



Pathway to Hope

2013-2014 Annual Report

MISSION STATEMENT

MATC provides a range of mental health services to children and adolescents who experience psychiatric and/or emotional disorders.

MATC strives to be sensitive, responsive, and innovative in meeting the changing needs of children, adolescents, families and communities.

VISION STATEMENT

MATC assumes a leadership role in the delivery of a prompt accessible range of integrated mental health services.

MATC creates respectful partnerships with parents and communities to help children and adolescents achieve a maximum possible quality of life.

MATC provides a range of mental health services to children and adolescents who experience psychiatric and/or emotional disorders. A full continuum of programs and services, both community and hospital based, are available to children, adolescents and their families. Services range from brief interventions to intensive long-term treatment. Treatment is provided from a variety of perspectives and is delivered in partnership with parents and collateral agencies.

CEO MESSAGE

In September 1984, MATC opened its doors for the first time. At that time, MATC consisted of one hospital site, with a residential and day treatment component. Flash forward to 2014 and MATC is now an organization with 5 sites, the majority of which are community-based and provide mental health services using an interdisciplinary model that incorporates research based interventions and best practices. MATC will be celebrating its 30th anniversary by hosting a conference in early 2016 that will focus on working with First Nations and the concept of cultural competency.

MATC continues its partnership with a number of research centers. We continue our long standing relationship with the Manitoba Centre for Health Policy (MCHP) through the sharing of our rich database. We have had numerous requests to access the database through MCHP by a variety of researchers from Manitoba and other parts of Canada. One of the newest research partnerships that MATC has engaged in is with Queen's University, Kingston, Ontario. The Queen's research project is focusing on the area of autism. As well, MATC through the WRHA Mental Health Program has been involved in the development of a number of research proposals with the University of Manitoba, as well as a number of national and international consortiums.

MATC will be launching a new website early in 2015. MATC has been working with E-Health to develop a contemporary, informative and engaging website that will be helpful for youth, parents, other caregivers and service providers in terms of mental health literacy, access to mental health services and providing mental health information. The website will also be a great resource for linking to other reputable child and youth mental health websites.

This report would not be complete without recognizing Dr. Keith Hildahl, who stepped down from the MATC CEO position on May 7, 2014, for his 15 years of strong leadership, vision and good stewardship. Dr. Hildahl guided MATC through a sustained period of growth that has had a positive impact on mental health service delivery for children, youth and families throughout Winnipeg and Manitoba. In keeping with his value system, Dr. Hildahl will continue to be a part of MATC through his provision of psychiatric service at Youth Forensic Services, as well as supporting community based service providers from other service systems.

Marg Synyshyn
Chief Executive Officer

CHILD & ADOLESCENT MENTAL HEALTH SERVICE—CENTRALIZED INTAKE SERVICE
165 St. Mary's Road, Winnipeg, Manitoba, R2H 1J1
Phone: 204-958-9660 Fax: 204-958-9626 TTY: 204-958-9685

The Centralized Intake Service was developed to improve access to child and adolescent mental health resources. Intake and referral services have been linked to create a single point of entry.

The Centralized Intake Service is able to directly refer to services at MATC and the Health Sciences Centre. The service can also assist the process of redirection to other appropriate agencies and programs.

Population Served

Children and adolescents between the ages of 3 years up to 18 years who are experiencing emotional or behavioral concerns as well as symptoms of mental illness.

Parents, families, or caregivers of children seeking consultation and support services can make a referral to the Centralized Intake Service.

How to Access Services

Parents, caregivers, doctors and/or counselors can make a referral. Self-referrals are also accepted.

It should be noted that the Centralized Intake Service will always contact the legal guardian in those circumstances where the client is under the age of 16 years.

Referrals are accepted by telephone 204-958-9660 or by fax at 204-958-9626.

Providing a single point of access

YOUTH ADDICTIONS CENTRALIZED INTAKE SERVICE

165 St. Mary's Road, Winnipeg, Manitoba, R2H 1J1

Phone: 204-958-9660 Fax: 204-958-9626 TTY: 204-958-9685

Youth Addictions Centralized Intake Service is a Provincial service that offers information and support to parents regarding the Youth Drug Stabilization (Support for Parents) Act. It serves to provide information to youth, their families and allied professionals regarding addiction services for youth in Manitoba.

