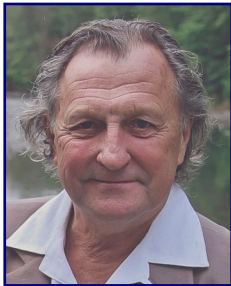




Update from The John Howard Society of North Island

Message from the President



Terry Moist

Although I wrote the rest of the message below less than a month ago, it seems like an eternity. Almost everything has changed since then, with the exception of the great service John Howard provides for our clients. As the uncertainty continues, I ask that you keep yourselves safe and equally

important that you continue to do all you can to make our communities better, safer places for everyone. Looking back over the past months, the few and minor recommendations from the accreditation survey report of last year have been successfully addressed. The Junction, our 46-unit residential facility for adults who are homeless, or at risk of being homeless, is opened and fully occupied. There have been challenges; everyone knew there would be. These challenges are being faced openly and honestly and are being dealt with. The Station, our youth housing program in Courtenay, continues to be fully occupied and to evolve as our staff and our clients work together. The Courtenay office is initiating exciting new programs in collaboration with School District #71. The same can be said about School District #72 (Campbell River) and its close relationship with Foundry. The rave reviews continue for Foundry. It is a true collaboration of youth services in the community, and all of Campbell River should be proud of its success. Great things can happen when we work together. Of courses, the lifeblood of our society is our day-to-day programming. Headstart, Oasis, Barnett House, Youth Forensics, 180°, Intensive Support and Supervision Program, KidStart, and many others from Duncan to Port Hardy are the programs that go on without great fanfare, but with incredible hard work on the part of our dedicated staff who devise and operate them. I want to applaud all of our program workers. They are who keep us going, and they

continue to make a big difference. The John Howard Society of North Island strives every day to achieve its mission statement: to provide programs and support to help children, youth, adults, and families lead safer, healthier lives. On behalf of the very committed board of directors with several new members, thank you to our staff and society members.—Terry

Message from the E.D.



Wendy Richardson

At the time of writing, we are responding to the evolving COVID-19 pandemic with the safety of our clients, staff, and other stakeholders at the forefront. Please watch our social media pages and website for updates. In other news, we submitted an

Expression of Interest to open a Foundry centre in the Comox Valley and are thrilled to be shortlisted. A total of 15 communities made the shortlist and only four will be chosen to open Foundry centres. Our youth housing program in Courtenay, The Station, is fully occupied. We are grateful to the Comox Valley Community Foundation for providing a grant that has enabled us to install a greatly needed new heating and cooling system. The Junction, 46 units of supportive housing for adults facing homelessness in Courtenay, has been open for almost a year. Since opening, 61 people have lived at The Junction and 35 have been housed there continuously from day one. Our staff in the Homeless Outreach and Prevention Program in Campbell River are working very hard to help people in the face of a super challenging current vacancy rate of .04% (the second lowest in BC). Foundry Campbell River is in demand. We are grateful to our Elders in Residence who encourage youth and help build a cultural connection. Our LGBTQ2S+ youth group has had more than 50 new youth attend over the past year. We have created LGBTQ2S+ consultant and youth peer support positions to meet identified needs. - Wendy

It Takes a Village . . .

You've heard the expression "It takes a village to raise a child." At The John Howard Society of North Island, we witness the truth of this statement daily thanks to our KidStart volunteer mentoring program. John Howard Kidstart connects carefully screened and trained adult volunteers with children and youth (ages 6-18) for three or more hours of fun recreational activities per week.

The goal of our KidStart mentors is to develop a positive, trusting relationship with their mentee. Through role modeling and encouraging kids to participate in activities that build their confidence, mentors help them become more resilient. We offer KidStart in the Comox Valley, Campbell River, Quadra Island, and Denman Island.

Research clearly demonstrates the value of mentoring as a protective factor in the lives of children and youth who are facing challenges. A five-year study by the Centre for Addiction and Mental Health in partnership with Big Brothers Big Sisters Canada determined that one-to-one community based mentoring programs like KidStart result in mentees having fewer behavioural problems, stronger social skills, higher levels of self-esteem, fewer symptoms of depression and social anxiety, more positive school experiences, and improved relationships with family and peers. These findings are confirmed by KidStart families through regular satisfaction surveys and anecdotal reports. KidStart is highly valued by families and professionals, and waitlists for the program are lengthy. Recently, the Mom of a boy new to KidStart gave us

this feedback. "When I asked him how his first visit went with his mentor, he was quiet and couldn't find his words . . . and then he got all choked up and teared up and told me, 'Mom it was just so amazing. He's so much fun and it's just more awesome and perfect than I imagined.' I've never seen or heard my son cry happy tears before. This is his first time he's had a guy in his life like this since his Stepdad died from an overdose a few years ago. Thank you so much for doing this for my son."



Kids helping kids: the 2019 Kids' Art for KidStart fundraiser.

