

ANNUAL REPORT 2022 - 2023



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Board Chair & Executive Director Message

Dear friends,

This past year has felt like a new chapter beginning at Merrymount.

As we move forward from the pandemic and reflect on the past three years, our team keeps returning to the **importance of community**. It's the relationships we have missed the most and we are excited about rebuilding these.

This renewed commitment to community is woven into many of our updates from this year – whether the community of children and families we serve, the community of donors and volunteers who provide critical support, or the greater London area community where Merrymount has been operating for almost 150 years.

With the help of the organization, Merrymount Senior Leadership and the Board of Directors undertook the **Strategic Planning** process this year to develop a framework to guide Merrymount from 2023- 2026 (detailed on page 4 of this Annual Report). Throughout this Strategic Plan, you'll see the importance of community within the three pillars. People - the relationships with staff, volunteers, clients, and the community at large - form the basis for how we define success. We're excited to implement this Strategic Plan, strengthen relationships with those inside and outside the walls of Merrymount, and to guide this organization through pandemic recovery and through our 150th anniversary.

As we begin this new chapter in Merrymount's history, we drafted new **Mission, Vision, and Values** statements to ensure they accurately reflect the work being done today. Our new identity statements focus our organization's priorities on what we do best: supporting children and families going through difficult challenges, whether relating to mental health, separation and custody disputes, children with special needs, or families in emergency crisis situations. These new identity statements emphasize our professionalism and experience as an accredited children's mental health centre and renew our commitment to providing effective and responsive programs and services to those in need.

Recently, our Crisis Residential/Respite Program

(CR/RP) returned to full capacity after several years of limited operations due to COVID-19. With all 18 beds now operating nightly, we can reach more children experiencing mental health challenges, or in need of care due to a crisis, as well as their families. In addition to operating at full capacity, CR/RP is now responding to crisis calls, admitting children into care 24/7. Individualized plans of care now have more flexibility in terms of their length of stay at Merrymount, which means our program can be tailored to best support their specific circumstances and needs. This responsiveness and flexibility of family support is the foundation upon which Merrymount was built, and we're thrilled to offer this vital program once again as it was intended to operate.

Reviving community relationships also means opening our doors to supporters and friends of Merrymount once again. This year, we welcomed community members back to the Merrymount building for tours and meetings, allowing for a greater understanding of the scope of the work being done at Merrymount. We invite you to schedule a time to visit us in the coming weeks and months, so you can see for yourself the important work done daily by our wonderful staff team.

As you read through this Annual Report, we hope you can share in our excitement and optimism as we work together to move past the pandemic, and into a future where all children and families have the capacity, resources and support needed to face their challenges.

Thank you for your continued support, compassion, and hope for a better tomorrow.



Tori Laird Board Chair



Paul Howarth Executive Director

Merrymount's Evolution Continues

With insights from staff, volunteers, client families, community partners, and past and present Board Members, Merrymount undertook the exciting endeavor of rewriting our Mission/Vision/Values statements in Fall 2022.

Mission

As an accredited children's mental health centre, Merrymount delivers strength-based programs and services to support the overall wellbeing of children and families.

Vision

Our vision is a strong, inclusive, and safe community for children and families going through difficult times, where access to support is timely and effective.

Values

Merrymount values:

Inclusion | Collaboration | Ease of Navigation | Personalization of Services | Capacity Building

Strategic Plan, 2023 - 2026

These areas of focus will guide Merrymount's commitment to strengthening children and families in our community over the next three years as we enter pandemic recovery and celebrate our 150th anniversary.

Engage Our Community

- Enhance our understanding of our community's ongoing needs.
- Execute a comprehensive communication plan to empower our people, share our story, and increase awareness and understanding of our services.
- Connect with our community to encourage support of our work through volunteerism and philanthropy.
- Create and strengthen meaningful and impactful collaborations with our partners in the community.

Advocate for and manage the

resources needed to ensure high

quality responsive programs and

services to meet growing needs.



Support and Empower Families

- Develop responsive programs that adapt to meet the complex changing needs of our diverse community.
- Strengthen our continuous quality improvement program that focuses on removing barriers and maximizes positive impact for our families.
- Continue to monitor program and service outcomes and ensure they are based on current best-practice information.





