



Annual Report 2006-2007

LAMP Community Health Centre



CHAIR OF THE BOARD REPORT

Greetings from the Board of LAMP.

Last year I wrote that LAMP's administrative staff was stretched to the limit (our ratio of administrative staff to front line workers is lower than in hospitals and private medical practice) so it is a pleasure to welcome Andrea Meneses as Clinical Manager – a new position.

This year we were expecting to report that our Mississauga satellite is up and running but there have been delays (not of LAMP's making) and it is not. However we have a temporary office and a very active Health Promoter and Community Relations person who is reaching out to the community, running programs and liaising with other providers. When we have our own site, we will be off to a flying start. Welcome and well done to Nicole Ghanie-Opondo!

In spite of the comparative dearth of personnel at all levels, LAMP fulfils its mandate thanks to the dedication of its staff and to the hours of work done by volunteers. We are good value for our funders' money!

This year we have a Fundraising Committee because solving LAMP's space problem is going to be expensive. We are neophytes and will be glad of the support of all LAMP members.

We, the Board, are often asked what we do. Well, we do not run LAMP. That is the Executive Director's job. If you have any complaints, please see Russ! However, we are mandated by the Ontario government to establish policy and see that the Bylaws are upheld. We set and oversee the budget and make sure that all programs and services satisfy the Philosophy, Mission, Principles and Goals of LAMP. This work must be periodically reviewed and updated. We advocate on behalf of LAMP and for projects that the community wants and needs.

Members of the Board are volunteers elected by LAMP's members at the AGM. I wish to thank Celeste Le Duigou and Gillian Dennis, who left us at the beginning of the year for personal reasons, and Susan Milankov and Keith Pownall, who are not running for the coming year. We hope to see you all back in the future.

Maureen Boulter, Chair

Thanks!

to our funders, and all the coalitions and community partners who work with us and to the 300 volunteers who provided over 20,000 hours of work.

... we couldn't have done it without you.

EXECUTIVE DIRECTOR REPORT

2006/07 was another year of program expansion at LAMP. One of the major areas of growth was in our youth programs.

Remix, formerly known as IC Visions, has now settled into its new location in the Dufferin and King St. area and is providing a full array of programs. Recently we held our first graduation with some of the students earning scholarships to post secondary institutions.

In partnership with the Toronto School Board, we opened a youth centre at Burnhamthorpe Collegiate. We are the only organization providing youth services in this high needs community and our centre is the only "community space" in the neighbourhood.

Closer to home, our Street Level program enjoyed a continuing growth in youth participation. This is due in large part to the diversity and quality of the programs offered. The South Etobicoke Youth Assembly (SEYA) has remained a strong voice for youth on matters of public policy. They are currently working to try to ensure that decisions around recreational space in the Lakeshore represent the needs of all residents of this community.

While there has been much discussion about finding solutions to the issues facing the city's youth, LAMP has taken action. These programs develop skills, provide support, enhance civic engagement and provide positive options for youth. There is no quick fix but prevention, rather than enforcement, should be the cornerstone of any attempt to build a strong community.

In addition to youth services, we also began providing health promotion and chiropody services in Mississauga. We are planning to initiate diabetic services prior to the opening of our satellite location at the corner of Dixie Road and Bloor St. Much of our efforts in the coming year will be centered in getting our new location built, fully staffed and operational.

We have expanded services to recent immigrants and refugees; completed the organization of our occupational health telemedicine project; did extensive community development work with tenants in Mimico and successfully completed our accreditation process.

The latter is an extensive review of all aspects of the organization including such things as quality of services provided; financial and management administration; governance and community development. In all areas LAMP met or in most cases exceeded the standards. Our success is the direct result of the work and commitment of the staff, board members and program volunteers. Each of these groups makes a unique and valuable contribution to the life of this organization.

The following year will no doubt create its own challenges. Health care in this province is in transition, moving from

a centralized system to regional authorities or what has been referred to in Ontario as LHINs. In any change as large as this there will be bumps along the road. LAMP has a history of resiliency and being able to respond quickly to change. We believe that the community health centre model of integration will flourish under this new system of health care delivery.

As part of that initiative, LAMP will continue to advocate for fair and competitive salaries for the community sector and we will continue to support Nurse Practitioners to be autonomous providers of health care.

Russ Ford, Executive Director

SPECIFIC ACCOMPLISHMENTS AND OUTCOMES 2006-2007

Among Friends – Social/recreation and health programs for isolated adults with severe mental illness

- Of new members who were tracked 50% had achieved 1-3 of their goals at the mid point of the program.
- 50% reported that they had quality of life improvements that were between 8 to 15% higher than when they started the program.
- 30% reported quality of life improvements of between 5 and 9%.

