



# St. Clair Child & Youth Services

St. Clair Child & Youth Services is one of 89 accredited Children's Mental Health Agencies located in Ontario and one of 31 Lead Agencies across the province. With a staff of 77 celebrating our 50<sup>th</sup> anniversary this year, we deliver services with integrity, and provide compassionate, empowering care that is inclusive and holistic. We advocate with our clients (and for our community), and strive to make services accessible, flexible, and effective. We build resilience within our organization, community, and with our clients. We have an overarching drive to continually improve services and value community collaboration and coordination.

**Vision:** Mental wellness for infants, children, youth, and families.

**Mission:** Together, creating paths to mental wellness for infants, children, youth, and families.

As leaders and innovators in children's mental health we will:

- Deliver high quality family-centred mental health services for infants, children, and youth
- With our partners, create a stronger children's mental health system and build enduring organizational alliances to best serve infants, children, youth, and families
- Increase awareness and reach of our services in a responsive and sustainable way
- Foster organizational health and vitality

## Accomplishments & Goals

COVID-19 has intensified long-standing issues as mental health needs are becoming more serious and more complex. The pandemic has emphasized the vulnerability of children and youth to mental illness as they have faced increased mental health struggles, intensified by province-wide lock downs, school closures, virtual learning, caregiver job loss, and marital breakdowns. During the pandemic, children, youth, and families responded favorably to connecting virtually with our clinicians and mental health services. Virtual access to mental health services eliminated the burden of travel and lessened wait times while enhancing innovative services. We are proud to have delivered high-quality services to over 3000 infants, children, youth, and families across Sarnia-Lambton. In June of 2021, St. Clair Child & Youth Services was honoured to have been awarded a four-year accreditation by the Canadian Centre for Accreditation (CCA). The hard work, professionalism, and dedication of our staff and Board of Directors were clearly reflected in this significant achievement. As part of a provincial initiative launching in 2022, we will be an early adopter of a province-wide model to deliver rapid access to virtual counselling services to children, youth, and families.

## **Services & Supports**

St. Clair Child & Youth Services provides a continuum of high-quality mental health services for infants, children, youth, and their families from birth to 18 years who live in Lambton County. We are proud to offer a multidisciplinary team of professionals who are dedicated to help clients cope and adapt to life's challenges. Our Counselling and Therapy Services include a range of approaches that are available to help children and youth who have mental health concerns that cannot be addressed through less intensive means (e.g., our Brief Services). We offer Crisis Services where the client will receive immediate, time-limited services in response to their mental health crisis. Our groups and workshops focus on building skills, emotional regulation, anxiety, self-control, and problem-solving. We also offer in-home support, infant mental health services, concurrent services, youth justice programming, psychological assessment, and support to those with developmental and mental health concerns. We offer a Quick Response program in partnership with the Sarnia-Lambton Children's Aid Society (CAS) for families whose children are at risk of coming into CAS care. Our Outreach program focuses on prevention and early intervention as does our EarlyON drop-in Centre.

## **SL – OHT**

As Lambton County's Lead Agency for child & youth mental health, St. Clair Child & Youth Services believes it is important to be responsive to the needs of the community we serve. We recognize the importance of strong community partnerships that support innovation and a commitment to provide a continuum of quality care. We are pleased to partner with the Sarnia-Lambton OHT and will continue to work collaboratively with member organizations, youth, and families to improve the mental health and health care system for all residents of our community. Through partnerships and collaborations, we can streamline services and ensure children, youth, and families have access to high quality care to meet identified needs when they need it.

## **Living & Working in Sarnia-Lambton**

With its diverse blend of urban and rural populations and developing cultural landscape, we are proud to be part of the Sarnia-Lambton community. This includes three Indigenous communities with rich spiritual and cultural contributions that make our community special. Over the past 50 years our programs and services have continued to evolve and adapt in keeping with the ever-changing needs of the community. By continuing to engage youth and families we ensure our services are responsive and accountable to the communities and people we serve.