Optimize Our Organizational Capacity

- Recruit and support our people to effectively meet current and anticipated needs.
- Ensure the long term capacity of our infrastructure meets evolving program and community needs.

Year in Review



Fun at the Factory

Some of the children staying in CR/RP represented Merrymount in CTV's "Are You Smarter Than A Fifth Grader" challenge - taking on City officials live on air during the 6pm news.

The winners? Team Merrymount came out on top and celebrated with pizza and an evening at the arcade!





Oh, the places you'll go!

Our backyard playgrounds received some beautiful new wooden play equipment, giving more opportunities for gross motor skill development to children across all age groups (infants, toddlers, preschool and school-aged).





Merrymount Magic...

Harry Potter and friends at Hogwarts welcomed some new classmates this year, straight from Merrymount!

CR/RP was briefly transformed into the magical school to celebrate the end of the school year. Children were sorted into one of the four houses at Hogwarts - Gryffindor, Slytherin, Ravenclaw, and Hufflepuff - before enjoying Harry Potter themed snacks and activities.

From the decorations, the snacks, and the costumes provided by the staff, no detail was overlooked.

What an enchanting evening!

Pint Sized Picassos

Art has a large role in the Merrymount experience, no matter the child's age. Our Children's Groups are run by licensed Art Therapists, and children staying in the Crisis Residential/Respite Program use art to learn coping strategies and regulate emotions. Finished pieces hang on walls throughout the Merrymount building, showcasing the children's work.

The only thing more beautiful is the sense of accomplishment and pride felt by the children when they finish their projects!







Program Highlights

Intake Department

The Intake team has had another busy year working closely with families to identify and facilitate access to programs and services. We have continued to meet virtually with parents and caregivers, but are happy to now be able to meet in-person at the Merrymount building once again. For both caregivers and children, it provides peace of mind to be able to see the building and where children will stay while accessing services.

The Service Coordination team is also offering in-person meetings to families. Individualization of services and meeting families at their point of need is central to the Service Coordination model; offering either virtual or in-person meetings is yet another way to ensure families and children have access to the support that will work best for them, depending on their specific circumstances.





Children's Groups

Anxiety to Resilience Heroes ©Making Mindfulness Matter (M3) Mom's House Dad's House Understanding ADHD

Parenting Groups

Anxiety to Resilience Building Families Circle of Security ©Making Mindfulness Matter (M3) Parenting and Separation/Divorce Parenting Preschoolers Parent Talk Understanding ADHD

Parenting and Children's Groups

Our Children's Groups celebrated the return of in-person meetings this year, with pandemic restrictions beginning to lift at Merrymount. For children between 4 - 12 years of age, inperson programs allow for greater connections to be formed and for increased program efficiency. Run by licensed Art Therapists, the children's group programs incorporate many techniques to build resilience and self-esteem.

The Parenting Groups continue to be run virtually, with our participants indicating this delivery method offers more flexibility and accessibility to service. Parents are better able to schedule time to attend sessions, feel more comfortable sharing in the meetings, and no longer have to take childcare into consideration when attending.

Some of our Parenting and Children's Groups are run concurrently, meaning parents are given the tools to support and guide their children as they attend their own group sessions. This helps strengthen the whole family unit, bringing caregivers and children closer as they learn to navigate challenges together.

Crisis Residential/Respite Program

Merrymount's Crisis Residential/Respite Program (CR/RP) supports children 12 and under, and their families, experiencing challenges related to children's mental health needs. The work being done by this vital program is needed now more than ever to support a community struggling after years of pandemic restrictions, rising cost of living, and deteriorating mental well-being.

This year, CR/RP reopened to full capacity after a few years of limited operations due to COVID-19. All 18 overnight beds are now available for children and families in need of support due to children's mental health needs that are impacting the child's ability to function at home, school or in the community. That's up to 6,570 nights of care available each year for those in need!

With the easing of pandemic restrictions, we are once again able to provide care for children whose families are experiencing an emergency or crisis. In these instances, children can be admitted to CR/RP around the clock, and we can offer flexibility in terms of length of stay to meet individual families' specific needs.