ASK! Information and referral service and income tax clinic

- 80% of volunteers and students surveyed reported they had gained or enhanced skills related to their placement.
- 96% reported they "always" 87% or "most of the time" 9% felt their contributions were acknowledged and valued.
- 95% said they felt their work "make a difference/contribution to the community"

Community Development – Rathburn Area Youth (RAY) Basketball program

- Three-quarters of the leadership training modules in the basketball modules in the basketball program were rated as effective by 60% of the youth.
- Only 20% felt the problem-solving module was effective
- 80% of participants in leadership activities, which youth helped to design, reported they were effective.

Diabetes Education – Group Education for adults with type 2 diabetes

- Correct answers in a pre-post diabetes knowledge test showed an increase from 3/10 to 8/10 after receiving group education.
- 70% of participants plan lifestyle changes related to diet.
- 10% plan to increase physical activity

Early Years Centre – Drop in programs for parents/caregivers and their preschool children

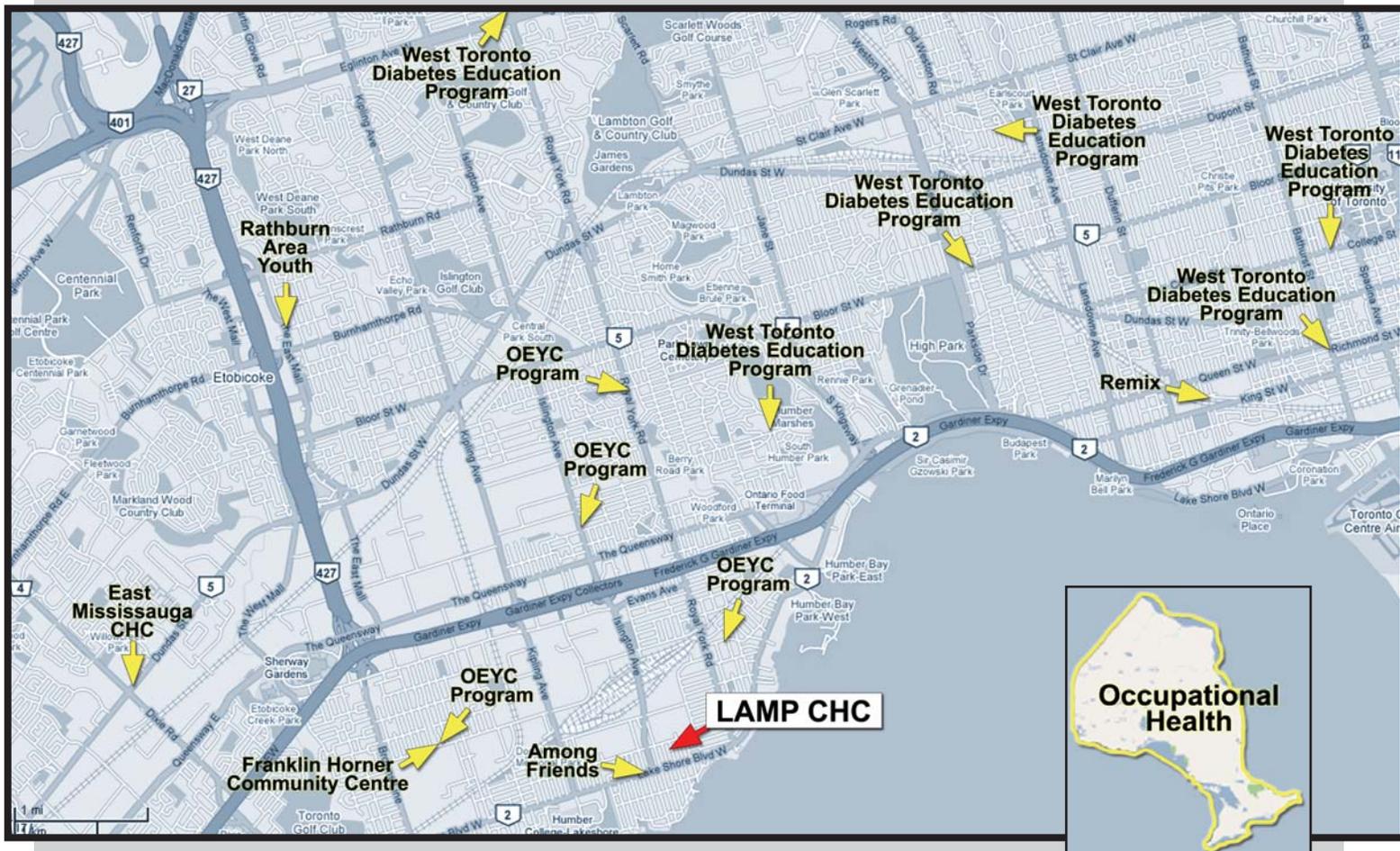
- 74% of staff observations noted in debrief that 7 programs indicated an increase in children's exploring and interacting (with each other) behaviour.
- Over 70% indicated an increase in the verbal ability of participating children.
- Program changes identified as a result of the study were prioritized and implemented. Prior to the study, the average number of program visits per family was 19.32 annually. After program modifications were made the frequency rate was 23.00.