How to Access Services

The service is designed to assist Manitobans in navigating the continuum of youth addiction services and identifying an appropriate program by calling 1-877-710-3999 to connect with an addictions counselor who can help individuals find a suitable program in the community.

ATTENTION DEFICIT HYPERACTIVITY DISORDER SERVICE (ADHD)

167 St. Mary's Road, Winnipeg, Manitoba, R2J 1J1

Phone: 204-958-6270 Fax: 204-958-6287

The Attention Deficit Hyperactivity Disorder Service (ADHD) has a provincial mandate to provide assessment, treatment and consultative services to children and youth who have Attention Deficit Hyperactivity Disorder and their families/guardians. The service is comprised of a multidisciplinary team that works collaboratively with families and other systems.

Telehealth consultation services are provided to those that are living outside of Winnipeg. The ADHD Service staff work in partnership with Community Child and Adolescent Mental Health regional offices in those areas.

Population Served

The ADHD Service sees children and adolescents between the ages 5 to 17 years. This population also may have additional and complex mental health disorders.

Referral Process

Referrals are accepted from parents/guardians, however, referrals seeking a diagnostic assessment and/or medication review must have a physician referral. Referrals are directed to the Child and Adolescent Mental Health Centralized Intake Service at 204-958-9660.

Services Offered:

Services may include combinations of the following:

- Support
- Education
- Individual therapy/support
- Parenting support strategies
- Group therapy
- Medication management

The anticipated duration of treatment is primarily a 3 to 6 month period however, depending on the client's needs it may be longer.

COMMUNITY CHILD & ADOLESCENT TREATMENT SERVICE
228 Maryland Street, Winnipeg, Manitoba, R3G 1L6
Phone: 204-958-9600 Fax: 204-958-9618

The Community Child and Adolescent Treatment Service (CCATS) provides a range of community based mental health treatment services to children and adolescents, and their families.

Population Served

Children and adolescents ages 5 to 18 years and their families in the Winnipeg area who are experiencing emotional, behavioral, or psychiatric difficulties which may be related to:

- Depression
- Disruptive behavior (particularly in those under 12 years)
- Withdrawal or isolation
- Severely inhibited functioning in either school or home
- Anxiety
- Post-traumatic stress
- Attachment or separation issues
- Gender and identity issues
- Psychotic symptoms which are not serious enough to need hospitalization

Referral Process

Referrals are accepted from parents, older teenagers (16+), schools, physicians, other health service providers, hospitals, and agencies through the Child & Adolescent Mental Health Centralized Intake Service at: (204) 958-9660.

Services Offered

Services are provided by a multidisciplinary team and family involvement in the child's treatment is supported and encouraged at all times and may include:

- Individual therapy, family therapy, group therapy
- Psychiatric assessment/consultation

Clients may be offered a brief intervention of up to four sessions to address important issues more immediately after referral.

EARLY CHILDHOOD CLINIC

228 Maryland Street, Winnipeg, Manitoba, R3G 1L6

Phone: 204-958-9600 Fax: 204-958-9618

The Early Childhood Clinic (ECC) is a service offered by MATC to help families with children five years of age and under, with their emotional and behavioural problems. Problems in young children may show themselves in many different ways. Here are some examples that we see:

- Problems playing or getting along with others
- Very active, impulsive, short attention span
- Demanding or difficult behaviour, temper tantrums
- Irritability, moodiness, easily frustrated
- Frightened, fearful, shy, or nervous
- Poor eye contact, little interest in others
- Seems behind with development
- Low energy or withdrawn
- Sleep problems
- Odd interests, difficulty with change in routine
- Feeding problems

Population Served

Children age 12 months to 5 years

Referral Process

Children can be referred by Parents/Guardians, Day-Care/School providers, Pediatricians, Family Physicians or other Health-Care Providers by contacting the Child & Adolescent Mental Health Program Centralized Intake at 204-958-9660.

