

2019 Annual Report



KIDTHINK.

KIDTHINK Children's Mental Health Centre Inc.

What is KIDTHINK?

KIDTHINK Children's Mental Health Centre. Inc. (KIDTHINK) is a non-profit children's mental health centre located in Manitoba that received its charitable status in January of 2019.

We're passionate about prevention and early intervention of mental health and addiction challenges for children 12 and under. Our funding is three-pronged: fee-for-service on a sliding scale on a cost-recovery basis, private donations & grants, and government contract services. We operate as a wholistic, multidisciplinary centre that identifies and enhances the child's entire support system by focusing on the following:



01. Clinical

KIDTHINK takes an evidence-based approach to offer assessment and treatment programs and services that are proven to be most effective. The initial focus is on anxiety, depression, behavioural issues, ADHD, and learning difficulties/disabilities.



02. Outreach

KIDTHINK provides outreach services within the child's community with a primary focus on training parents, teachers, coaches and pediatricians to better identify and interact with children 12 years old and under with mental illnesses. This multidisciplinary team approach will empower the community with the knowledge to better address these children's individual needs.



03. Research

KIDTHINK recognizes that all areas of children's mental health must be built on the best available research. Our team collaborates with researchers in the areas of early intervention and prevention.

KIDTHINK uses knowledge, gathered from research, to facilitate the development of materials, programs, and activities for children, families and the community.

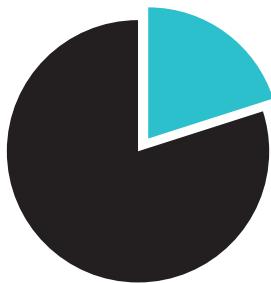
Why do we need KIDTHINK?

Mental health challenges and mental illnesses are a big part of health problems that children face. Early intervention is essential to prevent serious mental health problems.



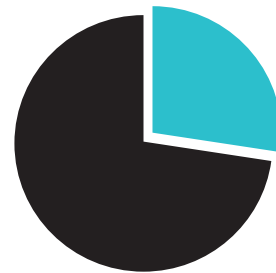
1 in 5

1 in 5 children suffers from mental illness.



Only 1 in 5

Only 1 in 5 of those affected seeks and receives treatment.



28%

28% of adults in Manitoba are living with at least one mental illness.

Mission and Vision



OUR MISSION

Improve the lives of children and their families.



OUR VISION

A Canada that meets the mental health needs of every child.



Our Core Beliefs

At KIDTHINK, We Believe In:



Highest Standards

Conducting ourselves with the highest standards of ethical behaviour when helping our clients, interacting with our colleagues, and living out KIDTHINK's mission, vision, values, and objectives.

Similarities and Differences

Celebrating similarities and differences by encouraging the development and growth of each team member and promoting a healthy and secure working environment.

Excellent Care

Being an effective service provider by employing a highly qualified multidisciplinary team who provides excellent care to the children, families, and other individuals that seek KIDTHINK's help and support.

Responsibilities

Sharing the responsibility to ensure that our children have easy and early access to the resources that promote mental health, long-term well-being, and optimal human development.

Core Values



PASSION

We will inspire everyone around us with our passion for providing the best mental health care for children and their families.



COMMUNITY

There is excitement in being part of the community, in coming together and working towards common goals.



RESPECT

We respect and believe in strong partnerships and fostering an atmosphere of cooperation, open mindedness and a positive attitude towards ourselves and others.



INTEGRITY

We model integrity by being transparent in our words and actions. We believe in promising exactly what we can do for our children, families, stakeholders and partners.



INNOVATION

Inspiration and innovation are key foundations of KIDTHINK. We believe that continuously looking for more effective ways to serve others makes a difference and has a positive impact in their lives and ours.



EXCELLENCE

We aim for excellence in every task that we undertake. We focus on long-term well-being and creating value for all who connect with KIDTHINK.



Core Objectives

EARLY PREVENTION

KIDTHINK is passionate about prevention and early intervention.

REDUCING STIGMA

KIDTHINK strives to be a leader in reducing mental health stigma.

EVIDENCE-BASED PROGRAMS

KIDTHINK focuses on providing evidence-based clinical services for children 12 years and under and their families.

OUTCOMES

KIDTHINK has implemented a transparent outcome monitoring system and is an active participant in the mental health community.





HOLISTIC SUPPORT

Through clinical and outreach services, KIDTHINK operates as a holistic children's mental health centre that identifies and enhance the child's support system.

INTENSIVE TREATMENTS

Providing intensive treatment services for children and their families and treatment services for parents to support their children's long-term well-being makes KIDTHINK unique.

ACCESSIBILITY

KIDTHINK provides accessible, timely programs and services to decrease overall wait-times in the province and the country.

STEWARDSHIP

KIDTHINK models stewardship of public resources as a result of more comprehensive prevention and intervention programs and services for children.

RESEARCH

KIDTHINK participates and supports research initiatives that enhance the provision of children's mental health services in Manitoba and Canada.

HIGH STANDARDS OF CARE

KIDTHINK provides the highest standard of care so that our community will have thriving children and healthy families.

KIDTHINK'S 1st Year

We have already made an impact:

65 Children & Their Families Treated

KIDTHINK has provided and is providing direct treatment to over 65 children and their families.

200 Reached by Workshops

KIDTHINK has provided mental health education, coping strategies, and well-being workshops to approximately 200 children in several schools and community organizations.