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LAMP CHC PROGRAM MAP



Among Friends:	2970 Lake Shore Blvd W
East Mississauga CHC:	215-1425 Dundas St E
Franklin Horner Community Centre:	432 Horner Ave
Occupational Health:	Ontario-wide Coverage
Rathburn Area Youth (RAY):	500 The East Mall
Remix:	110 Sudbury St

OEYC (Ontario Early Years Centre) Program Locations:

47 Station Rd	432 Horner Ave
950 Islington Ave	851 Royal York Rd

West Toronto Diabetes Education Program Locations:

340 College St	1900 Davenport Rd
1700 Bloor St W	168 Bathurst St
150 Berry Rd	1447 Royal York Rd

Equally Healthy Kids – Street Level Youth Programs

- 83% of teens and 62% of tweens registered this year as new members.
- The regular participation of members attending program at least once a week increased by 13% over last year.
- There was a 42% increase in youth reporting feeling more involved in the centre as compared to last year.

Health Promotion – Stepping Stones (a structured group for Out of the Cold Participants read to make changes in their lives.)

- 89% of the participants indicated that the program helped them improve their communication skills.
- 89% indicated a significant increase in their self-confidence
- 78% noted involvement in or pursuit of volunteer or paid work and/or other community programs or initiatives after completing the program.

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SPECIFIC ACCOMPLISHMENTS AND OUTCOMES 2006-2007**Literacy Program**

- Over 80% of adult learners succeeded in achieving their personal learning goals. 70% moved on to employment or further education/training.
- 97% of participants were extremely satisfied with the program and cited improved quality of life as a result of attending.
- 2 writers have received Honourable Mention in the City's Word on the Street writing contest. Their work will be published in an upcoming book.

Primary Care - Education session for staff and an environmental fair for the community.

- Staff found their workshop was thorough, well-organized, and relevant to their practice. Several noted ways they would change their practice as a result.
- 36 of approximately 120 community members who attended the fair completed an evaluation. 86% said they learned new information, and 100% plan to make changes at home after the experience.

Remix – Programs for youth wanting to explore/attain careers in the arts industry.

- 13 youth are returning to school, one of these has earned a \$5,000 scholarship to Humber College.
- 11 youth have obtained jobs while part of the program.
- 28 youth graduated from the program
- 30 youth are enrolled in the next program

Social Work – Short term counseling

- 20 clients identified 41 problems at intake. 71% of the problems were ranked at the highest levels of severity.
- At the conclusion of service, only 7.3% of problems were at the highest levels of severity.
- No clients reported that their problems had worsened. 93% of the problems were identified to have had a positive change overall, with the majority falling into the moderate level of change.

FINANCIAL REPORT 2006-2007 FISCAL YEAR**Where the money comes from ...**

Ministry of Health and Long Term Care	\$4,691,185
Rental, Consulting, Membership, Deferred income	\$ 575,745
Ministry of Community, Family & Children's Services	\$ 537,822
United Way	\$ 535,828
Donations, Fund-raising, Interest	\$ 252,978
Federal Government	\$ 248,933
Toronto Preschool Speech & Language Services	\$ 187,285
City of Toronto	\$ 172,088
The Ontario Trillium Foundation	\$ 83,313
Ministry of Training Colleges and Universities	\$ 69,700

Where the money goes ...

Ministry of Health Programs	\$ 1,929,754
Primary Care	\$ 1,111,865
Other programs (19 programs under \$100,000)	\$ 715,889
Speech, Chiropody and Occupational Health	\$ 679,554
Administration plus Repairs & Maintenance	\$ 603,457
Ontario Early Years	\$ 537,822
Remix	\$ 339,844
ASK!	\$ 304,247
Depreciation	\$ 301,749
Rathburn Area Youth Program	\$ 232,786
Rent	\$ 207,225
Among Friends	\$ 179,300
Street Level	\$ 145,382

NOTE: Complete audited financial statements are available upon request from the office of the Executive Director

2006 BOARD OF DIRECTORS

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LAMP Community Health Centre

185 Fifth Street
 Toronto ON M8V 2Z5
 Phone: 416-252-6471
 Fax: 416-252-4474
 TTY: 416-252-1322
www.lampchc.org

Board Chair:
 Maureen Boulter

Executive Director:
 Russ Ford