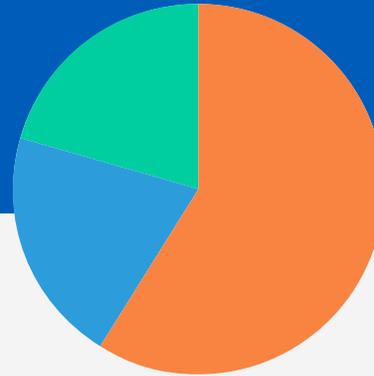
2020 TOTAL FUNDS RECEIVED BY  
MONTREAL CHILDREN'S HOSPITAL FOUNDATION

### DIRECT DONATIONS

● HOSPITAL PROGRAMS

### IN-STORE LOCAL CAMPAIGN

● CARE ● TRAINING



60% HOSPITAL PROGRAMS  
20% CARE  
20% TRAINING

## PROGRAM OVERVIEW

The Montreal Children's Hospital Foundation is investing in improved treatment for two critical mental health issues: **obesity** and **eating disorders**.

Severe **obesity** in teenagers is an increasingly prevalent problem. This condition leads to short-term and long-term health complications, and diminishes quality and length of life. Until three years ago, severely obese teens had no dedicated services outside of Toronto. Funding from Sobeys is helping to build the first Centre of Excellence in Adolescent Severe Obesity in Quebec; there is an urgent need for this support, and a growing quantity of evidence shows the importance of intervention.

We were the first program in Quebec to provide licensed and accredited family-based therapy (FBT) for **eating disorders**. Our FBT-trained therapists provide evidence-based treatment, primarily for anorexia and bulimia. These illnesses have both psychological and physical components, and can have a dramatic impact on growth, brain function, bone strength, sexual development and cardiac health. Patients have a high rate of chronic complications and are at high risk of suicide. The creation of the FBT program led to a drastic reduction in the number and duration of hospitalizations for youths with an eating disorder. Sobeys support is helping us to invest further in this successful program.

## 2020 UPDATE

Staff members at the Montreal Children's Hospital Adolescent Clinic have continued their work with patients and families, both remotely and in person.

- We have recently hired a new program coordinator. We are now in the process of developing a business plan for the obesity program, and revising our Critical Pathway, part of our strategic plan. In the 2.5 years since the program launched, we have treated 80 patients, 12 of whom have had bariatric surgery. There are currently 23 patients on the waiting list. We are delivering comprehensive support to families, including whole-family assessments and educational tools.
- The FBT program is currently receiving about 100 new referrals per year. Consistent with a worrying and widespread trend across Canada, hospital admissions for eating disorders have been rising during the pandemic. Support from Sobeys is helping us respond to this increased need. We are currently training a new FBT therapist; when their training is complete, our team will have a total of five certified therapists. A Day Treatment Program at the Montreal Children's Hospital is in development, and our team is evaluating the possibility of adding programs for patients who are weight-recovered but still struggling on some psychological and emotional dimensions.

"The future looks bright for these patients and their families. Evidence-based interventions like FBT have transformed the landscape, and innovative interventions hold the promise of additional progress. Support for our eating disorder program is key to maintaining these gains and investing in the promise of what is yet to come. Thank you!"

Dr. Julius Erdstein, Director of the Division of Adolescent Medicine

## SickKids Foundation Neuropsychological Assessments



# \$586,247

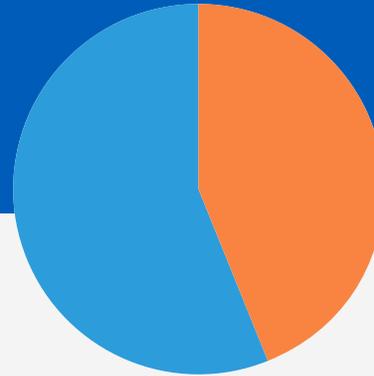
2020 TOTAL FUNDS RECEIVED BY SICKKIDS FOUNDATION

