

Serving Children,  
Supporting Families,  
Strengthening Communities

## RAISE A CHILD'S SMILE

FALL - WINTER 2010

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# Raise A Child's Smile 2010: Passport to Happiness a resounding success

Annual gala fundraiser supports vital programs for children and families



ABOVE LEFT: Thanks a million: CIBC's John Hountalas accepts honour from longtime emcee Ken Shaw of CTV Toronto News  
ABOVE RIGHT: Aerialists Cirque Fusion captivated guests  
Photos by www.flowphoto.ca



**Thank you! With your support, our 13th annual gala raised more than \$240,000 to support children's mental health.**

*Read on for more details.*

Aerialists spun overhead as more than 300 guests indulged in delectable international cuisine, took part in spectacular prize draws, and bid on more than 100 unique silent and live auction items at Raise A Child's Smile 2010: Passport to Happiness. The event took place on May 6th, in conjunction with Children's Mental Health Week, at the Liberty Grand in downtown Toronto. When the evening wrapped up, \$240,000 was raised to support vital programs for children and families.

The event was also an opportunity to say "thanks a million" to longtime supporter CIBC for a commitment of more than \$1 million in support. For an incredible 35 years, CIBC has made a difference in the lives of children and families by acting as gold event sponsor of Raise A Child's Smile, funding key projects like The ABC's of Mental Health, and ensuring excellence in governance through representation on The Hincks-Dellcrest Centre's Board of Directors.

John Hountalas, Executive Vice-President of CIBC Retail Markets, accepted the honour on behalf of CIBC. "We are very proud of our long-standing relationship with Hincks-Dellcrest, including our representation on the Board of Directors and the funding we have provided that supports critical care

for the mental health needs of our most vulnerable members of the community," he said.

Calvin Younger, Board Chair of The Hincks-Dellcrest Centre and CIBC's Senior Vice-President of Commercial Banking, noted the importance of funding from donors.

"We couldn't meet the needs of the kids without private funding," he emphasized. "CIBC's consistent support over more than three decades is so important for what we do at Hincks-Dellcrest."

Guests were also moved by the experiences of a former Hincks-Dellcrest Centre client who shared the story of her brother's life with mental illness from early childhood, as well as her own struggle with depression.

Funds raised through Raise A Child's Smile help support a variety of crucial children's mental health initiatives, including prevention, early intervention, treatment, training, and research programs.

Our sincere thanks to all guests, sponsors\*, donors, and volunteers who were a part of this event. We look forward to seeing you next year. Plan to join us at Raise A Child's Smile 2011!

\* Please turn to page two for a list of sponsors that helped make Raise A Child's Smile a great success



## A MESSAGE FROM OUR BOARD CHAIR CALVIN YOUNGER

In the twelve years since the founding of The Hincks-Dellcrest Centre, we have witnessed both challenges and triumphs. The children's mental health sector has continued to change and expand, even in times of decreasing government support. We face the fact that one in five children suffers from a mental health problem, and that of those children, only one in five gets the help he or she needs. But we have also seen children emerge from treatment with an improved quality of life, distressed families returning to a state of harmony, and communities strengthened by their willingness to support children's mental health needs.

This is a time of great opportunity for those committed to the mental health sector. At all levels, governments are increasingly aware of the need to ensure that children and families get the services they require. We are heartened by the recent report of the Select Committee on Mental Health and Addictions, which includes twenty-three recommendations for improving mental health treatment and care.

In the coming months, we will be taking steps not only to transform The Hincks-Dellcrest Centre, but to take a leadership role as a catalyst in transforming Ontario's children's mental health sector into one that provides services to children and families whenever and wherever they are needed.

We look to the future with excitement and anticipation, poised as never before to make a difference in the lives of the children and families that we serve. We will face many new opportunities in the coming year and beyond. As we celebrate the possibilities of the children who are helped through Ontario's children's mental health sector, we invite each one of you to help us realize them. ■

## Raise A Child's Smile 2010

*continued from page one ...*

Our heartfelt thanks to the following sponsors, whose generosity helped make Raise A Child's Smile 2010 a great success!

