



News and notes from The John Howard Society of North Island

Abbeyfield House in Courtenay Gifted to John Howard



A group of John Howard staff & MCFD social workers in our new Courtenay Youth Housing building.

We were thrilled to learn that the board of directors of Abbeyfield House in Courtenay chose our society to be the recipient of their building and property for our youth housing project. Abbeyfield House, an independent supportive living facility for seniors, announced it was closing its doors at the end of September 2017. In October, Abbeyfield's board accepted proposals from not-for-profit organizations regarding future uses of the facility. Our proposal highlighted the need for youth housing in the Courtenay area.

"When we heard they had chosen to gift the property to John Howard, we were absolutely delighted. Providing housing to youth who are homeless or at risk of homelessness in the Comox Valley has been a long held dream of our agency. There is currently no dedicated youth housing in the

area, and we had been looking for a suitable property for several years," said executive director Wendy Richardson.

A needs assessment we completed in 2012 demonstrated the need for safe, supportive housing for young people in the Comox Valley. Youth interviewed for the needs assessment indicated that they would like housing with a home-like setting with private rooms, communal space, and a feeling of community. They specified that a location close to transit, services, schools, shopping, and government offices would be preferable. Abbeyfield House is a perfect fit as it meets all of these requirements. The facility has 11 independent bed-sitting rooms with attached bathrooms and communal areas including a commercial-style kitchen, dining room, games room, and sitting room, as well as a small laundry space. We have put out a survey requesting suggestions for renaming the facility. Our next priority is to make necessary renovations to the building in order to ensure it is a safe, comfortable, and youth friendly space. The Comox Valley Coalition to End Homelessness requested that the regional district direct \$150,000 in homelessness funding to us for the renovations. This request has been approved. The Comox Valley Community Foundation is giving us a \$9,856 grant from the Thomas and Roberta Feely Fund and the Community Fund towards the cost of furnishings. The renovations will take place this spring and we will welcome the first youth to the building as soon as possible. Thank you to all who have made this dream of housing for youth possible!

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, Nuu-chah-nulth, and Coast Salish peoples.

We'll Miss You, Lori!

Lori McKeown, John Howard program manager, retired in early February. Lori took the time to share some favourite memories of her 22 years with the agency. Lori's history with the Society began when she landed a contract to coordinate Campbell River's Tobacco Reduction Committee for six months. She was then hired as half-time youth/parent mediator at John Howard's Upper Island Youth Services in 1996.

"It was a great fit, as Upper Island Youth Services was a one stop shop community-based approach."

Lori also worked in the positions of community schools coordinator, independent living worker, and substance use counsellor over the years. She became acting manager for Campbell River Community Programs while still maintaining a part-time Youth/Parent Mediation caseload. She then became Campbell River community programs manager, a position she held for 11 years. Lori next took on managing the Full Time Attendance Programs (FTAP) from 2012-2015.

Managing the intensive team setting at FTAP was a real honour for Lori.

Lori enjoyed starting new projects and programs that address needs in the community. The Street to Snow Project, Campbell River Community Kitchen, Imagine Campbell River, and Delaware Youth Drop In are some of the initiatives she helped to create. Lori was also involved in John Howard's transitional youth housing facility, Barnett House, from its inception.

"It's a lot of fun when you can be creative and work with community partners to fulfill a need."

Being part of the Island-wide Youth and Family Substance Use Services (YFSUS) was a highlight for Lori. In the past three years, Lori had the opportunity to be part of leading two greatly needed initiatives: the Homeless Outreach and Prevention Program (HOP-HPP) and Foundry, Campbell River's youth services centre.

"HOP-HPP is very busy and has proven to be essential in preventing homelessness for many people."

Lori said it was a privilege to work with the leadership

of several community agencies to develop a successful proposal for Foundry.

"Opening Foundry has been such hard work for many and a lot of change for everyone, but what we now offer young people and their families is truly amazing."

Looking back on her time at John Howard, Lori said her relationships with staff stand out as a highlight.