To keep supporting matches like this one, KidStart needs community contributions! Becoming a volunteer with KidStart is one way you can get involved. Do you believe in the power of mentoring but lack the time? Like all our services, KidStart is free of charge for participants. However, unlike other programs, KidStart depends entirely on donations, grants, and Gaming funds to operate. Each year we work very hard to find the funds to keep the program going. To make a donation, visit www.jhsni.bc.ca or call 250-286-0611 in Campbell River or 250-338-7341 in the Comox Valley. Ask about KidStart Champions, our monthly donations program. For as little as 97 cents per day, you can make a big difference!

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 or an annual cheque made payable to:

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

I would like to donate using e-transfer: Please send your e-transfer to colleen.ross@jhsni.bc.ca

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.

www.jhsni.bc.ca

Ask about our
CARF accreditation



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Facebook

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

Thank You, Vicki!

Vicki Luckman, manager of Comox Valley community programs, retired in August 2019 after working for John Howard for 23 years. At her retirement party, Vicki said that her work life has been very positive.

“Many people have heard me comment about how much of a process it has been getting myself to be in this place of being ready to retire – it has not been as easy a process as some may seem to think. It has been a time to reflect and acknowledge the importance of the work we all do in different capacities, and to let go of the many years of working in the field that has contributed to me being ready to open a new chapter in my book of life. I have enjoyed being in my place of work – there are not many people who can say that.” Vicki began working for John Howard in 1996, six months after relocating with her family to Courtenay from her home province of Nova Scotia. Her first position with the agency was community work service coordinator for adults and youth. This morphed into the Community Work Service/Alternative Measures Program.

One of the highlights of Vicki’s first position with John Howard was matching youth and adults with seniors to build the Anderton Therapeutic Gardens. She shared a memory from her first position that stays with her.

“When I first started with John Howard, I had a young 16-year-old man as a client. This young man made a lasting impression on me, and I’m really not sure why. I’ve seen him over the years in the community with his family, and most recently have had contacts with him through his employment. One day, at his place of employment, he approached my husband, Ken, and told him that he recognized me and the two of them got talking. He shared his story with my husband and the connection with John Howard. This past weekend I saw him again, and he and I spoke for the first time about how he remembered me. He asked if he could ask one thing of me, and that was to be able to hug me. We hugged, and he said: ‘You really made a difference in my life, and I appreciate you being there for me. You helped me at a time when I needed it.’ With tears in my eyes, I acknowledged he too had made an impression in my life.”

After telling this story at her retirement party, Vicki went on to say, “All of you are making a difference in people’s lives, and you will continue to do so. Dennis’ words were just what I needed two weeks before my

retirement – the efforts we make do not go unnoticed. Don’t ever underestimate the impact that you may have on someone else’s life. Recognize that every interaction you have is an opportunity to make a positive impact on others.”

In 2000 Vicki was the successful applicant for the assistant manager position in the

Courtenay office. In

2005 she took on the challenge of doing a Master’s in Organizational Leadership at Royal Roads University when her daughter, Lauren, was 15 and her twins, Ben and Emma, were 10. Vicki’s convocation was in 2007, the same year as Lauren’s graduation from high school. When Diane Collins retired in 2008, Vicki became manager of Comox Valley community programs. In her role as manager, Vicki said she “appreciated the Courtenay team for their efforts to do the best work they can for their clients and for their positive relationships with John Howard’s community partners.” She also valued the support of the management team and the commitment of the agency to always be looking at ways we can better serve youth and their families.

“I want to thank and appreciate all of John Howard for the leadership efforts in the agency, and in the community and with our community partners. Leadership can be seen throughout the agency from the board, the management team, and the staff who demonstrate their commitment to supporting children, youth, and families to help make the community a safe and healthy place to live in.”

Since she retired, Vicki has been busy with hosting lots of company, taking a trip home to Nova Scotia for her mother’s 80th birthday, and then spending two months in Costa Rica. She is enjoying having more time to be with her husband, her adult children, and her friends and other family. “One of the benefits of retirement is having time to explore new and old interests and develop new passions.”



Cedar Weaving with Gina



Elder Gina Hunt

Youth recently had the opportunity to learn the traditional art of cedar weaving at Foundry Campbell River. Elder in Residence Gina Hunt, whose traditional name is Wa-ji-di, meaning “Gifted/Treasured One,” taught young people how to make a cedar bracelet or rose.

Our plan is to offer other cedar weaving projects in future. Keep an eye on Foundry Campbell River’s Facebook and Instagram pages for details. In partnership with Sasamans Society, Foundry Campbell River offers the Elders in Residence program as a unique service to support youth. Elder Edwina Henderson helps with our Youth to Adult Transition Cooking Group that takes place on Thursday afternoons (currently on hold until further notice). Elder Ole Henderson is based at Robron Centre and helps at Foundry for special events such as holiday dinners. Thank you, Elders!

