

# REMOVING BARRIERS TO CARE

Strongest Families Institute (SFI), a charitable organization, leverages technology and skilled staff to deliver evidence-based programs to children, youth and families dealing with mild to moderate mental health and other issues impacting health and well-being.

## OUR OPPORTUNITY: CLOSING THE GAP SO THAT HELP IS ACCESSIBLE TO ALL

### WHY WE EXIST

To provide families timely access to quality services, when and where they need it. Accessing help is not easy. SFI exists to change that. Our innovative, proven distance services offer families flexibility to receive timely care, regardless of where they live. We remove barriers that others can't. We are open when others are not.

### WHERE WE CAME FROM

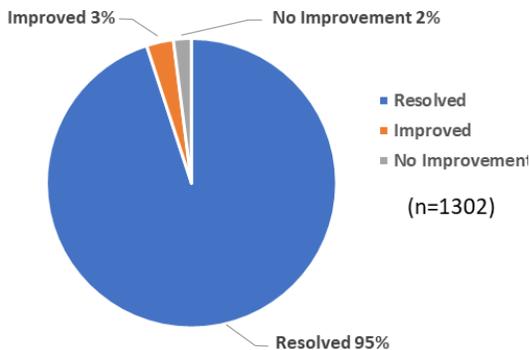
SFI programs were proven in clinical trials at the IWK Health Centre (Halifax, Nova Scotia). Families receive skill-based information (handbooks or online), skill-demonstration media and weekly telephone coaching. Programs target these problem areas:

- Behaviour (ages 3-12) "Parents Empowering Kids"
- Anxiety (ages 6-17) "Chase Worries Away (6-12)" and "Defeat Anxiety (13-17)"
- Nighttime Bedwetting (ages 5-12) "Dry Nights Ahead"

### OUTCOMES AND FACTS

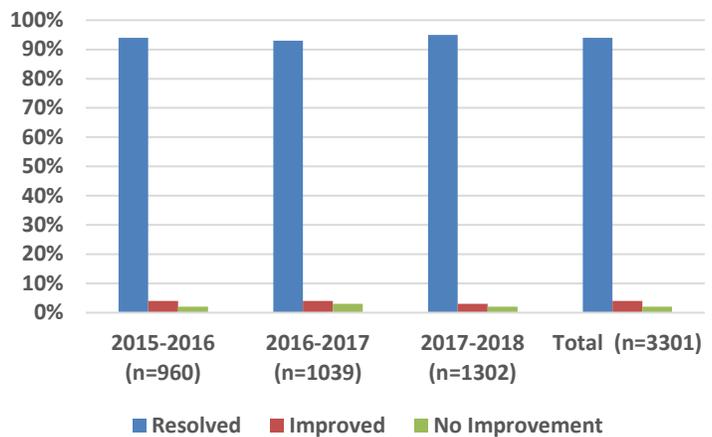
SFI is dedicated to outcome measurement and reporting. Results are strong. Our distance system of care is accepted, effective and families stick with it. Completion of our evidence-based programs will lead to a happier, healthier life for children, youth and families now and into the future; a sound investment of resource funding.

**Child/Youth Outcome Success 2017-2018**



Note: Samples are based on cases who completed a pre and post evaluation

**Strongest Families Outcomes**



### OTHER STATS AND FACTS

- 5257 referrals in 2017/18
- Reduce waitlists
- Less than 10% attrition
- High customer satisfaction
- Cost effective
- Bilingual services
- Strong child/youth impacts:
  - \* Presenting problems
  - \* Academic progress
  - \* School attendance
  - \* Bullying issues
  - \* Victimization issues
- Strong impact on families:
  - \* Improved parental mood
  - \* Strengthening family relationships
  - \* Improved home and school routines

## WHAT OUR YOUTH AND FAMILIES SAY

*"Strongest Families saved our family! We were hectic - All of us were fighting, all 5 of us. Now, we are understanding each other. We are giving each other more positive time. With all this positive time is coming great rewards. Life in general - everyone is happier and getting along better!" -Parent of a 10 -year-old (behaviour program)*

*The program has made me aware of how I react to my daughter. I find the skills are easy to follow. I like the group because you can listen to other ideas. When I hear the other parents share, it makes me feel better to know that I'm not the only one going through this - I don't feel discouraged anymore. I feel competent and I'm more confident in myself as a parent." -Parent of a 6-year-old (behaviour program)*

*"I feel like I have more control over anxiety with all the methods we've learned and it's helping a lot. The group is like emotional support, we're learning from each other and helping each other through this." -17 year old youth (group anxiety program)*

## OUR GROWTH: "KEEPING FAMILIES AT THE CENTER OF CARE"

### WHERE WE ARE GOING

We will continue to expand our program base, helping families across Canada and around the world. Our conviction that neither time nor distance are a barrier will guide how we deliver our services to those in need. We will continue our evolution and growth as an innovative approach to bridging the access gap; an integral part of the health care system.

### HOW WE WILL GET THERE

Technology plays a significant role. Our sophisticated e-system, IRIS (IRISplatform.com), offers flexibility in provision of care and our ability to rethink health care delivery. Our highly trained coaches record real time data, making information easily accessible, anytime, anywhere to help families solve problems. More importantly, our success is based on results. Our model has been tested and proven to deliver extraordinary results with dropout rates that are a fraction of clinic-based programs. We now just need to share our story.

## OUR SUCCESSES

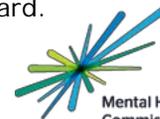
- 2017 Governor General's Innovation Award.
- 2013 Ernest C. Manning Principal Encana Award.
- 2012 Mental Health Commission of Canada Social Innovation Award.



Governor General's  
Innovation Awards



ERNEST C. MANNING  
INNOVATION  
AWARDS



Mental Health  
Commission  
of Canada

Commission de  
la santé mentale  
du Canada

## WHAT OUR PARTNERS SAY

*"They have a lightning fast response time, but they also have an extraordinary rate of success and a rich repository of data that informs and validates their approach. This program is a clear example of smart investment in an innovative practice that all provinces should consider."*

—Louise Bradley, President and CEO, Mental Health Commission of Canada

*"Strong families are the foundation for strong communities. We are pleased to support the great work of the Strongest Families Institute to promote positive mental health for children, and to provide hands-on tools to support family members."*

- Honorable Randy Delorey, Minister of Health and Wellness

Toll Free: 1.866.470.7111  
[www.strongestfamilies.com](http://www.strongestfamilies.com)  
[www.irisplatform.com](http://www.irisplatform.com)



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