

ANNUAL REPORT

FOR THE FISCAL YEAR
APRIL 1, 2023 - MARCH 31, 2024



Therapeutic Family Care Program
Support for Children, Youth and Caregivers

MESSAGE FROM *PROGRAM MANAGER*

It is hard to believe that we are entering our 35th year since the Therapeutic Family Care Program (previous Treatment Foster Care Program) opened its doors to begin servicing families for our three sponsoring Societies (Kawartha Haliburton CAS, Durham CAS, and Highland Shores CA). A lot has changed since 1989, including how we practice Child Welfare in the province, how we understand permanency, how we provide support to children and families, and how we partner with our sponsoring Societies. Since the pandemic, we have seen a sharp increase in acuity and complexity of needs in the children and families we service. This has been exacerbated by system issues related to reduced financial resources and the ongoing placement crisis. As a result, the program has leaned into our practice framework of Dyadic Developmental Psychotherapy/Practice (DDP) and used our relational approach to help families increase their awareness of the impacts of trauma and related stress responses, to develop their skills and build resiliency. Through this support, we have been able to help families remain together, reunify families and help move families towards permanency.

This past year our program was faced with very tight budgetary considerations, given the decrease in funding to Children's Aid Societies across the province. With the program being funded through child welfare dollars it has been imperative that we continue to strive for accountability to our funders and ensure we are delivering effective service.

To help guide this process the program has been undergoing a program review to look at our service delivery framework and program outcomes. The three sponsoring Societies are working closely together through this process as it will help to inform the program's work moving forward. We are looking forward to the results of this review and for the opportunity to further enhance our impact on families.

In the past year our team has brought on several new Clinical Case Consultants with a wide range of knowledge and skill, both from their child welfare backgrounds as well as other professional training and experience. It is truly exciting to see this new group of staff compliment our existing team members skill set in order to continue to deliver a high level of service and clinical expertise to our sponsoring societies.

This past year we have continued our pursuit to becoming a DDP certified program. We are now in the final stages of this process. DDP continues to be the clinical framework we use to guide our interactions with families, colleagues and each other.

We look forward to another year of development, support and relational engagement!

Mary Price-Cameron
Program Manager

WHO WE ARE

TFC is a shared service agency between three children's aid societies that provides clinically oriented child welfare services.

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.

*When asked; "What has been the most valuable part of participating in TFC?
A CAS worker replied: "Resource families feeling supported and having
CCC to help them process and understand presenting behaviours from a
trauma informed lens and implementing useful strategies that benefit
everyone in the home."*

FACTS & FIGURES

ONE YEAR POST DISCHARGE FROM TFC SERVICES ARE YOUTH STILL IN PERMANENCY/PERMANENT PLACEMENTS? (APRIL 1, 2022—MARCH 31, 2023)

OVERALL
244
CHILDREN
SERVED

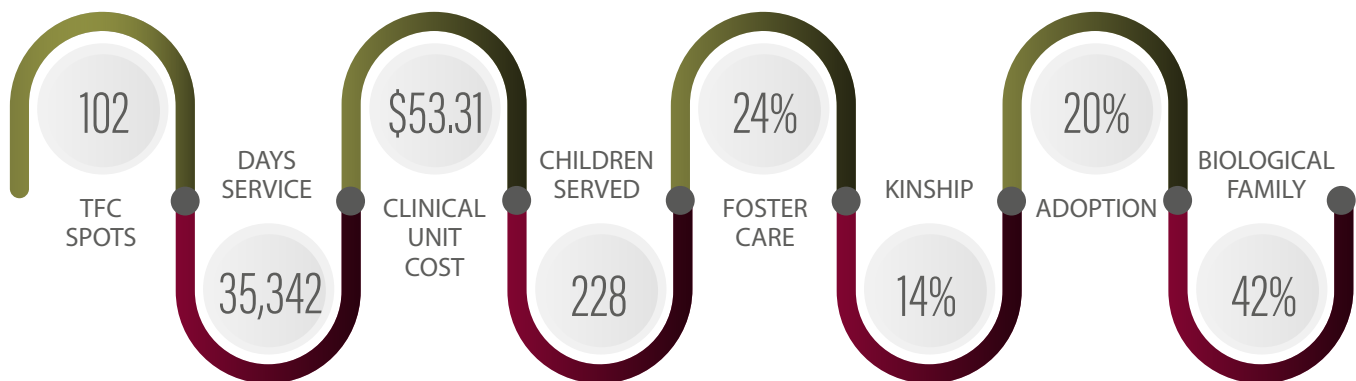


195 children were/are in permanent placements **80%**

DCAS
58 children were served
39 children were/are in permanent placements **67%**

