



News and notes from The John Howard Society of North Island

Foundry Campbell River Opening in March



Renos to our building include changes to the interior and exterior.

We have big news! Campbell River was selected by the Province of BC as one of five communities across BC to be the home of an accessible, youth-friendly, multi-service storefront for young people ages 12-24. The name of the new youth health centre is Foundry Campbell River. As the lead agency, John Howard is working with government, community agencies, community partners, and donors, to bring together a variety of health and social services under one roof. By working in partnership with young people and families, Foundry will transform the way we offer mental health, primary care, and social services to young people and their families. Instead of having to navigate an array of services themselves, and re-tell their story over and over, young people will be able to walk through one door and get the help they need. The centre will be hosted by John Howard in partnership with Island Health (Mental Health and Substance Use, and Public Health), MCFD (Child and Youth Mental Health and Youth Services), School District #72, North Island Employment Foundations Society, Sasamans Society, Campbell River Family Services, Campbell River Community Literacy Association, Campbell River and District Division of Family Practice, Campbell River and District Association for Community Living, and the City of Campbell River-Parks and Recreation. There will be a Foundry centre in each regional health authority, as well as the prototype centre, the Granville Youth Health Centre, launched in downtown Vancouver in 2015. In addition to Campbell River, there will be new centres in Abbotsford, Kelowna, Prince George, and the North Shore (North and West Vancouver). Foundry is funded by the BC Ministry of Health, philanthropic organizations, and donations.

Foundry Campbell River will be situated in John Howard's 10th Avenue building, which is undergoing extensive renovations in preparation for its March opening. Watch for news of an open house in April.

· F O U N D R Y ·
CAMPBELL RIVER

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Floor rendering of Foundry Campbell River.

www.jhsni.bc.ca



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The John Howard Society of North Island's programs are situated in the territories of the Kwakwaka'wakw, Nuuchah-nulth, and Coast Salish peoples.

Carehomes Needed

John Howard is seeking skilled individuals and/or couples who will welcome youth into their home by becoming contracted caregivers. Ideal candidates will provide structure and supervision with an emphasis on offering a supportive, nurturing family environment. For more information contact Sadie Ostler: (250) 286-0222 ext. 224.

Staff and youth made gingerbread houses for our family caregivers.



Belonging on Solid Ground

Diane Daigle, John Howard's behavioural consultant to caregivers in the Comox Valley, and Heidi Hentze from the MCFD Resource Team presented at the Provincial MCFD Guardianship Conference in September. Their presentation, *Belonging on Solid Ground*, focused on ways to gather and preserve a child's life information. When children are able to visualize and understand past experiences and place these experiences into context, they are better able to live in the present and visualize a future. People who are in direct relationship with the child, and those who make the crucial planning decisions, often have the most profound impact on the outcome for the child.

As a result of overwhelming positive feedback, Diane and Heidi have been requested to attend the 2017 Guardianship Conference and present on the same topic. As well, they have been asked to consider doing a webinar for guardianship teams throughout the province. Their Powerpoint will be posted as a resource on the MCFD I-Connect guardianship page.

Gym and Swim Summer Group



Go-carting at Saratoga Speedway.

Thanks to a \$285 grant from ParticipACTION, a group of five boys ages 14-15 came together weekly for outdoor adventure and life skills learning in the Comox Valley this summer. John Howard offered the Gym and Swim group to teen boys to introduce healthy activities. Gary Fort, Youth and Family Substance Use Counsellor, and Anny Finnegan, Intensive Support and Supervision Worker, facilitated the group. Learning topics were interwoven with recreational activities, as the boys preferred that to the workshop style of learning. The boys enjoyed a hike along the Puntledge River, a workout at the gym and swimming in the outdoor pool, visiting Elk Falls Suspension Bridge in Campbell River, squash, basketball, ping pong, golf, go-cart racing at Saratoga Speedway, indoor rock climbing, and the grand finale of zip lining. Along the way, they made new friendships and discoveries.

The group was enjoyed by all and while there was some resistance initially from most of the boys to engage in physical activities, they gradually began to realize their own physical abilities. One of the boys had an intense fear of heights but with the support of his peers bravely shuffled his way across a suspension bridge. John Howard would like to thank On the Rocks Climbing Wall in Campbell River for discounts on admissions and ParticipACTION for the grant.



Hiking at Miracle Beach.