"John Howard staff are very committed to the work that they do and to one another. A lot of the values staff use with clients are also reflected in how they interact with each other, i.e. adopting a strengths-based approach. John Howard staff don't just follow best practice—they make best practice. The agency is creative and responsive, and takes risks to meet community needs. I appreciated the support and leadership of executive directors Paul Barnett and Wendy Richardson."

Lori also valued all the humour and laughter in the workplace. Sharing successes with youth, adults, and families has been rewarding, especially when she sees former clients in the community and they let her know how they're doing and are appreciative of the support. Lori spoke about her hopes for John Howard's future. "I'd like to see John Howard have more mental health and primary healthcare services at Foundry to meet the demand. It would also be great for the agency to take a lead on operating some affordable and supported housing for adults in Campbell River."

Lori's husband, Bud, retired as well, and they launched this next phase of their lives with a three-month trip to Southeast Asia. When they return, Lori looks forward to having more time to spend with their grandchildren and building a house.



Lori at her retirement party.

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, 140 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 #107542524RR0001.

Introducing Stacy Folk

Following Lori McKeown's retirement, Foundry Campbell River has a new program manager, Stacy Folk. Stacy began in the position of Foundry mental health counsellor in April 2017, working with youth and families attending walk-in counselling.

"This front-line experience gives me a good understanding of what works well within the walk-in model as well as what challenges the team faces and how I can best support them. Also, in my previous roles with Vancouver Coastal Health and the YMCA I facilitated the start-up of pilot projects related to mental health and substance use, and learned the value and importance of strong, trusting relationships. We are fortunate that John Howard is such a strong community partner with great relationships that help and support Foundry's vision."

Stacy is excited to be working in a role where she is part of overseeing the big picture and helping to implement Foundry's vision.

"Youth who haven't received help before are coming into Foundry. I think this is largely because of our open door policy – we don't turn anyone away. Through strong partnerships and the innovative model, the collaborative and comprehensive care we can offer is just amazing. I think the concept is working so well and is so strong – it's great to be a part of it!"



Stacy Folk, Foundry Campbell River's new program manager.

Elders at Foundry

Elders from Sasamans Society are now in residence at Foundry on Monday, Tuesday, and Wednesday afternoons from 1-4 pm and Thursdays from 2:30-5 pm to offer cultural support to youth, families, and staff. Come visit!



·FOUNDRY·
CAMPBELL RIVER

Free Store at Foundry

Foundry's free store provides clothing, shoes, and accessories for youth ages 12-24 on Tuesdays from 2-4 pm. Madison Cahill, a North Island College student, had the



Madison Cahill at Foundry's free store.

idea for starting the Free Store at Foundry after starting one at Robron Centre. With the help of Robron staff, she successfully applied for a grant from Coastal Community Credit Union for students entering post-secondary who have an idea to make their community a better place. She used the funds to purchase clothing racks, storage bins, and refreshments for the grand opening, and to help with transportation.

"The free store is open to all youth. When young people are first trying to get a job or move out on their own it's hard to be able to buy nice clothes to look presentable. As well, we have some casual clothes and also baby clothes for young people with children. We hope the free store will help more youth access Foundry," said Madison.

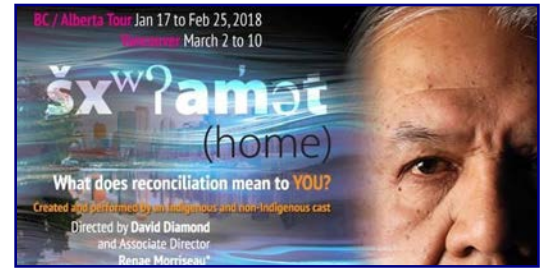
Donations of clean clothing in good condition are very welcome in the bin at Robron Centre.

