

*Because every child
deserves to be safe*

ANNUAL
REPORT 2018

Vision

A world where children are protected, valued, and can thrive.

Mission

We work to prevent child abuse and violence through awareness and education. Under one roof, we collaborate with police, child protection, medical, and mental health agencies to provide an individualized and child-friendly response for every child who has experienced abuse.

Core Values

Commitment

We are fierce about protecting children.

Collaboration

We work better as a team.

Child-Centered

We work with children, youth and families through a trauma-informed lens.

Respect

We acknowledge and challenge systemic oppression and value the differences each individual brings.

Quality

We provide high quality service and are committed to continued improvement.



Message from the Co-Chairs

The idea of harming a child is jarring to think about. There is an inevitable urge to look away, a refusal to comprehend. Yet for some children and youth this reality is inescapable. While for most this idea is completely foreign, the dedicated staff at Boost CYAC is always thinking about these vulnerable children; how to prevent abuse from happening and how to help heal the trauma when it does. For over 37 years, Boost CYAC has helped children and youth in Toronto navigate a difficult path to recovery. Their mandate is compassion, their actions invaluable.

Last year in Toronto these tales of trauma and abuse hit close to home when several youth at a large private school experienced violent situations. As on so many occasions, Boost CYAC was there

to help. Our experts are available to provide informed guidance to parents and caregivers and our therapists are available to help repair the harm that has been caused.

It is often said that it takes a community to keep children safe. That is why Boost CYAC houses all of the services necessary to do so. With our co-located partners, Toronto Police Service, Children's Aid Society of Toronto, Catholic Children's Aid Society of Toronto, Radius Child & Youth Services and the Hospital for Sick Children, Boost CYAC offers the gold standard in care and protection to all of the children in Toronto. With their dedicated commitment, together we can help keep children safe and improve their lives in meaningful ways.

Thank you sincerely for your ongoing support.

Trent Mell
Co-Chair,
Board of Directors

The Honourable
Peter MacKay
Co-Chair,
Board of Directors



Message from the President & CEO

Abuse is secretive. It is isolating. It is terrifying. Every day at Boost Child & Youth Advocacy Centre (Boost CYAC) we meet brave children and youth who are survivors of abuse. Their stories are heart-breaking and the cases are complicated. For over 37 years we have witnessed the long-term impact that abuse, neglect and/or witnessing violence can have on a child's life.

The World Health Organization asks us to consider how we would react to a news headline that reports there is a new disease that affects more than one billion children worldwide each year. And that this "disease" results in chronic mental and physical health problems that can last a lifetime. The truth is that this disease does exist. It is violence against children.* We know that over 80,000 cases of child abuse occur in Ontario each year and that 60% of children who are abused will face some

negative physical and mental health outcomes as adults.** These numbers tell us that without early intervention and supports to reduce emotional, financial and physical hardship on children who are abused, they and their families will continue to suffer. Violence against children affects all of us.

Six years ago, we fundamentally changed the way children living in Toronto are treated when they disclose abuse, by creating a collaborative, integrated model of care, under one roof. This past year, we moved into a larger space, which allowed for increased police, child protection, medical, and mental health resources, all under one roof. This move was driven by our commitment to make sure that every child in Toronto that needed help would receive the care and support required. We are on the front line working to reduce child abuse in strategic and effective ways. We are committed to learning from our Indigenous

partners how we can provide appropriate and more responsive services to these communities.

It takes the fierce and passionate commitment of many people to provide this essential care to the children and families who come to us seeking help. Boost CYAC cannot do this alone and we deeply value the dedication and support of our partner agencies, donors, sponsors and volunteers.

Sincerely,
Karyn Kennedy, President & CEO

*INSPIRE Seven Strategies for Ending Violence Against Children – World Health Organization 2016
**Reducing Trauma, Improving Lives: The Social Values of Boost Child & Youth Advocacy Centre, 2017



2018-2020 Strategic Direction

In February 2018, Boost CYAC underwent a facilitated strategic planning exercise with the Board of Directors, management and front line staff. Below are our strategic goals and key priorities for 2018-2020:



Goal

To be a recognized leader and innovator in child and youth advocacy services

Key Priorities

Provide the gold standard in child abuse prevention, multidisciplinary services and support programs.

Establish Boost CYAC as a national learning and training centre for Child and Youth Advocacy services.

Develop and implement research and evaluation plan to meet program priorities.

Design and implement an equity strategy to meaningfully engage youth and families.



Goal

To provide all of our services city-wide

Key Priorities

Develop and implement a business and partnership plan for robust and sustainable city-wide service delivery.

Establish a single-site facility with capacity to provide services across the City of Toronto.

Implement a funding strategy that supports sustainable city-wide services.