Services Offered

- Meet with other collateral partners in the child's life
- Observation of the child (visits to the family home, daycare/preschool or Kindergarten class)
- Education and support regarding child's needs can be provided.
- Therapy for the child and family may also be available.
- If appropriate, a psychiatric assessment
- Provision of treatment recommendations

INTENSIVE COMMUNITY RE-INTEGRATION SERVICE

120 Tecumseh Street, Winnipeg, Manitoba, R3E 2A9

Phone: 204-477-6391 Fax: 204-783-8948

Intensive Community Re-Integration Service (ICRS) offers comprehensive treatment and educational supports to children in early and middle adolescence that have complex mental health concerns that require support beyond that of traditional outpatient services. Family involvement is an integral part of the service through active participation with the care team and throughout the treatment process. Active involvement of the community school in areas of transportation and transition are key to the successful transition back to the community.

Population Served

The service is reserved for clients attending a Winnipeg area school at a “middle school” level with a primary diagnostic presentation of:

- Attention Deficit Disorder (ADD), Attention Deficit Hyperactivity Disorder (ADHD)
- Anxiety Disorder
- Autism Spectrum Disorder
- Tourette Syndrome

Referral Process

This service is reserved for referrals internal to the Child & Adolescent Mental Health Service. Referrals are directed to the Program Manager, Intensive Community Reintegration Service.

Services Offered

The timeframe for intensive treatment within ICRS is approximately 6 months to one year. Services may include one or more of the following:

- Individual therapy
- Group therapy
- Family therapy
- Parent support groups
- Education

Once treatment is concluded the client will be discharged back to the referring service.

INTENSIVE TREATMENT SERVICES – RESIDENTIAL
120 Tecumseh Street, Winnipeg, Manitoba, R3E 2A9
Phone: 204-477-6391 Fax: 204-783-8948

The Intensive Treatment Service is a hospital based service that provides intensive assessment and treatment services to adolescents with severe psychiatric and/or emotional disorders.

Population Served

Adolescents ages 12 to 18 years from Manitoba and the North.

Referral Process

Parents, caregivers, doctors and/or counselors can make a referral. Self-referrals are also accepted. Referrals are directed to the Child & Adolescent Mental Health Centralized Intake Service at 204-958-9660.

Referrals to the Intensive Treatment Service will be reviewed by the Medical Director and the Program Manager.

Services Offered

Services are provided through a multidisciplinary treatment team centering on the needs of the client/family.

Services may include:

- Individual therapy
- Group therapy
- Family therapy
- Pharmacological therapy
- Parent support

NEURODEVELOPMENTAL SERVICES

228 Maryland Street, Winnipeg, Manitoba, R3G 1L6

Phone: 204-958-9600 Fax: 204-958-9618

The Neurodevelopmental Service (NDS) provides psychiatric support for children ages 5–18 years with complex neurodevelopmental issues. This service also provides assessment, education, consultation and support to families and community caregivers who are involved with school-aged children with Autism Spectrum Disorders.

Children with Neurodevelopmental Disorders

The Neurodevelopmental Service works in partnership with agencies such as Children's Special Services; New Directions for Children, Youth, Adults and Families; and St. Amant Centre.

Population Served

This service is reserved for established partnership agencies such as Children's Special Services; New Directions for Children, Youth, Adults and Families; and St. Amant Centre.

Referral Process

Direct referral to the service is restricted to Children's Special Services; New Directions for Children, Youth, Adults and Families and St. Amant Centre, however, physicians may make referrals through the Child and Adolescent Mental Health Service - Centralized Intake Service at 204-958-9660.

Services Offered

Psychiatric assessment, consultation around complex medication management issues for children and youth with developmental disabilities and/or Autism Spectrum Disorders.

The assessment is 1-2 hours in length and findings and recommendations are discussed at the end of the meeting. A written report is available upon request.

Physicians may consult around medication assessments/adjustments. The findings and recommendations of these assessments are generally sent back to the referring physician for implementation. In some cases the psychiatrist will initiate medication trials and when the client is stabilized, the referring physician will resume care and follow up.