Foundry Services in Demand

From August 2017-February 2018, we had 509 client visits to Foundry for mental health services. Based on the high demand for these services, we are now providing walk-in counselling Tuesday to Thursday from 2-6 pm. Our managers and counsellors work as a team to manage this solution focused brief therapy approach. Walk-in aims to meet the needs of the high volume of youth who are struggling with mild to moderate mental health challenges. The number of youth accessing walk-in continues to increase. Our goal is to bring in more support because walk-in is so busy. Social services at Foundry are also very busy, with 403 client visits between August-February. This includes employment, housing, life skills development, and more. Other highly accessed services include primary care - sexual health (166 visits), substance use (115 visits), and primary care - physical health (97 visits). Check out Foundry's new website: www.foundrybc.ca

Interactive Play Exploring Reconciliation

Staff and board members from John Howard collaborated with Theatre for Living (Vancouver) and local agencies including Laichwiltach Family Life, Wei Wai Kum First Nation, and Campbell River & North Island Transition Society, to bring the interactive play *šxʷ?amət (home)* to Campbell River as part of the play's BC and Alberta tour. This play is performed by an Indigenous and non-Indigenous cast and explores a number of issues relating to the colonial history of Canada and the impact of residential schools. The play asks the complex question: "What does reconciliation mean to you?" After many months of planning and working together, *šxʷ?amət (home)* was performed at Thunderbird Hall on January 25, 2018, to a full house of more than 200 people from the community. The play was well received and the interactive process offered local participants, including a number of John Howard staff, to respectfully and creatively explore these important issues. The play was also performed in Courtenay the night before where a number of John Howard staff attended and took part in the interactive process.



In Memory of Brian Kelly

Brian Kelly, long time John Howard volunteer who spent 26 years on our board of directors, passed away on February 19, 2018. He was 74. Brian was honoured with the Spirit of John Howard Award at our 2013 AGM. Board president Terry Moist recalled that in the early days, Brian served almost single-handedly as the Society's personnel department, dealing with any tricky staffing issues that arose. As a teacher and coordinator of student services, Brian always took great interest in services for youth. He was on the school district's Behavioural Resource Team for many years. Retired executive director Paul Barnett remembered Brian's dedication to children and youth. "Brian was well known for his oft-repeated comments that there should be no triage when it comes to children. I admired him so much for never wavering when it came to services for kids and respect for those responsible for delivering those services."



Brian Kelly at our 2007 fundraising golf tournament.

Chief Joseph's Visit

We were delighted to host Chief Dr. Robert Joseph, Ambassador for Reconciliation Canada, as the keynote speaker at our AGM on June 12, 2017. Chief Joseph also gave a talk on reconciliation at the Kwanwatsi Big House for students and the community the next day. In both his talks, Chief Joseph emphasized the importance of "holding each other up, caring for one another." A Hereditary Chief of the Gwawaenuk First Nation, Chief Joseph has dedicated his life to bridging the differences brought about by intolerance, lack of understanding, and racism at home and abroad. His insights into the destructive impacts these forces can have on peoples' lives, families, and cultures were shaped by his experience with the Canadian residential school system. "Reconciliation starts with you, all of you. We have to begin with our own lives, then we can reach out to others and reconcile with them," he said.



Executive director Wendy Richardson and Chief Robert Joseph at the Kwanwatsi Big House.

JohnHoward
The John Howard Society of North Island

Now Hiring

The John Howard Society of North Island is seeking professionals to join our carehome team. Contracted caregivers provide a supportive, understanding, structured home for youth. We offer a high level of support, ongoing training, and three respite days per month.

For more information or to apply please contact:

Amberle @ 250-286-0222 ext. 224

Happy Trails, Rosita!



Rosita Kitto retired from John Howard in the spring of 2017. Rosita began working for the agency in 1994-1995, counselling youth and families who were impacted by substance use. In 2001 she moved into the position of child, youth, and family counsellor, providing

mental health outreach to young people with complex challenges and their families. Working closely with the MCFD Child and Youth Team, Rosita worked with families for 16 years, supporting parents to become strong and clear in their relationships with their children, become strong advocates for their families, and develop greater confidence in themselves as parents.

In Rosita's retirement, we anticipate she will continue to find ways to support children, youth, and families, including her own family and their children. Although Rosita has left the employment of John Howard, she has created enduring relationships with those she has worked with, and we enjoy her regular visits to the Courtenay office.