Goal

To be highly visible and trusted in child abuse prevention and intervention

Key Priorities

Implement a communications strategy to promote Boost CYAC visibility and increase public awareness of child abuse.

Increase engagement with all levels of government to strengthen their commitment to support Boost CYAC.

Expand outreach to increase knowledge of Boost CYAC within Toronto and across our provincial and national networks.

Grand Opening of Our Expanded Centre at Mount Pleasant & Eglinton

On October 2nd, we hosted the grand opening of our new centre. While we have been operating in Toronto since 1981, it was only in October 2013 that this child-centered, co-located model was launched. Given staffing and space restrictions, when the centre opened, it could only offer this best-practice multidisciplinary approach to children living in the central core of the city. Nearly twice the size of the original centre, our new family-friendly facility is set to accommodate enough staff to provide the CYAC model to children, youth and families across the entire city of Toronto.



Ribbon cutting at the official opening. L-R: The Hon. Peter MacKay (Board Co-Chair), Karyn Kennedy (President & CEO), Daniela DeGasperis (Board Co-Vice Chair), Trent Mell (Board Co-Chair)

The Social Value of Boost Child & Youth Advocacy Centre



In 2017, Boost CYAC and its partner agencies worked with Deloitte to study the impact and benefits of the CYAC model.

Released in 2018, the report, *Reducing Trauma, Improving Lives: The Social Value of Boost Child & Youth Advocacy Centre* found that Boost CYAC

has a significant positive return on investment to society. For every \$1 spent on the CYAC, there is a value to society of up to nearly \$3.

The report also revealed that compared to the traditional model of serving children and their families, the Boost CYAC model led to: further improvements in reducing the emotional, financial, and physical hardship on children who have been abused, and their families; increased access to services, and potentially better-quality services due to integration; and increased capacity of its partner agencies (higher efficiency and effectiveness).

The full report can be found at boostforkids.org/about-us/annual-report/

National Child & Youth Advocacy Centre Meeting



Karyn Kennedy, President & CEO
MP Marco Mendicino

On March 27th and 28th, we hosted the second annual National Child & Youth Advocacy Centre Meeting. Held in Ottawa, the meeting brought together representatives from CYACs across the country to formally launch the *Canadian Best Practice Guidelines* and to share best practice models, including research. Additionally, the meeting showcased four centres from across the country, highlighting the unique features of how they effectively provide service in their communities. Marco Mendicino, Member of Parliament for Eglinton-Lawrence and Parliamentary Secretary to the Minister of Justice and Attorney General of Canada, provided opening remarks.

Fundraising Events

Toronto Polar Bear Dip

After postponing the traditional News Years Day Toronto Polar Bear Dip due to unsafe ice conditions, the Toronto Polar Bear Club enthusiastically accepted an invitation from the Toronto Boat Show to “do the dip” in the world’s largest indoor lake.

On January 14th, 150 polar bear dippers took the plunge into a million gallons of bone-chilling water. The un-conventional dip marked the first time that the Toronto Polar Bear Dip did not take place in Lake Ontario making it a rare and exceptional occasion for all.

The indoor dip raised a cool \$30,000 to support the centre!



The Butterfly Ball®

On May 24th, we hosted the 21st Annual Butterfly Ball. Our major annual fundraising event, the gala raised a stunning \$720,000 to support our critical work helping children and youth who have experienced abuse and violence. The sold out event welcomed over 400 guests and took place at the Four Seasons Hotel. Yannick and Shantelle Bisson were Honorary Chairs of the gala and hosted the exciting evening for us.



Shantelle & Yannick Bisson
Honorary Chairs

*The
Butterfly
Ball®*



Karyn Kennedy, Boost CYAC President & CEO
Mark Saunders, Toronto Police Chief
Daniela DeGasperi, Butterfly Ball 2018 Chair

62

Trauma Assessments

53

Individual Treatment

200

New Referrals

144

Service
Coordination

36

Sole Expression
Participants

17

Caregiver Support
Group Participants

Assessment Directed Therapy Program

The Assessment Directed Therapy Program believes that with support, children, youth and their families can build on strengths to recover from traumatic events. No two children are alike; that is why a comprehensive assessment can provide insight into how a child has been impacted, as well as the type of help that will be most beneficial.

Sole Expression is a trauma-informed therapeutic intervention for youth who have experienced abuse and/or exposure to violence, who are looking to better understand the impact of their experiences and build healthy coping strategies using Hip-hop dance and movement. The program is a collaboration with Ryerson University and UNITY and studies if, and how, a 10-week dance program reduces feelings related to trauma among youth who are waiting for services and have experienced abuse and/or been exposed to family violence.