In addition to the 18 overnight spaces, CR/RP offers flexible scheduling for children and families who do not require overnight hours.

The focus for the program is to provide a therapeutic environment that enables children to develop capacity and build skills in mindfulness, resiliency, coping strategies, life and social skills, conflict resolution, problem solving, emotion regulation, etc.

Stronger children, stronger families, stronger community.











All Kids Belong

Congratulations on 25 years supporting the childcare and early years sector!

This year marks the 25th anniversary of the All Kids Belong program at Merrymount!

All Kids Belongs had another successful year operating in the London-Middlesex and St. Thomas-Elgin communities. Our Resource Consultants and Enhancement Facilitator have been busy supporting the inclusion of children with special needs in licensed child care centres, licensed home child care, EarlyON Child and Family Centres, before and after school programs, children's camps, and authorized recreational and skill building programs at no additional cost to parents/guardians.

When the AKB program first began in 1998, we supported 214 children in London-Middlesex; in 2022, we supported 707! We began supporting the St. Thomas-Elgin area in 2006 and have seen significant growth in that area as well.

At present, we are serving over 240 sites across London-Middlesex and St. Thomas-Elgin.

Not only are our staff providing in-person support to the centres mentioned above, but our online resource library and online courses remain popular destinations for community early childhood educators looking for additional support. We plan to continue to make use of our online platforms to provide information to the community in flexible and responsive ways.

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We hope you enjoy some of these photos we found from 1998!



The door to the first AKB office (with team names posted)



Happy Birthday AKB!



The happy AKB staff at Merrymount



Hard at work



Inclusion Support Services

Families and Infants Together

The FIT program welcomed a full return to in-person services this year. Our dedicated staff continue to work with community partners to provide service coordination and a wide variety of supports to families and infants with high and complex needs to help these families remain together.



Pandemic-related stressors, the rising cost of food, and lack of affordable housing continue to make life challenging, and we are proud to work alongside these resilient families.

Mutual Aid Parenting Program and Community Action Program for Children

MAPP continues to be a busy and popular program, operating ongoing parenting peer support groups at multiple community sites throughout London and Middlesex County. This year we resumed in-person meetings, with only one group continuing virtually. Our members continue to inspire us with their enthusiastic participation in the program, bringing their unique experiences, successes, and challenges to each meeting where our facilitators provide support, information, and resources.

CAPC has also had another busy year, providing short-term programs focused on nutrition, health, child development, safety and more.

Together we learn, grow, and make life better for families.

Supervised Access Program

The Supervised Access Program provides a safe, non-threatening, child-focused, neutral environment for families who are experiencing a high-conflict separation and are having difficulties making decisions around parenting time arrangements. Supervised Parenting Time provides an opportunity for non-residential parents to spend time with their children, fully supervised by Staff trained to encourage positive parent-child interactions. Supervised Exchanges provide a safe transfer of children between parents for off-site parenting time. The exchange transfers are facilitated by trained Staff and help ease tensions of parenting time arrangements for children and parents, eliminating direct contact between parents, and reducing opportunities for children to be subjected to conflict.

With the easing of pandemic restrictions, we are once again able to facilitate two-hour in-person Supervised Parenting Time sessions in London-Middlesex, St. Thomas-Elgin, and Woodstock--Oxford Counties. Along with in-person services, the St. Thomas-Elgin and Woodstock-Oxford locations continue to provide virtual parenting time options. We are working closer to operating at full capacity to meet the increasing need in our communities.



Thames Valley Alternative Secondary School (community partner)

This is the eighth year I've had the pleasure of teaching the Alt. Ed. program at Merrymount. Our program's EA, Wendy Link, and I were happy to see our student population increase dramatically since experiencing a decline during the pandemic. At this time last year, we only had two students; presently, we have eleven. On occasion we've even had overflow students working in the hall outside our classroom.

Merrymount has continued to provide our students with daily childcare spaces, supporting them as moms while working towards their OSSD. Students have also been provided with nourishing lunches, lovingly created by Merrymount's kitchen staff. We are exploring the option of offering Merrymount's parenting programs to our students in the coming school year.

