



INTEGRA



Integra Annual Report 2009



Board President's Message

During the past year Integra has strengthened its position as one of the leaders in Ontario providing services to children and youth whose learning disabilities challenge their mental health. Through our knowledgeable and committed team, in 2008/09 we provided our clients with the widest range of high quality programs and services available.

In January 2008, Integra launched a new training program to educate staff from Turning Point, an agency serving youth who have been involved with the courts, about learning disabilities and mental health. With 50% of youth in the justice system assessed as having learning disabilities or ADHD, this program is essential as it fosters resilience, success and reduces the potential for re-offending. Integra will implement this program to other agencies within the youth justice system in fall 2009.

Our Mindfulness Martial Arts program has been such a success that we have expanded it to include teenaged girls. This innovative and highly effective treatment program targets youth who have trouble managing impulses and emotions by teaching them how to perceive situations differently and how to react with greater control.

Our two major fundraising events, Portage to the Future on April 13, 2008 and Cocktails for a Cause, March 12, 2009, were both very well attended but fell shy of their goals due to the uncertainty in the economy. We are especially challenged in this climate as we raise 25% of our overall budget through private fundraising which, in addition to events, includes major gift approaches to corporations, foundations, families and individuals, direct marketing and internet appeals.

Our accomplishments for 2008/09 could not have been achieved without the commitment and efforts of our outstanding Executive Director, Mike Faye, our dedicated employees and volunteers. It is their commitment and caring that make Integra a leader in helping children and youth with learning disabilities realize their potential.

Many thanks to our dedicated Board of Directors – professionals from the community – who devote their time, efforts and expertise to ensure that Integra remains vital, well-governed and committed to excellence.

Looking forward to the upcoming year,

A handwritten signature in black ink that reads "Gina Gentili". The signature is fluid and cursive.

Gina Gentili



Executive Director's Message

Integra has enjoyed continued success in serving the many children, youth and families that come to our door each year. The excellent work of the staff is often acknowledged by parents and youth who tell us how Integra has improved their lives. They are better able to handle the challenges that come with having a learning disability or a mental health issue. This may have been the result of Camp Towhee, the connection with a therapist, the involvement in group therapy with other kids who know how they feel or a combination of therapies.

The Board and staff completed a Strategic Plan following consultation with all stakeholders including five Integra youth. This plan provides a mindset of optimism and achievement which will guide and direct Integra during the next five years, some of which will present substantial economic challenges. The central theme is one of maintenance and expanded capacity. We will focus in the areas of fundraising, direct service, training and strategic alliances. This will be achieved through expanded and new partnerships with diverse communities, Youth Justice, and the corporate sector. Improved marketing and communication strategies as well as strong succession planning for Board and staff will be integral to our success.

We acknowledge the contribution of our very committed Board of Directors, skillfully led by President Gina Gentili. We thank our excellent staff, the children, youth and families who help create the success and the Ministry of Children and Youth Services. We are indebted to our amazing circle of donors and friends who have a passion for the work of Integra and give their never-ending support.

Mike Faye

Mike Faye, M.Sc.

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Who are we?



Integra Foundation, a progressive children's mental health centre, provides support to children and youth who have learning disabilities and experience significant social, emotional and behavioural problems.

Our mission is to improve their outcomes through a range of specialized therapeutic, family-centered services, community education and research.

PROGRAMS AND SERVICES

Camp Towhee

- Located on a beautiful lakefront property in Haliburton, Ontario, a unique therapeutic summer camp program championed by the Toronto Fresh Air Fund
- A place for kids to relax, learn about themselves, make new friends, and discover their strengths, abilities, and talents
- Offers individual support to enhance self-esteem, social and problem-solving skills, independence, and self-awareness
- Serves 100 clients each summer

Mindfulness Martial Arts (MMA)

- Popular and innovative therapy which addresses the social, emotional, and behavioural needs of clients in a therapeutic group setting
- Teaches kids self-discipline and self-control through increased self-awareness
- Served 62 participants