400 Professionals

KIDTHINK has provided professional development to approximately 400 professionals from different agencies and organizations.

250 Parents & Caregivers

KIDTHINK has facilitated several mental health strategies and information workshops through parent information evenings with different community organizations and school divisions for approximately 250 parents and caregivers.

800 Community Members

KIDTHINK attended several Community Forums and Events attended in total by approximately 800 community members from different areas of Manitoba.

220 Subscribers

KIDTHINK has over 220 subscribers to the KIDTHINKer – the KIDTHINK newsletter.

2000 Individuals

In total, almost 2,000 individuals have received direct treatment support, and/or mental health information from our small clinical and outreach team.

In the Community

Those who have invited us to participate in their community events, fair, or forum:

St. James Assiniboia School Division

EDI Presentation on Depression

Winnipeg School Division

Community Fair and Anxiety Forum, Mental Health and Addictions Forum

Ready...Set...Grow

Community Wellness Fair Stonewall

Attended Manitoba Election Forum

Partners for Community Mental Health and Addictions, organized by Jewish CFS and Sara Riel

Sara Riel Mental Health Awareness Expo

National Tourette Canada Conference

Winnipeg

Attachment Network

Annual General Meeting guest presentation

Collaboration

Those with whom we collaborated to provide services, training, or information evenings:

- La Division Scolaire Franco-Manitobaine
- Sobeys St. Anne's
- Boys and Girls Club of Winnipeg
- HP Change (Student led event on Mental Health and Well-Being)
- City of Winnipeg Aquatics
- Wolseley School (Winnipeg School Division)
- Family Dynamics
- U of M Class FMLY 3780 - University of Manitoba Presentation
- Eden Health Care Services - Steinbach
- Parent Information Evening
- St. James Assiniboia School Division
- Kinderlinks
- Little Saints Daycare

Community Initiatives

Banding Together for Children's Mental Health - 2019

- This was the first KIDTHINK led initiative. It was delivered in association with Project 11, La Division Scolaire Franco-Manitobaine, and the Mood Disorders Association of Manitoba.
- First time the Government of Manitoba proclaimed National Child and Youth Mental Health Day for May 7, 2019 in Manitoba. With an official proclamation documentation from the Minister of Health Cameron Friesen.
- Initiated by Mayor Brian Bowman, the Winnipeg Sign was lit-up green for the first time in recognition of the National Child and Youth Mental Health Day

Banding Together for Children's Mental Health - 2020

- 2nd year KIDTHINK led initiative with Project 11, La Division Scolaire Franco-Manitobaine, Winnipeg School Division, Seven Oaks School Division and the Canadian Mental Health Association.



Pilot Programs

Winnipeg School Division

Cognitive Behaviour Therapy (CBT)
for Depressed Girls

Bursaries

Justin Memorial Bursary Fund

A private, family bursary fund supporting
low-income and multi-barriered families
to receive treatment services.





Supporters

- Sobeys St. Anne's
- MITYBILT
- De Nardi
- Miss Browns
- CanadInns
- Oxygen
- Tech Voc
- Bf workplace
- Long & McQuade
- Persuasive Media
- Paradigm Insurance Inc.
- The Upside Down Tree Foundation
- The Merchant Kitchen

Grants

- United Way
- Bell Let's Talk
- C.P. Loewen Foundation
- Cambrian Credit Union
- Thomas Sill Foundation
- Shoppers Love.You.
- Google AdWords Grant
- The Winnipeg Foundation
- Kiwanis Club of Winnipeg
- Telus Community Grant
- Jewish Foundation of Manitoba
- Walmart Brandon, Steinbach and Southdale
- Children's Hospital Foundation of Manitoba



Looking Forward in 2020

KIDTHINK began 2020 with the introduction of our Clinical Director/ Clinical Psychologist, Dr. Jo Ann Unger. We are excited to have her as a part of the KIDTHINK multidisciplinary team.

Dr. Jo Ann Unger is a clinical psychologist and became the Clinical Director at Kidthink Children's Mental Health Centre in February of 2020. She has training and experience using a variety of psychotherapy models with children, families, and adults including cognitive behaviour therapy, client-centred therapy, and mindfulness-based approaches among others. She also incorporates attachment and family systems theory into her work. Dr. Unger is currently the President of the Manitoba Psychological Society and is using this position to advocate for more access to psychologists in the province.



Prior to coming to KIDTHINK, Dr. Unger was an assistant professor with the Department of Clinical Health Psychology, at the College of Medicine, in the Faculty of Health Sciences at the University of Manitoba. In this position, she provided consultation, assessments, workshops, classes, and groups to the programs of Access Winnipeg West and the Grace General Hospital. Dr. Unger also worked for three years as the coordinator of two family therapy services at New Directions for Children, Youth, Adults and Families. She believes that working with parents is the best way to help children and helping children is one of the best ways to prevent more challenging difficulties later in life, including experiences of mental illness.

Early Intervention and Prevention Programs

Early Development Inventories in some of our school divisions have reported that up to 41% of students entering kindergarten are vulnerable in emotional reliance and maturity. KIDTHINK has been researching evidence-based programs that will support best practice for the prevention and treatment of mental health challenges as well as support an increase in children's emotional resilience. KIDTHINK is happy to report that we have started to train and implement two evidenced-based programs: FRIENDS Resilience and SNAP (Stop Now and Plan).