The students all respond positively to the safe and nurturing learning environment at Merrymount, created in great part by the caring and supportive Merrymount staff. We have had many students express an interest in returning in the fall, and Wendy and I look forward to the 2023-2024 school year.

Tina Lirette, Thames Valley Alternative Secondary School Teacher

2021-2022 **OSSD** Graduate

Brooklyn Hunter

Our People

Merrymount Centre Board of Directors

Tori Laird Chair Adam Steele Vice Chair David Brown Secretary Phillip Mock Treasurer Paul Romanson Past Chair Louise Koza **Board Member** Sarah Hutchison Board Member Hina Islam **Board Member** Sarah Lagrove **Board Member Olaf Plotzke Board Member** Julie Richardson Board Member Melissa Scott **Board Member**

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Maria Del Vasto Geri Dibsdale Lynn Donaldson **Michelle Enns** Katie Foote Lisa Foxcroft Dara Francois Jennifer Graham Linda Grass Kathleen Grealis Sarah Hern Shannon Heslop April Hevey Kristen Hunt Seoyoung Jang Sandra Kelly Alice Kolendowski Nancy Liabotis Carolyn Little Mario Lucci Dacoda Maracle-Wright Lori Masterson Patricia Mazariegos Karen McAlpine Sandi McAlpine-McCullouch Teri McCullagh Heather McDowall Doug Moore Caitie Mullarkey **Bob Mullins** Tina Neeb Teresa Nicholson Kathleen Nutt Beth O'Hagan Marisela Palacios Maria Park Katie Pringle Sean Quin Nurdevlet Rasheed Yenny Recinos Tanya Ross Kathy Saadat **Rebecca** Salton Felicity Santiago Karen Scott

Jennifer Smale Karen Smith Jerry Smithers Heather Soares Sandra Stewart Barb Szczukowski Hailey Tallman Beatriz Tamayo Kevin Thompson Rosemary Van Wieren Brittany Vaughan Brenda Veilleux Maria Warren Becky Wilfong Jennifer Williams Lesley Wright

Our team's commitment, dedication and heart make Merrymount such a special place thank you for all that you do!

Retirements



We congratulate **Rose Osborne** on her retirement from the All Kids Belong program.

Rose supported countless children, families, and early years programs in over 24 years of dedicated service. We miss her enthusiasm and expertise, and we wish her all the best in retirement!



Staff Recognition Awards

20 Years Dora Dawkins Lisa Sortun **25 Years** Maria Del Vasto Lynn Donaldson Maria Warren Lori Masterson **50 Years** Dara Francois



Annual Merrymount Golf Classic





Golf Fore A Cause

The 2022 Annual Merrymount Golf Classic was held on Tuesday, August 16th at FireRock Golf Club in Komoka.

It was a beautiful sunny day in support of Merrymount's Crisis Residential/Respite Program (CR/RP). The sold-out tournament raised over \$38,000 for CR/RP - that's over 138 nights of care for a child and family in need of mental health respite and support.

A huge thank you to all our golfers, volunteers, sponsors, Silent Auction donors, and everyone else who made this event a success.

See you next year on the course!











Thank you to our Committee Members:

Christine Borrows David Brown Ryan Emms Mike Grubb Ally Hess Marjie Macoun Sarah Morden Scott Rumas



Thank you to our 2022 Sponsors:



Annual Merrymount Gala





Merrymount at Midnight

A fabulous evening under the stars, our 2022 annual gala - Merrymount at Midnight - featured fun and games with our emcee Jeff McArthur, a delicious three-course meal, and engaging performance by the Great Canadian Duelling Pianos.

In total, the evening raised over **\$76,000** for our Crisis Residential/Respite Program! That's **278 nights of care** for a child who is experiencing, or at risk of, mental health challenges!

We're over the moon to have the support of such a kind community we couldn't have done it without each and every one of you.





Thank You to our Committee Members

Tori Laird, Committee Chair Kimarie Harris Eric Janitis Michelle Kinney Abbe Marsman Ross McCallum Megan McIlmoyl Katherine McIntyre Sarah Ritchie Kristi Sargeant-Kerr Chris Waugh Lisa Vercillo





You're Invited!