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Raise A Child's Smile 2010 Organizing Committee. *Left to right, standing:* Barbara Wolfe, Cynthia Carsley, Gwen Sheridan, Gerda Sumner, Annabel Bassin, Agnes Kazakos, Caroline Horcher. *Seated:* Calvin Younger (Board Chair), Louise O'Brien (Organizing Committee Chair), Lola Caplan. *Missing:* Mimi Grba, Roni Srdic

*Photo by [www.flowphoto.ca](http://www.flowphoto.ca)*

*For more photos, please visit*

*<http://www.hincksdellcrest.org/foundation-events>*

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# UNIQUE FELLOWSHIP PROGRAM prepares the next generation of mental health professionals ...

while providing immediate help to more children and families

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Former Social Work Fellow  
Adina Herbert

The fellowship program at The Hincks-Dellcrest Centre is a unique and valuable training opportunity rarely found elsewhere in Canada. By fostering work between fellows who have trained in psychiatry, psychology, or social work, the program provides trainees with a broad range of experience to become expert community practitioners and future leaders. Fellowships also offer an immediate benefit to children and families by allowing The Hincks-Dellcrest Centre to provide more clinicians and therefore offer help sooner.

Adina Herbert recently completed a fellowship in social work at The Hincks-Dellcrest Centre. Below she shares her thoughts on this unique avenue for further training.

*Completing the social work fellowship at The Hincks-Dellcrest Centre has been an experience like no other. This fellowship has given me an advanced set of clinical tools that would take a long time to acquire elsewhere. The exposure to true experts in children's mental health, in a supportive teaching environment, propels you forward in the field and provides a unique advantage clinically and professionally.*

*The Hincks-Dellcrest Centre holds a special position as the only centre to provide such a fellowship opportunity. If the centre can build on this program and provide this opportunity to more clinicians,*

*it has the potential to sustain itself as a true leader in children's mental health.*

Unfortunately, more than a decade of funding restraints and cutbacks has reduced the size and scope of the fellowship program. The result is a diminishment of the program's unique multi-disciplinary benefits and a reduction in the number of clinicians available to help children and families. Several fellowship spots have been lost due to lack of funding.

You can make a difference to the next generation of mental health professionals and help children and families today. Funding is needed to ensure the continued existence of this program, to promote clinical excellence in the field of children's mental health, and to ensure that children and families on waiting lists today will get help as quickly as possible. ■

To support the fellowship program, or for more information, please contact Annabel Bassin at (416) 924-1164, ext. 3343 or [abassin@hincksdellcrest.org](mailto:abassin@hincksdellcrest.org).

## WHAT IS A "FELLOW"?

Fellows are trainees who have already completed the qualifications necessary to pursue a career as psychiatrists, psychologists, or social workers. Fellows may have recently completed their professional qualifications, or they may have worked in the field for many years. Since 1989, more than 100 fellows have completed training at The Hincks-Dellcrest Centre.



The 13th annual Family Fair welcomed more than 400 children, parents, and community members to The Hincks-Dellcrest Centre's Sheppard Avenue site. Pictured here is the Children's Caravan, a "travelling program" which loans books, toys, and other resources while providing emotional support to parents.

Photo by Fraser Douglas, SNAP North York

# CHILDREN'S CHAMPIONS

## RECOGNIZING DONORS

The Hincks-Dellcrest Centre thanks the following individuals and organizations who have made contributions of \$100 or more between September 1, 2009 and August 31, 2010. Funds raised will help support critical programs in children's mental health, including prevention, early intervention, and treatment for children and families; groundbreaking research to examine causes and treatments of mental health problems; and training and education to prepare the next generation of mental health professionals.

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## SPECIAL EVENTS:

### Raising Funds and Awareness about Children's Mental Health

#### Young Professionals "Take A Stand" for Children's Mental Health



LEFT: Event Organizing Committee (left to right): David Bassin, Jenn McGoey, Jessica Palter, Annabel Bassin (Organizing Committee Chair), Elizabeth Gillin, Claire Gillin, Caroline Horcher, Andrew Gillin, Agnes Kazakos, Roni Srdic, Mimi Grba  
BELOW LEFT: Interim Hincks-Dellcrest CEO Donna Duncan presents a thrilled Alli Buchanan with the grand raffle prize of airfare for two anywhere in North America  
BELOW RIGHT: Guests arrived at the event via the ramp in the Amsterdam's working brewery

For more photos, please visit <http://www.hincksdellcrest.org/foundation-events>



**More than \$17,000 was raised** at One Night Stand: Take a Stand for Children's Mental Health, a brand new event targeted at young professionals.

