



massey
centre

ANNUAL REPORT

2017–2018



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Message from the Board President and CEO

2017–2018

Wow! What a year! As we reflect on this past year, we are grateful for what we were able to accomplish because of the increased funding from our donors and partners. We started the year very hopeful that funds would flow from the Federal government to the province to create new child care spaces and to increase child and youth access to mental health services. These hopes were finally realized when we received approval to expand our preschool program by 16 spots and received a 5% increase in funding to address infant, child, and youth mental health. This is the first increase from the Ministry of Children and Youth Services since 2007.

The good news continued throughout the year; the Federal government continued to fund us to hire three summer students. Two of the students we hired were former Massey Centre clients! We were thrilled to give them this employment opportunity. Also, the City of Toronto, Housing with Layered Support, a new funder, awarded us close to \$500,000 to help pregnant and parenting teens and their children find permanent housing in the community. Compugen Solutions provided financial support to help us deliver our first Summer Camp for children 6-12 years old; many of whom were Syrian refugees.

Our commitment to raising the profile of the importance of infant and early childhood mental health and to the delivery of these much-needed services is illustrated in the quality of the partnerships we established. The Canadian Institute for Child and Adolescent Psychoanalytic Psychotherapy (CICAPP) is enhancing our ability to offer psychotherapy and dyadic services; the Toronto Local Integration Network's Women's Mental Health Network enables us to offer more trauma-informed groups. South Riverdale CHC, Toronto Public Health, and the Ontario Early Years Satellites worked with us to offer a Health Screening Clinic to parents/caregivers and their children 0–6.

We also partnered with Infant Mental Health Promotion to participate in their Ages and Stages Questionnaire Quality Improvement research to improve the mental and physical well-being of young children.

Another important way we are leading the charge of advancing the infant and early childhood mental health agenda is through the leadership and advocacy work of our CEO in the community. She continues to Chair the Toronto 0-6 Network Table. This work led to her participation on a panel to discuss Cross Sectoral Change at the Ontario Centre for Excellence for the Child and Youth Mental Health Learning Symposium. To support the CEO's advocacy efforts, she applied and was selected to attend the Maytree Policy School designed to build capacities within the participant's organization to engage in public policy work.

We are also proud to announce that we've received accreditation from the Canadian Centre for Accreditation. The Board of Directors led this intensive process that took place in February. We could not have achieved this or any other success this year without the support of our donors, funders, partners, volunteers, students, staff, management and the Board of Directors. We are grateful to everyone for their commitment to the mission and vision of this amazing organization.



Jennifer Dockery
Board President



Ekua Asabea Blair
Chief Executive Officer



Board of Directors 2017–2018

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Rachel Solomon

Sibel Turkman

Jody Maltby (Rev.)
Ex-officio

Ekua Asabea Blair
Chief Executive Officer
Ex-officio

NUMBERS MAKE A DIFFERENCE



Total of

2,939

**moms, babies, and
caregivers served**



2,541

**children and caregivers attended our
child and family support programs**



43

**young moms and babies
lived in the Transitional
Housing Program**

71

**children received
support in the Early
Learning Centre**



107

**volunteers
and students
contributed**

3,577

hours



127

**mom and babies received
one-on-one maternal infant
mental health support**



30

**young moms and
babies lived in the
Prenatal residence**



79

**young moms received
one-on-one support with
community resources**



10

**moms and their children participated
in the New Lives Start Here program**



NEW LIVES HIGHLIGHTS





New Babies Born

She had a birth plan set and her hospital bag packed. But babies often have their own plans when it comes to their time to arrive in the world. And baby David* wasn't planning on waiting any longer. On October 13, 2017 (Friday the 13th!), he gave his mom, Sarah*, and all the staff at Massey Centre a night to remember as he came so quickly that there was no time to go to the hospital!

As Sarah had experienced false labour several times, when she felt the symptoms of labour on October 13th, the midwife advised Sarah to wait for her to arrive, so she could assess her and determine if she needed to go to the hospital. Well, by the time the midwife arrived, it was too late; Sarah was in active labour and it was safer for her to stay at Massey Centre rather than possibly give birth in a car. Staff and the midwife rallied around Sarah and prepared for the first home birth at Massey Centre in over twenty-five years!

