

MATC ANNUAL REPORT

2019-2020

MISSION, VISION, VALUES STATEMENTS



MATC provides a range of mental health assessment and treatment services to children and youth who experience mental health, addiction, behavioral and/or emotional disorders.



MATC is a leader in the delivery of a range of culturally sensitive, accessible, equitable and integrated services to assist children, youth and their families to live their best lives.



MATC values:

- The young people we serve
- Families and caregivers
- Cultural sensitivity and diversity
- Professional excellence
- Quality and innovation
- Equitable and responsive service
- Partnerships and teamwork
- Community involvement and resource networks

ACKNOWLEDGEMENT

We acknowledge that Manitoba is on the original lands of the Dakota, Anishinaabe, 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.

MESSAGE FROM THE BOARD CHAIR & CEO

We are pleased to present the Annual Report of the Manitoba Adolescent Treatment Centre (MATC) for the 2019-2020 fiscal year. This past fiscal year has been one of significant change. In the summer of 2019, we said goodbye to Marg Synyshyn, CEO, after many years of dedicated service. In July 2019, we welcomed Marcia Thomson who led MATC through the remainder of the year. MATC would like to thank both Marg and Marcia for their significant contributions and dedicated service and wish them well in their retirement.

The appearance of the Corona virus in early 2020 presented a new set of challenges for all of us, globally and locally, and particularly within the healthcare system. As expected, MATC staff rose to the challenge and began to provide clinical services, including assessment and treatment services virtually, by telephone and videoconferencing. MATC staff worked diligently to ensure that MATC continued to provide high quality services to our clients, while championing provincial protocols and keeping our clients, staff, families and partners safe.

On behalf of the Board and Leadership, we would like to extend our appreciation to all staff for their continued dedication in delivering high quality services and for embracing the changes of the past fiscal year

Darcy Cormack, Board Chair

MATC Board of Directors

- Darcy Cormack, Chairperson
- Joan Fransen
- Wendy McPherson
- Dr. Richard Zloty

Kim Sharman, CEO

Management Team

- Kim Sharman, Chief Executive Officer
- Dr. Andrew Hall, Medical Director
- Dr. Jaye Miles, Director of Psychology
- Dr. Keith Hildahl, Director, Youth Forensic Service
- Dr. Mark Koltek, Director, Rural and Northern Telehealth Service
- Barb Finnbogason, Director of Finance
- Angie Conrad, Program Manager
- Debra Melanson, Program Manager
- Irene Drabik, Program Manager
- Lori Middendorp, Program Manager
- Tina Leclair, Program Manager
- Dianne Hoffman, Corporate Services Manager
- Irene Balamatowski, Executive Secretary

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 mental health, addiction, behavioral and/or emotional disorders.

A broad 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 Jordan's Principle.

All MATC programs engage interpreter services to meet the needs of diverse languages and cultures.

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 Institute,
- Winnipeg Regional Health Authority ACCESS Centres
- Regional Health Services, and other health care and social service providers

Services are delivered by inter-professional teams consisting of psychologists, psychiatrists, mental health clinicians, family therapists, nurses, occupational therapists, adolescent mental health counsellors, social workers and Winnipeg School Division #1 Interdivisional Student 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
- Substance use consultation and referral

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

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

Approximately 40,000 contacts with families

3,891 admissions to MATC programs

3,174 discharges from MATC programs

Approximately 4,000 youth receiving service at any given time

7,550 referrals received through Centralized Intake, Youth Addictions Centralized Intake, and directly to MATC programs and services

MATC'S ACHIEVEMENTS

CENTRALIZED INTAKE SERVICES

Centralized Intake (CI) Child and Adolescent Mental Health Service, located at 165 St. Mary's Road in Winnipeg, Manitoba provides access to child and adolescent mental health services at both MATC and Health Sciences Centre.

Mental Health Clinicians work with clients and families, primary care providers, schools and other support service providers in order to direct youth to the best possible service to address concerns.

Centralized Intake receives an average of 350 referrals monthly and more than 6000 children and youth were screened, assessed and directed for service over the fiscal year.

Centralized Intake Child and Adolescent Mental Health Service screened, assessed and directed for service 6,049 referrals in 2019-2020.

Youth Addictions Centralized Intake (YACI), located at 165 St. Mary's Road in Winnipeg, Manitoba is a provincial service that provides support and navigation, intake and assessment, consultation and referral regarding youth substance use. The service is the single entry point for youth and families wishing to access Youth Drug Stabilization services.

The service opened 279 new files for which clinicians provided consultation and referral to appropriate services during 2019-2020.

