



Children's Mental Health of Leeds & Grenville

779 Chelsea Street, Suite BU, Brockville, ON K6V 6J8

Tel: 613.498.4844 Toll: 1.800.809.2494 Fax: 613.498.2402

This has been another year of adjusting, shifting, accommodating and experiencing change. Since the spring of 2021 we have fully re-opened our doors and are moving into a year of adaptation. Understanding the impact the pandemic has had on CMHLG as a service provider and on the families we serve will position us to provide the best client service. We are forever changed as a society, by the pandemic and hearing the words from Prime Minister, Justin Trudeau, in March 2020, “go home, stay home”.

It is only by increasing our understanding of the impact of the pandemic that we will be able to move forward with clarity. We have learned many things throughout the pandemic about who we are as an organization. We learned that we are adaptable. We learned that our strength comes from working as a team. We learned that change is challenging when fatigued. We learned that the families in our community need us now more than ever.

During the pandemic society learned that mental health is as important as physical health but has not received the same emphasis and governmental support. As service providers, we have expressed for years that we are experiencing a mental health crisis. This crisis has become exponentially more critical following the pandemic. Fully confirmed by the unrelenting request for services and increasing acuity of presenting concerns coming through our doors.



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The pandemic has allowed each of us to learn about ourselves as individuals. We learned both our individual strengths and limits. We learned that compassion fatigue must be attended to in a timely manner. We learned that there is not always a clear solution. Some colleagues learned that they needed to move on to new jobs, communities or another team within our agency. It has been difficult to say goodbye, yet everyone has fully welcomed and supported our new staff.

We are still working on aspects of change and understanding where things will land as an agency. I have confidence that we can and will continue to pull together in alignment with patience and understanding. We will continue to not only adapt but to shape children and youth mental health services, with flexibility, to meet the needs of our communities. These qualities make us the exceptional organization that we are.

Thank you, as staff you continue to show your dedication and compassion for both the families you serve and for each other. You all are working hard and continue to bring your best each and every day.

To the managers, thank you for the endless support you provide to staff and families. You are a very strong team and it shows in how the agency as a whole responds to the needs of the children, youth and families we serve.



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Thank you to the board of directors. I appreciate the qualities you bring to our agency. You represent our communities and are the voice of our families. Each of you bring an important perspective. I personally thank you for the support you provide to me. I can always trust you will ask the hard questions and give me important points to consider ensuring we provide exceptional services to our clients.