

## Our People



Our strength lies in our people. Our Certified Coaches are highly skilled in working with children and families. Coaches are supported by a highly trained leadership team, including health professionals.

Our founders Dr. Patricia Lingley-Pottie and Dr. Patrick J. McGrath continue to work with the Institute and lead our team.



## Our Vision and Mission

Our focus is to ensure that healthcare and mental health services are accessible to everyone.

Our mission is to leverage research, technology and highly-skilled staff to deliver our evidence-based programs to children and families for mild to moderate mental health issues and any other issues effecting health and well-being.

Our guiding principles and beliefs include:

### Positive Environment

We foster a positive environment both internally with our colleagues and externally with our clients. Our clients are often facing many challenges – we provide the positive support they need.

### Extraordinary Service

We provide high quality and timely services to our clients. Being responsive, convenient and respectful is at the heart of how we operate.

### Innovation

We continue to innovate and harness best practices as we move forward to increase access to care through leveraging the advantages of technology. Finding new ways to remove barriers to care is in our heritage.



Governor General's  
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Mental Health  
Commission  
of Canada

Commission de  
la santé mentale  
du Canada

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## Follow Us



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Removing barriers to care.



## Who We Are

Strongest Families Institute is a charitable organization providing evidence-based services to children, youth and families seeking help for mental health and other issues impacting health and well-being. We provide timely care to families by teaching skills through our unique distance coaching approach – supporting families over the phone and internet in the comfort and privacy of their own home. Strongest Families provides family-centered care that is customized to meet their needs.

Our bilingual programs are designed to support children and youth from 3 – 17 years of age. Our effective and clinically tested Programs include support for:

- Attention Deficit Hyperactivity Disorder
- Oppositional Defiance Disorder
- Anxiety Disorder
- Nighttime Bedwetting



Our services are supported by funders seeking a cost-effective solution to providing high quality, timely care. We can offer quick ramp-up of services to reduce existing wait-lists. We offer solutions for families impacted by geographical challenges e.g., rural areas; military families.



"I don't feel alone. I use the skills with all of my children and our communication is so much better. It really does work!"

- Parent of 7 year old (Behaviour program)

"I was able to talk to people about my experiences with anxiety and not have them judge me for it because they've been through the same thing."

- 15 year old (Defeat Anxiety group program)

## The Challenge

Approximately 15 – 18 per cent of children have mental health problems. The most common of these are Attention Deficit Hyperactivity, Oppositional Defiance, and Anxiety Disorders.

Less than a third of these children, youth and their families receive the care they need in a timely manner. There are several reasons for this:

- A shortage of qualified children's mental health professionals
- Clinic wait times of months to years
- Social stigma of receiving mental health treatment
- Clinic hours conflict with normal business and school hours
- Financial factors like travel costs, child care and lost wages due to time off work.
- Barriers to care can result in high drop-out rates, reported to be 40-50% in clinic-based services.

If children and youth with mental health problems are not treated early, they may struggle with schoolwork, making friends, interacting with family members, and other aspects of their development.

Receiving effective help early can lead to a healthier and happier future.

## Our Solution – Our Programs

Families receive written materials, skill-demonstration media and weekly telephone coaching. We ensure that neither time nor distance are barriers to care.

Some of the highlights of our service:

- **Effective:** Proven in clinical trials. We are committed to measure and report outcomes. Results show strong effects on child mental health issues, academic progress, bullying, family relationships and parental mood/stress.
- **Positive feedback:** Parents report high satisfaction with services and have strong relationships with their coach.
- **Low Drop-Out Rate:** Our attrition rate is less than 10%.
- **Responsive:** Timely access. We have capacity to ramp-up quickly to reduce waitlists.
- **High quality:** Enforced quality assurance policies to insure program fidelity.
- **Efficient:** Coaches are highly efficient helping more than 100 families each per year.
- **Convenient:** There is no need to travel or take time from work/school. Stigma is virtually eliminated.
- **Award Winning:** Governor General's Innovation Award 2017; Ernest C. Manning Principal Encana Award 2013; Mental Health Commission of Canada 2012;

