

# CPRI ANNUAL REPORT

## 2019 – 2020

### TABLE OF CONTENTS

Message From Director .....	2
Message from Medical Director .....	2
Spotlight on a New Tertiary Medical Consultation Service.....	3
Leadership in Clinical Training and Education: Training the Next Generation of Clinicians .....	3
Provincial Training and Sector Capacity Building.....	4
Trauma-Informed Care (TIC) Training .....	4
Autism and Co-Occurring Mental Health Training.....	4
Youth Justice .....	4
Annual Catalogue of Events and Offerings.....	4
interRAI .....	5
Financials.....	6

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## MESSAGE FROM DIRECTOR

SHANNON BAIN, HONS B.A., DIPL. O.D., LSSMBB

CPRI provides interdisciplinary outpatient and inpatient services to approximately 2,200 children and youth from across Ontario annually, and our over 300 staff do so with experience and passion. Within the Ministry of Children, Community and Social Services, CPRI continues to show leadership by seeking out new opportunities to influence policy and systemic change in child and youth trauma-informed care. Our ongoing collaborations with academic institutions grow our influence in clinical training program development, product and tool development, and service planning to support mental health and developmental service sectors. Our ability to flex to where we can provide the most impact is a source of great pride as I look back on a busy year. Thank you everyone, for all your contributions outlined in this year's Annual Report.

## MESSAGE FROM MEDICAL DIRECTOR

DR. AJIT NINAN, HONS BSC, MD, FRCPC

There has been significant momentum this year in expanding physician and clinician training, as well as capacity building across Ontario. CPRI launched a physician training series, and additional sessions are being planned to meet the requested needs of community physicians. The newly launched Tertiary Medical Consultation service is now available to community medical specialists referring for diagnostic clarification or consultation regarding complex cases. Specific to autism and co-occurring mental health, a team of physicians, clinicians and CPRI staff rolled out a provincial training program in all five regions of Ontario in early 2020. The goal was to build sector capacity and facilitate integration of mental health and autism expertise to Ontario Autism Program service providers, mental health agencies, and parents. As we continue to develop and adapt programming to meet the needs of children and youth in Ontario, I sincerely thank all the staff who dedicate their livelihood to making better outcomes for the children and youth we serve. Please enjoy the annual summary of our highlighted accomplishments.

## SPOTLIGHT ON A NEW TERTIARY MEDICAL CONSULTATION SERVICE

CPRI officially launched a Tertiary Medical Consultation (TMC) service in spring 2019, following a successful pilot of the program. Focussed on supporting an increase in access to our specialized resources, these consultations are an opportunity for secondary care community specialists to consult with CPRI Paediatricians and Psychiatrists for a child or youth they are working with. A recent expansion of the service now includes a diagnostic opinion or an interdisciplinary Autism Spectrum Disorder diagnostic assessment for referrals that meet usual CPRI criteria for complexity.

*“Thank you so much for the excellent report. It's great to have a diagnosis and a plan to move forward.” – Quote from a community medical specialist*

## LEADERSHIP IN CLINICAL TRAINING AND EDUCATION: TRAINING THE NEXT GENERATION OF CLINICIANS

CPRI's ongoing partnerships with Western University and Fanshawe College continue. Twenty of our staff hold faculty positions at Western that also include distinguished appointments, such as Divisional Chair. As an affiliated teaching site of the *Schulich School of Medicine and Dentistry at Western University*, CPRI has provided 48 medical student placements over this past year, including fellowships in both psychiatry and paediatrics, as well as opportunities for resident medical students to gain valuable experience working with children and youth with complex special needs. We are excited to be collaborating once again with our partners to expand our fellowship program with the launch of the first Developmental Psychiatry fellowship in Canada. We hope to see this program up and running this coming year.

For the past two years, CPRI has been offering an accredited education series to support physician capacity building in topics related to assessment and treatment of developmental disabilities. In 2020, we successfully rolled out online accredited training with 6 sessions covering topics such as: Intellectual Disability and Autism Spectrum Disorder, Behavioural Challenges, Intellectual Disability and Anxiety Disorder, and Inattention and Hyperactivity in Developmental Disabilities.

