



MATC ANNUAL REPORT

2018-2019

MISSION, VISION, VALUES STATEMENTS



MATC provides a range of mental health services to children and youth who experience psychiatric and/or emotional disorders. MATC strives to be culturally sensitive, responsive, and innovative in meeting the changing needs of children, youth, families and communities.



MATC assumes a leadership role in the delivery of a prompt, accessible, and equitable range of integrated mental health services. MATC creates respectful partnerships with parents and communities to help children and youth achieve a maximum possible quality of life.



We value

- The young people we serve.
- The way we serve young people.
- The families and caregivers.
- Professional excellence.
- Quality and improvement in everything we do.
- Teamwork and involvement.
- Community resource networks.
- The diversity of the communities that we serve.
- A diverse work force.

ACKNOWLEDGEMENT

We acknowledge that Manitoba is on the original lands of the Dakota, Anishinaabeg, Cree, Oji-Cree, Dene, Inuit and Metis Nation.

We acknowledge that the Manitoba Adolescent Treatment Centre (MATC) is located on Treaty One territory.

We respect the Treaties that were made on these territories and we acknowledge the harms and mistakes of the past. We dedicate ourselves to moving forward in partnership with First Nations, Metis and Inuit communities in a spirit of reconciliation and collaboration.

PROGRAMS AND SERVICES

The Manitoba Adolescent Treatment Centre, Inc. (MATC) is a Provincial service that falls under the jurisdiction of the Winnipeg Regional Health Authority Mental Health Program – Child and Adolescent Mental Health Services and is governed by a Board of Directors appointed by the Minister of Health.

MATC provides a range of mental health services to children and youth between the ages of 3 to 18 years, who experience psychiatric and/or emotional disorders.

A full continuum of programs and services (community and hospital based) are available to children, youth and their families in Winnipeg, rurally, and in the North.

Services are also coordinated with communities and Federally funded agencies under the Jordan's Principle.

MATC provides a range of services from brief interventions to intensive long-term treatment. Treatment is based on a variety of mental health best practices and is delivered in partnership with families and in collaboration with other systems including education, justice, addictions and social services.

MATC is responsible for providing a Child and Adolescent Mental Health Intake Service on behalf of the Winnipeg Regional Health Authority, and a Youth Addictions Centralized Intake Service on behalf of the Province.

Intake services and referral to other partners are also provided:

- Health Sciences Centre Child and Adolescent Mental Health,
- Strongest Families,
- Winnipeg Regional Health Authority Access Centres,
- Regional Health Services, and other

health care and social service providers

Services are delivered by an inter-professional team consisting of psychologists, psychiatrists, mental health clinicians, family therapists, nurses, occupational therapists, adolescent mental health counsellors, social workers and Winnipeg School Division #1 Interdivisional Educational Support Services.

Services offered may be provided through the following:

- Assessment
- Consultation
- Individual therapy
- Group therapy
- Family therapy
- Pharmacological therapy
- Parent and family support
- Psycho-educational supports
- Addictions consultation and referral

The duration of treatment will be dependent on the families needs and may range from psycho-educational sessions to brief and/or long-term treatment.

MATC participates in a variety of educational initiatives to the community and other service providers through resource materials, educational workshops and presentations.

MATC is a mental health teaching and training site affiliated with post-secondary educational institutions including the Max Rady College of Medicine, Rady Faculty of Health Services, University of Manitoba, Brandon University, Red River College and others.

Residents and trainees may participate in a youth's care under the supervision of MATC staff.



**39,706 contacts with families

3,111 admissions to MATC programs

2,801 discharges from MATC programs

Approximately 4,000 youth receiving service at any given time

350 plus referrals processed monthly

(**Contact number previously reported as 49, 706 is corrected due to a calculation error)

MATC'S ACHIEVEMENTS

CENTRALIZED INTAKE SERVICES

Winnipeg Regional Health Authority – Centralized Intake Child and Adolescent Mental Health Service located at 165 St. Mary's Road in Winnipeg, Manitoba is the single entry point to access child and adolescent mental health services at MATC and Health Sciences Center.