Massey Centre Social Workers and Residential Counsellors were busy getting hot water and towels and everything else

the midwife requested. The CEO was busy making preparations and gave special permission for the baby's father to enter the residence and assist with the birth. In no time at all, David entered this world, healthy and happy. Social worker, Meagan, heard only two screams and then a baby crying. When she came into the room after the birth, she witnessed everyone crying tears of joy.

Sarah did a great job and mom and baby had no complications. Social Worker, Meagan, said "Everything that could have happened that night, happened. But this crazy day showed me how much I could trust my team. Everyone came together to do their part to support Sarah. We collaborated really well as a team."

Sarah was part of the Prenatal Residential program at Massey Centre. This year, thirty young moms lived in the prenatal residence. The young moms and their babies benefit from onsite support 24/7 that helps them meet their education, mental health and residential and transitional housing needs and goals.



New Life Skills Learned

Tammy* showed up at Massey Centre seven months pregnant and with nowhere else to go. Her mom was not happy about the pregnancy and was planning on sending her to live with her grandmother in another country. Hearing of these plans, Tammy devised her own plan. She packed her bags and knocked on Massey Centre's door. She was met by a social worker and after the intake process, she moved into a room in our Prenatal Residence that day.

Tammy has high hopes for her future and is learning everything she can in order to be independent and provide a stable life for her son. One skill she is passionate about working on is cooking. She knows cooking her own meals has major nutritional benefits, and she also knows it will help her budget in the future. She is taking every opportunity to learn how to cook budget friendly and healthy meals while she awaits the arrival of her son.

Tammy participates in our weekly Food for Thought cooking club with Chef Lynn. This club teaches the young moms how to plan for and prepare delicious and inexpensive meals. The young moms benefit from learning from a professional chef and also have the opportunity to socialize and learn from the other young women in the program. As an enthusiastic participant, Tammy gets involved in all aspects of cooking and requests her favourite recipes, so she can make them again when she moves into her own apartment.

Cooking Clubs were just one of the many life skills programs offered to the young moms at Massey Centre this year. The life skills programs aim to move clients towards independence and self-sufficiency through teaching the skills that are essential to achieving productive, and healthy lives. The five core components we focused on this year were food and nutrition, health and wellness, financial literacy, community engagement and housing help.

New Milestones Reached

When Anna's* family came to the Early Learning Centre at Massey Centre, they were worried they'd be turned away. It had already happened a few times before. At sixteen months old, Anna was behind on her development milestones and couldn't walk. She had to be carried almost everywhere and several daycares couldn't take her. But Massey Centre took her into our centre and helped change her life forever.

Anna's mom was concerned because Anna wasn't even trying to walk. Daycare teacher, Dawne, took Anna under her wing and was determined to help her walk. She started by holding her hands and helping her stand. Soon they transitioned into walking slowly around the gym while holding her hands to balance. Anna then learned to hold onto things to help her as she walked around without assistance. She got really excited about her new skill.

One day, Anna was watching the other kids play on the playground and got up by herself and started to climb the slide! Acting fast, Dawne grabbed her phone and filmed this exciting moment to share with Anna's mom later. When Anna's mom saw the video, she immediately started crying. She was so happy that Anna could now walk and join in with the other kids.

Dawne is also excited about the progress that Anna has made. She said "Once she started walking, you couldn't stop her. Now she's running away from me! It makes me so happy to see Anna's progress".

This year, Massey Centre supported 71 children like Anna in our Early Learning Centre. The centre provides childcare for children aged 0-3½ and promotes healthy child development. We address the children's emotional, cognitive and social needs while also helping the children to prepare for school.

Through play-based experiences guided by staff the children are exposed to situations that help to stimulate:

- communication and social skills through child-to-child and adult-to-child interactions
- fine motor development
- gross motor development through physical activity and outdoor play
- self-esteem and decision-making capabilities
- social/emotional skills
- curiosity, initiative and independence

Young mothers living at Massey Centre or attending the onsite Secondary School receive priority for childcare spaces. Spaces not used by our young moms are offered to families in the community.