Individual Counselling

- Offers a foundation for youth to understand how their learning disabilities affect their feelings, behaviour, and relationships
- Thanks to TD Securities Underwriting Hope Charity Auction, clients develop self-awareness and self-control and learn more effective ways to manage their emotions, relate to others, and solve problems
- Reached 66 kids during the past year

Group Counselling

- Supported by CIBC World Markets Children's Foundation this program fosters friendship-making skills that allow isolated children and youth to make connections with their peers
- Clients often make friends within the group and develop the ability to establish friendships in their communities
- 70 clients attended group counselling

Family Counselling

- Parents and siblings learn about the challenges associated with having a learning disability and its impact on the family
- Family members learn healthy ways to communicate with one another and solve problems collaboratively
- 216 families received counselling



Community Consultation

- Builds awareness and delivers training about the mental health struggles tied to learning disabilities
- Offers workshops to social services workers, health and education professionals, client families and youth
- Sponsored by RBC Foundation, Walk A Mile In My Shoes workshops are especially popular as they help participants understand what it feels like to have a learning disability (LD) and the challenges that accompany LD
- Over 70 workshops were held, with more than 1,800 participants

Client Satisfaction Survey for 2008/09

Over 320 clients served

- 94% of clients were satisfied with services received
- 90% felt Integra's services helped their family
- 77% said if they were to seek help again they would definitely return to Integra
- 90% would recommend Integra's services to others
- 89% found the services they received while on the waiting list helpful

Research

- Integra has an active program of research and program evaluation
- In partnership with the University of Toronto, Integra conducts comprehensive research regarding the outcomes of the Mindfulness Martial Arts program and Camp Towhee
- Additional projects include exploring optimal methods of providing community outreach

Exciting Times for Mindfulness Martial Arts (MMA)

When MMA started in 2002, there were only three youth in the first group. Now, four MMA classes meet each week from September to June.

Ronald McDonald Children's Charities donated the initial funds to convert Integra's Board and Workshop room into a part-time dojo. We thank our many supporters over the years and more recently *The McLean Foundation*, whose generosity enabled us to expand our dojo; we now have the capacity to respond to the increased demand for more classes. This gave us the accommodation we needed to welcome eight youths in each of our beginner classes and fourteen students in our advanced classes.

A newly established volunteer program includes Maryolga Gonzalez, a black belt in Tae Kwon Do and a social service worker, and Kalila Badali, a blue belt in Mixed Martial Arts. The specialized help has enabled us to start a MMA program for girls. This was a much needed and welcomed feature in the growth of Integra.



Integra has brought two of its Child and Family Therapists into the MMA fold of instructors: David Jurasek, an Aikido practitioner, and Trish McKeough, Brazilian Ju Jitsu enthusiast. Together with Paul Badali, founder and supervisor of the MMA program, our volunteer instructors, our newly expanded dojo and more equipment, our youth now have the opportunity to earn their black belts.

Moreover, a mentorship program has developed whereby youths who have advanced belts can assist the instructors in the beginner and advanced programs. Once an Integra client has achieved black belt status, he or she will assist Integra staff in actually teaching beginner and advanced classes.

Integra expands its mental health training to Youth Justice staff

Turning Point, an organization working with youth before the courts, and Integra formed a staff training partnership in 2008/09. Research shows 50% of youth in the justice system have a learning disability often in tandem with mental health issues.

The project had a series of interactive, dynamic workshops in which staff learned practical ways to apply theory to everyday life. Additional benefits were team building and interactive dialogue among Turning Point staff and some direct psychological assessment services for the Turning Point clients.

Feedback from this tailored yet flexible approach was overwhelmingly positive and led to a contract for Integra to provide training for related youth justice programs in the GTA.

Cocktails for a Cause

The evening of March 12, Deb Robinson and Tom Higgins very graciously welcomed some 80 guests into their home in support of Integra.