The Centralized Intake Service managed by MATC Centralized Intake receives on average 350 referrals monthly.

In 2018-2019, Centralized Intake processed over 5000 referrals, meaning over 5000 children and youth received an intake, were screened/assessed and directed for service.

The relocation of a waiting room at 165 St. Mary's Road provides a more welcoming space for families who are waiting for psychiatric assessments or meetings with clinicians.

Youth Addictions Centralized Intake Service also located at 165 St. Mary's Road, Winnipeg, Manitoba provides information, support and navigation, consultation and referral regarding youth substance use. The Youth Addictions Centralized Intake Service assists parents/guardians who want help for a young person, exploring the possibility of utilizing the Youth Drug Stabilization Unit as an appropriate intervention.

The service opened 309 new files and provided over 150 consultations. As well, staff provided and/or participated in several presentations in the community:

- Participation on several expert panels related to youth substance use issues
- Provided training on methamphetamines for youth corrections medical staff
- Participated in the Professional Learning Series for Winnipeg School Division #1
- Hosted a parent evening to provide information to parents on talking with youth about cannabis.

MATC'S TREATMENT SERVICES

ATTENTION DEFICIT HYPERACTIVITY DISORDER (ADHD) SERVICE

The ADHD Service, located at 167 St. Mary's Road in Winnipeg, Manitoba, provides assessment and treatment for children and youth ages 6 to 17 years and their families in Manitoba. The service is designed to meet the needs of children and youth experiencing a complex presentation of ADHD with other mental health and emotional disorders.

The ADHD Service has introduced changes in program delivery over the last year. These changes include providing psycho-education at Winnipeg Regional Health Authority Access Centers, where information about ADHD is provided to clients and families.

Collaboration between the ADHD Service and other specialized services within MATC has allowed for increased accessibility for clients and families to other services that are better suited to meet their needs.

Staff in all service areas provide presentations and education to numerous agencies that are reaching out to learn more about the mental health of children and youth.

COMMUNITY CHILD AND ADOLESCENT TREATMENT SERVICE

The Community Child and Adolescent Treatment Service is located at 228 Maryland Street, Winnipeg, Manitoba, and provides mental health treatment services to Winnipeg area children and youth, ages 6 to 17 years, and their families. Services are for children/youth who are experiencing emotional, behavioural, or psychiatric difficulties. Within a stepped model of care, clients are seen in a timely fashion within a brief treatment model of four to six sessions. Depending on the effectiveness of the intervention, clients may be discharged or placed on the Community Child and Adolescent Treatment Service wait list for ongoing treatment.

The Community Child and Adolescent Treatment Service has had a busy year developing additional partnerships in the community and providing ongoing longer-term treatment to families.

With the increase in the number of partnerships in the community, the service is more accessible and provides a seamless entry for families.

EARLY CHILDHOOD CLINIC

The Early Childhood Clinic provides service to children and their families under the age of 6 years.

The Early Childhood Clinic is located at 228 Maryland. The service is offered by MATC to help families and young children with their emotional and behavioural problems.

The Early Childhood Clinic made improvements to its service delivery model.

The Clinic provides opportunities for families to receive support through consultation and collaboration with mental health clinicians, that result in a better understanding of the families needs, and provides opportunity for earlier intervention

INTENSIVE TREATMENT SERVICE

The Intensive Treatment Service is a hospital-based service located at 120 Tecumseh Street, Winnipeg, Manitoba. The service provides inpatient assessment, treatment and/or stabilization to youth ages 12 to 17 years with persistent and serious mental health disorders. The service is grounded in the principles of Recovery and Psychosocial Rehabilitation with the goal of youth transitioning back to their family, community and school life as soon as possible.

The Intensive Treatment Service has experienced a shift in primary diagnosis to increasing numbers of youth with Bipolar Affective Disorder 1 over the last several years. For example:

- 21% of all referrals in 2018
- 39% of all referrals in 2019

The average length of stay has dropped 32% relative to the length of stay in previous years.