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 involves a multi-disciplinary team including psychiatric nurses, occupational therapy, educational liaison, psychology and psychiatry. The service provides assessment to clients with complex needs, diagnosis, medication review and family support.

The ADHD Service has seen success in providing psycho-education to clients and families at Winnipeg Regional Health Authority ACCESS Centres. The ADHD Service also provides psycho-education to clients within other programs at MATC and provides education on issues such as emotional regulation to schools and other community agencies.

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.

The ADHD Service received 311 new referrals for service during the fiscal year

The Community Child & Adolescent Treatment Service saw 415 new clients.

Through a brief intervention model, 438 new families received service.

COMMUNITY CHILD AND ADOLESCENT TREATMENT SERVICE (CCATS)

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 and youth who are experiencing emotional, behavioural, or psychiatric difficulties.

CCATS has varied treatment modalities including individual, family or group treatment. Psychiatry and/or psychology consultation and assessment are available as needed. Clients may be provided focused brief treatment intervention of up to 4-6 sessions to support immediate concerns in a stepped-care model. Annually, this brief intervention has addressed the immediate concerns of more than 40% of new referrals, with CCATS continuing to provide ongoing treatment and intervention.

Systemic intervention and working collaboratively with schools and external agencies provides a holistic approach in supporting clients and their 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 (ECC)

The Early Childhood Clinic located at 228 Maryland Street, provides service to children and their families under the age of 6 years. The service is offered by MATC to help families and young children with their emotional and behavioural problems.

The Clinic provides opportunities for families to receive support through consultation and collaboration with a mental health clinician. An initial consultation provides support in a timely manner and occurs upon referral to the program. This results in a better understanding of the family's needs and provides opportunity for early intervention. Service to ECC clients involves treatment with a mental health clinician and could include liaison with day cares and external agencies involved with the client's care. Additionally the Early Childhood Clinic has available the option of psychiatry and psychology specific to the needs of younger children.

There were 99 new clients seen in the Early Childhood Clinic in 2019-2020.

INTENSIVE TREATMENT SERVICE (ITS)

The Intensive Treatment Service is a hospital-based service located at 120 Tecumseh Street, in Winnipeg, Manitoba. The service provides inpatient assessment, treatment and 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 provision of onsite educational services to patients through the Winnipeg School Division #1, Interdivisional Student Services assists in patients maintaining their education and normalizes the environment.

The Intensive Treatment Service provides treatment for youth with a primary diagnosis of Bipolar Affective Disorder and Schizophrenia.

The inpatient service had 42 admissions and 45 discharges in 2019-2020.

INTENSIVE TREATMENT TRANSITION SERVICE (ITTS)

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

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.

39 youth were served through the Intensive Treatment Transition Service.

INTENSIVE COMMUNITY REINTEGRATION SERVICE (ICRS)

The Intensive Community Reintegration Service, located at 120 Tecumseh Street, in Winnipeg, Manitoba offers comprehensive treatment as well as educational supports in partnership with the Winnipeg School Division #1, Interdivisional Student 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 updated their service delivery model and programming 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.

In 2019-2020, ICRS welcomed 35 new admissions and had 16 discharges.

NEURODEVELOPMENTAL SERVICE (NDS)

The Neurodevelopmental Service provides culturally safe interdisciplinary support that consists of education, consultation, assessment, diagnosis, and treatment for children and adolescents between the ages of 5-18 years who have or may have Autism Spectrum Disorder and/or Intellectual/Developmental Disability and related neurodevelopmental disorders..

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 Interdivisional Student Services staff.

NDS provided 519 clients with assessment and treatment services.

Jordan's Principle ensures all First Nations children living in Canada can access the products, services and supports they need, when they need them. Funding can help with a wide range of health, social and educational needs.

Jordan's Principle is named in memory of Jordan River Anderson. Jordan was a member of the Norway House Cree Nation.

RURAL AND NORTHERN TELEHEALTH SERVICE (RNTS)

The Rural and Northern Telehealth Service provides mental health services to First Nations children and youth up to 18 years who are experiencing a range of mental health related concerns.

Services are provided in person and virtually 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.

RNTS admitted 621 new clients into service in 2019-2020.

STUDENT MENTAL HEALTH RESOURCE TEAM (SMHRT)

The Student Mental Health Resource Team, located at 228 Maryland, assists students between the ages of 6 – 18 attending schools (typically grades 1 - 12) within Winnipeg and the surrounding area who are facing challenges within the school system related to mental health. SMHRT services are provided through a Winnipeg School Division #1 Interdivisional Student Services educator and consulting Psychiatrist and Psychologist.