John Howard KidStart's Disneyland Adventure

Five John Howard KidStart mentees and one mentor as chaperone went on an amazing adventure to Disneyland courtesy of Dreams Take Flight on October 18, 2016. Two children from Courtenay and three children and a mentor from Campbell River participated in this incredible opportunity. The packed day began with breakfast at an airport hotel. Each participant was then kitted out in new running shoes, Dreams Take Flight jackets, t-shirts, ball caps, and more. Flying on a jet plane was a first for many of the children, and the entire plane was filled with Dreams Take Flight participants and their chaperones. Once they reached L.A. the group was taken by bus to Disneyland where they met more chaperones and enjoyed a day of delights (and plenty of food and beverages to keep everyone's energy up). It was a sleepy group on the plane coming home, all bringing back memories of an extraordinary experience. Dreams Take Flight is a national non-profit organization made up entirely of volunteers dedicated to providing the trip of a lifetime to children facing challenges. With the aid of the Air Canada Foundation and local sponsors and businesses, Dreams Take Flight makes dreams a reality for special kids across BC. Learn about Dreams Take Flight and see more photos at: <http://yvr.dreamstakeflight.ca/photo-gallery/our-24th-trip-to-disneyland-october-2016/>



John Howard KidStart mentees and their chaperones at Disneyland.

KidStart Summer Fun



At Sprout Meadows.

KidStart mentees had some great experiences last summer as a result of generous donations. Camp Phoenix provided nine spots and a travel subsidy to

attend a four-day sleep-away camp hosted by the BC Youth Parliament for youth ages 8-12. Sprout Meadows in Courtenay donated a spot in a three-day horse camp. Horne Lake Caves Provincial Park gave two passes to the Riverbend Cave Explorer Tour.

KidStart Beer & Burger Fundraiser



Vicki Luckman (L) and Wendy Thurlborn at the Union Street Grill.

Thanks to the efforts and enthusiasm of staff and supporters, the John Howard KidStart Beer, Burger, and Silent Auction Night at Union Street Grill & Grotto in Courtenay on October 5 was a great success. Altogether, 112 tickets were sold and the event raised just under \$2,000. Live music was provided by Non Stop Talk. The event was enjoyed by all and raised the profile of John Howard KidStart in the Comox Valley.

Yes! I Want to Help Children & Youth in KidStart

I am enclosing a KidStart donation for \$_____ payable to The John Howard Society of North Island.

I would like to support a child or youth in KidStart by becoming a KidStart Champion monthly donor. I would like to give:
 \$100/mo. (Gold) \$50/mo. (Silver) or \$25/mo. (Bronze)

I've enclosed post dated cheques made payable to:

The John Howard Society of North Island, #201-140A 10th Ave., Campbell River, BC, V9W 4E3

I would like to donate using my credit card:

Visit www.jhsni.bc.ca to make a secure online donation. Click on the **Donate Now** button. Charitable Registration #107542524RR001.

John Howard YFSUS on 'Where We All Belong' Episode

John Howard Youth and Family Substance Use Services (YFSUS) in the Comox Valley is on TV! John Howard has been an active member of the Courtenay Community Drug Strategy Committee since its inception in 2002. Over the past year, the Community Drug Strategy Committee in collaboration with Shaw Community Television created and produced a 14-episode series entitled "Where We All Belong". The series features the continuum of drug and alcohol services available in the Comox Valley through dramatizations and interviews. Episode 3 of the series portrays John Howard YFSUS and the YFSUS Parent Support Group. Appearing in the episode are Comox Valley community programs manager Vicki Luckman, YFSUS counsellor Gary Fort, and a parent named Patty whose last name and face are not shown for privacy reasons. "Many people have commented on seeing the episode. I feel that they created a very user friendly road map to finding services in the Valley. The project was organized in a very professional manner," said Gary. He added that the premiere showing at Crown Isle Resort was fun and very well attended. You can view Episode 3 here: https://www.youtube.com/watch?v=ZlaR_jHaPIQ



L-R: John Howard's Diane Daigle, Vicki Luckman, Gary Fort, and Anny Finnegan at the premiere showing of Where We All Belong.

Alia Pierini Keynote Speaker at John Howard's 2016 AGM



Terry Moist, Wendy Richardson, and Alia Pierini, keynote speaker.

Alia Pierini, keynote speaker at John Howard's AGM on June 27, opened her talk by saying: "I am here to hopefully give every worker here a little bit of comfort and hope that there are success stories out there." Alia was the top prize winner on Redemption Inc., CBC's show about giving ex-convicts second chances. After serving a five-year sentence for crimes she committed while a young teen mom working in Prince George's drug trade, Alia was determined to make a better life for herself and her child. However, she quickly learned that trying to find a job with a criminal record is very difficult. "My hugest barrier was gaining employment. I got tickets and was offered a job as a roofer. It was my first real job and all was going well until I got pregnant with my second child and couldn't continue. I handed out 50-60 resumes and no one would hire me. I lived in poverty on income assistance for the next year or so, and then I saw a Craigslist

ad looking for Redemption Inc. applicants."