The provision of onsite educational services to patients through the Winnipeg School Division #1, Interdivisional Educational Support Service assists in patients maintaining their education and normalizes the environment.

Based on feedback from patients and families, and the change in demographics, the program is reviewing its service delivery model.

INTENSIVE TREATMENT TRANSITION SERVICE

The Intensive Treatment Transition Service is a follow-up service located at 120 Tecumseh Street, Winnipeg, Manitoba. The service is a result of funding through Jordan's Principle, and provides a formalized follow-up service for youth who are discharged from hospital where other follow-up services are unavailable.

The service provides support for clients and a bridge to other services such as the Adult Mental Health System.

The team is comprised of a psychiatrist, a nurse, and a social worker who partner with other community resources to meet the needs of the client and their family while maintaining the youth in the community.

INTENSIVE COMMUNITY REINTEGRATION SERVICE

The Intensive Community Reintegration Service, located at 120 Tecumseh Street, in Winnipeg, Manitoba. The MATC Intensive Community Reintegration Service offers comprehensive treatment as well as educational supports in partnership with the Winnipeg School Division #1, Interdivisional Educational Support Services. Services are provided to children in early and middle adolescence that have complex mental health concerns and require support beyond that of traditional outpatient services.

The service has had an active year updating the service focus, model and program content based on feedback from clients and their families, as well as our community partners. The service is client oriented and recovery focused with an emphasis on the development of skills that will assist the youth to be successful both at home and in the community.

MENTAL HEALTH
Is just as important
as physical health

NEURODEVELOPMENTAL SERVICES

The Neurodevelopmental Service is located at 228 Maryland Street, Winnipeg, Manitoba. The service provides interdisciplinary support for children ages 6 to 18 years, who have developmental issues such as Autism Spectrum Disorder, or Intellectual Developmental Disability.

The service has modified their service delivery model as a result of feedback from families and community partners.

The model assesses client need and directs care to the service provider with the appropriate skills to meet the need in a timely and effective manner. The team continues to offer educational series to parents and community partners. School consultation is provided by Winnipeg School Division #1 Interdivision Educational Support Service staff.

RURAL AND NORTHERN TELEHEALTH SERVICE

The Rural and Northern Telehealth Service provides mental health services to First Nations children and youth up to 18 years who are experiencing emotional difficulties. Services are provided largely via telehealth to First Nations communities in Manitoba. The Rural and Northern Telehealth Service is a Jordan's Principle specialized service provider and works in partnership with First Nations Communities, stakeholders as well as branches of government such as the Department of Health, Family Services and the Federal First Nations Inuit Health Branch.

This past year was one of ongoing growth for the Rural and Northern Telehealth Service where, the service welcomed 5 additional mental health clinicians to the team to respond to the growing requests for service under the Jordan's Principle provincial mandate. At the same time, the team moved into a new location at 203-1700 Ellice to accommodate the increase in staffing and service needs.

Through the course of the 2018-19 year, the Rural and Northern Telehealth Service has provided clinical support to 44 of the 63 First Nations communities across Manitoba. The service is also building capacity amongst community service providers through the development and delivery of core trainings that are now available via webinars with the Saint Elizabeth First Nations Health Program in Ontario.

The service strives to provide services that both recognize and value cultural and traditional knowledge and is grateful for the opportunity to be a part of this initiative in the spirit of Jordan River Anderson. The service has the benefit of an Elder to inform and guide our journey, and have endeavored to adopt "Two-Eyed Seeing" as a foundational paradigm to inform and enhance efforts at improving cultural safety and meaningful reconciliation.

STUDENT MENTAL HEALTH RESOURCE TEAM

The Student Mental Health Resource Team, located at 228 Maryland, assists students that are facing challenges within the school system related to mental health issues who are between the ages of 6 - 18 attending schools (typically grades 1 - 12) within the public and private school systems within Winnipeg and the surrounding areas. Services are provided through a collaborative partnership between parents and students, school team members and staff.

The special education advisor(s) (provided through the Winnipeg School Division #1 Interdivisional Educational Support Service) have established a strong partnership with MATC's Community Child & Adolescent Treatment Service that has resulted in collaborative treatment planning with parents, students and mental health clinicians involved in client care.