Guests enjoyed cocktails and canapés before settling back to listen to Michael McCain of Maple Leaf Foods as he spoke of his company's

philosophy of business and the challenges faced during the last year, and of Integra and the importance of its programs. The following is an excerpt from his talk:

"...It occurred to me that Integra is largely about passionate people too. What is more worthy to care about than young children with learning disabilities that may result in mental health issues? What is more worthy to care about deeply than the well-being of children who are in that situation? What is more worthy to care about than the injustice of ignoring that situation, which research shows is common? What is more worthy to care about than the belief that a bit of intervention can make a difference?"

"When you consider what the Integra organization stands for - the programs, the workshops, the counselling, the camp - the portfolio of what Integra does for the families that participate is absolutely incredible . . . I found it really inspiring that they have taken something that they care so deeply about and really, truly have done something about it, to create a better future for these children and their families."

After Mr. McCain, guests heard Arthur Heinmaa give a very moving tribute to the way Integra has changed the life of his son, Marcus, and indeed the lives of their whole family.



Guests enjoyed meeting Michael Clemons, affectionately known as Pinball, CFL Legend and Toronto Argonauts CEO, when he made a surprise appearance at the event.

We are greatly indebted to *Cocktails for a Cause's* dedicated Co-Chairs, Deb Robinson and Leanne Petroff, for their creativity, wisdom and their ability to compel their friends and colleagues to support the cause.

Special thanks to our sponsors for the evening: Scotia Capital, Vector Financial Services Limited.

Specialty Wines by Larry Brenzel (larrybrenzel @sympatico.ca)

Delicacies by ORO



Canada's Health Care System - Mental Health is an Orphan

80,000

families deal with childhood mental illness.¹

70%

of all adults with mental illness issues can be traced back to their childhood.²

1 in 6

children in Ontario with mental illness gets no treatment at all.³

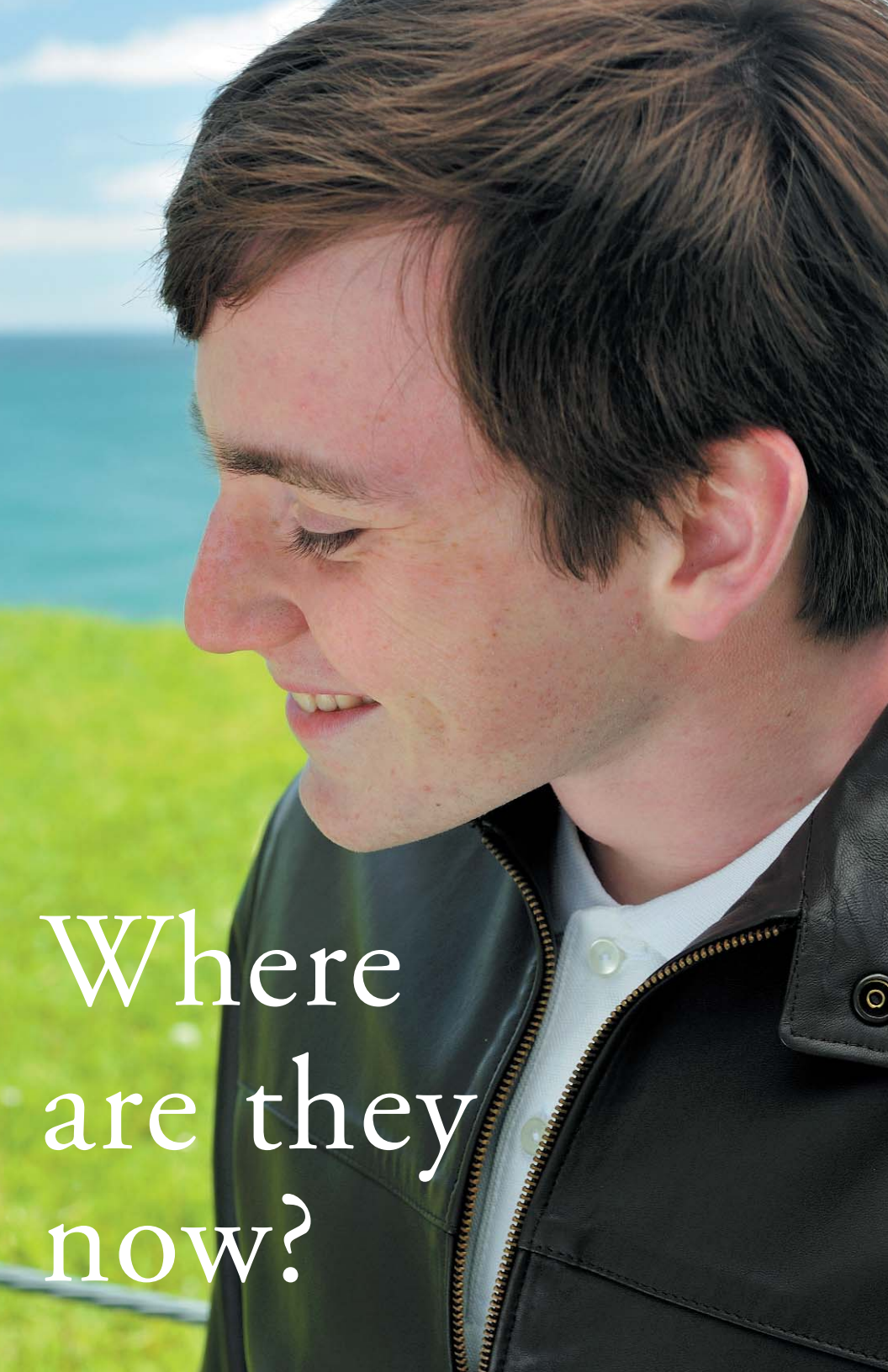
1 Geoff Robins, 2008. Breakdown: Canada's Mental-Health Crisis. Children of Darkness. Globe and Mail, 22 November, 1F