KHCAS
77 children were served
72 children were/are in permanent placements **93%**

HSCA
109 children were served
84 children were/are in permanent placements **77%**



STRATEGIC *DIRECTIONS* Where we are going

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

TRAUMA RESPONSIVE CARE **TO PROMOTE AND SUPPORT PERMANENCY FOR CHILDREN, YOUTH & FAMILIES**

At TFC, being trauma-responsive means recognizing the widespread impact of trauma on the children and families we work with. Therefore, we are committed to engaging with these children and families in a way that establishes physical and psychological safety, mitigates factors that create a lack of safety or re-traumatization, and build a relationship that promotes healing and optimizes well-being and potential.

Clinical Case Consultants' have specialized training in Dyadic Developmental Psychotherapy (DDP), which provides a foundation for understanding the bio-psychosocial impacts of trauma, and attachment relationships. TFC makes it a priority for all new clinical case consultant's to be trained in DDP as it is a framework that embraces the principles of safety, trust, choice, relationship and empowerment. Ensuring these principles are being incorporated into our service delivery is crucial for our children and families as they are often marginalized individuals, who have experienced systemic oppression and are living in poverty.

CCC's also work to stay current on evidence-based research and best practices to support the development of clinical formulation of needs and strengths for children and families, in order to inform therapeutic goals as well as trajectory/permanency planning.

Another area of professional development for the TFC team this past year, has focused on Neuro-Diversity and how it interacts with developmental trauma. This learning has been supported by Ruth Strunz, a registered Psychotherapist who specializes in this neuro-diversity affirming psycho-therapy and clinical services. Additionally, we have also embraced ongoing learning targeted at increasing our understanding of the needs of complex adolescents, who become involved with child welfare due to high-risk behaviours, and poor mental health. This is an area that our sponsoring Societies have identified needing support.



ENSURING *EQUITY*

This past year TFC has continued our learning journey related to equity, diversity and inclusivity (EDI). We have embraced both formal and informal learning opportunities and have made it a priority to have conversations about equity related issues that we are facing in our work with families and with the numerous systems we interface with.

At TFC, we serve a large geographic area and therefore face varying equity-related issues. All of the communities that we work within are seeing an increase in diversity, in terms of racialized families, which is challenging our team to become more aware of their personal biases and recognize how they impact the individuals and systems they work with. We are engaging in ongoing conversations to deepen our understanding of how the families we support are by-products of the oppressive systems and events they have experienced, and that it is our priority to practice humility and respect in our interactions in order to supporting healing.

Our TFC team is also supported in formal learning opportunities related to EDI, through attending the OACAS Equity in Child Welfare training, Cultural Humility training, as well as participating in Equity Committees, book clubs and community trainings.

TFC continues to affirm our commitment to the Truth and Reconciliation for our Indigenous communities and colleagues. This past year, TFC has offered support to Dnaagdawenmag Binnoojiiyag Child and Family Services through facilitation of clinical trainings for staff and caregivers. We place great value on our partnership with our Indigenous partners and look forward to continued collaboration and learning with them.

“

They were a huge support for the family and children, they were always there to support parents when needed and ensured their voices were being heard, they helped connect family to community supports such as Dr. Menendez who has done amazing work with the family especially the youth in the home.

”

CAS worker

“

The compassionate support that was provided was critical in our family not feeling alone in our challenges.