Each clinical discipline at CPRI has a robust student placement program. Clinical placements offered at CPRI develop the experience that readies future generations of clinicians to provide services to children and youth in Ontario. Each year we host approximately 200 student placements at CPRI.

## PROVINCIAL TRAINING AND SECTOR CAPACITY BUILDING

To support the work of the Ministry of Children, Community and Social Services, as a directly-operated facility, CPRI was called upon to develop and deliver several provincial training programs.

### TRAUMA-INFORMED CARE (TIC) TRAINING

An introductory learning series was provided to promote the delivery of high-quality care in licensed residential settings in the Child Welfare Sector. All of CPRI's education programs are available free of charge on CPRI.ca. Further sessions will be added and will continue to be accessible free of charge.

### AUTISM AND CO-OCCURRING MENTAL HEALTH TRAINING

In-person training sessions were delivered across Ontario to build sector capacity and to facilitate an integrative understanding of mental health and autism expertise. The training was developed for 3 targeted audiences: physicians; psychologists, allied health professionals and professionals; and educators, families/caregivers.

### YOUTH JUSTICE

CPRI delivered training to Youth Justice staff across Ontario on, "Trauma-Informed Approaches in Mental Health" and "Advanced Skills for Working with FASD."

### ANNUAL CATALOGUE OF EVENTS AND OFFERINGS

On top of our support for the ministry, CPRI also publishes an annual catalogue of evidence-informed learning opportunities through webinars and online learning modules provided by international speakers/experts as well as CPRI's specialists. This year, 9 catalogue events were planned (including 4 sessions accredited for medical professionals), reaching 732 participants. CPRI clinicians are also available to support community-based presentations. A full topical outline is available in the catalogue.

## INTERRAI

CPRI continues to partner with interRAI, a not-for-profit international collaborative to develop child and youth standardized needs assessments. CPRI has continued to create resources that are transferable to agencies to enhance fidelity of assessment use, and use of the information for clinical and service planning decision-support, and client and family engagement.

CPRI is the first organization in Canada certified to meet trauma-informed service standards set by the Sanctuary Institute. CPRI staff used this expertise to create a method to identify children and youth who are likely to require trauma-informed services, allowing us to be sure we are planning for and treating needs appropriately. This initiative builds on work shared in a publication authored by CPRI staff titled “Developing a clinical framework for children/youth residential treatment” that confirmed that a focus on understanding what is causing behaviours achieves better outcomes than addressing behaviours in isolation.

Understanding the presence of trauma early in the assessment process focuses treatment on the source of the issue. If a child or youth has experienced trauma, providing treatment that is behaviour-focused will not support healing and the trauma will continue to manifest.

We engaged an international panel of trauma experts to develop an algorithm that will allow service providers to easily identify the presence of adversities that commonly result in trauma. Known as the ALEIC, the Adverse Life Events Index for Children, compiles information gathered using interRAI assessments to help clinicians apply a trauma focus to their treatment planning at the beginning of service, where it makes the most impact. Details about the ALEIC will soon be available to clinicians at agencies across Ontario who use interRAI child and youth mental health assessments.

Other innovations completed this year are making it easier for service providers to use these assessments to help children, youth and their families. Updated training materials now ensure diverse audiences receive information targeted to their role (supervisor, assessor, analyst). A toolkit has been created that allows agencies to execute and sustain assessment use using CPRI’s best-practice implementation model. A manual has been published for the interRAI Youth and Family Quality of Life instruments, making it easier for service providers to hear from families. A decision-support tool that identifies a recommended service intensity based on assessment results has been created with the goal of supporting triaging and wait list management and CPRI is currently seeking partners to help us evaluate the benefits.

FINANCIAL PERFORMANCE: APRIL 1, 2019 – MARCH 31, 2020

Division	In \$000's	% of Total
Administration	1,052.3	4 %
Clinical Services	21,844.7	72 %
Homeshare	2,315.5	8 %
Operations	2,223.8	7 %
IT & Communications	1,048.4	4 %
Research and Education	1,021.5	3 %
Quality Improvement	252.9	1 %
Tele-Mental Health	421.1	1 %
<b>Total</b>	<b>30,180.2</b>	