### DIRECT DONATIONS

● HOSPITAL PROGRAMS

### IN-STORE LOCAL CAMPAIGN

● CARE ● TRAINING



44% HOSPITAL PROGRAMS  
56% CARE  
0% TRAINING

## PROGRAM OVERVIEW

More than 28% of children and youth with physical illnesses face mental health challenges. For many, the idea that their physical illness could have mental health consequences is unexpected. Without early assessment, intervention and education, their mental health needs may not be met. The consequences of untreated mental illness can be devastating for individuals and families, and costly for Canada’s health-care system, requiring billions of dollars each year. To identify potential challenges early, SickKids has a comprehensive neuropsychological assessment program for patients whose conditions – from organ failure to epilepsy – put them at elevated risk of brain and mental health challenges. Our assessment measures a child’s memory, learning, intelligence, socioemotional functioning, language and attention. Although this information can help clinicians anticipate what supports a child will need in order to thrive, rigorous assessments require significant investments of time from trained professionals, and waitlists for assessments are long. With support from Sobey’s, SickKids is increasing our capacity in order to expand access to this service, providing more assessments and ensuring youth don’t miss critical windows of opportunity for early intervention.

In addition to expanding access to neuropsychological assessments, SickKids is also collaborating with Alberta Children’s Hospital and McMaster Children’s Hospital on the I AM SAFE suicide prevention clinical trial (please see page 22).

## 2020 UPDATE

The neuropsychologist (Michelle Keightley) and psychometrist (Kate Johnston) who perform the neuropsychological assessments were hired in 2020. They began work in November 2020 and were able to hit the ground running due to previous experience working at SickKids. Between November 2020 and mid-February 2021, they assessed approximately 30 patients. They aim to complete 2–3 assessments per week. The pandemic has not stopped their work, but it does occasionally require re-scheduling of assessments if patients or staff do not meet rigorous COVID-19 screening requirements. However, there has been a low cancellation rate for appointments because many patients have been waiting for months for an assessment and are eager to be seen. Funding from Sobey’s for testing materials has allowed the team to adapt aspects of the assessments so they can be performed virtually. Without Sobey’s funds, these adaptations would have been impossible, resulting in longer waits for patients. Many other service providers have suspended assessments during the pandemic, but thanks to Sobey’s, SickKids has been able to create an innovative hybrid virtual and in-person assessment model.

# Stollery Children’s Hospital Foundation

## Expanded and Integrated Mental Health Support

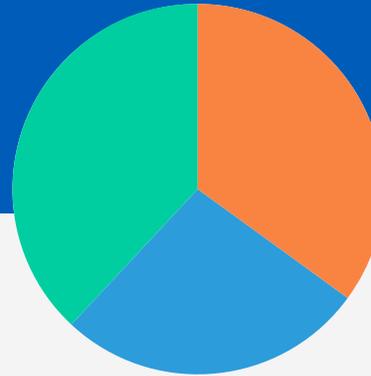


# \$328,098

2020 TOTAL FUNDS RECEIVED BY STOLLERY CHILDREN’S HOSPITAL FOUNDATION

**DIRECT DONATIONS**  
● HOSPITAL PROGRAMS

**IN-STORE LOCAL CAMPAIGN**  
● CARE ● TRAINING



**35% HOSPITAL PROGRAMS**  
**27% CARE**  
**38% TRAINING**

### PROGRAM OVERVIEW

Donor investments are vital in expanding round-the-clock mental health support to children, youth and families. The Stollery Children’s Hospital is working to create integrated mental health services within the emergency department. The Urgent Clinic will boost 24/7 helpline support, and create a separate walk-in clinic space to increase access to timely support from an expert team of nurses, social workers, therapists and child and adolescent psychiatrists. In addition to making more support available to patients seeking mental health care, we are also developing more assertive follow-up care for patients who are admitted to medical or surgical units after a suicide attempt or significant incident of self-harm. Funding from Sobeys is helping to supplement existing base-funded clinical positions, making the service components mentioned above possible by extending hours of operation and reducing wait times. We expect that of the 2,500 patients seen each year in the Stollery Emergency Department, 10 to 35% will be offered the opportunity to be assessed and treated in the walk-in clinic. We also expect that the number of patients accessing our Urgent Clinic will increase by 50%. It is difficult to estimate how many youth will be provided with assertive follow-up after suicide attempts since this is a new service for which we do not have baseline measures.