”

Service Recipient

STRENGTHEN AGENCY AND *COMMUNITY PARTNERSHIPS*

The increase in complexity we have seen in families interfacing with child welfare, has required collaboration and partnership across multiple sectors and agencies. TFC has prioritized engagement with community/partner agencies through consultations and facilitating training opportunities.

September 28, 2023	How to get unstuck and improve your work-life balance
October 26, 2023	Post-Pandemic Recovery for Children & Youth
November 23, 2023	Supporting Children and Youth: Exploration of Body-Based and Trauma Informed Therapies and Interventions.
January 25, 2024	Playful approaches to supporting youth
February 22, 2024	Screen Time & Social Media
March 28, 2024	Exploring Grief and Supporting the Seven Core Issues of Loss for Children, Parents, and their Alternative Caregivers
April 25, 2024	Supporting Children/Youth and Caregivers in Transitions Towards Permanency
May 23, 2024	Building Relationships and Connections within Child Welfare

1 27 TRAININGS

Including...

School board training and support
Community mental health training and support

2 1451 PARTICIPANTS

Community tables and committees
- build community of practice for DDP during our Sian days

3 65 HOURS OF TRAINING

Support Societies initiatives such as S of S implementation, trauma-informed practice, EDI, foster caregiver recruitment and development.

COMMITMENT TO OUTCOMES

TFC recognizes the need for ongoing program assessment and evaluation. We began to utilize the Child and Adolescent Needs and Strengths Assessment (CANS) in April 2023 to demonstrate the programs efficacy, effectiveness and value to our sponsoring Societies.

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 caregivers 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.

Prior to the use of the CANS, we had been using the ACC and ACA but made the shift in 2023 to the CANS as it was more aligned with program goals and direction. We searched for an outcome measure tool that would measure the level of exposure to adversity and trauma for youth, measure of child functioning (regulation, executive functioning, etc.) and measure of caregiver functioning (stress, parent-child relationship etc.). These measures were chosen based on our program mission and values, strategic directions, clinical foundation and the expressed needs of the Society's to have caregivers experiencing less stress and have increased regulation and for youth to have increased regulation and functioning in day to day living. With hopes of improved sense of felt safety and improved relationships between caregiver and child/youth.

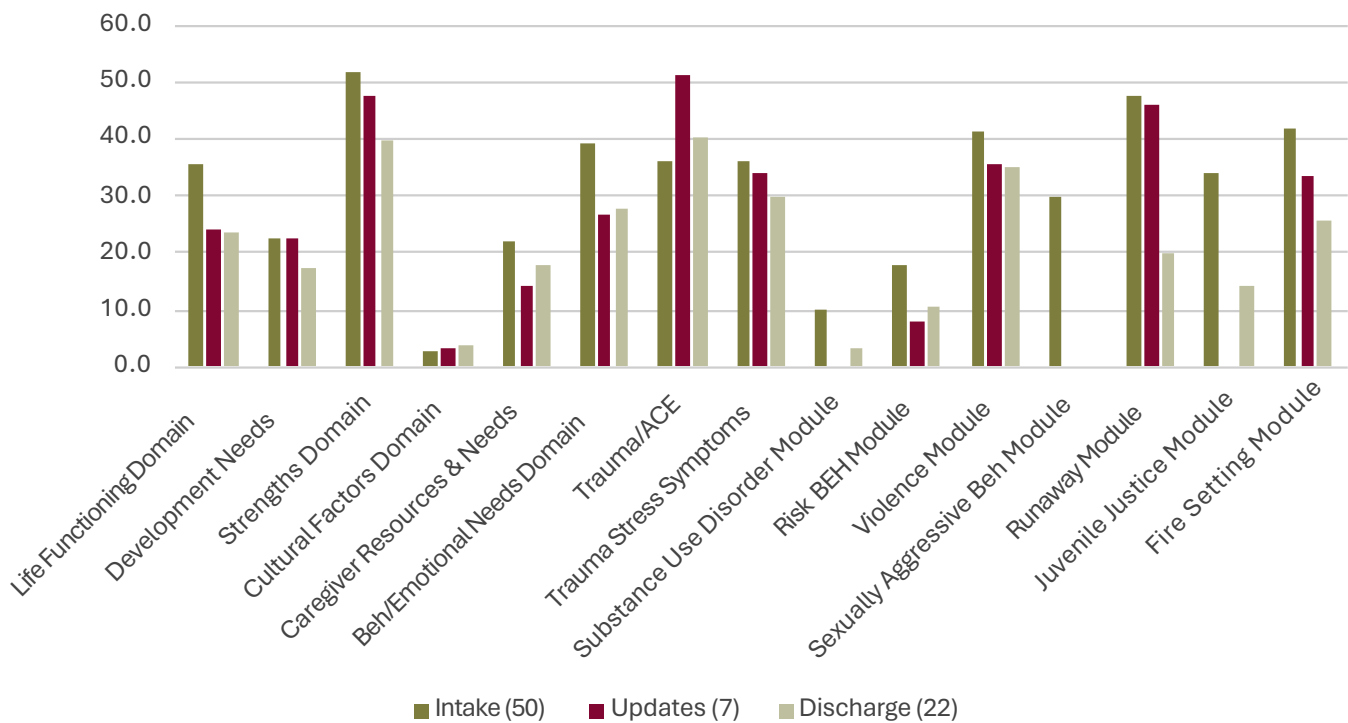
Over the past fiscal year we have 79 show, following TFC service, improvements were noted in all 15 areas of functioning assessed with the exception of one, ACES score. We understand the increase in ACE score over time of involvement as we often don't know all of the history at beginning of service and learn over time.