2 Manion, Ian and Cheng, Michael. "Mental health professionals on children and mental illness." Globe and Mail. 25 November 2008. < [http://www.theglobeandmail.com/servlet/story/RTGAM.20081122.wmhchildrendocsdisc...>](http://www.theglobeandmail.com/servlet/story/RTGAM.20081122.wmhchildrendocsdisc...).

3 Geoff Robins, 2008. Breakdown: Canada's Mental-Health Crisis. Children of Darkness. Globe and Mail, 22 November, 1F

40 years of Towhee Magic

- 1968** ▪ Camp Towhee opened its doors offering a six week experience
- 1986** ▪ A tornado blew through camp and destroyed Towhee
- 1987** ▪ Camp Towhee reopened after the tornado
- 1998** ▪ Camp sessions changed from six weeks for 10 -13 year olds to two three week sessions for 10 – 18 year olds
 - Camper numbers grew from 60 to 96
 - The first extensive program evaluation was undertaken
- 1999** ▪ Playground was built
 - A music therapeutic program was added
- 2001** ▪ Water filtration system was installed
- 2002** ▪ Harmony Hut was built – thanks to a generous donation from TD Securities
- 2008** ▪ Canoe out tripping program was expanded due to the donation of satellite phones from Jerome Shore
 - Integra's research department, with a doctoral student from OISE, undertook a new program evaluation thanks to a program implementation grant received from the Provincial Centre of Excellence in Children's Mental Health



Where
are they
now?

Better and More Mature



Marcus, age 17

Marcus was a client at Integra who had ADHD and a nonverbal learning disorder. For Marcus, this means that he has difficulties with fine motor skills, visual and spatial organization, sensitivity to sensory modes and the lack of ability to comprehend nonverbal communication.

At Integra, Marcus had accessed the following services: individual and group counselling, Camp Towhee and Mindfulness Martial Arts. The counselling service helped with difficult situations with schools, neighbours and siblings. Camp Towhee provided Marcus with the opportunity he needed to try new activities in a safe environment, without being ridiculed or laughed at.

