



THE GEORGE HULL CENTRE FOR CHILDREN AND FAMILIES

The Centre provides assessment, diagnosis, consultation, comprehensive child and family-centered treatment and health promotion services to over 5,000 families annually.

SITE DESCRIPTION

The Centre is an accredited children's mental health centre serving children and youth, from birth to age 18, and their families. The Centre provides assessment, diagnosis, consultation, comprehensive child and family-centered treatment and health promotion services to over 5,000 families annually. The George Hull Centre integrates a range of child psychiatry teaching to undergraduate and graduate medical students and psychiatry residents with a wide experience of treatment modalities, such as individual, family and group, as well as systemic collaborative mental health partnerships with the community. The services range from early intervention and prevention through to outpatient work with school-aged children to treatment for the very disturbed adolescents who are admitted to the School Program, Boys House, Libby's Place and Substance Abuse Program. The Centre expresses a strong commitment to multi-disciplinary development through attending and presenting at provincial, national, and international conferences and ongoing student and staff interdisciplinary seminar learning experiences. The development

of high quality, universal, targeted and clinical programs for primary, secondary and tertiary intervention coupled with the work of the Department of Research characterize the Centre.

EVENTS AND ACHIEVEMENTS

Community Enrichment Project

The George Hull Centre's Highfield Community Enrichment Project is a primary prevention demonstration program run in a regular inner city school. The area is a high-need, low-income neighbourhood populated by struggling newcomers, many of whom live in the high-rise apartment buildings surrounding the school. The Highfield project received a Toronto Community Foundation Vital Ideas Grant of \$25,000 to evaluate their Kindergarten Readiness Program. The results show that children participating in the program showed improvement in many areas especially concrete skill development, mastering school routines and improved social skills. Survey results show that the program was successful in reducing parent and child anxieties associated with starting school.

Short Term Intervention Therapeutic Program

The Short-Term Intervention Program (STIP), an innovation at the George Hull Centre provides timely, early therapeutic intervention in a collaborative multidisciplinary modality. The Provincial Centre of Excellence for Child and Youth Mental Health awarded an Evaluation Capacity Building grant which led to production of a Program Logic Model and an Evaluation Plan which secured an Implementation grant to evaluate therapeutic effects of this program.

'Early Intervention for Young Children' Program

This Ontario Early Years Innovation for Children aged 3 – 5 years of age offers parent informational sessions designed to increase school readiness on topics such as on literacy, numeracy, healthy nutrition and specific early child development issues. Parent/Guardian satisfaction questionnaires are being completed to determine usefulness and effectiveness of these sessions.

Adolescent Substance Abuse Program

The documentary film on adolescent substance abuse entitled 'Clear Directions' produced and completed is being used for public information and professional development. It features adolescents 'telling their story' giving information regarding factors influencing substance abuse in adolescence and the resources needed to break the cycle.

*Ruth Stirtzinger, MD, FRCPC
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Children and Families*

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