FRIENDS



The FRIENDS Resilience programs are a suite of developmentally sensitive, cognitive behaviour therapy (CBT) based programs developed by Dr. Paula Barrett, designed to build life-long resilience in children, families, adults, schools, and communities. The World Health Organization has endorsed them as a best practice for the prevention and treatment of anxiety and depression in children, while also promoting resilience.

SNAP



The SNAP program was developed in 1985 at the Child Development Institute (CDI) in Toronto, with the support of the Toronto Police Service and the Ontario Government. This program was designed to meet a service gap for young children in conflict with the law. Currently, SNAP provides evidence-based services for at-risk children engaging in and experiencing antisocial and disruptive behaviours at home, school, and the community. For over 30 years, SNAP has taught children emotion regulation, self-control, and problem-solving skills while teaching parents additional and positive parenting skills.



Client Care Subsidy Program

Our Client Care Subsidy Program, which would help low-income and multi-barriered families access evidence-based mental health treatment at little or no cost. In 2020, the world found itself in unprecedented times and exercised social distancing and social isolation. In our current unsettling time, KIDTHINK is even more determined to continue to serve children, their families, and the community. The COVID-19 pandemic showed that KIDTHINK is adaptable and flexible. We remained open, working remotely with technology-based tools, and continued to be a mental health support to children, their families, and the community. But we also cannot stress enough the importance of being prepared for a wave of mental health issues post-pandemic.

We are grateful to the individuals and organizations that have already contributed to the client care subsidy program. We are encouraged by the support.



EXECUTIVE DIRECTOR

Analyn Einarson

Ph.D.

Welcome to KIDTHINK! What an honour it is to be able to say that. 2019 was a year of development for KIDTHINK. The plan was bold – a visionary approach to child and youth mental health care in Winnipeg, Manitoba, the heart of Canada.

All young people deserve the best start in life. But too often, young people with a mental health problem are not able to fulfill their potential. Children's mental health programs and services have evolved in Manitoba and Canada. These are diverse programs and services provided by a variety of organizations and practitioners working in different communities, hospitals, and residential care settings.

Unfortunately, access to and coordination of these services have been insufficient to meet the needs of children and families. And not enough attention has been made to addressing the mental health and developmental needs of children earlier, before the emergence of a severe impairment that could disable a child for life.

What we know is that:



Children with mental health problems or mental illness need more timely treatment and support services.



Services and programs are needed to reduce risk and prevent the effects of mental illness in children.



New efforts are needed to improve capacities of families and others who support the child to prevent and mitigate the harmful impact of mental health challenges and mental illness in children.

KIDTHINK is a solution to improving children's mental health services in Manitoba; a solution inspired by Carmyn Aleshka's personal experience with youth mental illness. Carmyn, along with other donors, have made a significant commitment to this innovative children's mental health centre that constitutes a strong and compelling answer to the child and youth mental health needs facing the province of Manitoba. KIDTHINK contributes to sustained, positive outcomes for children and allows stakeholders, funders, and others an opportunity to begin redesigning the system and reallocating funding to focus on prevention and effective treatments so that our children can thrive.

In the recently released Virgo Report, Dr. Rush identified that mental health needs begin early in childhood; recommending investing in children and youth mental health and addiction treatment and prevention services and supports, as well as treatment for parents. To meet the needs of Manitoba, KIDTHINK focuses on children under 12 years of age, focuses on prevention and early intervention, offers intensive treatment to children and parents, as well as services specifically to parents/caregivers.

Thank You

I am thankful for the KIDTHINK Board of Directors who have supported and guided us in 2019. I am grateful for the KIDTHINK staff who have made 2019, a year of growth and development, a successful one. And I extend sincere gratitude to the individuals, organizations, agencies, and supporters who have collaborated, partnered, and encouraged KIDTHINK everyday. We look forward to helping more children and families.

We're in it for kids! Join us.

Analyn Einarson Ph.D.



CLINICAL DIRECTOR

Jo Ann Unger

Ph.D., C. Psych.

It was my sincere pleasure to join the KIDTHINK team on February 13, 2020. From that very first day, the team has done an excellent job of orienting me to the current programs of service and processes as well as providing me with the history of their work to date. As you will be able to see through reviewing this report, they have been working diligently and effectively to develop and create a unique and important children's mental health centre in Manitoba.

It is because of this hard work and KIDTHINK's mandate to increase access to evidence-based mental health services in Manitoba that drew me to this organization. In particular, their focus on prevention and early intervention, their multi-stream funding model, the ability to work flexibly, their value of community collaboration, and desire for excellence in providing needed services to children and families were particularly attractive to me.

And I have not been disappointed with my decision. I continue to be excited to be a part of this competent, welcoming, collaborative, and interdisciplinary team. It is a team that works well together, is dedicated to the mission and vision of KIDTHINK and committed to providing excellent service to the families of Manitoba. I am looking forward to all that we will continue to do together in the coming year.



PROGRAM ADMINISTRATION AND INTAKE SERVICE

Rossana Astacio-Morice

BSW

The intake role for KIDTHINK was developed to act as the central point of contact for general inquiries about KIDTHINK and to have a dedicated role to facilitate communication from referral sources to KIDTHINK programs. Additionally, the Intake Coordinator reviews referrals received to assess eligibility for KIDTHINK services. This includes a thorough review of all available clinical information, including communication with referral sources and consenting sources (e.g. school resource) to help determine the best clinical pathway for the client. For those clients that do not meet the criteria for KIDTHINK services, the KIDTHINK Intake Coordinator provides information to the most appropriate resources in the community that meet their needs.

