

# SickKids<sup>®</sup>

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Garry Hurvitz  
Centre for Brain  
& Mental Health

STRATEGY 2025-2030



# LEADERSHIP MESSAGE



Elizabeth Donner  
Head, Division of Neurology



Louise Gallagher  
Chief, Department of Psychiatry  
& Child and Youth Mental Health  
Collaborative

At the Garry Hurvitz Centre for Brain and Mental Health, we recognize that brain and mental health disorders represent some of the most urgent and complex challenges in child health today. With one in five children affected by mental health conditions and hundreds of thousands living with brain disorders in Ontario alone, the need for innovation, collaboration, and action has never been greater.

Our Centre was founded on the belief that by integrating research, education, and clinical care, we can transform outcomes for children and youth. We are proud of the progress we have made — advancing discovery, training the next generation of leaders, and mobilizing knowledge to drive change. Thanks to the dedication of our members and partners, we have built a thriving interdisciplinary community that is at the forefront of pediatric neuroscience and mental health.

Today, we stand at a pivotal moment. Guided by a deep engagement with our stakeholders and a comprehensive review of our activities, we are launching a renewed strategy that builds on our strengths and sets a bold course for the future. This strategy is driven by three key commitments:

- **Accelerating precision research and impact** through integration, innovation, and translational excellence;
- **Cultivating a world-class environment for brain and mental health talent** by supporting emerging leaders and diverse perspectives;
- **Amplifying the voices of patients, families, and communities** to ensure our work is informed, inclusive, and impactful.

We are energized by the possibilities ahead — to forge new understandings, to drive innovations in care, and to support every child's potential. Our vision is clear: healthier children, a better world.

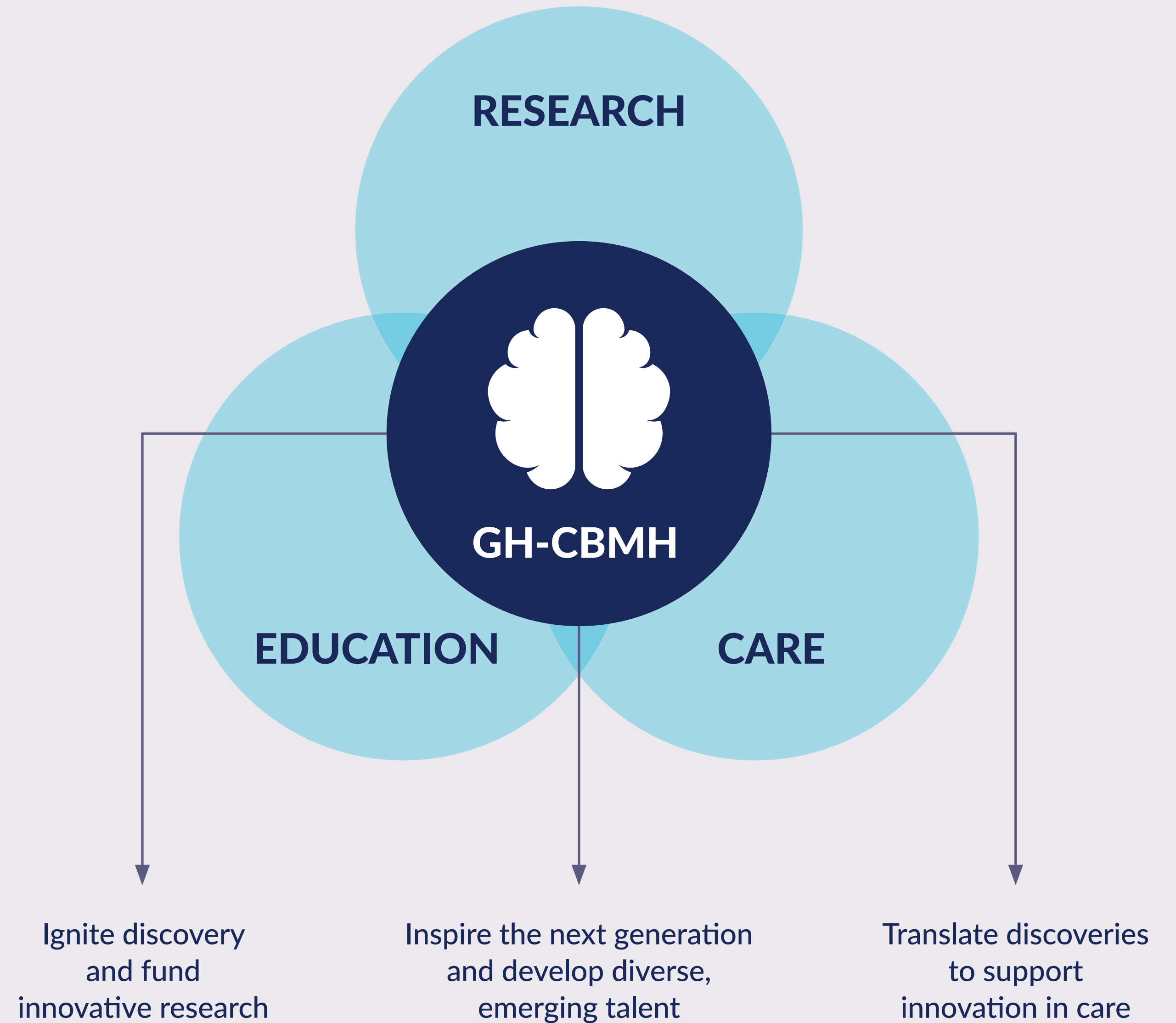
We invite you to join us on this journey. Whether as a researcher, clinician, educator, partner, or supporter, your contributions are vital to achieving the transformative change we envision. Together, we will continue to lead, to learn, and to create a future where every child with a brain or mental health disorder has the opportunity to thrive.