NEURODEVELOPMENTAL SERVICES
228 Maryland Street, Winnipeg, Manitoba, R3G 1L6
Phone: 204-958-9600 Fax: 204-958-9618

Children within the Autism Spectrum

Population Served

- Consultation is provided for school age (K- Gr.12)
- Children and youth with Autism Spectrum Disorders

This service is provided to both schools and families of children with the Autism Spectrum Disorder.

Referral Process

Referrals to this component of our service can be initiated by contacting the Child and Adolescent Mental Health Centralized Intake Service at 204-958-9660, Monday to Friday between 9:00 a.m. and 5:00 p.m.

A pre-existing diagnosis of Autism Spectrum Disorder is necessary for acceptance to the service. Anyone is eligible to refer for the autism service component, i.e., parents, teachers, Children's Special Services workers, etc. Referrals for establishing a diagnosis of Autism will also be accepted via the Child & Adolescent Mental Health Centralized Intake Service at 204-958-9660.

Services Offered

Autism services are provided by a multidisciplinary team.

Interventions are available to teachers in the school and parents/caregivers in the home environment. The interventions will be individually based on identified needs, and are consultative and time limited. The focus is on providing expertise and education in dealing with various problematic presentations within the school/home environments.

Group based interventions in social skills, sensory/arousal management, and caregiver education and support are also available. The intervention is time limited and consultative in nature. We do not provide long term therapy.

RURAL & NORTHERN TELEHEALTH SERVICE
848 William Avenue, Winnipeg, Manitoba, R3E OZ6
Phone: 204-958-6267 Toll Free: 1-855-413-7855 Fax: 204-958-6260

The Rural and Northern Telehealth Service (RNTS) provides mental health services via telehealth to targeted First Nations communities in Northern Manitoba and was developed in response to recommendations that were outlined in the Reclaiming Hope: Manitoba's Youth Suicide Prevention Strategy.

The service works with partnerships formed with First Nations communities, stakeholders as well as branches of government such as the departments of Health, Family Services and the First Nations Inuit Health Branch.

Population Served

The service works with children & adolescents between the ages of 5 to 18 years who are experiencing emotional difficulties.

Referral Process

The Rural and Northern Telehealth Service accepts direct referrals via phone or fax from identified community professionals. These may include: nursing station staff, guidance counselors, child welfare workers, National Native Alcohol and Drug Abuse Program (NNADAP), building healthy community workers and suicide prevention coordinators etc.

Referral forms are available in nursing stations or by calling the toll free number at 1-855-413-7855.

Services Offered

Mental Health Clinicians and where appropriate Psychiatrists provide consultation, assessment and treatment services to clients within targeted First Nations communities. The majority of service delivery is via telehealth.

STUDENT MENTAL HEALTH RESOURCE TEAM
228 Maryland Street, Winnipeg, Manitoba, R3G 1L6
Phone: 204-958-9600 Fax: 204-958-9618

The Student Mental Health Resource Team (SMHRT) provides focused services assisting students that are facing challenges within the school system related to mental health needs. Services are provided through a collaborative partnership between parents and students, school team members and SMHRT. The team consists of mental health staff and education system staff.

Population Served

Students between the ages of 6 and 18 attending schools (typically grades 1 to 12) within the public and private school systems within Winnipeg and the surrounding areas who are experiencing challenges with emotional, social, and behavioral issues that are effecting their learning successes.

Referral Process

Referrals are best suited for SMHRT when the referral is in collaboration between school teams and parents requesting assistance with enhancing school based services by addressing mental health needs and where school/divisional clinical support services have already been consulted.

Parents, school team personnel, family doctors, and other professionals can make referrals to Child and Adolescent Mental Health Centralized Intake Service at: (204) 958-9660.