"Volunteering makes me feel immense joy because I love helping the young mothers and interacting with the babies. As a parent relief volunteer, I truly feel like I'm making a difference."

- Esther



New Bonds Formed

Eight months ago, Nicole was struggling as a new mom. Her baby, Claire, wouldn't stop crying and Nicole was having a really tough time figuring out how to best support her. Looking for support and to connect with others, Nicole decided to pop in to Massey Centre one day. She heard about our Baby Love program, and wanted to enroll. Unfortunately, the current group of Baby Love participants were already eight weeks into the twelve-week course, so Nicole couldn't join that group.

Baby Love—Supporting Infant Security—is an evidence-based preventive intervention focused on helping parents develop secure attachment relationships with their babies. The intervention tool was developed by Dr. Jean Wittenberg, staff psychiatrist, Infant Psychiatry Program at the Hospital for Sick Children. In the Baby Love program, parents learn to identify when the baby feels secure or insecure, how the baby communicates this, and how to reduce the baby's stress and help him/her feel secure. Luckily, when Nicole enquired about Baby Love, she had been



"Volunteering at Massey Centre fills me up! I know I'm being a real help to the moms who need support & as a mom myself, I know how important it can be to have a bit of parental relief. I'm happy to be a good neighbour and contribute to my community & lucky that I can do that at Massey Centre."

-Susan

speaking to Carmen, Massey Centre's Manager, Maternal Infant Mental Health. Recognizing that Nicole needed support, Carmen offered Nicole and Claire 1:1 Baby Love sessions. They met weekly and Nicole learned all about secure attachment and the benefits Claire will have later in life because she is securely attached.

Nicole says that the program was "hugely helpful". She commented that "Carmen taught me a meditation tactic during our first session that I still use today on my toughest days. It allows me to calm down when I'm at my breaking point so that Claire doesn't feel my anger and frustration."

Now that they've completed the Baby Love program, Nicole and Claire meet with Carmen bimonthly and also attend different drop-in groups at Massey Centre's EarlyON program. This gives them both time to socialize and get out of the house, something that is really important to Nicole as a stay at home parent.

Nicole has referred three other parents to the Baby Love program. Nicole and Claire aren't the only ones who have benefitted from our Baby Love program. In fact, 100% of participants in our Baby Love program this year said they were satisfied with the program.

Other parent quotes about Baby Love

"Thank you so much for this, I'm sure I'll have a better long-term relationship with my baby, thanks to Baby Love program."

"It was fun to see how my son grew throughout the program and I will definitely use what I learnt to share with my brother and sister who are new parents and may not get the opportunity to take the program that I did."



New Expertise Shared

Carmen Chiviou, Manager, Maternal Infant Mental Health and Abeer Ziadeh, Manager, Community Programs presented this year at the Community Health Advancement Conference! They showcased how the Centre introduced the evidence-based screening tool, Ages and Stages Questionnaire (ASQ), across the organization. Massey Centre has integrated this innovative screening tool throughout all of our programs at a time when action can have its greatest impact: a child's first years of life. We use a holistic and innovative approach that focuses on tracking a child's development as early as 1 month old while including their families and caregivers in the process.

ASQ provides reliable, accurate developmental and social-emotional screening for children between birth and age six. Drawing on parents' expert knowledge, ASQ has been specifically designed

to pinpoint developmental progress and catch delays in young children—paving the way for meaningful next steps in learning, intervention, or monitoring. Decades of research has proven ASQ's efficacy. This leading-edge program is part of Massey Centre's leadership role in providing infant and children's mental health.

Massey Centre is committed to knowledge sharing with others in the sector and in empowering other agencies to use evidence-based mental health tools for children. We hosted monthly infant mental health trainings with other agencies, and help other agencies in the Toronto Danforth region to implement ASQ. We also trained five other agencies in Baby Love, an evidence-based preventive intervention to foster secure attachment relationships.



