

JUNE 2022

Luka, 14 years old

Thank You, **The O'Neill Team – CIBC Wood Gundy**

A Special Update on Supporting
Leading-Edge Mental Health Care



Children's Health Foundation is truly grateful for The O'Neill Team's support over the past 15 years! Did you know that your total giving to date is \$138,000? You are community-minded leaders, and we are thrilled to thank you for all the ways in which you have supported our kids and their families.

You have stood by our kids to help enhance youth mental health and wellness. The O'Neill Team understands what it means to provide holistic medical care and we cannot thank you enough for continuing to make the best care possible!

In 2021, you donated \$30,000 to meet two urgent needs, supporting First Episode Mood and Anxiety Program (FEMAP) and Child and Adolescent Mental Health Care Program (CAMHCP) to provide hope for kids on ballooning mental health waitlists and a growing mental health crisis.

We are pleased to provide you with this report to show the impact of your continued generosity and can't thank you enough for all you've done for our young patients and their loved ones.

From everyone at Children's Health Foundation, Children's Hospital and the families we serve in our community, our utmost thanks.



First Episode Mood and Anxiety Program (**FEMAP**)

For the last decade, FEMAP has been an essential part of meeting care needs of patients who often experience a gap in care with traditional mental health services. The paediatric components of FEMAP are strategically being aligned with Children's Hospital and the Child and Adolescent Mental Health Care Program. As FEMAP focuses on patients ages 16 to 25, this community-based program excels in bridging patients into specialized mental health care during the ages when they are most likely to encounter mood and anxiety problems, 16 to 19. FEMAP treats these youth using a patient-directed lens, through their transition from childhood to adulthood.

48% of all FEMAP patients
are 18 or younger

3,719 total clinical treatment sessions
from April 1, 2021 to March 31, 2022

FEMAP offers client assessments with no physician referral required in a space on Richmond Street and in a newly opened location on Riverview Avenue that is youth friendly, accessible and safe. Youth can make appointments online, by texting or by phone, and treatment consists of a wide range of services, including: psychology, psychiatry, social work, addictions counselling, family therapy and group therapy.

The pandemic and post-pandemic rise in anxiety, depression, substance use and eating disorders among youth are now highly visible. Requests for services have doubled at FEMAP, despite provincial and national efforts that have made online supports more available. The social circumstances for youth are quite distressing, with recent research indicating that youth are deeply concerned about their future because of the climate crisis, the war in Europe, cost of living, social media and the like. These stressors all put enormous strain on our youth, and account for the dramatic rise in requests for services at FEMAP. This makes it even more imperative that FEMAP continue with its expansion of services.

Throughout the pandemic, FEMAP has made incredible strides, while expanding to their second location at 54 Riverview Avenue. Although the move-in date was extended four times, by early December 2021 FEMAP slowly moved some services over to the new site, while working to hire additional staff. By March 2022 FEMAP had expanded approximately 50 per cent into their planned doubling of services.

While COVID-19 required increased safety precautions and slowed the speed of the expansion, FEMAP staff conducted ongoing research and feedback with patients in order to remotely assess the severity of illness in their patients, quickly identify the highest risk patients and reach out directly to these patients to communicate FEMAP's ongoing availability to care for their urgent needs.

This innovation paved the way for FEMAP staff to broaden this electronic resource, which allows them to continue conducting these remote check-ins and assessments efficiently, direct youth to vetted electronic supports and treatments, and more easily access local resources in collaboration with our community partners.

While this virtual innovation was a crucial part of FEMAP's adaptation to COVID-19, in-person sessions continue to be the optimal standard of care for mental health and addiction services, particularly for youth, who especially value the ability to be in the same room as a care provider. To that end, FEMAP worked diligently to safely expand its in-person treatments and group therapy offerings.

65-75% of
appointments per week
are in-person

Implemented **2 new** in-person group
psychotherapies even during reduced room
capacity from COVID-19





FEMAP's Vision **Moving Forward**

Given the slowed expansion due to COVID-19, FEMAP is still working towards their plan to double their service number in the next 6-12 months. The primary way in which FEMAP will be able to reach this goal is through the addition of new group therapy sessions that can now be held, masked, at full capacity with 8-12 patients each session.

In addition to their individual psychotherapy and addictions therapy, FEMAP is working to implement five new therapy groups and several workshops

- 1. Groups:** a body-image group, a worry/anxiety group, a Dialectical Behavioural Therapy (DBT) group, a discharge planning group, and an Obsessive-Compulsive Disorder group.
- 2. Workshops:** family support workshops for the loved ones of patients and several patient-titled "adulting" workshops for patients to tackle skills such as financial management and healthy eating.

With these additions, FEMAP anticipates having 6,000-8,000 visits per year when expansion is complete in the fall of 2022.

FEMAP also continues working closely with larger organizations such as the local London Health Integration Network and CMHA-Youth Housing, as well as the provincial Youth Wellness Hubs Ontario. Partnerships with these organizations have brought awareness to FEMAP's role in our community and the crucial gap this program fills for our vulnerable youth. With their help, FEMAP will be seen as an essential component of a larger, more integrated service that addresses the mental health and addiction needs of youth in our region and has connections to more resources for continuing to provide comprehensive mental health care.



Wraparound Mental Health Care **for Our Kids**

Children's Hospital's Child and Adolescent Mental Health Care Program (CAMHCP) patients come primarily from London-Middlesex, Oxford and Elgin counties. Children's Hospital is the only paediatric regional referral centre for mental health care for Southwestern Ontario, and CAMHCP is the primary provider and hub for child and youth mental health care in our region. CAMHCP helps unify our community's mental health care efforts, increases efficiency and optimizes providing the right care to the right patient at the right time. The program works tirelessly to support kids struggling with mental health issues and mental illness.

