

ANNUAL REPORT

FOR THE FISCAL YEAR
APRIL 1, 2022 - MARCH 31, 2023



Therapeutic Family Care Program
Support for Children, Youth and Caregivers



MESSAGE FROM *PROGRAM MANAGER*

The Therapeutic Family Care program (TFC) has had another successful and busy year continuing to service children and families with complex dynamics that require a high level of support. Safety and relationships remain at the forefront of our intervention and our team is dedicated to creating opportunities for lasting change for our service recipients.

The program continues to provide therapeutic and clinical supports to children and families involved in our three sponsoring societies (Kawartha Haliburton CAS, Durham CAS, and Highland Shores CA) Our four main components of service include; formulating a clinical understanding of how experiences of hurt and adversity have impacted an individual or families development, therapeutic support to increase daily functioning and regulation, providing strategies and techniques that support increased emotional and physical safety, and advocacy across systems to ensure a shared understanding of the individual or family.

The program continues to be grounded in Dyadic Developmental Psychotherapy (DDP) as our clinical framework. We remain committed to achieving organizational certification with DDP International (DDPI) which we are on track for by April 2024. The team also incorporates Signs of Safety practice into their day-to-day work and have found ways to mesh these two practices into service delivery.

This previous year was one of flux and change for the TFC program. We had several long-term staff retire from the organization which impacted the team in several ways. In order to navigate this loss the team has continued to target development and learning in order to enhance our skill set and ensure our families and Society colleagues do not experience any gaps or loss of knowledge.

As a program facilitators we are looking forward to another year of clinical and relational support to children and families and all the dynamics that come along with this.

Mary Price-Cameron
Program Manager

STRATEGIC *DIRECTIONS*

The following proposed strategic directions reflect the key priorities to help focus the program's efforts during the planning periods.

- Trauma Responsive Care to promote and support permanency for children, youth and families
- Ensuring Equity
- Strengthen Agency and Community Partnerships
- Commitment to Outcomes

VISION STATEMENT

Every child, youth and family grows, builds on their strengths and reaches their potential in a permanent, secure and enduring relationship.

MISSION

To support, educate, coach, and empower caregivers and adults in understanding and supporting the children and youth reaching their fullest potential;

VALUES

We are guided by the following:

Being child, and family focused: The current and future needs of the child and family are our first consideration.

Permanence and Continuity: Children/youth grow up and develop best having the opportunity to experience safe and enduring relationships.

Working together: TFC values mutual communication and respect related to planning for the child/youth and family.

Diversity: We embrace a diverse organization that is responsive, inclusive and respectful of all people.

Being Creative/Flexible: We promote flexibility and creativity in our thinking, problem solving and decision making.

Being Accountable: We are responsible to ensure that all of our actions show our commitment to the standards and excellence which the program strives to achieve.

Continuous Learning: Every situation is an opportunity to learn and to grow together.

CANS

CHILD AND ADOLESCENT NEEDS AND STRENGTH ASSESSMENT

The CANS is a multi-purpose tool developed to support planning and decision making, to facilitate quality improvement initiatives, and to allow for the monitoring of outcomes of services. The CANS gathers information on the youth's and parents needs and strengths. The domains that are assessed address how the youth functions in everyday life, on specific emotional or behavioural concerns, at-risk behaviours and in areas where the strengths or skills can be grown and developed.

TFC recognizes the need for ongoing program assessment and evaluation. This past year we have implemented a new outcome measure tool, the Child and Adolescent Needs and Strengths assessment (CANS) in order to demonstrate the program's efficacy, effectiveness and value to our sponsoring Societies.



CHILD / FOSTER HOME STATISTICAL INFORMATION BY SOCIETY

EFFECTIVE - MARCH 31, 2023	TFC	MMP
PROJECTED DAYS SERVICE 2022-2023	36,135	4380
ACTUAL DAYS SERVICE 2022-2023	40,064	1369*
CLINICAL UNIT COST 2022-2023	53.41	106.53

*FULLY ALLOCATED TO ENHANCED FOSTER

IN THE 2021-2022 FISCAL YEAR TFC SERVED

251

CHILDREN
SERVED
2021-2022


23%
FOSTER
CARE

19%
KINSHIP

16%
ADOPTON

42%
BIOLOGICAL
FAMILY

TRAINING



We have had a busy year in training delivery. We have maintained a virtual format as our target audience has increased substantially through the pandemic. This year we delivered 23 trainings with over 1100 participants and approximately 57 hours of direct training time. The feedback from these trainings is consistently positive and we are actively working towards our new training curriculum.

IN 2022-2023 TFC OFFERED THE FOLLOWING TRAININGS:

September 29, 2022 My Piece of the Puzzle: What do we as caregivers bring to our relationships with others and the children we care for?