Sincerely,  
**GH-CBMH Co-Leads**



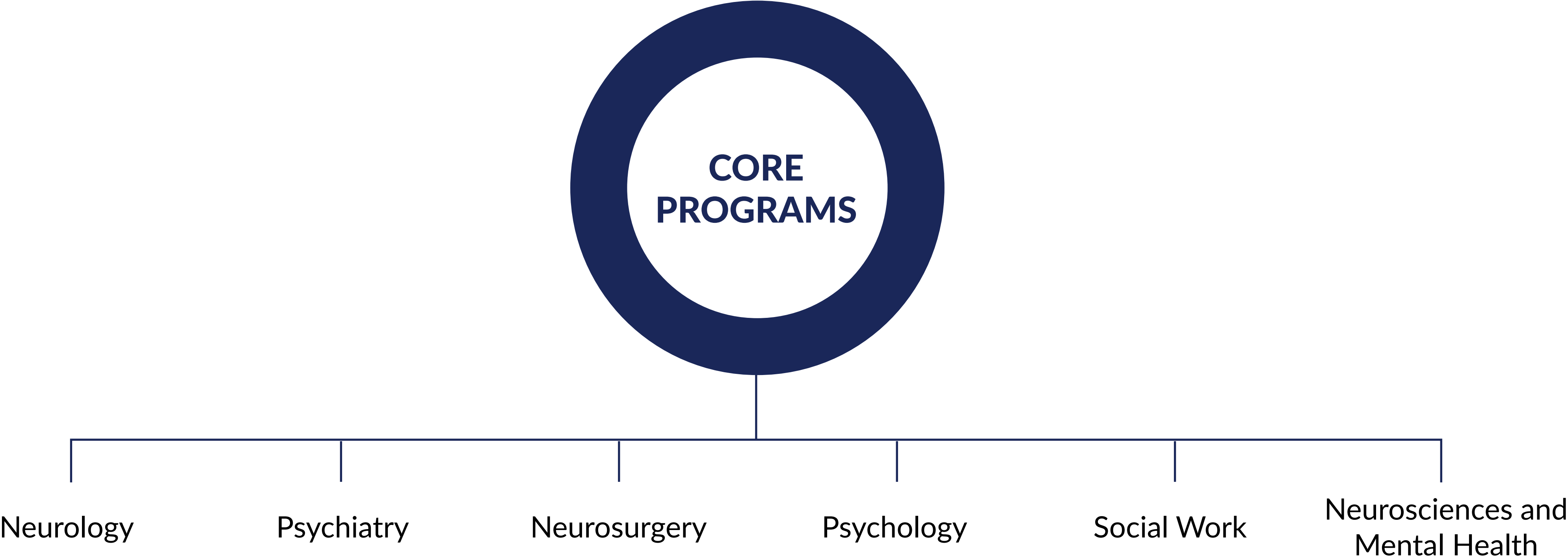
# WHO WE ARE

The Garry Hurvitz Centre for Brain and Mental Health at SickKids fosters the integration of clinical care, research, and education to enhance outcomes for children and youth with brain and mental health disorders. By pioneering new understandings, therapies, and approaches to care for the developing brain, and promoting interdisciplinary and interprofessional activities, the Centre aims to maintain its reputation as a leader in paediatric neurosciences and mental health care, both at SickKids and within the global scientific community.





# OUR COMPOSITION





# BY THE NUMBERS 2020-2025



## Catalyst Grants

Allocated  
\$3,797,665  
to 43 grants



## Transformative Research Programs

Dedicated \$1,350,000  
to 3 programs



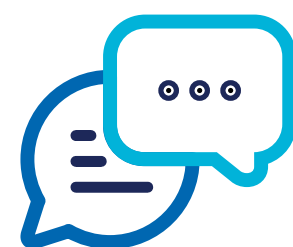
## Emerging Talent and Fellows

Supported 14 fellows  
with \$1,100,000



## Membership and Social Media Growth

Expanded membership to  
1,282 members and social media  
following to 541 followers



## Community Engagement and Educational Initiatives

Contributed \$97,750 to  
sponsored events, attracting  
over 2,000 participants



## Recognition Awards

Granted \$5,500 to individuals  
for their contributions in the  
brain and mental health fields,  
within and outside of SickKids



## Centre Events

Engaged over 9,000 individuals,  
covering topics such as research,  
artificial intelligence, equity,  
and suicide prevention