Internet Child Exploitation Program

The Internet Child Exploitation Program provides short-term counselling referrals for child and youth victims of online exploitation, and their impacted family members, across Ontario. Following a referral to the program, families are matched with licensed and accredited trauma-informed therapists in their community.

"Your services are a wonderful help. We don't know how we would have coped if it wasn't for the ICE Program." Caregiver

220

Children and youth referred to the program
(up from 210 in 2017)

314

Clients approved for funding and who received counselling services
(up from 246 in 2017)

260

Impacted family members referred to the program
(up from 208 in 2017)



"Thanks again for today. It is great knowing that my son's experience at court will be a much better one because of the service Boost provides."

765

Contacts made with
parents/caregivers
(phone, emails,
face-to-face)

271

New Referrals
to the program

268

Individual court
preparations

72

Children/youth assisted
with Criminal Injuries
Compensation and Victim
Impact Statements

160

Children/youth attended
court proceedings
with staff

Child Victim Witness Support Program

The Child Victim Witness Support Program believes that every child and youth has the right to be thoroughly prepared for their role as a witness in court. By teaching children and youth their job as witnesses and educating them about the criminal justice system, we can lessen their anxiety about attending court. Court preparation sessions can take place at Boost CYAC or at the courthouse during the meeting with the Crown Attorney. Services are offered in Toronto and across the Central Region of Ontario, including Barrie, Peterborough, Midland, Orillia, Bradford, Collingwood, Lindsay, and Cobourg.

BARK Program

In April 2017, Boost CYAC incorporated two accredited facility dogs, Iggy and Jersey, into all levels of service delivery. These dogs are specially trained to support children and youth throughout the entire child abuse investigation and intervention, including the forensic interview, medical examination, counselling sessions, court preparation and attending court.

Facility dogs help to keep children and youth calm and centered throughout their testimony. They provide comfort and support during what can be a stressful and difficult experience.

Iggy and Jersey supported clients in:

- Investigative interviews
- Court preparation sessions
- Therapy sessions
- Testifying in court
- Meetings to complete Criminal Injuries Compensation applications and/or Victim Impact Statements



596

Occasions BARK
provided support

614

Clients supported





Child & Youth Advocacy Program

The Child & Youth Advocacy Program is a voluntary service offered to all families involved with Boost CYAC for a child abuse or human trafficking investigation. Child & Youth Advocates provide immediate and ongoing support, advocacy and referrals services to children, youth and their families.

During investigations, Advocates will greet the family and familiarize them with the centre; introduce the Investigative Team; remain available to family members to provide emotional support and to answer questions and/or address concerns; and provide information on next steps and services available to the family through the CYAC and the community.

156

Clients who received
CYAC counselling
services

583

Investigations

503

Children/youth and
caregivers who received
advocacy services

135

Medical evaluations

Prevention Education Program

Primary Prevention

The *PEP Talk* program is designed to introduce concepts to children such as: self-esteem; communication; making good choices; friendship; touch; and how and where to get help. This information assists children to develop and strengthen healthy relationships; and acquire skills that lessen their vulnerability to abuse and bullying.

Training & Workshops

Making A Difference is a comprehensive training designed to promote early identification and effective intervention with children who have been abused, or are at risk for abuse. Our *Keeping Kids Safe* workshop is a discussion of current trends in prevention, practical safety tips, and how to talk to children about personal safety. We also provide training on trauma and trauma-informed schools, Internet exploitation, family violence and human trafficking and can customize training sessions to meet the client's needs.

Ontario Trillium Foundation Grant

With funding from the Ontario Trillium Foundation, we partnered with Nishnawbe Aski Nation (NAN) to develop a facilitator's guide for the Family Well-Being Program in NAN Communities. This resource provides tools and strategies for creating safe group spaces to explore and build skills for healthy relationships. The two-year grant also allowed us to formally evaluate, in partnership with the Child Welfare Institute, our primary prevention program and create an online learning centre, making our prevention programs and resources publically available, free of charge.

1,450

School-aged children
received primary prevention
programs

213

Grade 7/8 students
received healthy
relationships program

1,091

Students benefited from
customized classroom
interventions

2,597

Professionals and
paraprofessionals
received training

*"This was an excellent training. The
trainers had great examples that
helped to solidify the information."*

Train-the-Trainer Participant

Our People

Board Members

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Co-Vice Chair

Sybil E. Veenman
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Director

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Staff

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Child & Youth Advocate

Courtney Alison
Child Witness Advocate

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Child & Family Therapist*

Nicole Arnold
Fundraiser

Linda Arwich
*Manager of Human
Resources & Administration*

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Child Witness Advocate

Nicole Biros-Bolton
*Manager, Child & Youth
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Maggie Blake
Child Witness Advocate

Anabela Carneiro
Trainer

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Sole Expression Coordinator*