In addition, KIDTHINK recognizes the importance of mental health services for all children regardless of economic status. That is why KIDTHINK connected with community partners and received grants to support families with financial aid. The KIDTHINK Intake Coordinator supports families by identifying eligibility to financial aid and maintains and manages donation metrics.

The KIDTHINK Intake Coordinator captures metrics related to support provided to individuals and families to KIDTHINK.

2019 Clients Fees

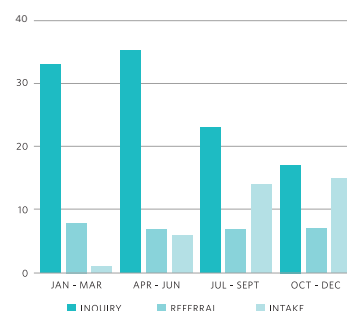
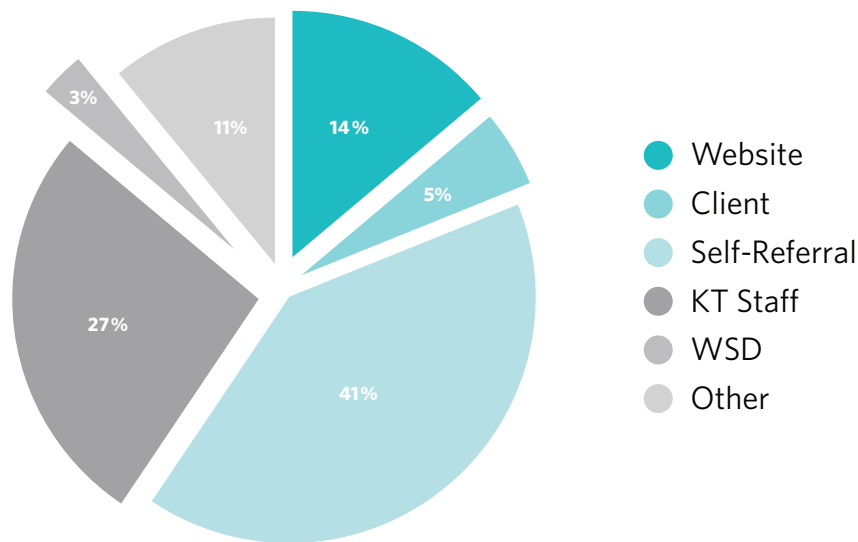


Figure 2. Number of inquiries, referrals and intakes completed between January 1, 2019 and December 31, 2019.



Over the 2019 fiscal year, KIDTHINK accepted a total of 37 new referrals; with 22% referrals processed in the first quarter, 19% in the second quarter, 19% in the third quarter, and 40% in the fourth quarter.

2019 Referral Source



Supporting Family and Community Partners

In addition to initiating the services to support individuals presenting with mental health concerns, the Intake Coordinator also supports families and community partners by:

- Delivering information to partners about mental health barriers in the community.
- Providing information about other available resources, supports, and services to families and the community.
- Coaching families on advocating for supports.
- Identifying professional development needs of daycare staff, school staff, and community organizations.
- Identifying innovative methods of delivering workshops to the community.



CLINICAL SERVICES

Kari Deschambault

M.S.W., R.S.W.



Mental Health Assessment

Our clinicians facilitate comprehensive mental health assessments to guide the development of evidence-based care plans. These initial assessments may identify a need for further clinical investigations such as psychological and/or psychiatric diagnostic assessments.



Empowering Children

Evidence-based interventions are provided and tailored to the unique strengths and needs of children and their families to help reduce symptoms, enhance coping capacities, and improve functioning and quality of life. Treatment focuses on helping children work towards meeting developmental milestones, so they can thrive in their home, school, and community environments.



Equipping Parents

KIDTHINK collaborates with parents to identify ways to understand and meet the needs of their children. Parents are actively involved in their children's treatment processes to facilitate changes in their family environments. When parents make these changes, it supports improved functioning for their children who are learning new ways of coping. Parent focused interventions aim to empower and equip parents with the tools and knowledge to support their child's recovery.



Mental Health Clinicians Offer The Following Services to Empower Children:

- Comprehensive mental health assessments
- Evidence-based care planning
- Individual therapy for children, including parent involvement
- Group therapy

An Overview Of The 2019 Year

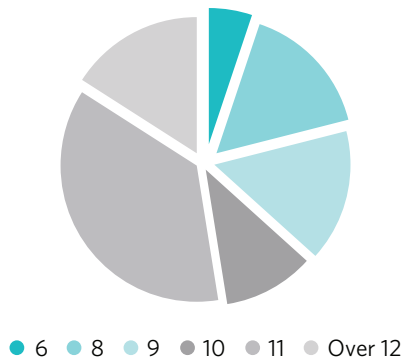
KIDTHINK was able to offer clinical services to a total of 20 children and their families between April 1, 2019, and December 31, 2019. These services were facilitated by a single mental health clinician in Clinical Services. The following offers a demographic overview of the children and families who received clinical care and the nature of the presenting treatment concerns.