# HOW WE BUILT THE GH-CBMH STRATEGY



We interviewed with members  
and external partners



We reviewed reports and  
articles synthesized



We synthesized internal  
documents reviewed



We fostered sessions to sharpen  
strategy and plan implementation

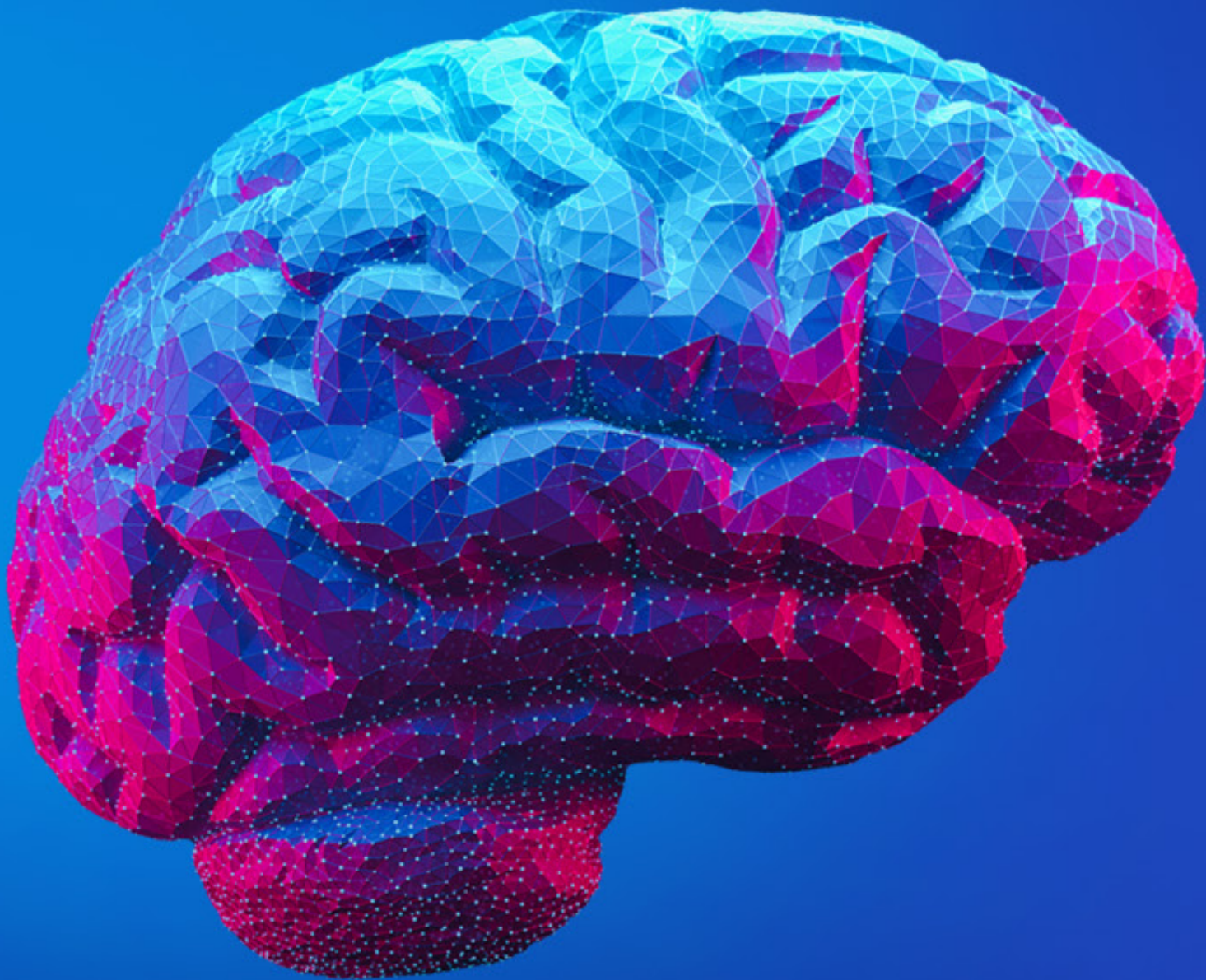




Garry Hurvitz Centre for  
Brain & Mental Health

# STRATEGY 2025-2030

Healthier Children. A Better World.



## Cultivate a World-Class Environment for Brain and Mental Health Talent

- Strengthen and expand collaborative networks of researchers, educators, and clinicians
- Reward transformative contributions to research and innovation
- Develop the next generation of diverse brain and mental health talent



## Accelerate Precision Brain and Mental Health Research and Impact

- Lead integration of brain and mental health discovery and advance neuroscience and mental health research
- Catalyze innovative translational research
- Mobilize knowledge to transform research and care



## Amplify the Various Voices of the Brain and Mental Health Community

- Ensure our priorities are informed by key partners and patients and families with lived-experience
- Embed health equity and social determinants of health in research and knowledge translation
- Engage diverse perspectives from brain and mental health research, education, and care

Key enabler

Sustainable funding and operations

As leaders in child health, we partner locally and globally to improve the health of children through the integration of care, research and education.