### 2020 UPDATE

We have begun program work with an initial emphasis on hiring. To date we have engaged a social worker, a licensed practical nurse and a clinical nurse educator; an additional registered nurse will join the team in April. A newly hired mental health therapist is now ready to receive patients who are triaged as low-risk by the Emergency Department team. Our team is also working toward the redevelopment of physical spaces to support our program goals. The Stollery is unique in that the children’s hospital is sharing space within an adult and academic space; given these multiple uses, space is at a premium. It is a struggle to adapt, outfit and organize units in our aging facility, which strains to meet the complex and competing needs of our different care teams. The hospital is working diligently to find a suitable space within or adjacent to the emergency area but it will likely take six to eight months to work through the necessary discussions, assessments and planning tasks.

“These funds have made a deep impact. Before these funds, when families came into the Stollery ED, we were not able to provide mental health nursing care 24 hours a day, provide families with the support of a social worker or a mental health therapist. Now we can. This allows families to be surrounded with the care they need in their time of crisis and the support they need to return home.”

Program Manager, Children, Youth and Families, Addiction and Mental Health, Stollery Programs



# MEASURES OF IMPACT

## DIVERSE START-UP APPROACHES

Our partnership was formalized on January 1, 2020. Hospital foundations received their initial funding from A Family of Support: Child & Youth Mental Health Initiative in two stages: one in November 2020 and a second, more substantial disbursement in February 2021. Hospital foundations took different approaches to coordinating their program activity with the arrival of the funds; some used their own funds to get started, knowing that Sobey's support would soon backfill these expenditures. Others waited until Sobey's funds were in hand before moving forward.

## INTERPRETING THE NUMBERS

The scorecard on the following pages will help everyone involved with our partnership track progress over time against the goals we have established together. Even as we strive to make gains on these important measures, it is important to note that there are many factors health care providers, including Canada's 13 children's hospitals, cannot control. The COVID-19 pandemic is a vivid example of a disruption outside hospitals' control. More common factors – from economic upheavals to major policy changes – also affect health care programs. In our reports to the Steering Committee, we will strive to provide useful context and share both quantitative and qualitative measures of impact to provide an accurate picture of successes and challenges.

Member Foundation	Program Name	Year 1			
		Number of Assessments	Number of People Trained	Number of Patients Served	Number of Treatment Spaces
<b>Alberta Children's Hospital Foundation</b>	Foundational Discovery Platform at the Centre for Child & Adolescent Mental Health ▲	✓	N/A	✓	N/A
<b>BC Children's Hospital Foundation</b>	BCCH Mental Health Programs Education Strategy ▲	N/A	✓	N/A	N/A
<b>Children's Health Foundation</b>	Prospect Program ■	✓	N/A	✓	N/A
<b>CHEO Foundation</b>	Dialectical Behaviour Therapy Program (DBT) ■	N/A	✓	✓	N/A
	Head to Toe Program (H2T) ■	✓	✓	✓	N/A
<b>The Children's Hospital Foundation of Manitoba</b>	Urgent Tele-Mental Health Service ▲	✓	N/A	✓	✓
<b>CHU Sainte-Justine Foundation</b>	Championing Mental Health Care and Training at CHU Sainte-Justine ■	Coming soon	Coming soon	Coming soon	Coming soon
<b>IWK Foundation</b>	The Learning Link ▲	N/A	✓	✓	N/A
<b>Janeway Children's Hospital Foundation</b>	Creation of a New Child and Youth Advocacy Centre in Newfoundland and Labrador ■	Coming soon	Coming soon	Coming soon	Coming soon
<b>Jim Pattison Children's Hospital Foundation</b>	Mental Health Intensive Care Room ▲	✓	N/A	✓	✓
<b>McMaster Children's Hospital Foundation</b>	I AM SAFE ▲	✓	✓	✓	N/A
<b>Montreal Children's Hospital Foundation</b>	Family-Based Therapy (FBT) ■	✓	✓	✓	✓
	The Centre of Excellence for Adolescent Severe Obesity (CEASO) ▲	✓	✓	✓	✓
<b>SickKids Foundation</b>	Neuropsychological Assessments ■	✓	N/A	✓	N/A
<b>Stollery Children's Hospital Foundation</b>	Transforming Pediatric Mental Health In Alberta Emergency Departments ■	✓	✓	✓	N/A