Mental Health Clinicians Equip Parents by Offering the Following Services:

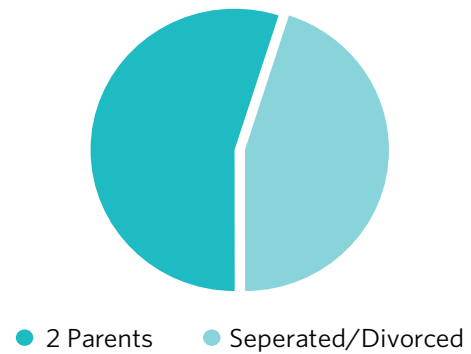
- Psychoeducation
- Parent treatment to improve parent well-being and coping
- Parent management skills training and development
- Parent workshops and groups



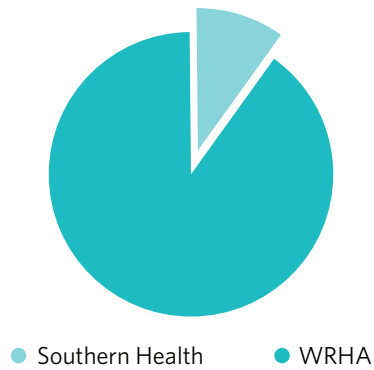
Client Ages



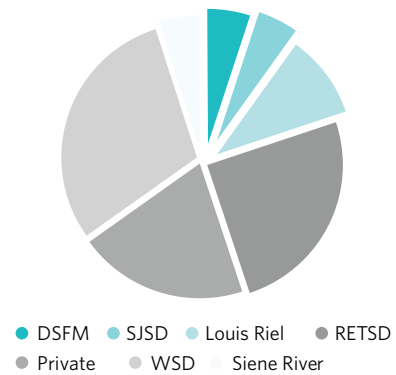
Family Composition



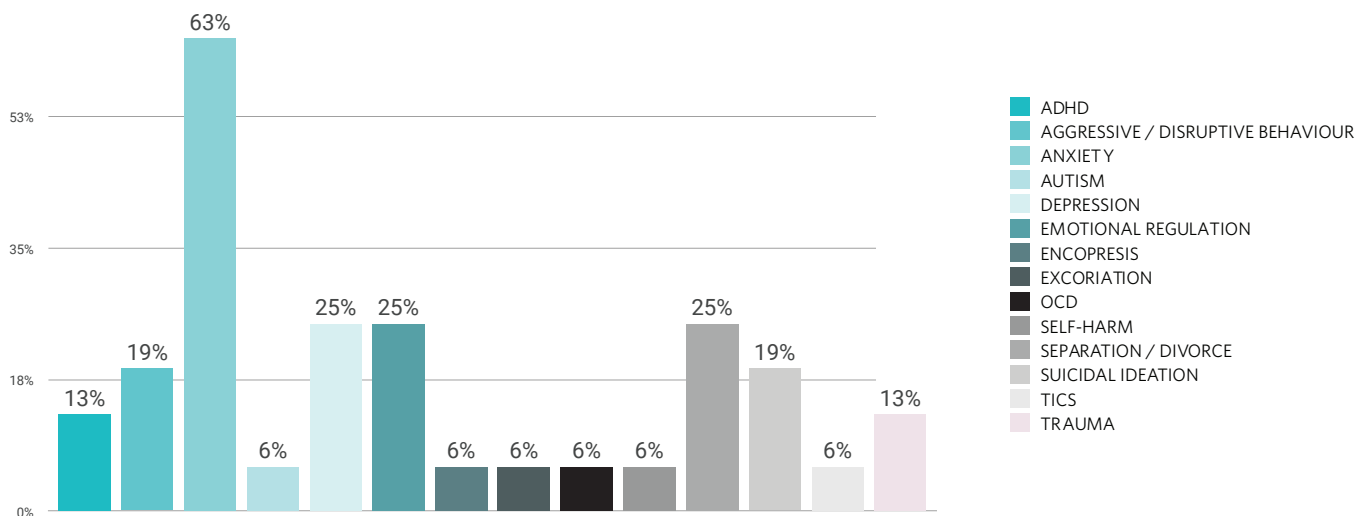
Health Region



School Division



Treatment Issue





Strengthening Families

KIDTHINK supports the entire family system surrounding the child. Children struggling with mental health concerns and/or mental illness are both impacted by and in turn, impact their family environments. When the entire family, including siblings, participate in the treatment process, family relationships, communication, and interaction patterns can be strengthened. This leads to improved family functioning and well-being for all.

Mental Health Clinicians Offer the Following Services to Strengthen Families:

- Evidence-based Family Therapy
- Significant Support for Siblings



OUTREACH SERVICES

Tamara Rogers

MSc., BMR (OT), OT Reg. (MB)

KIDTHINK provides mental health outreach services for children ages 12 and under and their families with a primary focus on working with parents, educators, pediatricians, coaches, and the community surrounding the child, so they are better equipped to identify and support children going through mental health challenges or with mental illnesses.

Helping Parents and Caregivers

KIDTHINK works collaboratively with parents and their child's team, in the home and/or community, to identify ways of understanding and meeting the child's needs. Together, we develop programs and services tailored to both their clinical needs and their unique set of strengths and abilities.



Outreach Clinicians Help Parents and Caregivers by Offering the Following Services:

- Parent/Caregiver Capacity and Skill Building
- Psychoeducation
- Specialized Consultation and/or Assessment
- Targeted Prevention and Early Intervention and Services
- Advocacy and Resource Navigation





Collaborating with the Community

In our Outreach Services program, we work collaboratively with other community resources to fight mental health stigma and increase capacity in the child's community team through education and communication.