Compassion

Integrity

Collaboration

Inclusion

Innovation

Excellence





# CULTIVATE A WORLD-CLASS ENVIRONMENT FOR BRAIN AND MENTAL HEALTH TALENT



## Our objectives:

- Strengthen and expand collaborative networks of researchers, educators, and clinicians
- Reward transformative contributions to research and innovation
- Develop the next generation of diverse brain and mental health talent

## What strategies can we implement at the GH-CBMH to create an exceptional experience that supports our members' development and success at all career stages?

Our dedicated community of innovative researchers, educators, and clinicians are the reason we exist, and our top priority is to create an environment where they can thrive, innovate, and make significant contributions to brain and mental health fields.

Together, we will grow internal capacity to drive efficiencies and create forums that facilitate cross-disciplinary discoveries and knowledge sharing. We will celebrate achievements at every career stage, recognizing all brain and mental health disciplines. And we will develop our senior faculty while inspiring the next generation through learning opportunities dedicated to advancing brain and mental health research and practice.



# MEET OUR HEROES

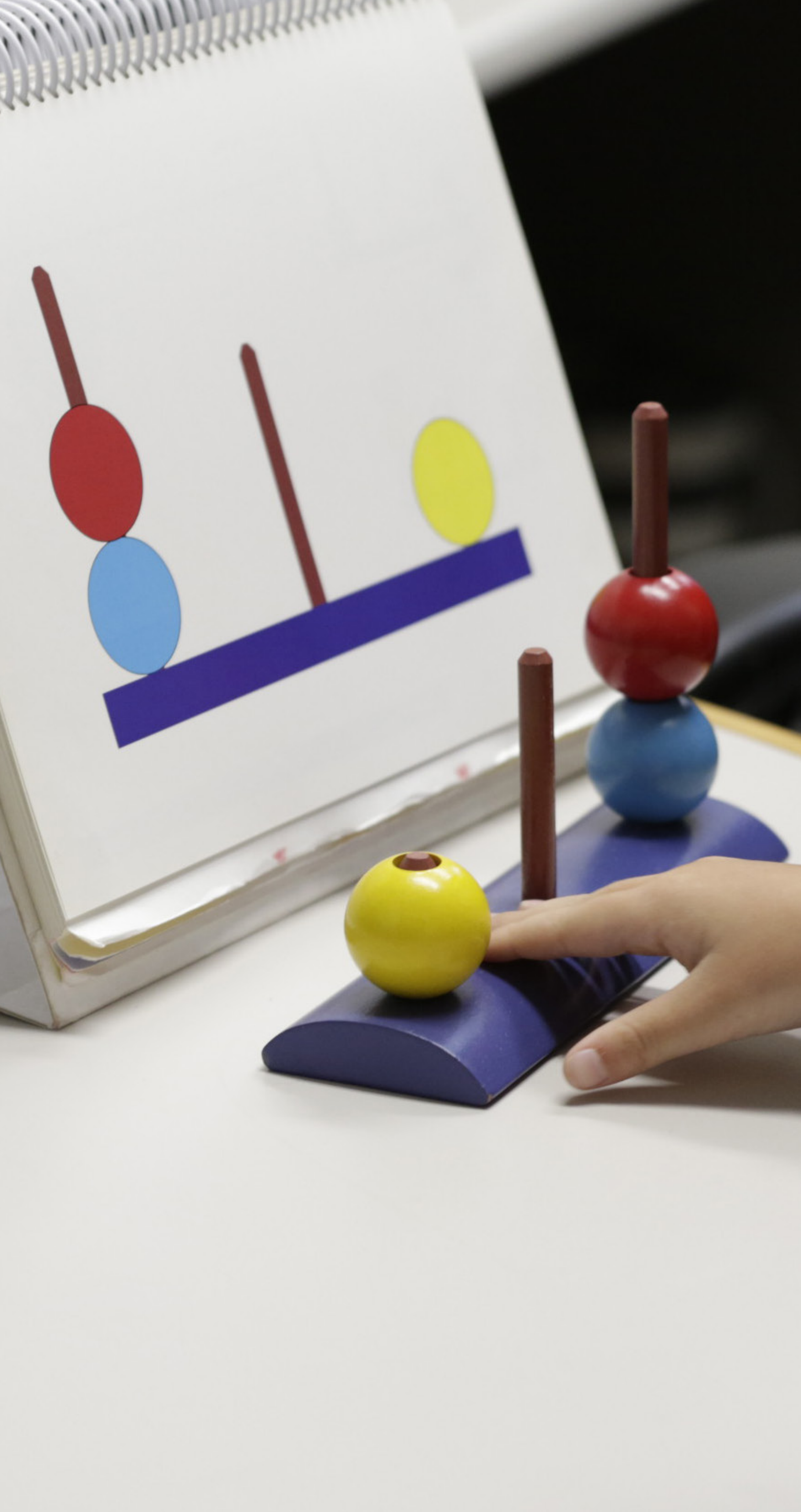


## Ezra

Eight-year-old Ezra is learning tap dance and loves playing sledge hockey, music, singing, reading, wrestling, and playing outside with his two older sisters. Ezra has spina bifida, hydrocephalus, and Chiari Malformation Type 2. Hours after birth, he was transferred to SickKids for surgery to close the hole in his back. At seven months, he had another surgery to reduce fluid buildup in his brain. Since then, Ezra has had additional surgeries, procedures, exams, MRIs, ultrasounds, and many visits to SickKids. Despite predictions about his lower body function, Ezra learned to crawl, stand, climb stairs, and walk with a walker and leg braces.







# ACCELERATE PRECISION BRAIN AND MENTAL HEALTH RESEARCH AND IMPACT



## Our objectives:

- Lead integration of brain and mental health discovery and advance neuroscience and mental health research
- Catalyze innovative translational research
- Mobilize knowledge to transform research and care