SMHRT services are provided through a collaboration with parents, students and school staff to support student success in school settings. SMHRT has developed a fluid service pathway to assist clients and staff within the Community Child and Adolescent Treatment Service, resulting in further enhancement of supports for students with mental health challenges within their school settings.

The Student Mental Health Resource Team provided services to 55 youth.

TOURETTE SYNDROME SERVICE (TSS)

The Tourette Syndrome Service provides culturally safe interdisciplinary support that consists of education, consultation, assessment, diagnosis, and treatment for children and adolescents between the ages of 5-18 years who have or may have Tourette Syndrome and related neurodevelopmental disorders..

The Tourette Syndrome Service cared for 223 youth.

YOUTH FORENSIC SERVICES (YFS)

The Youth Forensic Service, co-located in the Manitoba Youth Centre on 170 Doncaster Street in Winnipeg, provides court-ordered assessments The Youth Forensic Service also provides mental health services to the Manitoba Youth Centre, Agassiz Youth Centre, Youth Probation Services and others within the justice system.

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

YFS served 387 youth in 2019-2020.

MATC PARTNERSHIPS

Include:

- First Nations Leadership organizations
- Winnipeg School Division #1
- ACCESS Fort Garry
- ACCESS Winnipeg West
- Health Sciences Centre
- NorWest Co-op
- Niji Mahkwa School
- Refugee Settlement Sector Organizations
- Newcomer Hub
- StreetReach
- Thunderwing
- Gender Dysphoria Assessment and Action for Youth Clinic
- Pediatric Adolescent Satellite Clinic
- St. Amant Centre
- Marymound
- Knowles Centre
- Concussion Clinic
- Centre de Santé
- MacDonald Youth Services
- Rural and Remote Emergent Telehealth

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 Financial Position

March 31	2020	2019
Financial Assets		
Cash and cash equivalents	\$ 4,066,565	\$ 3,679,068
Accounts receivable - other	90,517	76,376
Accounts receivable - Winnipeg Regional Health Authority	123,741	58,615
Accrued vacation entitlement - Winnipeg Regional Health Authority (Note 2)	776,351	776,351
Goods and services tax recoverable	27,239	40,561
Sick leave from Winnipeg Regional Health Authority	39,891	-
Pre-retirement leave receivable	1,061,255	1,084,036
	<u>6,185,559</u>	<u>5,715,007</u>
Financial liabilities		
Accounts payable	497,075	556,431
Vacation pay payable	951,401	811,247
Due to Winnipeg Regional Health Authority (Note 4)	412,248	419,432
Accrued wages	357,270	255,924
Sick leave to Winnipeg Regional Health Authority	-	5,116
Deferred contributions (Note 5)	959,873	878,245
Employee future benefits payable (Note 6)	1,085,018	1,059,792
	<u>4,262,885</u>	<u>3,989,187</u>
Net financial assets	<u>1,922,674</u>	<u>1,725,820</u>
Non-financial assets		
Prepaid expenses (and deposits)	31,690	24,257
Tangible capital assets (Note 3)	1,491,861	1,550,612
	<u>1,523,551</u>	<u>1,574,869</u>
Net assets	<u>\$ 3,446,225</u>	<u>\$ 3,300,689</u>

Commitments (Note 7)

On behalf of the board



Member



Member

MATC FINANCIAL STATEMENT

PUBLIC INTEREST DISCLOSURE

Whistleblower Protection Act

The Public Interest Disclosure - Whistleblower Protection Act gives employees a clear process for disclosing concerns about significant and serious wrongdoing in the Manitoba public service and strengthens protection from reprisal.

The Act builds on protections already in place under other statutes, as well as collective bargaining rights, policies, practices and processes in the Manitoba public service. The Manitoba Adolescent Treatment Centre (MATC) supports all staff and will protect them from any work-related consequences if they become aware of a situation that may require consideration for disclosure under The Public Interest Disclosure - Whistleblower Protection Act.

MATC is committed to a high standard of openness, integrity and accountability. Under this legislation staff may formally disclose a perceived wrongdoing to their supervisor, MATC's designated officer, or to the Ombudsman, for investigation and resolution.

INFORMATION DETAIL (PER SECTION 18 OF THE ACT)	2019-2020
The number of disclosure received in 2019-2020	0
The number of disclosures acted/not acted on	0
The number of investigations as a result of a disclosure	0
Corrective action taken	0

MATC WEBSITES



<https://matc.ca>



<https://stresshacks.ca>

A publication of the Manitoba Adolescent Treatment Centre, Inc.