



Annual Report 2007-2008

LAMP Community Health Centre

CHAIR OF THE BOARD REPORT

Greetings from the Board of LAMP.

This was a year of visible accomplishment at LAMP. After years of background planning and work, we are proud to announce our Mississauga Satellite office is now open. The opening celebration is taking place on September 09, 2008.

The Satellite opening is more than just a new building. It is a recognition of LAMP's extraordinary talent in providing the services that work within a community to help create a healthy environment. It reflects the idea that beyond our little neighbourhood, in the hallways of government and in the community of CHC's, we are recognized as sector leaders.

We are leaders for many reasons. We truly devote ourselves to understanding the needs of our community, we are prepared to act on those needs, and we are smart enough to know how to recruit the funding and support we need. We employ a passionate team of individuals and attract a remarkable team of volunteers who are committed to doing the right thing for the right reasons. We understand the need to run a well managed business so that the funding and responsibilities entrusted to us are put to the best possible use. Together, these are some of the things that made us the ideal organization to open a CHC in Mississauga.

Our staff and our Board have worked hard this year to make sure we have the right administrative and financial structures in place to support our satellite, and we are finally able to open the doors to our new site to serve a second community in need of our services and our experience.

As you can imagine, the Satellite Office is only one of the projects we have been working on this year.

The introduction of the new healthcare model in the province of Ontario has changed our funding and reporting requirements as we now report to two LHINs (Local Health Integrated Network): one for our Etobicoke office, and one for our Mississauga office. More organizations have had to hear our story, and to understand the critical role of CHC's. In response, our communication efforts have had to increase, and our relationships with all layers of government, our other funders, and our community supporters have been at the forefront of our work this year.

As always, the unique characteristics of each of our communities: Mimico, New Toronto, Long Branch and Alderwood form the basis for our existence. Each community continues to have great need for the social and health services we provide, especially for those who have difficulty accessing mainstream assistance. This is our primary goal and objective – our other efforts are how we support this work.

We will continue to work towards recreation for our youth, for mental health services, for supported housing and for other critical needs in our communities, and we will do so with the commitment of a great team of people.

The Board is very proud of the work we do at LAMP, and the impact we have each and every day. We are constantly amazed at the strength of the story we have to tell, and work hard to let people know the value of LAMP to our extended community. Through the policies and guidance we provide the organization, we hope to make a positive difference to the staff and volunteers, and to the community we all serve. Please join me in welcoming the 2008-09 Board of Directors to continue LAMP's progress.

Michele Davies, Chair

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 & 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.

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Board Chair:
Michelle Davies

Executive Director:
Russ Ford



EXECUTIVE DIRECTOR REPORT

At LAMP we often talk about “building community.” We usually don’t mean it in a literal sense. It is more about working with residents to build capacity in order to address issues of concern.

Well, this year we did literally build it. In early 2008 we began and completed construction on our new facility in Mississauga. Although not as large as 185 Fifth Street, our Mississauga branch is already providing a broad range of primary care and health promotion activities geared to the specific needs of the Dixie-Dundas community. We have already worked on such issues as the relationship between race, poverty and health access. Recently we hosted Mississauga’s first, and what we hope will be annual, Gay Pride Parade.

The health needs of Mississauga are great and the resources are slim. We know that the task in front of us is great but we already have a very committed group of staff and a solid core of volunteers.

We did, of course, continue to build community in the figurative sense in the Lakeshore. Some of those initiatives included supporting tenants in Mimico to have a voice in the future of their community and working with our youth in their efforts to get a real recreation centre built in our community.

Our youth programs continued to flourish at LAMP and our satellite locations at the East Mall and the REMIX project in downtown Toronto. The latter even got a visit from the Governor-General, the Rt. Hon. Michele Jean. Recently the United Nations named our program as one of the three best youth programs in the world.

Fund raising for our programs is always on our agenda. This year fund raisers for LAMP were held by the Etobicoke Chamber of Commerce and the Steen Foundation which is lead by Toronto Maple Leafs forward Alex Steen. We would certainly like to thank both of these organizations for their great support. LAMP also hosted a successful fundraiser for our breakfast programs. Dwight Drummond of CITY news spoke on the causes of youth violence. The board of LAMP has established a fund raising committee which no doubt will lay the groundwork for more success in the future.

SPECIFIC ACCOMPLISHMENTS AND OUTCOMES 2007-2008

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%.

Adult Drop-In ~ A drop-in offered twice a week, September to June for adults who are homeless or under-housed and isolated.

- Outreach efforts resulted in a program operating at full capacity, with 128 new participants
- 94% of participants interviewed reported they feel more connected to the community because they attend the Drop-In

Adult Learning ~ Individual tutoring, small groups and self-directed learning activities for adults with low literacy/numeracy skills.

While the past year has been a busy one, we continue to face new challenges. LAMP is currently in the process of developing its new strategic plan, which will help redefine the direction of this organization in the coming years. We will also be continuing to evolve in our relationship with the LHIN, our new funder, through the negotiation of agreements that will clearly define our roles and working relationship.

Finally I would like to conclude by thanking all of those who make this organization what it is. Our many volunteers who give freely of their time to support our work including the members of the Board of Directors. This group has provided this organization with not only their individual expertise, but with great leadership. I would also like to thank the staff whose commitment to this organization and this community is unparalleled.

Russ Ford, Executive Director

- 81% (9 of 11 learners) who stayed with the program achieved their goals by the end of March
- 100% of learners reported that self-directed learning increased progress.

Diabetes Education

~ Individual and group education programs for adults with type 2 diabetes and their caregivers

- Reasons for attendance in education sessions dropping off to 70/75% after the first session - wanting to learn practical things, wanting to be involved, wanting simple and easy to understand information to take away – were addressed with new program offerings.
- Diabetes 101 and 102, along with cooking demos, shopping trips, fitness classes and take home tip sheets, resulted in 99% of participants registered maintaining attendance.

Ontario Early Years (OEYC) ~ Drop-In and structured programs for parents and caregivers and their children age 0-6.

- Use of a new observation/debrief log tool revealed evidence that:
 - Adult participants make connections among themselves (reported in 90% of the logs).
 - Adult participants displayed positive growth/changes (reported in 30%)
- Increased interaction between parents/caregivers & their children (reported in 30%)

Social Work/PHC ~ Primary health care and short-term social work services for individuals and families

- A woman abuse screening tool had a very high rate of detection of female abuse in our pre-natal clients



- Screening and appropriate referrals had a significantly positive impact on their lives

RAY ~ Drop-in and basketball programs for Rathburn Area Youth

- Youth program achieved more than was expected in 90% of the indicators measured: positive social skills, healthy behaviour, leadership, and community engagement.

REMIX ~ Skill-building and mentoring programs for youth wanting to explore/attain careers in the arts industry.

- Met the target of increasing the percentage of youth linked with mentors by 50%.
- 60% of a targeted 80% of participants have mentors.

Speech ~ Assessment and treatment (individual and group) for children 0-4 with speech and/or language problems; group programs for their parents

- Pre/Post tests demonstrated that upon completion of the program, parents showed improvement in 3 out of 5 formal communication strategies.
- The children began to respond to those strategies and to show improvement within the 4 week period