

# CTYS INNOVATION



## PRIORITY ACCESS FOR STUDENTS (PAS)

The Priority Access Program provides direct access to Mental Health supports at CTYS for students identified and referred from TDSB & TCDSB social work departments. Under the clinical support and supervision of manager Cheryl Tsagarakis, the program has evolved into an innovative, evidence based individual and family focused therapy program with excellent positive outcomes for youth and families.

In the 2017-2018 fiscal year; 82 youth and families were served by our talented and professional staff team of 4. Services range from trauma informed individual youth psychotherapy, parent education and skill building and Attachment Based Family Therapy. Individual therapeutic approaches include evidence based CBT, DBT skill building and art therapies to name a few. Many of our PAS clients also participated in additional CTYS groups and attended our Boundless Adventures. One client received a Boundless scholarship to attend their full year school program.

Attachment Based Family Therapy (ABFT) is a manualized, empirically informed and supported, family therapy model specifically designed to target family and individual processes associated with adolescent suicide and/or depression. ABFT was developed and researched out of Drexel University, Centre for Family Intervention Science, Philadelphia P.A. Our PAS staff team receives monthly clinical support and consultation via skype with the Clinical Director of Training to support the model application and fidelity.

ABFT emerges from interpersonal theories that suggest adolescent depression and suicide can be precipitated, exacerbated, or buffered against by the quality of interpersonal relationships in families. It is a trust-based, emotion-focused psychotherapy model that aims to repair interpersonal ruptures and rebuild an emotionally protective, secure-based, parent-child relationship. The treatment initially focuses on repairing or strengthening attachment and then turns to promoting adolescent autonomy. The model is emotionally focused, but provides structure and goals, thereby increasing therapist's intentionality and focus.

The Child & Adolescent Functional Assessment Tool (CAFAS) is utilized to monitor clinical outcomes. Cumulative data for our PAS program consistently shows significant meaningful positive change as defined by a drop in 20 points or more from the total CAFAS score. The overall average drop in score for our PAS clients is 25!!

The results of the Annual Client Quality Survey indicate a high level of client satisfaction across all 15 domains of quality. Our school board partners consistently indicate that they value our services and the exceptional work of our staff. Many clients have successfully improved school related challenges and enhanced their school functioning. Some clients have been supported to receive more intensive services when their needs go beyond a community based agency approach.

*“...The therapists are knowledgeable and supportive; there is a structured approach to care with realistic goal-setting and proposed techniques and solutions.”*

# CTYS COLLABORATION

- |  |                              |  |
|--|------------------------------|--|
| Covenant House Toronto                 | Youth Probation Services     | Planned Parenthood LGBTQ Youth Collaborative       |
| Gifford Contract Homes                 | Elizabeth Fry                | The Salvation Army                                 |
| Horizons for Youth                     | Turning Point Youth Services |  |
| Yonge Street Mission                   | Boundless                    | Queen West Central Toronto Community Health Centre |
| Fernie Youth Services                  |                              |  |
| Hospital for Sick Children             | YMCA                         | Toronto District School Board                      |
| SKETCH                                 | Springboard Services         |  |
| Toronto Catholic District School Board | Rainbow Health Ontario       | Ryerson University Tri-Mentoring Program           |
| East Metro Youth Services              | Eva's Initiatives            | Youth Without Shelter                              |

# CTYS RESPONSIBILITY

## Governing to the Highest Standard

Considerable responsibility is attached to a Board of Directors in the not for profit sector. Together, and as volunteers, they oversee the administration of the organization, ensure its mission is fulfilled, mitigate risk, steward financial resources and protect public trust. This year, our Board identified its priority to broaden both functionality and representation. They designed a recruitment process founded in thoughtfulness, integrity and a commitment to greater inclusion. The result was the joining of five new Directors, who along with our “veterans”, now bring enhanced skills and experience in government relations, strategic planning, finance, equity, inclusion, community representation and lived experience.



# CTYS YOUTH VOICE

In 2017, after an initial journey exploring the world of Youth Engagement, we brought together a group of young people who were passionate about social justice, reducing the stigma of mental health and making an impact on other young people in the community. This group of insightful young people felt as passionate as we did about Youth Engagement. They told us, **"It's important because youth will soon be the adults who shape the world. It comes full circle in the end."**

As a first step, they decided to create a meaningful youth voice at CTYS utilizing social media as this is the medium that youth most often use to communicate, get information and reach out. They wanted to **inspire other youth, share success stories and breakdown stigmas**. Youth who are struggling, and may feel they are alone, would be able to turn to this blog and see **that there's hope out there that things will get better** and also learn that **there are people and services that can support them**.

This blog is our young people's vision and they choose to name it **"Vision Restored"**.



I AM

## Black History

I am Black  
 I am strong  
 Obstacles can't stop me  
 I am confident  
 Proudly proclaiming my uniqueness  
 I am sure – footed  
 Sure that I will achieve everything my heart desires  
 I am a young strong, and confident,  
 Black child of God.

By: Lavish Briiii