New Careers Started

Five years ago, Justice couldn't have imagined that she'd have a productive career ahead of her and a stable life for her young son. In fact, she was just focused on surviving. She survived the substance use and neglect of her mother, children's aid involvement, the father of her baby being incarcerated, and eventually her own addiction and mental health issues. As a high school dropout and pregnant at sixteen, Justice had more than her fair share of struggles to survive.

But Justice did much more than survive. She attended Massey Centre's Secondary School Treatment program and graduated in 2016. With the help of Massey Centre, she received a scholarship and enrolled in postsecondary education. Today, she is thriving as a 3rd year college student in the Child and Youth Worker program at George Brown College. 2017 was an important year for Justice as she got her first paid job in her chosen field as a summer residential counsellor at Massey Centre. Justice has begun a great career and is facing an excellent life trajectory for her and her son. Justice credits the teachers and staff in Massey Centre's School Section 23 School Treatment Program with motivating her to graduate high school and pursue higher learning.

Massey Centre's Section 23 School Treatment Program is designed for pregnant and parenting adolescents who are twenty years or

younger at the time of registration and who are struggling in mainstream schools and experiencing stress, stigma or other mental health issues, family or substance use issues.

Massey Centre's two classrooms provide an alternative learning opportunity under the authority of Section 23 of the Education Act that helps the girls stay in school and earn their high school credits. We use a blended treatment model in the classrooms that combine treatment with education.

Students learn in a smaller, more focused setting capped at 10 students with one teacher and one community worker per classroom. Students attend up to three academic classes per day, participate in life skills groups, receive social and emotional support, and meet with a community worker to build strengths that help them be successful in the community. This program prepares the students to either enter mainstream schools or postsecondary education or training or employment. Students in the program can bring their babies to the program if needed and receive free breakfast and lunch.

This year, our school program saw a lot of success as one young student earned 6 credits (a Massey Centre record!) and one mom graduated high school while balancing caring for a young baby.

FINANCIALS

REVENUES

\$4,296,864

Government Funding	76%	\$3,265,968
Fundraising	9%	\$403,045
Special Project Donations/Grants	2%	\$70,535
Rental & Other Income	7%	\$284,943
Amortization of Deferred Capital Contributions	6%	\$272,373

EXPENSES

\$4,204,199

Programs	93%	\$3,935,969
Special Projects	2%	\$70,747
Management and Administration	5%	\$197,483



Thank you funders and donors

A huge thank you to Compugen!

Your leadership support of Massey Centre has empowered us to build our IT capacity and strengthen our critical programs.

Thank you, Ramp Communications, for designing all of our materials this year.

Your continued support and dedication to Massey Centre is truly inspiring!

\$50,000+

Compugen Finance Inc
The Fyfe Foundation

\$20,000–\$49,999

Anonymous
Greater Toronto Apartment Association
TD Bank Group

\$10,000–\$19,999

CIBC Children's Foundation
Estate of Dorothy Dilworth
Robert Kerr Foundation
The Caring Foundation
Tippet Foundation

\$5,000–\$9,999

Anonymous (2)
Audrey S. Hellyer Charitable Foundation
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J. P. Bickell Foundation
MacBain Family
Ontario Realtors Care Foundation
Pamela Hodgson
Patti Bunston-Gunn & Stephen Gunn
Stephan & Jeannie von Buttlar
Susan and Gregory Guichon
The Kensington Foundation
Toronto Southeast Presbytery

\$1,000–\$4,999

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Rotary Club of East York
Shoppers Drug Mart LIFE Foundation
Sibel Turkmen
Steve and Sally Stavro Family Foundation
The Dawson Family Sharing Foundation
The McLean Foundation
Timothy Eaton Memorial Church
Toronto East Rotary Club
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\$500–\$999

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CHUM Charitable Foundation
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Robert Wright
Silke Dorego
T. H. Yu Medicine Professional Corporation
The Big Carrot Natural Food Market
Wendy Anne Atkinson

GOVERNMENT OF CANADA

Canada Revenue Agency,
Children's Special Allowances
Human Resources & Skills Development
Canada Summer Jobs