It was in 2012 that Alia saw the ad seeking ex-convicts interested in a second chance who'd be willing to be on a reality television show. She answered the ad and was accepted as one of 10 participants who competed for a very generous business investment. Alia ended up winning the top prize of \$100,000 for Relia-Gal, her landscaping and snow removal business.

"I hired women facing barriers and provided childcare for them, a huge thing that not many businesses do. I ran it for three years. Relia-Gal had up to three trucks and 18 employees."

She later sold the business and moved to the Lower Mainland with her two sons. "I didn't have time to parent like I wanted to and run the business, so I chose to parent."

Alia is now a manager at Fitness Foods, a Vancouver company run by two single moms determined to hire employees who face barriers, including those with criminal records. Alia is also a public speaker at schools and other venues. She presented at the John Howard Society of Canada conference in May 2016. Alia recently started in the position of regional advocate for the Elizabeth Fry Society, working with women in her former institution to help them write grievances and plans of release. She also taught human rights to a group of women.

Before speaking at our AGM, Alia spent time with youth in our Headstart and Oasis programs. "The youth are my passion. It is amazing to see the youth in the programs you have and spend time with them," she said.

Thank You, Leigh!

After six years working at John Howard in the position of Youth-Parent Mediator, Leigh Simms retired in early August 2016. In her work with young people and their parents, Leigh focused on building genuine and trusting relationships. Youth and parents appreciated her caring approach, positive energy, and commitment to their wellbeing. One parent gave this feedback: "Leigh was wonderful. She definitely helped out our home life and relationship with our daughter." A youth said, "I loved getting to know Leigh. She's an amazing woman and has helped me through so much." Another youth said about Leigh: "You've been my rock for six years." At her retirement lunch, Leigh expressed appreciation for her co-workers and the work environment at John Howard. "There are many things I appreciated about working for John Howard including the level of respect I experienced from both administration and other workers. But most of all, I appreciated that we were all in the same boat, that although we were a variety of personalities, the common goal of doing all that we could to increase the quality of lives for those we worked with was front and centre . . . always!" In retirement, Leigh is enjoying gardening, reading, and having lots and lots of fun with her son and grandson.



Orange Door Campaign

The Home Depot's Campbell River store raised \$6,196 for The John Howard Society of North Island through its Orange Door Project fundraising campaign. Between Sept. 1 and Oct. 9 Home Depot customers supported the campaign by donating \$2 in exchange for paper orange doors, with the full \$2 benefiting John Howard programs for youth facing homelessness. We are using the donations to create starter kits for youth participating in our Barnett House and Independent Living programs. Each starter kit is tailored to the needs of an individual youth. The kits provide items that a youth on his or her own can't afford but needs to survive, such as kitchen items, bedding, towels, and hygiene items. We are grateful for the opportunity to be a part of The Orange Door Project.



Connect Parent Group

Connect Parent Group is an attachment-based program to support parents and caregivers of teens. In collaboration with Campbell River Family Services, John Howard offered a 10-week Connect Parent Group to foster parents in the fall of 2016. Mary Catherine Williams, John Howard's Behaviour Consultant to Caregivers, co-facilitated the training sessions with her colleague Laurie Overton from Family Services. Mary Catherine and Laurie are certified to facilitate this specialized training. Connect Parent training is evidence-based and produces significant improvements across a broad band of outcomes including behaviour problems and parenting satisfaction. A total of 11 foster parents completed the training. Feedback from the foster parents was very positive. One parent said, "It's a class that every foster parent should take." Another commented that the course gives a good perspective on attachment and strategies on how to support it effectively. A third parent described the training as a "hugely validating experience overall!"

Christmas Giving



Individual and business donors generously stepped forward once again this holiday season to brighten the lives of John Howard clients. On Giving Tuesday we raised \$1,263 for John Howard KidStart, including \$1,053 that was raised through a matching donations day at Healthway Natural Foods. On December 11 the Holiday Pop-Up Shops market at the Campbell River Common raised \$1,522 for KidStart. The Angel Tree provided gifts for children and youth in Campbell River. Families participating in KidStart and other programs were able to request gifts through Sears Courtenay's Tree of Wishes. A total of 20 young people from the ages of 9 months – 18 years benefitted. JumpCamp, Vancouver Island's premier snowboard camp, donated a skateboard and helmet to KidStart. In Nanaimo, Margaret Spencer and friends prepared thoughtful Christmas gift bags for youth in ISSP. 090 Builders Group, By Smoked Oysters, and Campbell River staff provided hampers for families in need. The Campbell River Shoebox Project gave 10 boxes of hygiene items and other small gifts to women in our Homeless Outreach and Homeless Prevention Programs. Thank you to all!