When: Thursday, November 16th 2023 5:30pm to 9:30pm

Where: Mercedes-Benz London

35 Southdale Rd. E

Black Tie meets Play Time!



Check your stress and worry at the door - the Annual Merrymount Gala is an evening embracing the carefree spirit of childhood.





Presenting Sponsor



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Entertainment Sponsor



Appetizer Sponsor



Silent Auction Sponsor



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Third Party Events

Barks Training Ball Hockey Event

Thank you to Barks Training Centre, Blake McConnell-Barker, Soo Greyhound players and everyone who attended the skill competition and ball hockey game at Earl Nichols Arena in support of Merrymount!

Thanks to your efforts, \$2,500 was raised for the Crisis Residential/Respite Program.







Golfing for Merrymount

Thank you to Pam Harrower, Corporate Challenge London and everyone who attended the golf tournament in support of Merrymount!

It was a beautiful day raising over \$2,000 for our core programs and services!





1st Annual London Jeep Fest

Thank you to the London & Area Jeep Owners Club, Oxford Dodge Chrysler and everyone that attended the 1st Annual Jeep Fest!

It was a fun-filled day with over 100 jeeps, a charity BBQ, RTI ramp, silent auction and awards!

Over \$5,000 was raised in support of Merrymount – thank you!



Awards

Annual Community Champion

Awarded to a community member for their outstanding contribution to Merrymount.



Margaret Gons has been making quilts and crayon bags for Merrymount children for over 15 years. Her thoughtfulness is evident in every aspect of her creations, from carefully selecting the materials and supplies, to the attention to detail in the final product. Each quilt and crayon bag she creates is nothing less than a work of art, and helps each child feel welcomed and supported at Merrymount.

Thank you Margaret for the dedication, consideration, and care you put into each of your beautiful pieces - we're lucky to have the support of a community member like you!

Ailene Wittstein Legacy Award

Awarded to a Merrymount volunteer for their outstanding contribution to Merrymount.

Tori Laird joined the Merrymount Board of Directors in 2018, looking for a way to get more involved in the community. She also became a member, and then Chair, of the Annual Merrymount Gala organizing committee.

"I believe strongly in the work Merrymount is doing," she says. "I have been able to witness the passion of the staff for the families of Merrymount, and their commitment and dedication continues to inspire and motivate me as I volunteer in governance and fundraising efforts. I love hearing testimonials from Merrymount kids and past clients on what a positive influence the organization has had on their well-being."

Thank you Tori for the commitment, support and tireless energy you bring to every role you have taken on at Merrymount!

The Terrielyn Kluke Children's Award

In honour of the memory of Terrielyn through the generous donations of her families and friends. Terrielyn believed every child should be able to freely laugh out loud.

Ten year old **Keysha** stays overnight at Merrymount in our Crisis Residential/Respite Program. She enjoys making crafts, playing outside, watching movies, playing video games and engaging with sports. Keysha has a caring and bright personality which makes it easy for her to make new friends. Merrymount staff have noticed that she often helps younger peers during transition times and takes on leadership roles with new children coming into the program.

Keysha, we're proud of the positive choices we've seen you make while playing with others; we know your smart and energetic personality will serve you well in the years to come.

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Keysha will receive a gift basket full of fun activities to use this summer. Congratulations Keysha!

Our Donors

Thank you to our donors who generously supported Merrymount between April 1, 2022 – March 31, 2023

\$50,000 - \$99,999

Sifton Family Foundation

\$25,000 - \$49,999

The Estate of Valdemar Oliveira

\$10,000 - \$24,999

Anonymous Arcangelo Rea Family Foundation CIBC Wood Gundy Miracle Day Congregation of the Sisters of St. Joseph in Canada The Ironstone Building Company The Estate of Susan McLean Dan & Ann Marie Thompson Westminster College Foundation Wilf & Jean Bell Foundation

\$5,000 - \$9,999

Anonymous Shelley & Richard Baker Crane Fund for Widows & Children Elizabeth & Allan Drewlo ETFO Thames Valley Occasional Teacher's Local The Forever Legacy Foundation London and St. Thomas Association of REALTORS® Lutheran Social Services (London) Paul & Karen Romanson