PROVINCE OF ONTARIO

Ministry of Children and Youth Services
Ministry of Community and Social Services
Ministry of Education

CITY OF TORONTO

Community Homelessness Prevention
Initiative/Homeless Initiative Fund
Community Service Partnerships Program
Investing in Neighbourhoods
Toronto Children's Services

UNITED CHURCH CONGREGATIONS AND UNITED CHURCH WOMEN'S GROUPS

Asbury & West United Church
Asbury & West United Church Women
Bloordale United Church Women
Bolton United Church Women
Camlachie United Church Women
Central United Church Women (Sault Ste. Marie)
Cummer Avenue United Church Women
Dalrymple United Church Women (Sebright)
Deer Park United Church
Dunbarton-Fairport United Church Women
Eglinton St. George's United Church
Emmanuel United Church Women (Bramalea)
Epsom-Utica United Church Women
Fairlawn Heights United Church Women
Forest Grove United Church Women
Georgian Shores United Church Women
Glen Rhodes United Church Women
Goodwood United Church Women
Hope United Church Women
Humber Valley United Church Women
Humbervale United Church Women
Keswick United Church Women
Kincardine United Church Women
King City United Church Women
Kingsway-Lambton United Church Women
Knob Hill United Church Women
Knox United Church
Knox United Church Women
Lansing United Church Ladies
Leaside United Church
Lemonville United Church Women
Living Waters Presbyterian United Church Women
Manor Road United Church Women
Monticello United Church Women
Mount Albert United Church Women
Palgrave United Church Women

Parkwoods United Church
Parkwoods United Church Women
Ravenshoe United Church Women
Richmond Hill United Church Women
Sandford United Church Women
Scarborough Bluffs United Church Women
Schomberg United Church Women
Seguin Pioneer United Church Women
Shining Water Presbyterian United Church Women
South West Presbyterian United Church Women
St. Andrews United Church Women (Markham)
St. Andrew's United Church Women (Ripley)
St. James Centennial United Church Women
St. James United Church Women (Innisfil)
St. Johns United Church Couples Club
St. Matthews United Church Women (Richmond Hill)
St. Paul's United Church Women (Brampton)
St. Paul's United Church Women (Midland)
Stouffville United Church Women
The Donway Covenant United Church Ladies Fellowship Group
The United Church of Canada
The United Church of Canada, Toronto Conference
Thornccliffe Park United Church
Toronto Southeast Presbytery
Toronto United Church Council
Tottenham United Church Women
Trinity United Church Women (Cobourg)
Trinity United Church Women (Collingwood)
Trinity United Church Women (Grand Valley)
Trinity United Church Women (Hastings)
Trinity United Church Women (Ingleside)
Trinity United Church Women (Iroquois Falls)
Trinity United Church Women (Newmarket)
Trinity United Church Women (Uxbridge)
United Church Women of Northlea
Wesley (Eady) United Church Women
Wesley United Church Women (Newmarket)
Willowdale United Church Women
Winchester United Church Women
Woodbridge United Church
Zion United Church Women (Sundridge)



We'd Love Your Support

Volunteer

Give the gift of time. Our moms and babies benefit from the participation of volunteers across our programs. Each year, Massey Centre volunteers contribute more than 3,000 hours to support our programs alongside our staff.

Make a Donation

By making a donation today, you can bring real help and hope to thousands moms, babies, and caregivers served by Massey Centre. Every dollar counts!

Donate Items for our Young Moms and Babies

The young moms and babies in our programs rely on your in-kind donations. Diapers, baby clothes, personal care items, and grocery store gift cards are always needed.

Host an Event in Support of Massey Centre

Commit to being a leader in your community by organizing a fundraising event for Massey Centre! Organizing an event is a lot of fun! Your fundraiser can be as modest or ambitious as you choose. Dinner parties, toonie drives, raffles, and bake sales are all great ideas to start with.

Leave Massey Centre a gift in your Will

Create a legacy while maximizing tax and other financial benefits. Give a pre-determined or residual amount of your estate to ensure that support services needed by young moms and babies are available in the future.



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