Staff have responded to requests for presentations from education and other service providers in the community to improve capacity for those involved in the education and mental health systems.

TOURETTE SYNDROME SERVICE

The Tourette Syndrome Service, located at 228 Maryland Street, provides consultation, assessment and treatment to children and youth who are experiencing symptoms of Tourette Syndrome in conjunction with associated disorders.

The Tourette Syndrome Service is expanding its ability to offer specific treatment modalities by ongoing training and skill development of the team members. They also continue to offer education series for families and community partners.

Once you understand that someone has Tourette and that they can't help their tics, it takes away the distraction. And you can engage your compassion. You feel for them. You embrace them.....Dylan McDermott

YOUTH FORENSIC SERVICES

The Youth Forensic Service, co-located in the Manitoba Youth Centre on 170 Doncaster Street in Winnipeg, continues to provide court ordered assessments as well as providing service to the Manitoba Youth Centre and Agassiz Youth Centre. They also provide mental health service to Youth Probation Services, and others within the justice system.

The service continues to receive a significant volume of requests for Court Ordered Forensic Assessments.

COMMUNITY PARTNERSHIPS

Partnerships with Mental Health Clinician Involvement

- Access Fort Garry
- Access West
- Health Sciences Centre Family Consultation Service
- NORWEST COOP
- Niji Mahkwa School
- Refugee Settlement Sector Organizations
- Newcomer Hub

Partnerships with Psychiatry

- Gender Dysphoria Assessment Clinic and Action for Youth
- Pediatric Adolescent Satellite Clinic
- St. Amant Centre
- Marymound
- Knowles Centre
- Concussion Clinic Partnership

Partnerships with other Regional Health Authorities

MATC psychiatrists provide consultation services to community mental health workers in each of the rural and northern Regional Health Authorities

Manitoba Adolescent Treatment Centre Inc.
Statement of Operations

Year ended March 31	2019 Budget	2019 Actual	2018 Actual
Revenue			
Winnipeg Regional Health Authority	\$ 11,031,721	\$ 10,720,131	\$ 10,689,862
Recovery and other	2,164,734	2,493,632	575,723
Actuarial change in pre-retirement leave receivable	-	91,966	(37,762)
Interest and miscellaneous income	14,148	57,891	17,200
Province of Manitoba	25,008	25,000	25,000
Actuarial change in sick leave receivable	-	(13,700)	(16,068)
	<u>13,235,611</u>	<u>13,374,920</u>	<u>11,253,955</u>
Expenses			
Actuarial change in pre-retirement leave payable	78,266	91,966	(37,762)
Actuarial change in sick leave liability	-	(13,700)	(16,068)
Amortization	71,756	64,137	70,370
Attention Deficit Hyperactivity Disorder Services	647,053	631,014	655,720
Centralized Intake Services	907,309	908,299	966,323
Community Child and Adolescent Treatment Services	2,138,657	1,941,380	1,804,605
First Nations Telehealth	329,351	245,207	275,331
Hospital Services	5,450,968	5,415,401	5,737,749
Jordan's Principle	1,896,965	1,793,868	226,303
Neurodevelopmental Service	468,999	423,497	462,411
Tourettes	372,185	359,846	277,943
Youth Addictions	348,839	338,204	366,192
Youth Forensic Services	525,263	511,636	504,247
	<u>13,235,611</u>	<u>12,710,755</u>	<u>11,293,364</u>
Excess (deficiency) of revenue over expenses	-	664,165	(39,409)
Net assets			
As previously stated	-	2,587,309	2,556,347
Prior period adjustment (Note 2)	-	413,366	483,737
Net assets, as restated	-	3,000,675	3,040,084
Repayment of non-retainable surplus	-	(364,151)	-
Net assets, end of year	\$ -	\$ 3,300,689	\$ 3,000,675

MATC FINANCIAL STATEMENT

MATC WEBSITES



<https://matc.ca>



<https://stresshacks.ca>

A publication of the Manitoba Adolescent Treatment Centre, Inc.