## How can we assist GH-CBMH members in advancing brain and mental health research and individualized care?

Our commitment to advancing brain and mental health research is unwavering. Exploring the connections between brain and mental health, we will deepen our understanding and open new avenues for treatment.

We will foster connections between clinical practice and research, ensuring our findings have real-world impact. Including biomarkers and individualized treatment

approaches in our research, we will advance the Precision Child Health movement and enhance patient outcomes.

We will accelerate broad dissemination of discoveries and foster widespread advancements, ensuring that our research benefits and reaches the broader community.



# MEET OUR HEROES

## Marlowe

After birth, Marlowe had a stroke causing brain swelling, seizures, and permanent brain damage. Thanks to SickKids staff, she met all cognitive benchmarks by 20 months. Now 15, Marlowe undergoes neuropsychological assessments. Her team highlights strengths in verbal, literacy, reasoning, recall, and memory skills, while noting challenges in visual spacing, patterning, shape rotations, and geometry.

“SickKids has always helped me be my best,” says Marlowe.

“They encouraged me, and that’s helped me try many things. You should never underestimate the power of encouragement; it goes a long way. I feel lucky to have such a wonderful team.”







# AMPLIFY THE DIVERSE VOICES OF THE BRAIN AND MENTAL HEALTH COMMUNITY



## Our objectives:

- Ensure our priorities are informed by key partners and patients and families with lived-experience
- Embed health equity and social determinants of health in research and knowledge translation
- Engage diverse perspectives from brain and mental health research, education, and care

## What approaches can we take to effectively enhance the participation and involvement of our diverse community, ensuring their voices shape the GH-CBMH?

We recognize that true success stems from actively listening to and engaging with those who know our fields best—our patients, families, and staff. That is why we are committed to intentionally enhancing the participation and involvement of our diverse community, ensuring their voices shape our work.

We will champion equity and drive discoveries that challenge the “one-size-fits-all” mindset, addressing the needs of the whole child and family. By integrating health equity principles into our research and education, we will ensure that our findings benefit the diverse populations we serve.