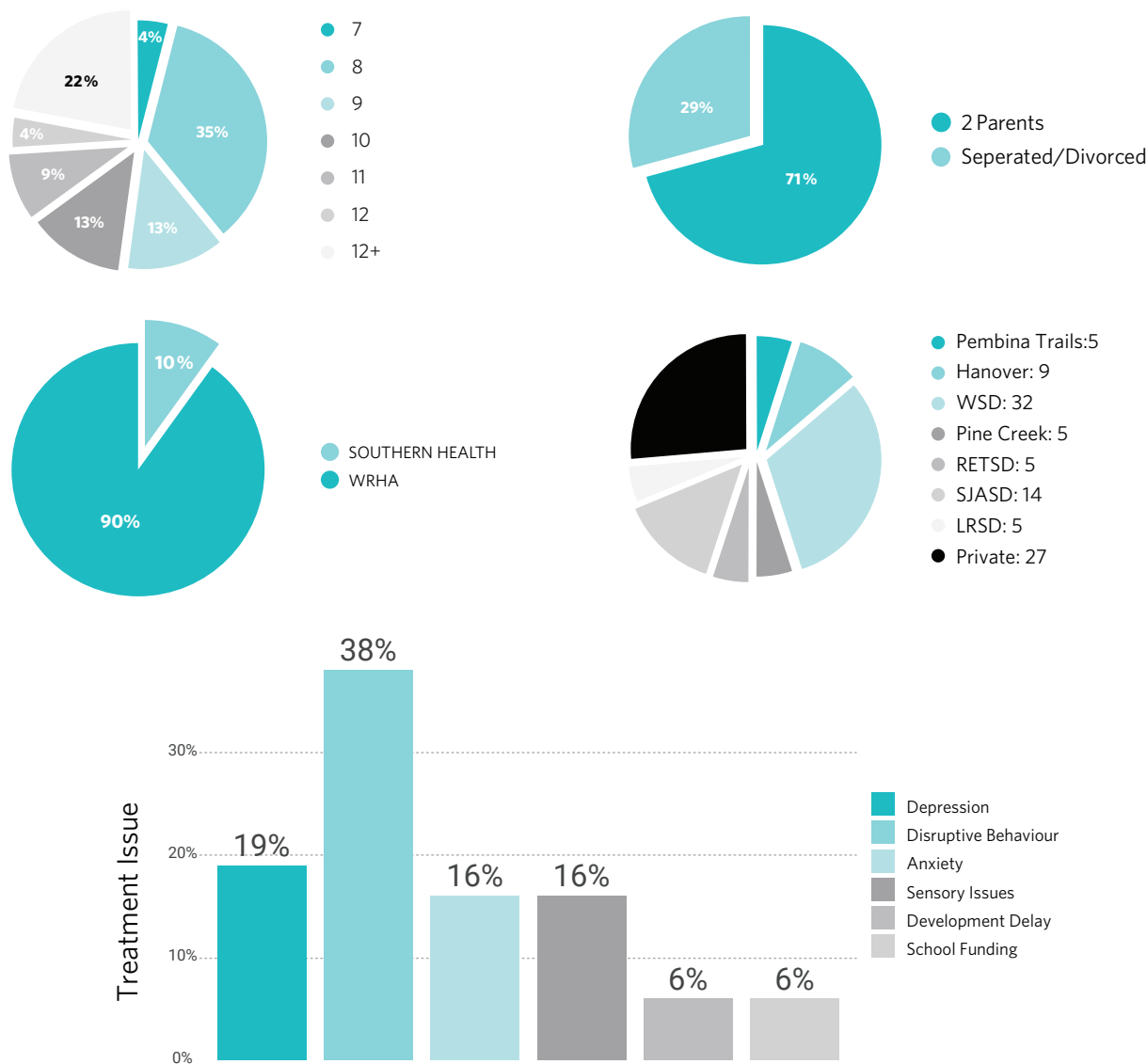
Outreach Clinicians Help by Offering the Following Services:

- Organization and Staff Capacity Building, Skill Building, Professional Development and Workshops
- Psychoeducation
- Community-Based Services:
 - Group Intervention
 - Observation and Assessment
 - Treatment Planning
 - Coaching
 - Consultation



An Overview of the 2019 Year

KIDTHINK was able to offer outreach services to a total of 22 children and their families between April 1, 2019, and December 31, 2019. These services were provided by the Outreach Clinician but may have had some involvement with the Mental Health clinician prior to their care being transferred to the Outreach Clinician. The following offers a demographic overview of the children and families who received clinical care and the nature of the presenting treatment concerns.



INFORMATION SYSTEMS

Cameron MacMartin

Our information technology (IT) mission supports, improves, and drives change in our delivery of KIDTHINK services to our clients. IT does many things. The automations we create increase the efficiency of our staff, freeing them up more to focus on clients. The data we collect gives us insight into our client's needs and drives our ability to collaborate with research partners when the opportunities present themselves. Our data also gives us insight into the health of our organization and shows us where we can make a variety of improvements.



Accomplishments

This was an exciting and, at the same time, challenging year for IT at KIDTHINK, bringing some new initiatives, some opportunities for change and review. Recently and most importantly, our IT is empowering our staff to be mobile and work, communicate, and collaborate securely with each other and clients wherever they may be at the time, which is often at home, social distancing. Additionally, we focused on developing and implementing tools and processes which prioritize data on the subjects of deliverables, outcome tracking, and donor reports.