Services Offered

- Parent/school consultation
- Assist parent and school in understanding child's mental health needs in relation to school-based needs and functioning
- Assist in communicating and sharing differing perspective regarding functioning and needs
- Systems meetings with parents, teachers, other educational support staff and administrators
- Liaise and assist in coordination of common goals and intervention strategies
- Contribute to various school based plans: Individual Education Plan (IEP), Behaviour Intervention Plan (BIP), Adapted Education Plan (AEP)
- Provide resources to assist parents and school personnel to better understand child's challenges, and to assist child to be more socially and academically successful in the school setting

TOURETTE SYNDROME SERVICE
228 Maryland Street, Winnipeg, Manitoba, R3G 1L6
Phone: 204-958-9600 Fax: 204-958-9618

The Tourette Syndrome Service (TSS) provides consultation, assessment and treatment to children and adolescents who are experiencing symptoms of Tourette Syndrome in conjunction with associated disorders.

Population Served

Children and adolescents who are experiencing symptoms of Tourette's Syndrome (TS), also known as Tourette Disorder (TD) along with other co-occurring disorders such as Attention Deficit Hyperactivity Disorder (ADHD), Anxiety Disorders, Obsessive Compulsive Disorder (OCD), and Autism Spectrum Disorder (ASD).

Referral Process

Referrals from individuals, family members, physicians, mental health professionals, or other individuals can be directed to the Child & Adolescent Mental Health Centralized Intake Service at (204) 958-9660.

Services Offered

Services are provided by a multidisciplinary team and may include:

- Assessment (psychiatric, psychological, educational and occupational therapy)
- Individual therapy
- Family therapy
- Group therapy (tic management, positive parenting (Triple P))
- Emotional regulation and organization skills
- Medication management
- School liaison and consultation
- Public education

YOUTH FORENSIC SERVICES

170 Doncaster Street, Winnipeg, Manitoba, R3N 1X9

Phone: 204-958-9654 Fax: 204-958-9633

Youth Forensic Services (YFS) provides mental health Court Ordered assessments and treatment to adolescents involved with the youth criminal justice system. Staff also provide mental health services at Agassiz Youth Centre (AYC) and Probation Services.

Referral Process

Referrals to the service are through the Courts and the Child and Adolescent Mental Health System.

Services Offered

Service is provided by an interdisciplinary team consisting of psychiatrists, psychologists and a mental health clinician.

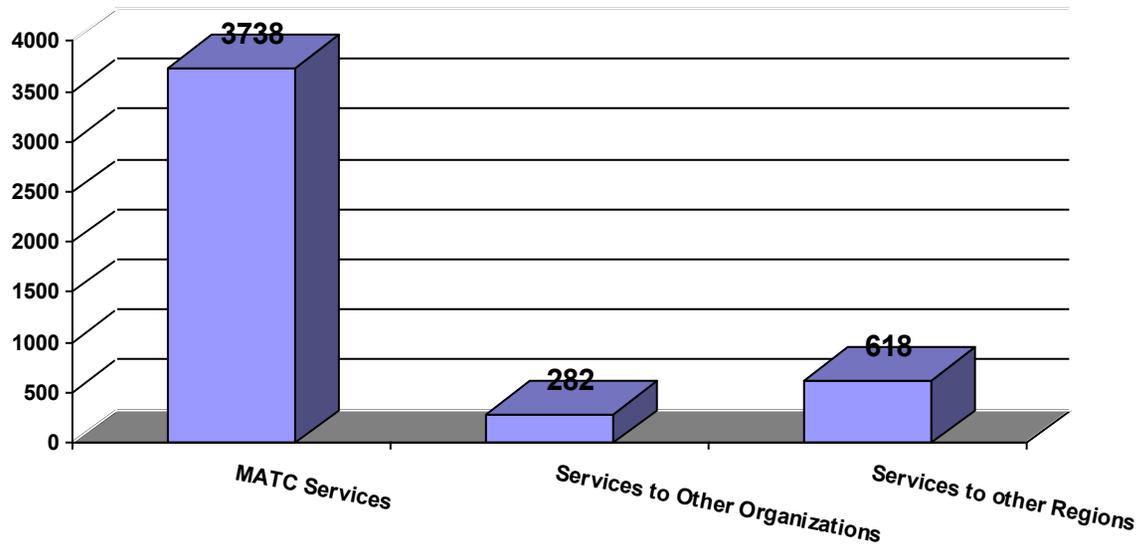
ADDITIONAL SERVICES PROVIDED BY MATC

Additional services provided by MATC include consultation and/or assessment to:

- Gender Dysphoria Assessment & Action for Youth Service
- Ji-zhaabwiing
- Knowles Centre
- Marymount
- Pediatric Adolescent Satellite Clinic
- St. Amant Centre

MATC also provides psychiatric consultation services to Regional Health Authorities across Manitoba working in partnership with community mental health within each of the different regions. MATC psychiatrists provide services onsite within each of the regions as well as via telehealth.