For the past two years in the Mindfulness Martial Arts program, Marcus had to deal with his anxiety problems by facing his emotions, and not trying to eliminate them. According to Marcus this experience freed him to an extent of the anxiety that plagued him and has taught him to become a better and more mature person.

Marcus will be entering university in September and is choosing between engineering and philosophy as his major.



Flight or Freeze



Harry, age 17

Before coming to Integra, Harry was prone to flight or freeze: “flight because my answer was just to push work away; freeze because I would get stuck on one thing that was happening that I couldn’t cope with.” He was very worried and angry but didn’t know why. Though he felt more mature, he was shy and not as social as others his own age.

When Harry heard about Integra’s MMA program, he liked the idea of the Mindfulness mixed with Martial Arts. Participating in the MMA program was the one time in the week that he felt comfortable, not anxious. He was able to cope better with school situations and the instructor helped to change his outlook on life itself, to understand his own feelings – how to get along in the world. “If I look at how I was in the beginning and how I am now, I am a

completely different person. I have mindful moments. I accept the way I am, who I am, where I am.”

Mindfulness Martial Arts has become an integral part of Harry’s life. As he nears attaining black belt status, his goal is to become an MMA mentor.

Harry also plans to attend Ryerson University where he will work toward a degree in Psychology, Sociology and Criminal Law with concentration on Psychology. “My ultimate goal is to be a Child and Family Therapist, using my martial arts and mindfulness experience to work not only with kids who have learning disabilities, but also with children and youth who have challenges to their mental health coming at them from other areas.”



Miriam, age 26

A Good Opportunity

Miriam, an alumna of Integra's Camp Towhee, has a nonverbal learning disability which affects her visual and spatial reasoning. In the past, she sometimes had problems reading people's faces in order to gauge how she should act toward them. She also had difficulties paying attention as her learning disability borders on ADHD.

Miriam attended Camp Towhee for two consecutive summers where counsellors helped her recognize her leadership abilities.

Armed with new-found confidence, Miriam attended the University of Toronto and then lived in England for two years. She feels very lucky to have a chance to travel and explore other cultures.

Miriam is currently residing in Japan where she teaches English as a second language and enjoys the opportunity to meet new people.

Summary of Operations

Year ended March 31, 2009

Revenue

Ministry of Children and Youth Services Grant	\$	1,437,985
Other Revenue (Grants, Fees, Donations, etc.)		737,393
Total Revenue	\$	2,175,378

Expenditures

Salaries & Employee Benefits	\$	1,029,238
Rent, Utilities & Taxes		219,501
Camp Towhee Program		740,142
Other Expenses		211,764
Total Expenditures	\$	2,200,645

Fund Balances

General Fund	\$	474,201
Board Designated Funds		74,683
Alex Drdul Special Projects Fund		72,209
Susan Sorokin Memorial Fund		19,630
Total Fund Balances	\$	640,723

Thanks to all our principal supporters for helping us make a difference in the lives of children and youth overcoming despair and realizing their potential.

\$25,000+

CIBC World Markets	<i>Barclays Corporation Limited</i>	<i>David Kassie and Susan Harris</i>	<i>Scotia Capital TD Securities</i>
Children's Foundation	<i>Jose Danobeitia and Karen Wynnychuk</i>	<i>KKR Financial LLC</i>	<i>TD Securities</i>
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\$10,000 - \$24,000

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\$5,000 - \$9,999

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Special thanks to Big Brothers and Big Sisters of Toronto for giving us the opportunity to participate in their annual golf tournament for the past two years. Thank you to our honorary golfers: Kevin Duggan, Michael Harris, Wayne Kozun, Matthew and John Madden, Neil Petroff and Paul Robson.

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Integra is an accredited member of Children's Mental Health Ontario



INTEGRA

25 Imperial Street, 4th Fl.
Toronto, ON M5P 1B9
Tel: 416-486-8055
Fax: 416-486-1282
Email: info@integra.on.ca
Web: www.integra.on.ca

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