On June 18th, the place to be was the unique location of the Amsterdam Brewery in downtown Toronto. Guests indulged in cocktails and gourmet hors d'oeuvres, partied to the live music of The Big Deal and deejay Emmanuel Samoglou, and took part in silent auction and draw prizes.

Special thanks to sponsor Capital IQ, as well as the event's organizing committee, attendees, donors, and supporters, for proving that one night can make a lifetime of difference for children with mental health problems!

#### JOIN OUR ORGANIZING COMMITTEE

If you are a young professional who would like to get further involved in The Hincks-Dellcrest Centre's newest event, why not join our organizing committee? For more details, contact Annabel Bassin at (416) 924-1164, ext. 3343 or [abassin@hincksdellcrest.org](mailto:abassin@hincksdellcrest.org).

#### Teeing off to Help Children's Charities at the CIBC Charity Golf Classic



For what matters.

More than 200 golfers hit the links at the CIBC Charity Golf Classic raising approximately \$20,000 for The Hincks-Dellcrest Centre. We thank CIBC for its generosity in choosing to support The Hincks-Dellcrest Centre for a third year.

Held at Angus Glen Golf Club in Markham, the event was co-chaired by CIBC Commercial Banking staff members Andrea Louie and John Scholefield, who were assisted by a team of 10 volunteers. The tournament also supported two other children's charities.

Now in its 18th year, the CIBC Charity Golf Classic has raised an incredible \$1.2 million for local children's charities since its inception!



The Hincks-Dellcrest Foundation was thrilled to receive the support of the 2010 CIBC Charity Golf Classic. Pictured are Ryan Ricci and Matthew Russell (CIBC volunteers), Calvin Younger (CIBC's Senior Vice-President of Commercial Banking and Board Chair of The Hincks-Dellcrest Centre), Annabel Bassin and Caroline Horcher (The Hincks-Dellcrest Centre), and Andrea Louie and John Scholefield (CIBC Commercial Banking staff and tournament organizers).



# A TRADITION OF EXCELLENCE: Achievements, Events, Publications, and Project Updates from The Hincks-Dellcrest Centre

## **Dr. Marshall Korenblum selected for Australia exchange focused on youth depression and suicide**

Dr. Marshall Korenblum, The Hincks-Dellcrest Centre's Psychiatrist-in-Chief, has been chosen by the Rotary Club's Group Study Exchange / Vocational Training Program for a one-month trip to Sydney, Australia in October 2010.

Dr. Korenblum, with more than 30 years of experience as a child and adolescent psychiatrist, is part of a five-member team of Ontarians who work with children and youth. Canadian delegates will meet with their Australian counterparts to exchange ideas and best practices about the assessment and treatment of depression and suicide in young people. While Dr. Korenblum is in Sydney, an Australian team will visit Toronto to learn more about the work done by The Hincks-Dellcrest Centre.

Australia has made great strides in suicide prevention with "beyondblue", a national program to raise community awareness about depression and reduce stigma.

Through the direct sharing of expertise and insight, this unique Rotary Club exchange has the potential to benefit Canadian families touched by depression and suicide.

## **Sharing expertise to help adopted children and families across the world**

Dr. Nancy Cohen, The Hincks-Dellcrest Centre's Director of Research, has had a longstanding interest in adoption. She applies programs, some of which have been developed at The Hincks-Dellcrest Centre, that help adopted children and families as they forge new relationships, as well as support the professionals who work with them. Nancy regularly shares her experience and expertise both within Canada and internationally.