Welcome New Staff

John Howard would like to extend a warm welcome to our new staff. Here's an introduction to the staff who have come on board since Spring 2016:

Phyllis Alexander, administrative support, Campbell River and Comox Valley

Keely Anderson, FTAP youth counsellor, Campbell River

Amberle Bakker, administrative assistant, Campbell River

Sheena Campbell, alcohol & drug prevention & early intervention, Comox Valley

Andrew Duarte, activity and supervision worker, Campbell River

Samantha Jackson, activity and supervision worker, Campbell River

Diane Jensen, FTAP youth counsellor, Campbell River

Victoria Morton, intensive support and supervision worker, Campbell River

Tina Osborne, administrative assistant, Campbell River

Brittany Palmer, intensive support and supervision worker, Nanaimo

Melanie Siebert, mental health/intake worker, Campbell River

Carla Simicich, community support worker, Campbell River

Collette Slater, youth and family counsellor, Gold River & Tahsis

Kara Stanton, KidStart summer student, Comox Valley

Lisa-Marie Szonyi, community support worker, Comox Valley

★ **Way to Go: Ta Da!** ★



Hudson Grey

★ Congratulations, Mary Catherine Williams, for receiving the Immigrant Welcome Centre of North Vancouver Island's Ambassador/Diversity award for your leadership qualities in creating a welcoming environment.

★ Kudos to Petra and Fergus Stewart on the birth of Hudson Grey on May 14, 2016, weighing 8 pounds, 7 ounces.

★ Congrats to Nici Ethelston and Ben Forsyth on the birth of Maximus James on February 21, 2017, weighing 6 pounds, 5 ounces.

Maximus James



Thank You to Departing Staff

John Howard would like to thank the following staff for their service. Best of luck in the future!

Kyla May

Laura Swinton

Leigh Simms

Laura Honey

Wes Piasecki

Barnett House Client Feedback

We recently received this feedback from a client who lived in our transitional youth housing facility for 2 years: "I just want to say thank you for everything and all that you do for us. I don't want to leave Barnett House but I know it's time to move on to bigger things in life. It will take some time getting used to doing a lot more on my own, but I know I can take what I learned from you and make things happen."

Wellness Day for Comox Valley Grade 9 Students

In collaboration with Highland Secondary School, the Comox Valley Local Action Team (LAT) Peer Support Group is planning a full day interactive conference on March 16 for Grade 9 students from across School District #71. The goal of this "Wellness Day" is to provide education, awareness, and skill building about substance use and mental health challenges. Up to 260 students are expected to attend. The Peer Support Group and community partners decided to focus on Grade 9 students because that age is a critical point when it comes to substance use, mental health, and becoming your own person by being your unique self.

The day will address at least two of the LAT's objectives: to increase participation of schools and communities in fostering "caring adults" to provide support and protective factors for children and youth; and to partner with schools to enhance mental health and substance use literacy for teachers, students, school personnel, and families. There will be a number of different speakers leading breakout sessions, local youth performers, and a keynote presentation presented by the Vancouver Island Crisis Society. Funding for the Wellness Day is being provided through the LAT, with in-kind support from John Howard and SD71.

The Peer Support Group is facilitated by John Howard in partnership with the Comox Valley LAT of the Child and Youth Mental Health and Substance Use Collaborative, a provincial initiative funded in partnership by Doctors of BC and the BC government. The Peer Support Group consists of high school and college students, recent graduates, LAT members, and John Howard staff.

"With such a broad range in ages and lived experience, the group is able to see mental health and substance use from many different perspectives which helps us come up with unique ways to reach and support people. One of the primary goals of the group is to promote compassion and understanding in the community for those impacted by mental health and substance use challenges," said John Howard Youth and Family Substance Use Services (YFSUS) counsellor Wendy Morin, who has been the Peer Support Group lead for the past two years. The Comox Valley LAT has worked on several other initiatives including the ER protocol, Early Years (0-6), Glacier View Wellness Centre, Physician Referral Matrix, Physician Referral (Prescription) Pad, and Resource Guide. Some of these initiatives have received kudos from the Ministry of Health. John Howard's involvement on the LAT and in the Collaborative as a whole has significantly increased our community profile in the Comox Valley.