Diana Chang
Curriculum Developer

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Child Witness Advocate

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Development Officer

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Carmela Diano
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Lynn Factor
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& Community Relations*

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*Manager, Child & Youth
Advocacy Program*

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Child & Family Therapist

Karyn Kennedy
President & CEO

Avallon Leopold
Child & Family Therapist

Ariel Littelljohn
Psychometrist

Madeleine Lusk
Child & Youth Advocate

Cathy McDonald
Clinical Intake Worker

Barb McIntyre
*Manager, Child Victim
Witness Support Program*

Carrie McLlwin
Child & Family Therapist

Julie Moore
Youth Advocate

Suzu Moreira
Trainer

Jennifer Moses
Prevention Educator

Sarah Paiero
Child Witness Advocate

Julia Perron
Child & Family Therapist

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Education*

Pear Rimer
*Director of Research & CYAC
Development*

Sierra Robins
Child & Youth Advocate

Elizabeth Rogers
ICE Program Coordinator

Lorraine Rotz
Accountant

Sathursha Sivakumaran
Child & Youth Advocate

Janet Sullivan
Child Witness Advocate

Atiquah Syed
Training Coordinator

Emily Synnott
Child & Youth Advocate

Sherry Thomas
Child Witness Advocate

Kaye Torrie
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Leanna Tuba
Trainer

Beth Weingarden
Child Witness Advocate

Ann Williams
Office Assistant

Kaitlin Winslow
Child & Family Therapist

Jenny Yuzon
Child Witness Advocate

Zeeniya Zuhair
Program Assistant

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*University of Toronto,
School of Social Work*

Sana Syed
*Ryerson University,
School of Social Work*

Gabriella Travaglini
*University of Toronto,
School of Social Work*

Volunteers

Shantelle Bisson
Yannick Bisson
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Cleophee Eaton
Lynn Factor
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Hoursa Yazdi

Donors & Funding

Government Funders

The Department of Justice Canada
The Public Health Agency of Canada

Ministry of Attorney General
(Ontario)
Ministry of Children, Community
and Social Services (Ontario)
Ontario Trillium Foundation

Community Safety Investment
Program (City of Toronto)
Community Support Partnership
Program (City of Toronto)



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Influencers – \$250,000+
The Rogers Foundation

Leaders – \$100,000+
Anonymous

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Protectors – \$50,000+
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Mantella Corporation

Believers – \$20,000+
Anonymous

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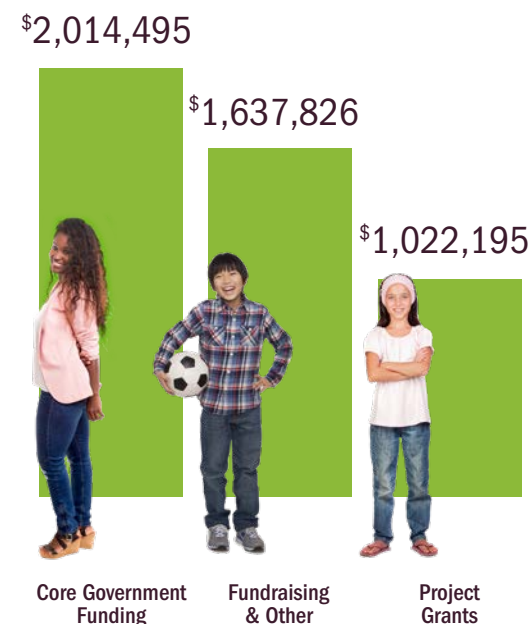
Every effort has been made to ensure the accuracy of this list. If an error has been made, please accept our sincerest apologies. If you would like more information about our donor listings, about how to make a gift to Boost CYAC or would like to update your name for the purpose of recognition, please contact Nancy Cottenden, Director of Development & Marketing at cottenden@boostforkids.org or 416-515-1100.

Finances

For the year ended December 31, 2018

REVENUE	2018	2017
Core government funding	\$ 2,014,495	\$ 1,821,162
Fundraising & other	1,637,826	1,414,000
Project grants	1,022,195	961,317
Total revenue	4,674,516	4,196,479
EXPENSES		
Program expenses		
Assessment Directed Therapy Program	1,031,697	933,108
Central Child Victim Witness Support Program	228,040	214,530
Toronto Child Victim Witness Support Program	409,338	405,712
Prevention and Public Education Program	657,662	575,773
Coordination and Protocol	107,049	85,786
Responding to Children at Risk Program	1,428,022	1,129,467
Internet Child Exploitation Program	295,214	248,286
	4,157,022	3,592,662
Administration and development	535,836	460,579
Total expenses	4,692,858	4,053,241
Excess (Deficiency) of Revenue Over Expenses for the Year	\$ (18,342)	\$ 143,238

Sources of Revenue



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