Number of Clients In Programming: 4,636



MATC Services

- Assess at Intake
- ADHD Service
- Brief Child & Adolescent Treatment Service
- Community Child & Adolescent Treatment Services
- Early Childhood Service
- Neurodevelopmental Service
- Neurodevelopmental Services—Autism
- Rural & Northern Telehealth Service
- Student Mental Health Resource Team
- Tourette Syndrome Service
- Youth Forensic Services

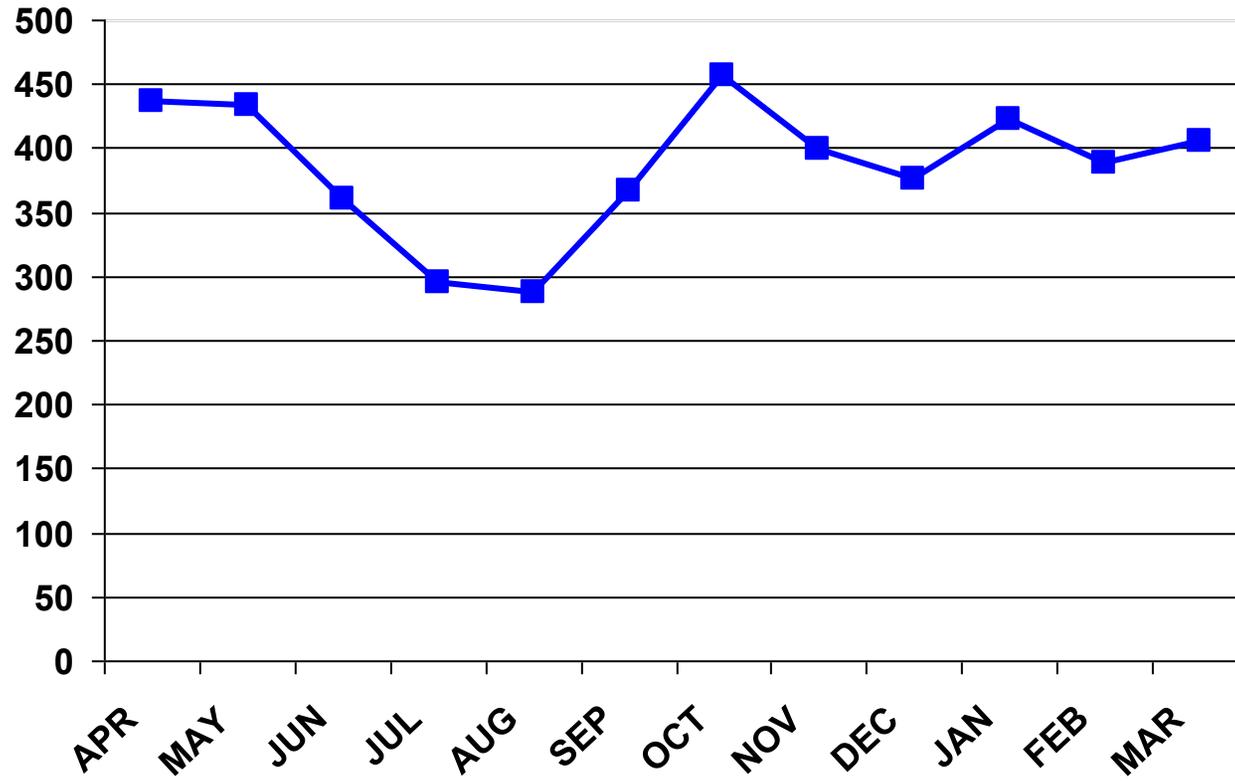
Services to Other Organizations

- Gender Dysphoria Assessment & Action for Youth Service
- Ji-zhaabwiing
- Knowles Centre
- Marymound
- Pediatric Adolescent Satellite Clinic
- St. Amant Centre