B Care Implementation

This year we completed the bulk of the B Care EHR implementation work, approximately eighty percent of it. Implementation work continues, although at lower scale and on an as-needed basis. The work continuously challenges our team, forcing us to review our business model assumptions often. The entire implementation process has been invaluable in helping us to continually grow and refine the ways we do things.





Raiser's Edge Implementation

Our fundraising/donor database software implementation is also about eighty percent complete and going ahead as new requirements surface opportunities for change and review.



Goals

KIDTHINK enjoys an abundance of new and existing opportunities, and some of them we can create ourselves as we look introspectively at our habits and internal processes.

- Improve team collaboration and transparency using Agile project management. As we become busier with increasing workloads, we must find opportunities in our work culture to better coordinate our efforts around priority deliverables.
- Leverage new and existing technology solutions to add services and client capacity.
- Increase our efficiency through automation of more of our business processes. KIDTHINK has grown very rapidly and we have found areas where we can make improvements.
- Cultivate strategic partnerships with innovative research firms to transform mental health therapy using new technologies such as virtual reality.



Band Together For Children's Mental Health Emsemble, Portons Tous des Bandeaux Pour la Sante Mental des Enfants

On May 7th, 2019, the KIDTHINK team invited the community to help promote Canada's National Child and Youth Mental Health Day. This day fell within Mental Health Week but was specific to children's mental health. National Child and Youth Mental Health Day was started in 2007 by two mothers in British Columbia and since 2010 has been led by a mental health organization, Family Smart, in BC. While awareness of this health promotion day has gained some momentum in BC, it is not well known or recognized in some other provinces, including Manitoba. KIDTHINK wanted to change this.

70% of mental health disorders have their onset in childhood or adolescence. On May 7th, we invited the community to BAND TOGETHER with us to bring awareness to this day and to children's mental health and the importance of prevention and early intervention.

In 2019, we incorporated Green Headband Day as part of the May 7th acknowledgment. This was chosen as green is the colour for mental health and the mind/head are important in maintaining our mental well-being.

For the first time, the Government of Manitoba, through the Minister of Health, Seniors and Active Living, the Honourable Cameron Friesen, proclaimed May 7th, 2019 as National Child and Youth Mental Health Day in Manitoba! Moreover, Mayor Brian Bowman, for the first time, lit up the Winnipeg Sign in green to show support for the initiative and raise awareness of National Child and Youth Mental Health Day. Finally, we are grateful for MLA Sarah Guillemard for her assistance with and support of this awareness day, the event that took place at the Manitoba Legislative Building, as well as her heartfelt Private Member Statement.



May 7th, 2019 was Proudly Presented in Partnership with:



KIDTHINK Financials

We gave careful deliberation to the funding model of KIDTHINK. Our goal is to provide services to as many families as possible to allow for early intervention and prevention.

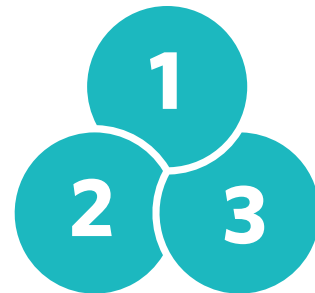
20% of children have a mental illness but only 20% of those children seek and receive treatment. With our multiple lines of funding (fees-for-service, private donations & grants, and government funding), we can reach as many families as possible and create a sustainable model.



KIDTHINK employs an innovative and wholistic strategy which involves the child's entire community. In November of 2017, we engaged MNP to help us prepare and validate our business plan. We became a non-profit, fee-for-service with a sliding scale children's mental health treatment centre and outreach program which incorporated in 2018.

We developed a model that incorporates funding from the following sources:

1. Fee-for-service with a sliding scale on a cost recovery-basis
2. Private Donations & Grants
3. Government contract services.



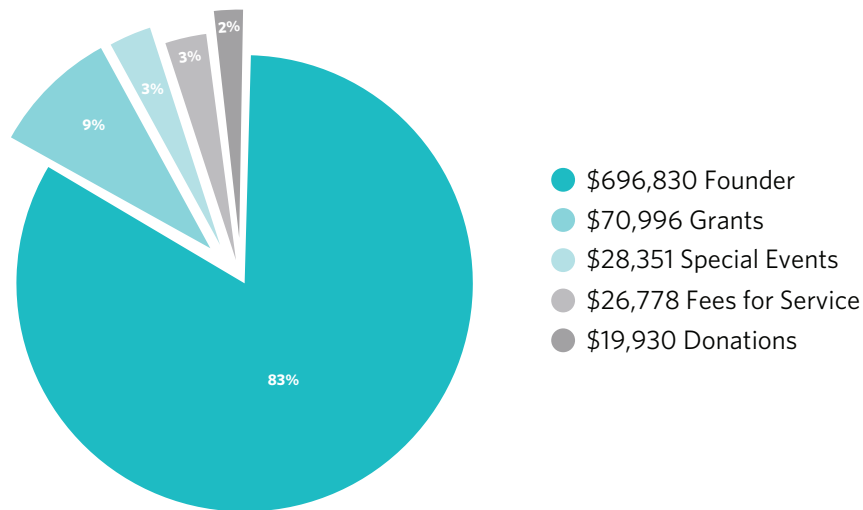
Since the inception of KIDTHINK, the institution has been primarily funded by our founder.