Feedback: I learned about the different forms of attachment, the different personality styles and the different ways we accept love (love language). The topics covered were very valuable as a caregiver, I first must understand these traits in myself in order to better communicate with others. They are great. Engaging and make everyone feel safe enough to share

October 27, 2022 Strategies to support youth in their home environments

Feedback: It was honestly one of the best trainings that I have ever attended. The videos were amazing and the presenters were very knowledgeable! Great job guys! I will be able to share these useful tips with the foster parents that I assess. Really shifts your thinking when you understand the effects of trauma on the nervous system

November 24, 2022 Caregiving: How it impacts your family and close relationships.

Feedback: I loved the 5 love languages included in the training. When we understand how to connect to each other in most meaningful way we build relationships that nurture As I support caregivers it was valuable for me to understand better the impact

February 23, 2023 Loss in Caregiving: How do we understand and support grief that comes alongside connections and care?

Feedback: provided so many relatable examples of how people process grief and coping strategies that I had never thought of Some of the reference materials were new (to me) and I appreciated a new perspective, Maureen did a wonderful job of explaining things in a relatable, manageable way that I think many will find accessible to take in, consider and use in their own lives

March 23, 2023 Taking care of yourself as caregiver

Feedback: You talked about the "normalness" of feeling overwhelmed and how to regain balance. Highlighting the importance of listening to your body and recognizing what needs to be done in order to be an effective and well-balance caregiver. Ensuring at the end of the day, you are still standing and able to present well.

April 27, 2023 Navigating Complex Systems for Kids with Complex Needs: Supporting Caregivers Through the Maze

Feedback: Excellent information, the supporting visuals really enhanced the discussion. Presenters were very knowledgeable and used practical examples that helped. Really enjoyed the video and exercise about building a support network. SUCH an important discussion we are needing to have with families.

NUMBER OF **TRAININGS** **23**
(April 1, 2022—March 31, 2023)

1,130 PEOPLE ATTENDED THE TRAININGS

CASUAL STAFF

Casual staff play an important role within our program. They provide 1 to 1 support to youth to assist in developing life skills, assist in accessing recreational activities, respite for caregivers, skill development, etc. Additionally, Casual Support Workers provide in home support to caregivers to assist in daily routines, assisting with homework, life skill development, mentoring, etc. This direct support to youth and families is invaluable as it offers the direct and practical support that can help reduce stress within the home, assist with regulation and calm and provides youth with opportunities to be in the community safely while developing skills and interests. The Casual Support Workers work collaboratively with our Clinical Case Consultants, families and Society Workers to assist youth and families in working towards their goals.

NUMBER OF FAMILIES

SERVICED BY CASUAL WORKER

(April 1, 2022—March 31, 2023)

DCAS
13

HSCA
19

KHCAS
1

NUMBER OF HOURS

(April 1, 2022
to March 31, 2023)

CASUAL SUPPORT WORKERS PROVIDED IN ALL THREE PROGRAMS

DCAS - 3352
hours (from MMP budget)

HCAS - 3454
hours (from MMP budget)

KHCAS - 82
Casual hours



FACTS & FIGURES

ONE YEAR POST DISCHARGE FROM TFC SERVICES ARE THEY
still in permanency/permanent placements? (April 1, 2021—March 31, 2022)

OVERALL

243

**CHILDREN
SERVED**



191 children were/are in permanent placements

79%

DCAS

73 were served

52 children were/are in permanent placements

71%

KHCAS

49 were served

38 children were/are in permanent placements

78%

HSCA

121 were served

101 children were/are in permanent placements

83%

REVENUES & COSTS 2022-2023

Therapeutic Family Care Program

Income Statement for the Year Ended March 31, 2022

	2022-2023	2021-2022
REVENUE	2,407,952	2,369,784
EXPENDITURES		
Salaries	1,356,993	1,383,613
Benefits	391,054	387,232
Travel	91,450	81,341
Training and Recruitment	14,964	28,032
Building Occupancy	94,172	84,802
Client Needs	27,388	38,103
Special Events	5,793	4,108
Office Admin	17,178	15,844
Miscellaneous	219,371	215,802
Total Technology	32,575	47,877
TOTAL EXPENDITURES	2,250,938	2,286,753



Therapeutic Family Care Program
Support for Children, Youth and Caregivers

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For the Sponsoring Societies of:



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1320 Airport Boulevard
Oshawa, ON
L1H 7K4
1-905-433-1551 or
1-800-461-8140
www.durhamcas.ca



Highland Shores
CHILDREN'S AID
Protect Care Empower

Highland Shores Children's Aid
P.O. Box 186
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1-613-962-9291 or
1-800-267-0570
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Kawartha
Haliburton
Children's Aid Society
Safe Kids. Strong Families. Thriving Communities.

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