All the Best, Richard!



Richard's career with John Howard began in 2003 as a family counsellor/support worker at Mark R. Isfeld Secondary School. Soon after, in 2004, he began to work in a youth justice program at the Courtenay office. Richard's years of working with young people in the youth justice program gave him a reputation of

being an important elder in many of the youth's lives, particularly the boys he worked with. Along with supporting youth, Richard supported the youth's parents, and later in his career he supported John Howard caregivers.

Richard's retirement in April 2017 was in time for spring planting in his vegetable and flower gardens. He and his wife, Dorothy, enjoy nurturing and growing plants from seedlings to harvest. Staff members at the Courtenay office benefited from their harvests – beautiful dahlias brought to the office, and the sharing of an abundance of vegetables. A few staff even have a piece of their garden in our own gardens as Richard shared his dahlia tubers with us.

Glacier View Wellness Centre Workshops

Glacier View Wellness Centre was created as a collaborative initiative between School District 71, Comox Valley Public Health, The John Howard Society of North Island, and Child and Youth Mental Health (CYMH). Glacier View Alternate School administrator Murray McRae and Public Health administrator Brett Hodson have been the driving forces behind the initiative. With no additional funding, the welcoming, youth-friendly centre was launched in spring 2017. From Monday to Thursday, youth from throughout SD71 can access mental health clinicians, substance use counsellors, outreach workers, sexual health services, public health nurses, a youth special needs navigator, and a physician. After school groups are also held at the centre.

In Fall 2017 a well-attended workshop series open to all school district staff was introduced, designed to provide practical tools to support students with a variety of challenges. CYMH clinicians facilitated a workshop on anxiety and depression, and John Howard staff gave workshops on gender identity, substance use, and trauma informed support. Some of the feedback included: "I learned about the prevalence of Xanax and its effects", "I learned de-escalation techniques", "I have more knowledge of Fentanyl", and "Connection and relationship are key". John Howard staff have been asked to facilitate the workshops again.

Disneyland Fun



John Howard KidStart mentees and chaperones in Disneyland.

In October 2017, five KidStart mentees and volunteer Anny Finnegan went on the adventure of a lifetime to Disneyland courtesy of Dreams Take Flight. This was the second year that KidStart mentees were invited on the trip.

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 the spring of 2017:

Andrew Bezooyen, YFPS clinical social worker, Campbell River and Comox Valley

Vaughn Brown, activity and supervision worker, Comox Valley

Ian Cooper, youth justice worker, Comox Valley

Carly Ferguson, family resource counsellor, Comox Valley

Stacy Folk, Foundry manager, Campbell River

Morgan James, intensive support and supervision worker, Duncan

Amber Kliever, youth justice worker, Port Hardy

Megan Lawrence, KidStart summer student, Comox Valley

Lincoln Lowe, FTAP youth counsellor, Campbell River

Beth Luchies, FTAP youth counsellor, Campbell River

Jan Macauley, information technology, agency-wide

Jasmina Majcenic, youth outreach worker, Comox Valley

Rhonda Maximick, housing community support worker, Campbell River

Madison Ostler, Youth for Seniors summer student, Campbell River

Jayne Sylvester, youth and family counsellor - mental health, Campbell River

Monica White, youth outreach worker, Campbell River

We also welcome all the staff from our community partners at Foundry!

★ **Way to Go: Ta Da!** ★



Bennett

★ Kudos to Petra and Fergus Stewart and big brother Hudson on the birth of Bennett Drew on March 9, 2018, weighing 7 pounds, 10 ounces.

★ Congrats to Sarah and Colby Day and big sister Natalie on the birth of Jessica Dorothy on December 1, 2017, weighing 7 pounds, 8 ounces.

★ Way to go, Kalli Gordon, on your marriage to Nick Jean in September 2017.

★ Congratulations, Thanh Tazumi, for receiving the 2017 Rotarian of the Year Award for exemplifying Rotary's motto "Service Above Self."

★ Three cheers for Howard's Heroes, John Howard's team in Campbell River's Coldest Night of the Year national walk for homelessness. They raised \$1,665 in donations and pledges!