Realizing that this is not a sustainable model, she believes that she can model the actions, create a highly effective team to provide services, and get the community to help fund the organization. Through our research, we have identified a lack of institutions focusing on children 12 and under. We need to change this and focus on early intervention and prevention.



2019 Revenue Breakdown

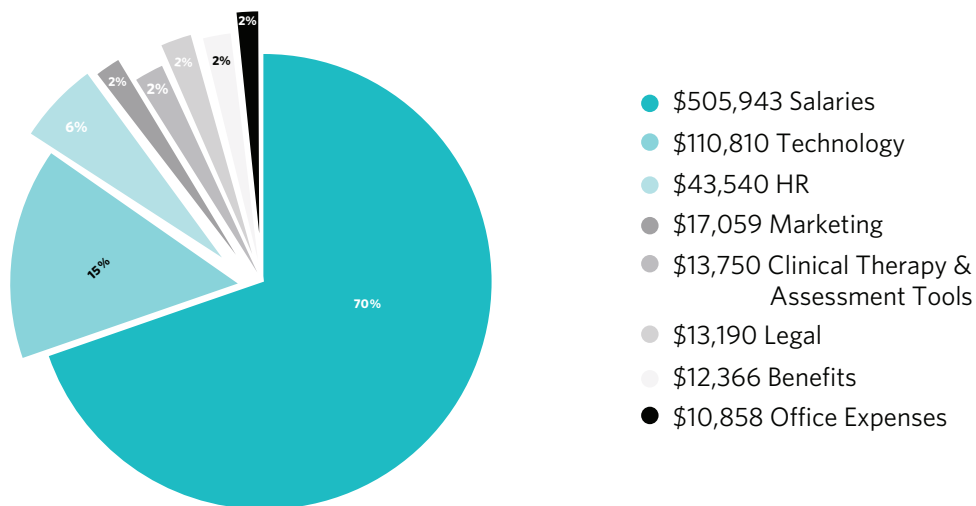
Here's a highlight of where our 2019 revenue came from:



2019 Operating Budget and Main Expenses

Funding has been secured for both 2020 and 2021 operating expenses!

Additionally, we are working on establishing our first ever endowment fund in 2020.



2019 Grant Breakdown

Taking a closer look at the grants received in 2019:

OVER \$25,000

- Winnipeg Foundation

\$5,000 - \$10,000

- United Way Winnipeg
- Shoppers.Love.You.
- Thomas Sill Foundation

\$11,000 - \$20,000

- Bell Let's Talk

\$1,000 - \$4,000

- Walmart Steinbach
- Walmart Brandon
- Walmart Southdale

2020 Grant Breakdown So Far

OVER \$25,000

- CP Loewen Family Foundation
- The Winnipeg Foundation - Stabilization Grant

\$11,000 - \$20,000

- Telus








\$5,000 - \$10,000

- United Way
- Children's Hospital Foundation
- Child Development Institute - SNAP
- The Winnipeg Foundation
- Novak MacDonald Fund
- The Winnipeg Foundation - 2 Youth in Philanthropy Grants

In addition to these funds which have already been granted, we have applications in process with the Carolyn Sifton Foundation and The Winnipeg Foundation. Moreover, we have many prospective grants for which we intend to apply once they become available.

KPMG are our official auditors. If you are interested in accessing our 2019 audited financial statement, please contact Dana Chudley by email at dana@kidthink.ca

Activities in Need of Funding

-  Creating State-of-the-Art Sensory, Observation, Clinical, Reception, and Group/Family Spaces
-  Building a Telehealth Infrastructure
-  Creating an Evidence-based Assessment Library
-  Launching a Psychology Student Program with the University of Manitoba
-  Producing Customized Back-to-School Webinars to Deal with COVID-19 Stress for Students, Teachers, & Parents
-  Developing a Research Initiative in tandem with the local academic institutions
-  Execute the Following Pilot Projects:
 - Client Care Subsidy Program
 - Evidence-Based Groups for Children and Caregivers i.e. FRIENDS & SNAP

We appreciate the time and consideration that you have given us.

To make a donation, or for donation information,
please email donate@kidthink.ca or visit kidthink.ca/donate.

Our History at a Glance

2017

October: Carmyn Aleshka embarks on a mission to improve mental health services for children 12 and under and their families.

November: Business plan for a non-profit mental health treatment centre and outreach program is developed with MNP.

2018

October: KIDTHINK Incorporated.

May: First media appearance at CJOB on World Suicide Prevention Day.

September: Partnership established with Child Mind Institute for the development of KIDTHINK.

December: First public presentation at the University of Manitoba. Website, Newsletter & Social Media launched.

2019

January: KIDTHINK's charitable status becomes effective.

February: First KIDTHINK client.

March: First collaboration with La Division Scolaire Franco-Manitobaine.

April: Named as a community/organization support & approved resource by Project 11. First community forum with Interlake Regional Health Authority and community partners.

May 7th: Banding Together for Children's Mental Health: a KIDTHINK initiative. Promoting Child and Youth Mental Health Awareness Day. The first time a proclamation was granted by the Province of Manitoba.

Find us at www.kidthink.ca

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**Thank you to our donors,
supporters, collaborators, staff,
volunteers, clients, and community.**





KIDTHINK.

Healthy Minds, Thriving Children

We're in it for kids!