Services to Other Regions

- Psychiatric consultation services to RHA's (excluding the Winnipeg Regional Health Authority)

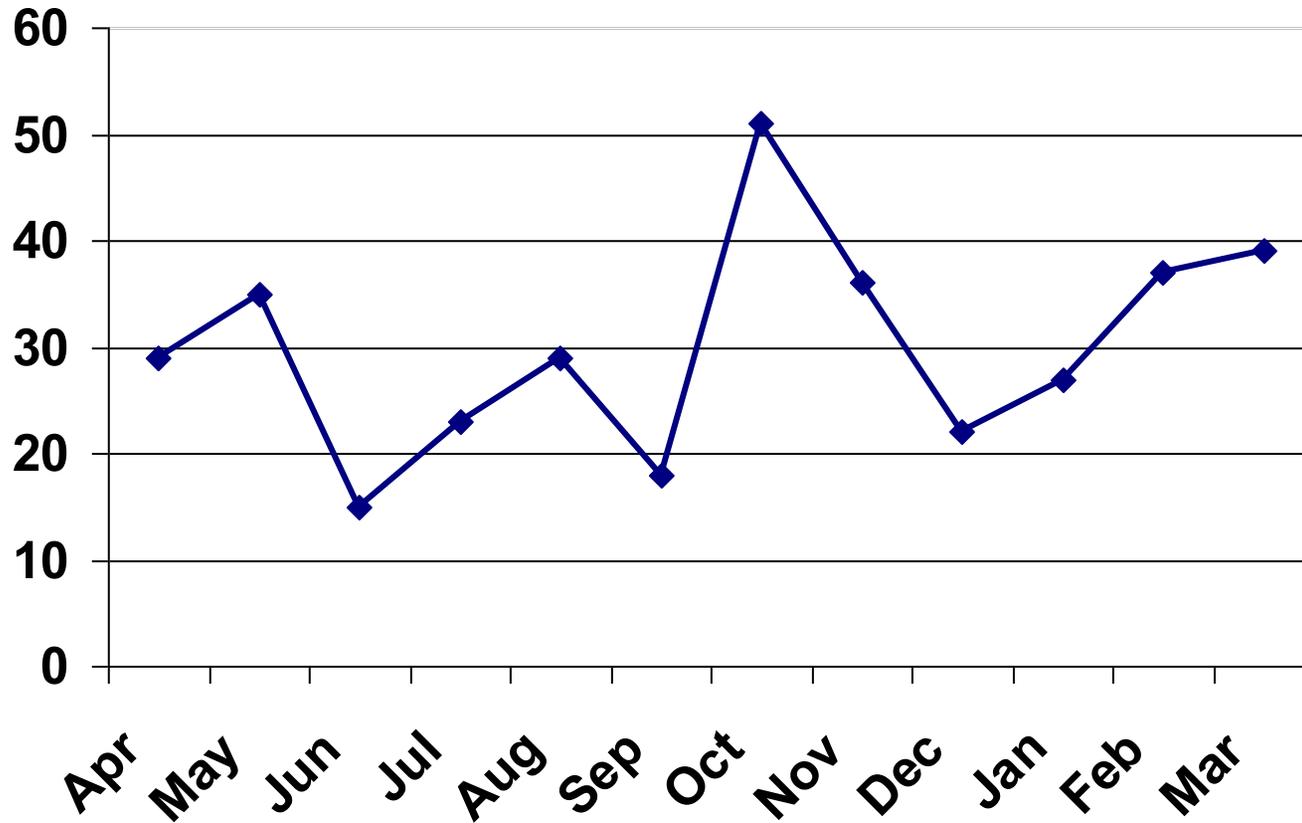
CENTRALIZED INTAKE
CHILD & ADOLESCENT MENTAL HEALTH
Number of Intakes April 1, 2013 to March 31, 2014