Peer Support Group members at a substance use training session.

Staff Milestones

As of February 2017, the following staff members have reached these milestones working for The John Howard Society of North Island:

- 5 Years:** Sarah Day, Michelle Giles, Leanne McIntee, Mary-Catherine Williams
- 10 Years:** Jenn Errico, Thanh Tazumi, Joanna Foster
- 15 Years:** Rosita Kitto, Wendy Morin
- 20 Years:** Lori McKeown, Vicki Luckman
- 25 Years:** Peter Kinskofer



Message from the President



Terry Moist

As we begin The John Howard Society of North Island's 50th year of operation it is inspiring to see Foundry Campbell River springing from our 10th Avenue building. There is great anticipation around the community and the Province about this exciting and innovative project. Adaptation, dynamic evolution, and 'staying ahead of the edge' have always been the strengths of our society. Foundry Campbell River amongst many other programs convince me that little has changed, while everything else has, in the past 50 years. I am pleased and honoured to have been a part of a good segment of the last 50. As was expressed at the board's recent meeting, I am confident the next 50 is well-in-hand. - Terry

Message from the E.D.



Wendy Richardson

In collaboration with our community partners, we are thrilled to be launching Foundry Campbell River so that young people and their families can access health and social services under one roof. We continued to offer services throughout the renovation process. However, starting this month we are staggering the introduction of existing and new services out of Foundry. I'd like to thank all our staff and clients for their patience and perseverance through this process. This year marks our 50th anniversary. We will explore our history and the theme of reconciliation over the year. - Wendy



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Hooray for Our Donors!

We are very thankful for these grants for John Howard KidStart: BC Gaming (\$45,000) and the RBC Foundation (\$20,000). Employee Volunteer Grants from RBC (\$500) and Shaw (\$250) will also go to KidStart thanks to volunteer mentors who work for these companies. We are pleased to welcome our new KidStart Champions. Gold: Wahkash Contracting, 090 Builders Group, Cory Evans. Silver: Western Financial. Bronze: Campbell River Oldtimers Hockey Club, Campbell River Hyundai. Huge thanks to B. MacLeod for donating \$10,000 to KidStart. Program participants also benefitted from Campbell River Daybreak Rotary's \$1,200 donation to fund recreational activities and TD Canada Trust's \$1,000 donation for sports fees and equipment. Heartfelt appreciation to the Cagna family for giving \$500 to the Kevin Cagna Memorial Fund. Our gratitude also goes to these donors:

- Playtime Gaming Centres
- Centre for Spiritual Living
- Dr. and Mrs. Ehle
- Carihi 2015 Grad Class
- City of Campbell River
- City of Courtenay
- Microsoft
- New-2-U Consignment
- Tidemark Theatre
- KidStart group fundraiser donors
- Flow Yoga
- School District #72 office staff
- Courtenay Market Day donors
- Campbell River Curling Club
- Mudsharks Coffee Bar
- Big Brothers Big Sisters Victoria
- On the Rocks Climbing Gym
- Derek Marcoux
- Justus and Sandy Havelaar
- Triple Heat Dance
- Costco Wholesale Warehouse 1092
- MCFD staff
- Boston Pizza
- Individual KidStart donors

KidStart Champions

Gold (\$100/month)

- Fraternal Order of Eagles #3097 Ladies Auxiliary
- Wendy Richardson
- Colleen Ross
- Judith Hayes
- Altrusa International of Campbell River
- J. Havelaar & Leanne Wood
- Campbell River City Hall Employees
- Judy Storr
- Curtis Wright
- Brian Balfe/RBC Wealth Management

• CEP Chinook Local #630

- Moeller & Matthews
- Young Professionals of Campbell River
- Willow Point Lions Club
- Sandra Allen - Investors Group
- Wahkash Contracting Ltd.
- Cory Evans

Silver (\$50/month)

- Lori McKeown
- Alan Storr
- Terry Moist & Patricia Trasolini
- Kathi Camilleri
- Florence Robertson

• Western Financial

Bronze (\$25/month)

- RBC/Peter Phillips
- Dr. Kerry Baerg
- Mary Catherine Williams
- Busy B's Glass
- Tara Jordan
- Kira Neumann
- Colin Brownlee
- Tanya Storr
- Comox Valley Monarch Lions Club
- Campbell River Oldtimers Hockey Club
- Campbell River Hyundai