Nancy recently completed her third trip to Slovakia to present workshops about foster parenting, which is new in Slovakia, and post-adoption adjustment. On this trip, Nancy also travelled to the Czech Republic for the first time, where she shared ideas to encourage the positive social-emotional development of the many infants and children living in orphanages. It is heartening to know that the work done at the Centre not only benefits Canadian children and families but also the lives of children and families elsewhere in the world.

## **Dr. Art Caspary recognized for teaching excellence**

Dr. Art Caspary, Head of Psychology at The Hincks-Dellcrest Centre and a faculty member of the Departments of Psychology and Psychiatry at the University of Toronto, recently received the Harvey Brooker Award for Excellence in Clinical Teaching. Presented by the Ontario Psychological Association, the award recognizes not only skills and knowledge as a clinician and teacher, but commitment to training, emphasis on clinical supervision, and enthusiasm in providing mentorship guidance to students.

**Dr. Irene Bevc** (Program Director, Program Evaluation Services), with David Day, Dr. Thierry Duschene, Jeffrey Rosenthal, Ye Sun, and Ashley Ward, published "A long-term follow-up of the criminal activity of two subsamples of offenders" in the Canadian Journal of Criminology and Criminal Justice (in press).

**Dr. Nancy Cohen** (Director of Research), **Alfredo Tinajero** (Research Associate), and **Fataneh Farnia** (Research Fellow) have received a grant from the Ministry of Child and Youth Services to study the outcome of participation in Learning Through Play by mothers living in multicultural Toronto communities. Learning Through Play, a parent education program promoting the healthy growth and development of young children, is in use across Canada and internationally.

**Dr. Nancy Cohen**, **Sally Doulis** (Psychoanalytic Child Therapist), **Dr. Diane Philipp** (Child and Adolescent Psychiatrist), **Elizabeth Tuters** (Child, Adolescent & Adult Psychoanalyst, Infant and Preschool Team Leader), and **Dr. Susan Yabsley** (Psychology Training Leader and Head of Infancy Training) presented workshops at the World Association for Infant Mental Health (WAIMH) 12th World Congress in Leipzig, Germany (July 2010).

**Dr. Carole Sinclair** (Director of Treatment Services) presented two papers, "The history of the concept of social justice in professional ethics" and "Using the Universal Declaration of Ethical Principles for Psychologists in ethical decision making," at the 27th International Congress of Applied Psychology (Melbourne, Australia, July 2010).

**Alfredo Tinajero**, with Clyde Hertzman, Arjumand Siddiqui, Emily Hertzman, Lori Irwin, Tanja Houweling, Ruth Bell, and Michael Marmot, published "Bucking the inequality gradient through early childhood development" in the British Medical Journal (February 2010).

**Alfredo Tinajero** presented a paper, "The EDI as a macro-population measure of early human development in Latin America and the Caribbean", at the Equity From the Start: 10 Years of the EDI and Beyond International Conference in Hamilton, Ontario (June 2010).

**Elizabeth Tuters** and Yvon Gauthier (Past President of WAIMH) co-edited a special edition of the Infant Mental Health Journal, "The Practice of Clinical Infant Mental Health" (in press).

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## HINCKS-DELLCREST & AEROPLAN CHARITY POOLING PROGRAM

The Hincks-Dellcrest Centre is proud to announce its participation in Aeroplan's Charitable Pooling program.

From November 1 to November 30, 2010, Aeroplan will facilitate the free transfer of Aeroplan Miles from any current Aeroplan member's account to the Hincks-Dellcrest Centre.

Donated miles will be used to further the work of Hincks-Dellcrest, in the development of innovative strategies and programs in prevention, early intervention, treatment, training and research in the field of children's mental health.

Whether you donate 2,000 miles, 20,000 or 200,000 miles, they are all pooled into a single account. No amount is too little!

To donate Aeroplan Miles to The Hincks-Dellcrest Centre, simply:

- Go to [www.hincksdellcrest.org](http://www.hincksdellcrest.org) and download the donation form
- Print, Sign, and mail/fax the form to the address/fax number provided at the bottom of the form  
(Please do not email the form, as we need your signature!)

If you have any questions, please call Annabel Bassin at 416-924-1164, ext.3343.or [abassin@hincksdellcrest.org](mailto:abassin@hincksdellcrest.org).

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