



A Year in Review

2014 was an exciting year at DPNCHC, as we have made great strides in our first year of an ambitious Strategic Plan. From the **HERE4YOUth** outreach project, to the expansion of the **Seniors Fitness** programs, we've been hard at work establishing and evaluating new initiatives that meet the needs of our diverse community.

We've seen timelines shift as we discovered small steps we missed along the way, and we learned that doing it right and involving community members along the way just takes longer. That being said, we're tremendously happy with the results of our efforts, and are excited to share them with you.

YOUTH

- **Youth**

The **HERE4YOUth project** has brought together a enthusiastic team of Youth Peer Researchers and provided them with meaningful opportunities for engagement, leadership, training and employment. 18 Youth Sexual Health workshops and activities were organized with Planned Parenthood Toronto, in which 73 local youth learned about available resources and supports.

MENTAL HEALTH

- **Mental Health**

DPNCHC's **Counseling/Psychotherapy Group Programs** increased knowledge and built self-management skills in emotional regulation, mindfulness and distress tolerance. 91% of participating clients reported decreased Burns Depression Checklist scores, while 75% benefitted from decreased Difficulties in Emotion Regulation.

HEALTH PROMOTION

- **Health Promotion**

The **Pilot for an Expanded Drop-In** program served primarily men who struggle with addiction challenges. 85% reported increased peer support through the program, while 79% reported using harm reduction options in their use of drugs or alcohol.

SENIORS

- **Seniors**

The expansion of our **Seniors Exercise Programs** has meant increased community access to high-quality programs for seniors. The program expanded into 5 new sites in 2014, with 182 seniors taking part. 70% of them showed increased strength and mobility in their Physical Activity Readiness questionnaires.

HEALTH & ACADEMIC OUTCOMES

- **Health and Academic Outcomes**

The **Ages and Stages Questionnaire** was a new developmental assessment tool geared towards young children . 100% of parents said the screening was helpful in understanding their child's development and reported using the suggested activities and recommendations at home.

ORG. CAPACITY

- **Organizational Capacity**

In order to reach more residents of our community, **expanding our public profile** is a major goal for the Centre. A comprehensive communications policy was approved this year, while the groundwork is being laid for a DPNCHC blog and an active and engaging social media presence.

In Their Own Words

The “Client Stories” project was created to share client perspectives on their time at the Centre. A diverse group of clients were interviewed, and their responses were recorded and transcribed so that others could appreciate their incredible stories.

A common thread that united their experiences was their strong feeling that DPNCHC is more than just its programs and services, but a family that nurtures, supports, and makes a healthy impact on its members and the community at large.



Lotte



Paula



Joan

“Once a person participates in any of the programs they will start to feel accepted, which is what I felt right from the beginning.”

“When I came to the clinic and talked to the staff, they immediately started putting support systems in place.”

“Your heart is more open when you come to Davenport-Perth. It’s like coming into a family.”

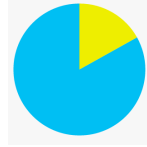
DPNCHC also organized several organization-wide surveys in 2014, which allowed us to hear directly from our clients and participants about the ways we could serve them better. Responses were very positive, with over 80% telling us they found the Centre to be beneficial to their own health and the health of the community.



81.8% were satisfied with programs and services at the DPNCHC.



83.1% would recommend DPNCHC to others.



83.4% felt that DPNCHC’s programs and services helped them improve their health and well-being.



83.8% felt that the DPNCHC has had a positive impact on their community.

Looking Forward

There is much good work to build upon in 2015 as we learn from this year's activities, successes, and areas for improvement.

Over 700 clients and community partners participated in this year’s evaluation process, and we were thrilled to hear about their positive experiences with us. Most performance indicators and output targets were met across all programs, while strong participation rates also showed us that we’re offering services that are truly valuable to the members of our community.

A number of creative strategies have been identified to meet resource needs that have appeared in some program areas. In this “do more with less” climate, it’s important that we think strategically and creatively. This can include developing new partnerships, recruiting more students and volunteers, strengthening internal collaborations, and continuing to seek new funding sources.

As we congratulate ourselves and our community on a great year and work well done, we also eagerly anticipate an exciting 2015. May we continue to grow, consistently strive to be and do our best, and look forward to seeing the impact of our new initiatives in the Davenport community.

Life happens here.™