■ Existing Programs Enhancements or Extensions ▲ New Programs or Pilots

## BASELINE SCORECARD

For purposes of tracking, Canada's Children's Hospital Foundations has divided the programs into two categories: (1) Existing Programs Enhancements or Extensions and (2) New Programs or Pilots. The data presented below reflect the results of diverse activities across 13 different institutions. Measurement and interpretation has been led by subject matter experts at each hospital.

Member Foundation	Program Name	Year 1				Additional Information
		Number of Assessments	Number of People Trained	Number of Patients Served	Number of Treatment Spaces	
<b>Alberta Children's Hospital Foundation</b>	Foundational Discovery Platform at the Centre for Child & Adolescent Mental Health ▲	0	N/A	0	N/A	
<b>BC Children's Hospital Foundation</b>	BCCH Mental Health Programs Education Strategy ▲	N/A	0	N/A	N/A	
<b>Children's Health Foundation</b>	Prospect Program (Prodromal Psychosis Service – Early Identification and Intervention for Severe Mental Health Issues) ■	116	N/A	28	N/A	
<b>CHEO Foundation</b>	Dialectical Behaviour Therapy Program (DBT) ■	N/A	20 7 new trainees in 2020	46* Patients assessed and served (as of April 1, 2020)	N/A	*For this program, every assessment completed equals one patient served.
	Head to Toe Program (H2T) ■	<i>Please see "Number of Patients Served" column</i>	250* Currently 60% of our 416 inpatient/float nurses are trained	433* From July 2019 to December 31, 2020, 433 of 556 eligible patients were screened, resulting in a 78% screening rate.	N/A	For H2T, patients screened are patients served. CHEO's goal is to learn which patients need mental health support. Every assessment fulfills the goals of the program, whether the patient is deemed to require support or not. Our focus is on increasing the share of eligible patients we screen.
	Mental Health Child & Youth Counsellor at Emergency Department 24/7 (A portion of 2021 funding support from Sobeys will be directed to this program) ■	Data coming June 2021	Data coming June 2021	Data coming June 2021	Data coming June 2021	This is a new program being added for 2021. Baseline metrics are not available at this time. They will be included in the 2021 Impact Report.
<b>The Children's Hospital Foundation of Manitoba</b>	Urgent Tele-Mental Health Service ▲	36* August 4 – December 31, 2020	N/A	72* August 4 – December 31, 2020	Coming soon	
<b>CHU Sainte-Justine Foundation</b>	Championing Mental Health Care and Training at CHU Sainte-Justine ■	N/A	Data Coming October/ November 2021	Data Coming October/ November 2021	N/A	