\$1,000 - \$4,999

Erin Ackles-Pennington Barks Training Ball Hockey Event Susanne & Douglas Berk Katharine Burr The Corporate Challenge London Tom & Joanne Cowan Martha & Scott Disney Laurence DuCharme Al & Susan Edwards Elleyr Investments Ltd. Enbridge Gas Inc. Fidelity Investments Canada Thomas & Heather Getliffe The Good Earth Fund Gore Mutual Insurance Great Lakes Copper Inc. Veronica Greig Cheryl Heizer Judith Hoenich Paul & Barbara Hogan John Humphrey Robert G. Kelland Grace King Kiwanis Club – Forest City Mary Margaret & Gary Koreen Louise Koza Tori Laird Rob & Kathryn Lannigan Brian & Sharon Lessard London & Area Jeep Owners Club London Community Foundation London Police Association Gerry & Sande Marcus Ross McCallum & Karin Van Ryswyk Ruth Ann McConkey William & Joan McConnell Alison Meek Middlesex Family Lawyers Association Jeremy Odland Oxford Dodge Chrysler Michael & Jennifer Patterson Maurice & Mary Pellarin Olaf Plotzke Kim & Alan Price Barbara René-Noël Patricia Riehl Cheryl & Rob Ritchie Spence Family Fund Andy & Helen Spriet Strategic Charitable Giving Foundation United Way of London & Middlesex Paul Vandenbosch & Cindy Wright Jim D. Virtue

\$500 - \$999

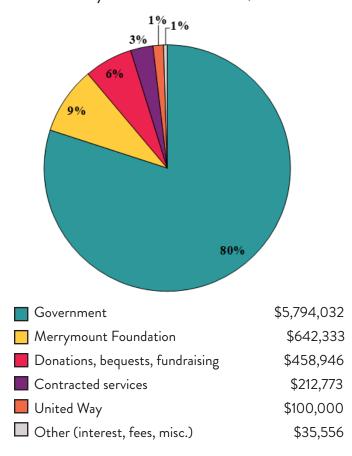
Patty & Larry Allen Anonymous Angela & Matthew Baer Benefaction Foundation David L. Brown

Sandra Carey Mark Cooper Vic Dart Daughters of Penelope Orpheus #297 London Chapter Anwar Dean Marc Derikx Johanna Ferket Bertha M. Garcia Gail Goldrath Sherry Hogan Julie Holmstead Paul Howarth Eric & Monica Janitis London Central Lions Club London Newcomers Club Jan & Richard Lubell Candice Mowbray Elmer Neimanis Andrea & Chris Nicholls Optimist Club of Carling Heights Inc. Martha Psaila Nick Pszeniczny Raital Limited Michael & Judi Reeve Andrew Schuller Barry Scott Wendy Smith Irene Toth United Way Centraide East Ontario Verraich Dentistry Professional Corporation Frank Vita Ruth & David Werezak Morgan & Courtney Williston Bernard Wolfe

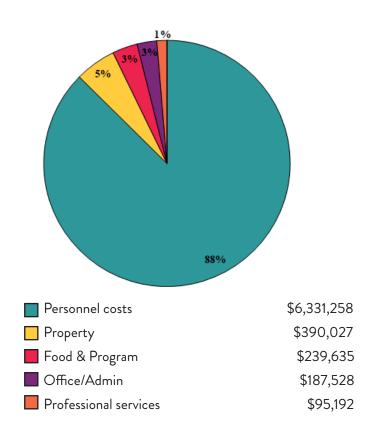
> While every attempt has been made to ensure accuracy, we apologize for any errors or omissions. Please let us know of any changes by emailing funddevelopment@merrymount.on.ca

Financials

Consolidated Revenue - \$7,243,640 for the year ended March 31, 2023



Consolidated Expenditures - \$7,243,640 for the year ended March 31, 2023





150 Years of Merrymount!

Proud Past, Inspired Future...

2024 is the 150th anniversary of when Merrymount first opened as The Protestant Home for the Orphans, the Aged and the Friendless.

Stay tuned for a year of reflection and inspiration as we celebrate this milestone in our history and begin the next chapter of service in London and surrounding communities!



If you or someone you know is in crisis, please call 519-434-6848.



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