Total Number of Referrals/Intakes = 4,625

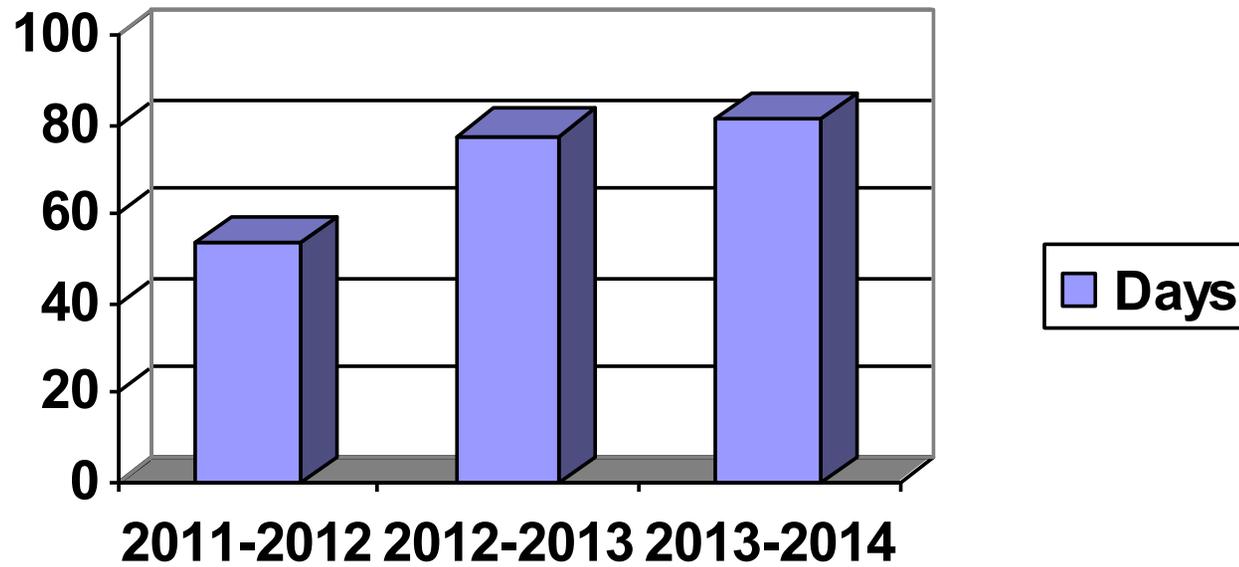
**CENTRALIZED INTAKE
YOUTH ADDICTIONS**

Number of Intakes April 1, 2013 to March 31, 2014



Total Number of Referrals/Intakes = 360

Intensive Treatment Service - Residential Length of Stay



MANITOBA ADOLESCENT TREATMENT CENTRE INC.
Statement of Financial Position
March 31, 2014

	2014	2013
Assets		
Current		
Cash and short term investments	\$ 1,108,684	\$ 768,546
Accounts receivable - Winnipeg Regional Health Authority	184,498	388,313
Accounts receivable - other	79,417	59,009
Accrued vacation entitlement - Winnipeg Regional Health Authority	776,351	776,351
Goods and services tax recoverable	24,810	23,738
Prepaid expenses	11,607	20,582
	2,185,367	2,036,539
Pre-retirement leave receivable (Note 2)	1,340,950	1,272,036
Sick leave receivable	167,776	194,012
Capital assets (Note 5)	1,818,826	1,898,307
	\$ 5,512,919	\$ 5,400,894
Liabilities and Net Assets		
Current		
Accounts payable	\$ 173,908	\$ 103,665
Vacation pay payable	663,259	672,596
Accrued wages	240,076	212,198
Accrued sick leave payable	167,776	194,012
	1,245,019	1,182,471
Deferred contributions (Note 6)	25,609	1,664
Deferred contributions relating to capital assets (Note 7)	672,933	738,214
Pre-retirement leave payable (Note 8)	1,324,820	1,255,906
	3,268,381	3,178,255
Net Assets		
Net investment in capital assets	1,145,893	1,160,093
Unrestricted	1,098,645	1,062,546
	2,244,538	2,222,639
	\$ 5,512,919	\$ 5,400,894

ON BEHALF OF THE BOARD

 Director
 Director

See notes to financial statements