■ Existing Programs Enhancements or Extensions ▲ New Programs or Pilots

**BASELINE SCORECARD (CONTINUED)**

Member Foundation	Program Name	Year 1				Additional Information
		Number of Assessments	Number of People Trained	Number of Patients Served	Number of Treatment Spaces	
<b>IWK Foundation</b>	The Learning Link ▲	N/A	<b>30*</b>	<b>180*</b>	N/A	
<b>Janeway Children's Hospital Foundation</b>	Creation of a New Child and Youth Advocacy Centre in Newfoundland and Labrador ■	Coming soon	Coming soon	Coming soon	Coming soon	A resource of this kind has not existed before in Newfoundland and Labrador. Key partners mandated to respond to child maltreatment (e.g., social workers from Children, Seniors & Social Development and metro/provincial police forces) are working with the CYAC. Baseline data will be available as the centre begins to operate.
<b>Jim Pattison Children's Hospital Foundation</b>	Mental Health Intensive Care Room ▲	<b>0</b>	N/A	<b>0</b>	<b>0</b>	*The Saskatchewan Health Authority measures and releases data for complete years. Because this new space has only operated for part of a year, data is not yet available.
<b>McMaster Children's Hospital Foundation</b>	I AM SAFE ▲	<b>0</b>	<b>0</b>	<b>0</b>	N/A	
<b>Montreal Children's Hospital Foundation</b>	Family-Based Therapy (FBT) for young people with eating disorders ■	<b>40</b>	<b>5*</b> One is in the certification process.	<b>40</b>	<b>5*</b> Rooms 4 exam rooms, 1 conference room with attached kitchen space	
	The Centre of Excellence for Adolescent Severe Obesity (CEASO) ▲	<b>40</b>	<b>8</b> 3 physicians and 5 allied care providers, including a registered dietitian, kinesiologist, psychologist, registered nurse, and social worker.	<b>60</b>	<b>5*</b> Rooms 4 exam rooms, 1 conference room with attached kitchen space.	
<b>SickKids Foundation</b>	Neuropsychological Assessments ■	<b>30</b>	N/A	<b>30</b>	N/A	
<b>Stollery Children's Hospital Foundation</b>	Transforming Pediatric Mental Health In Alberta Emergency Departments ■	<b>2,740*</b> ED = 1,700 MH team assessments; Stollery Walk-In Clinic = 0; Urgent Psychiatric Clinic = 1,040	<b>0</b>	<b>5,276*</b> ED = 1700, Crisis Team= 1800, Urgent Clinic = 1776	N/A	The walk-in clinic is in development but was not operational in Year 1.

■ Existing Programs Enhancements or Extensions ▲ New Programs or Pilots

## OUR JOURNEY CONTINUES

This impact report describes how Sobey's support is helping hospitals across the country initiate or expand local, evidence-based programs that will make a profound difference in the lives of young people and families.

As we learn and collaborate, even more potential for impact is coming into view. Canada's Children's Hospital Foundations look forward to working alongside the Sobey Foundation and Sobey's Inc. to realize urgently needed improvements in care and training in the field of child and youth mental health across Canada.

Some upcoming milestones for our partnership include:

**February 2021 – December 2021** – Always-On Content and Paid Media Campaign

**May 3–9, 2021** – National 'Thank you Sobey's' campaign acknowledging investment and long-term commitment to child and youth mental health

**August – November 2021** – Above the line awareness campaign

**September 16–30, 2021** – In-Store Fundraising Campaign

**May 2022** – Submission of Year 2 Impact Report

**March 2022** – Canada's Children's Hospital Foundations Disbursement Formula Re-established  
*Revenue will be divided on the principle of "what is raised locally, stays locally"*



**A FAMILY OF SUPPORT: CHILD & YOUTH MENTAL HEALTH INITIATIVE**  
IMPACT REPORT YEAR 1

**IF WE CHANGE THE  
HEALTH OF CHILDREN,  
WE WILL CHANGE THE  
HEALTH OF CANADA.**



THE SOBEY  
**FOUNDATION**



**CANADA'S  
CHILDREN'S  
HOSPITAL  
FOUNDATIONS**

[corporate.sobeys.com](http://corporate.sobeys.com)  
[sobeyfoundation.com](http://sobeyfoundation.com)

[afamilyofsupport.com](http://afamilyofsupport.com)

[childrenshospitals.ca](http://childrenshospitals.ca)