Adverse Childhood Experiences (ACEs) are potentially traumatic events that occur in childhood. ACEs can include violence, abuse, and growing up in a family with mental health or substance use problems. Toxic stress from ACEs can change brain development and affect how the body responds to stress. ACEs are linked to higher probability of chronic health problems, mental illness, and substance misuse in adulthood however with intervention and access to safe and positive relationships and environments the impacts and risk of future struggles can be minimized. Children and youth with higher ACE's scores can present with more complexities and can require higher levels of care and support.

Knowing a youth's ACE score can assist in understanding youth's presentation and providing support and services from a trauma informed and trauma responsive lens.



CANS



When asked;

“What has been the most valuable part of participating in TFC?”

Families replied:

Everything, different ways of looking at it, and ways of talking to my kids differently, looking from the kids needs and doing things differently. Tools and suggestions were amazing, being able to vent about a war that was happening with the kids, calming strategies, processing it to figure out why and then looking at how to manage. I am so grateful for CCC and all of the insights she brought to our life. She encouraged me to look at myself and my daughter with a different lens and provided strategies for us to get to the next step in our journey. She was kind, compassionate and truly cared about our situation. I feel like a better parent because of our interactions. The genuine care and concern for my child and the family on a whole, which helped us to feel like we were finally being heard.

“Having a therapeutic lens helped us understand more about the family and how they respond/cope. CSSP really helped the family see that the struggles they were having were not because the child was “bad” and shifted the focus for the family to how they function together and how to co-regulate. CSSP really helped this child understand herself more, what triggers her, and how to cope, and we have been able to see a HUGE change in how she is able to regulate herself.”

CAS Worker

REVENUES & COSTS 2023 - 2024

Therapeutic Family Care Program

Income Statement for the Year Ended March 31, 2023

	2023-2024	2022-2023
REVENUE	2,225,311	2,407,952
EXPENDITURES		
Salaries	1,258,153	1,356,993
Benefits	376,552	391,054
Travel	78,346	91,450
Training and Recruitment	10,824	14,964
Building Occupancy	90,841	94,172
Client Needs	25,340	27,388
Special Events	2,608	5,793
Office Admin	20,368	17,178
Miscellaneous	202,453	219,371
Total Technology	25,214	32,575
TOTAL EXPENDITURES	2,092,064	2,250,938



Therapeutic Family Care Program
Support for Children, Youth and Caregivers

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1-800-461-8140
www.durhamcas.ca



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Protect Care Empower

Highland Shores Children's Aid
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363 Dundas Street West
Belleville, ON K8P 1B3
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1-800-267-0570
www.highlandshorescas.com



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