In 2021 alone, Children's Hospital saw:

1,525

Mental Health
Patients

13,499

Mental Health
Visits

413

Inpatient
Stays

12 days

is the Average
Inpatient Stay

8,698

Inpatient
Visits

Throughout the pandemic, the Child and Adolescent Mental Health Care Program at Children's Hospital has seen a 1,000 per cent increase in requests for mental health help. As children and youth face long wait times for support, they end up in crisis. To respond to the overwhelming need for mental health support for children and adolescents, CAMHCP is expanding its mental health programs. At Children's Hospital, children and youth receive comprehensive and holistic mental health care that provides many avenues for relief.

From relief programs like our GET Care Clinic (Get Evidence-Based Treatment Clinic), which will help children with anxiety be immediately triaged into group-based Cognitive-Behavioural Therapy (CBT) so that they are connected to care sooner; to the expansion of creative programming like expressive therapies that give children and youth the chance to express and regulate various emotions through art and music, The O'Neill Team's generosity is helping to improve the care experience of children and youth struggling with their mental health or mental illness and ensure better health outcomes for them.





Rallying Around Our Kids as A Community

An incredible part of supporting our kids and their families is rallying together as a community. The O'Neill Team has stood by our kids for the last 15 years as community-minded leaders and we cannot thank you enough. From features in Inspiring Philanthropists with Association of Fundraising Professionals, Stand By Me Circle of Champions in Business London and the Global Heroes insert published in The Globe and Mail, Toronto Star and National Post, to CIBC Miracle Day, your public support for Children's Health Foundation – and specialized mental health care programming in particular – inspires other community members to meet the needs of our children and youth struggling with mental health challenges.

Your generosity, seen through both your contributions and sharing the reasons why you give, encourages others to stand by our kids just like The O'Neill Team continues to! You are a crucial part of the collaborative and compassionate community that allows our children to share in the joy of the best possible care. **Thank you for standing by our kids and their families. We look forward to celebrating your generosity with you in person at CAMHCP and FEMAP.**

To view the Business London feature profiling CIBC Wood Gundy:

[CLICK HERE](#)

To view the Global Heroes advertisement insert:

[CLICK HERE](#)

To view the Inspiring Philanthropists feature:

[CLICK HERE](#)

Thank You, **The O’Neill Team – CIBC Wood Gundy**

A 17-year-old came to FEMAP for her anxiety and depression, but the story went deeper. She is Indigenous and had been taken from her mother for several years of her late childhood by CAS. While she is currently back living with her mom, stepfather and multiple young half-siblings, she is also attending high school and works long hours in retail so that she does not have to spend time at home with her stepfather, with whom she disagrees about when and where she must take care of her young siblings. With treatment, she has been able to understand the sources of her anxiety and depression within the context of her family life and the circumstances of her childhood. She now feels free to choose to work outside the home while attending school and is planning what she would like for herself in the future.



One of the most common refrains we hear from patients at FEMAP is, “I don’t know where I’d be if it hadn’t been for FEMAP.” We also often hear the even more intense version of this, which is, “If it hadn’t been for FEMAP I’d be dead.” All our clinicians can attest to how rewarding it is to be part of a program providing such meaningful service to youth. This is especially uplifting considering the youthful age of our patients and the magnitude of the impact we can have by providing the definitive treatment they need so early in their lives. Truly, at FEMAP we are saving lives. We are incredibly grateful for the support of our community. FEMAP still does not receive stable funding from the government and so the only way we can provide the services we do to youth in our community is through the support of people and organizations like yours. Thank you so very much!

– Dr. Elizabeth A. Osuch, Founder and Physician Leader, FEMAP



Celebrating **100 Years**

Children's Hospital at London Health Sciences Centre is the third largest paediatric hospital in Canada. Annually, our centre treats more than 66,000 of the most medically complex and critically ill patients from across Western Ontario. When a child's life is threatened, our medical professionals have the expertise to offer world-class care in more than 30 different medical specialties and sub-specialties. Children's Hospital is affiliated with Western University and Lawson Health Research Institute. It is an environment rich in education and research opportunities that attracts the very best and brightest to save kids' lives.

October 2022 marks the 100th anniversary for both Children's Hospital and Children's Health Foundation, and it's been quite the journey to get here.

At the outset of the pandemic, community-minded leaders like The O'Neill Team stepped-up to ensure that while COVID-19 began to complicate care for our kids, these patients, their families and health care professionals could have their needs met every step of the way.

Thanks to all of you, two years in, Our Stand By Me campaign has ensured that our kids receive the best possible care throughout the global pandemic.

From developing the first artificial kidney machine in Canada to leading clinic trials for life-saving neonate drug treatments, Children's Hospital and Children's Health Foundation continue working together to establish the best possible care for kids and their families when they need it most.

We look forward to marking this historic milestone with our community and hope you will join us in the celebration, reflecting on our shared legacy and impact.

On behalf of everyone at FEMAP and CAMHCP, and the many families they care for, please accept our sincere appreciation for supporting the mental health and well-being of our children and youth!

Your generosity helps create a protective circle around our kids, both alleviating anxiety and stress for children, youth and their families, and highlighting the joy of coming together as a community to support leading-edge care.

You stood by our kids when they needed it most.

As a leader in our community, we look forward to partnering with The O'Neill Team again in the near future.

With sincere gratitude,

Kristina Stankevich

Senior Philanthropy Officer

519-432-8062 x8051

kstankevich@childhealth.ca

#StandByChildrens



**STAND
BY ME.**

345 Westminster Avenue, London, ON N6C 4V3

www.childhealth.ca | 519.432.8564

Charitable Registration #118852482RR0001