Jessica

Thank You to Departing Staff

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

Rosita Kitto Ryan Derry Madison Ostler Nicole McKeown Kelsey Creviston Kate Cairnie Victoria Morton Dawn Day

Richard Williams Kevin Broughton Sarah Jarvinen Jordan Campbell Megan Lawrence Keely Anderson Monica White

“Thank You for Everything You Did for Me”

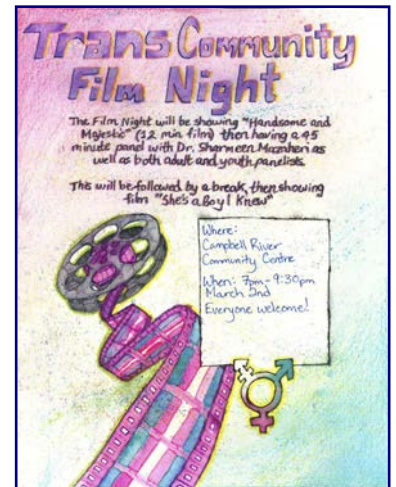
We recently received this feedback by e-mail from a former client: “I was in the Oasis girls program when I was 16. I am e-mailing you to thank you for everything you did for me. I ran away twice and it took a few years after that to come to my senses. I am now 28 and I have two beautiful daughters. I have been clean for seven years and I now own my own home. I remember the kind women who helped me and the carehome family who took me in. To this day I will always remember that experience and I am so thankful.”

LGBT2Q+ Youth Group Update

The LGBT2Q+ Youth Group has started hosting monthly Queer and Trans Community Dinners for folks of all ages who identify along the spectrum, with the support of a grant from Trans Care BC. The dinners have been well attended so far with 20 people participating in February and 18 in March.

The youth group also took part in hosting a Trans Community Film Night and Panel, held at the Campbell River Community Centre on Friday March 2. Everyone was welcome to come and learn more about transgender identities and experiences. The panel consisted of two youth and three adults who were amazing, sharing heartfelt stories and experiences. There was a fantastic turnout with 40 people in attendance.

The first facilitated support group for parents and caregivers of trans, two spirit, and gender diverse children and youth was held at Foundry on March 5. This group is also funded by a Trans Care BC grant. The group will meet the first Monday of every month (except on April 9 instead of Easter Monday) from 6 - 7:30 pm.



Poster designed by youth.

SMART Recovery® Family & Friends

“Truly can’t say it enough how life changing this has been for me . . . my toolbox is so full and my soul can’t be more appreciative,” wrote a participant on an evaluation of the new SMART Recovery® Family & Friends group hosted at John Howard/Foundry. SMART Recovery® Family & Friends is a science-based, secular alternative to Al-Anon and Johnson Intervention. The purpose is to provide resources and support for those who are affected by the addictions of a loved one. The group was co-facilitated by Kerry Hammell, youth and family substance use counsellor at John Howard, and Ben Olsson, counsellor at Adult Mental Health and Addictions.

The purpose of the time limited group was to determine if there was interest in a support group for family and friends of those struggling with addictions, and to offer an introduction to the SMART Recovery® style of meetings. The group ran for eight weeks and averaged seven attendees per night. The final session ended with everyone attending saying they wanted the group to continue on an ongoing basis. On the evaluations, everyone chose 10/10 for their response to the question: “Was this group beneficial to you?” Some of the comments read: “I appreciated sharing and hearing from people on ‘both sides’” and “I felt I couldn’t open up about my feelings (in other meetings) as I did in this program”. A follow up group is being considered for early spring.

Staff Milestones

As of February 2018, the following staff members have reached these milestones working for The John Howard Society of North Island:

- 5 Years:** Nici Ethelston, Tricia Murphy, Chris Bouey, Sherry Breckon, Diane Daigle
- 10 Years:** Lane Litke, Tanya Storr, Lisa Nightingale
- 15 Years:** Colleen Ross
- 20 Years:** Mark Tazumi
- 25 Years:** Heather Cowper



Message from the President



Terry Moist

I am sad to tell you of the death of Brian Kelly. Brian was a director on our board for more than 25 years and was the recipient of the Spirit of John Howard Award in 2013. In the days when our agency was much smaller than it is today and the board was much more involved in day-to-day operations, Brian, essentially, was the personnel department. He served us

well. We owe him a debt for his skillful handling of some difficult situations. Not surprisingly, the work of the Society goes on. At Foundry, the retirement of our much appreciated manager, Lori McKeown, and replacement, while difficult, has been successfully completed - welcome Stacy Folk. Foundry continues to be a showpiece of integrated youth services in the province. Our fortuitous acquisition of Abbeyfield House is a very exciting development for the Courtenay office. Everything is progressing well for a seamless transition to a house for youth facing homelessness, based on the very successful Barnett House model. We look forward to opening its doors. As a life-long educator and advocate for youth, Brian would be very happy about these projects. - Terry

Message from the E.D.



Wendy Richardson

It has been a time of endings and new beginnings. We were very sad to hear of Brian Kelly's passing. As a board member for almost three decades, Brian truly represented the spirit of John Howard. We wish three long-term employees all the best in their well-deserved retirements: Rosita Kitto and Richard Williams in Courtenay and Lori McKeown

in Campbell River. I worked closely with Lori for many years, and would like to thank her for her extraordinary contributions to the Society. In terms of new beginnings, we were delighted to learn that the board of Abbeyfield House chose The John Howard Society of North Island as the recipient of their building and property. We are looking forward to making our vision of supportive youth housing in the Comox Valley a reality. We opened the doors of Foundry Campbell River over half a year ago, and the demand has exceeded our expectations. Young people and their families are grateful that multiple services are available under one roof. - Wendy

Hooray for Our Donors!

Thank you to our ongoing John Howard KidStart donors: Children's Health Foundation of Vancouver Island, BC Gaming, United Way Central & Northern Vancouver Island, Big Brothers Big Sisters Victoria, RBC, and KidStart Champions (monthly donors). KidStart also benefitted from generous donations from B. MacLeod, Dreams Take Flight, Campbell River Mixed Slo-Pitch, Campbell River Daybreak Rotary, Cumberland Centennial Rotary, Island Phoenix Chorus, Mudsharks Coffee, Tracy Kobus, and the Centre for Spiritual Living. We'd also like to thank our Courtenay Youth Housing funders, Island Health - Community Wellness Grant, TransCare BC - Peer & Community Support Grant, and the Home Depot Canada Foundation - Orange Door Grants. Foundry received generous donations from the Robert L. Conconi Foundation, Marine Harvest Canada, Timberline Secondary (Mr. Timberline fundraiser), Carihi Graduation Committee - Grad Legacy Funds, Women for Women 5K/10K & Kids Run, and the Fraternal Order of Eagles #3097 Ladies Auxiliary. Thank you to our holiday season donors: Healthyway Natural Foods (Giving Tuesday matching donations day for KidStart), Federation of BC Youth in Care, MCFD, Tidemark Theatre, KidStart group fundraiser, JumpCamp, Cagna family, The Home Depot Campbell River, Shoebox Project, Angel Tree, Campbell River United Church, Margaret Spencer and friends, Kira Neumann, Laurie Tinkler School of Dance, and Hermosa Lingerie. Grateful thanks to all our other donors who are too many to list!



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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
- Judy Storr
- Curtis Wright
- Brian Balfe/RBC Wealth Management
- CEP Chinook Local #630
- Moeller & Matthews

• Willow Point Lions Club

- Wakhsh Contracting Ltd.
- Cory Evans
- Healthyway Natural Foods
- IZCO Technology Solutions
- Florence Robertson
- CIBC Wood Gundy

Silver (\$50/month)

- Lori McKeown
- Alan Storr
- Terry Moist & Patricia Trasolini
- Kathi Camilleri
- On the Rocks Climbing Gym
- Investors Group

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
- City of CR Employees
- Deanna Collins
- Mason Walker