Introducing Khaleesi



Khaleesi, a Great Dane, is our emotional support dog at Foundry. “Khaleesi is often present at Foundry. She is a calming presence for the youth. She is often able to aid them to feel relaxed and safe when they otherwise may not,” said Dawn Marie Goodmurphy, mental health counsellor and Khaleesi’s owner.

Burger & Beverage Night

We are very grateful to everyone who participated in our Burger, Beverage, and Silent Auction for John Howard KidStart on February 3, 2020, at Match Eatery in Campbell River. With your help we raised \$5,500 for our mentoring program! Thank you to the many businesses and individuals who donated to our silent auction, Glen Clark for pledging to donate \$1,000 if we sold out all three seatings (and we did!), our event volunteers who helped in many ways, and to everyone who attended. Thanks also to Match management and staff for allowing us to have our fundraiser at their restaurant and for their upbeat service. We greatly appreciated DJ and Brenda Hansen's fabulous music. Huge thanks to all from John Howard KidStart!



Campbell River KidStart coordinator Tara Jordan with volunteer mentor and generous donor Glen Clark.

Groups Support Families

Involving families in supporting youth is central to our work. Recently, we offered an Emotion Focused Family Therapy (EFFT) group at Foundry to support learning and skill building for parents. In an evaluation, one parent wrote, “Now I will focus on listening, not trying to fix things first but understand.” In Courtenay, our parent support group, ‘How Science & Kindness Help People Change’ began in early February. We offer Smart Recovery® Family & Friends in Campbell River for the loved ones of people struggling with substance misuse.

JohnHoward
The John Howard Society of North Island

Now Recruiting

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:

Sadie @ 250-286-0222 ext. 225

It can be tough for young people and families to know where to turn in the face of a health or mental health challenge. Foundrybc.ca is a website that provides a one-stop access point for mental health and well-being, substance use, social support and services, navigation assistance and self-management.

www.foundrybc.ca





Way to Go: Ta Da!



Baby Greta



Baby Isla

- ✦ Hooray to Kalli and Nick on the birth of baby Boden (Bodie) Arlo in September 2019, weighing 6 lbs, 15 oz.
- ✦ Congratulations to Jonathan and Jessica on the birth of baby Greta in December 2019, weighing 6 lbs, 15 oz.
- ✦ Super job, Jayne and Chase, on the birth of baby Hapland in February 2020, weighing 7 lbs, 7 oz.
- ✦ Three cheers to Beth and Ryan on the birth of baby Isla Kathleen in March 2020, weighing 9 lbs, 5 oz.
- ✦ Way to go, Kendra Brown, Foundry nurse practitioner, for passing your final licensing exam.
- ✦ Kudos to Shannon McKirgan, prevention and early intervention coordinator, for earning your Registered Social Worker designation.
- ✦ Well done, Christopher Bennett, manager of Full Time Attendance and 180° Programs, for completing your Master's in Child and Youth Care.



Baby Hapland



Baby Bodie

Staff Milestones

As of March 2020, the following staff members have reached these milestones working for The John Howard Society of North Island:

5 Years: Kalli Gordon, Gary Fort, Sadie Ostler

10 Years: Kristi Almond, Stacy Neary, Kirsten Hess

15 Years: Angie Prescott



Practicum Student Profile: Lindsey Morton

John Howard programs regularly host practicum students who are studying in disciplines related to our work. We greatly appreciate the contribution that practicum students make to our services. Lindsey Morton returned home to Campbell River in 2019 from a career working overseas for many years.

“After a decade of work as an educator, I decided to shift career paths, focus on another kind of helping profession, and become a counsellor. This sparked a journey towards earning a Master of the Arts in Counselling Psychology with its accompanying requirement of completing 400 hours at a practicum site under the supervision of a certified counsellor.” Lindsey began her practicum at Foundry in Campbell River in September 2019. She said she feels very fortunate to have been given the opportunity “to learn and grow with the support of such caring and dedicated staff and at a site that truly aims to foster wellbeing within the community.”

Lindsey knew she wanted to work with youth and young adults in a mental health capacity. She said, “Foundry tries hard to support young people and meet

them where they are in terms of their needs, providing assistance in a way that is empowering and that recognizes the strength required to seek help and make efforts toward positive change.” She said she has witnessed how Foundry staff take youth experience seriously, recognizing

the difficulty that comes along with the transition into adulthood and do not in any way diminish both the victories and hardships that come during this life stage. “Spending time behind the scenes at Foundry has also afforded me the chance to see how the team of dedicated professionals work together, to share skills, experiences, and thoughts to make Foundry a well-oiled and continuously functioning helping machine.” Lindsey said she feels very fortunate that Foundry opens its doors for practicum students and that the staff share their time and knowledge to support those who are interested in furthering their education and experience.



Christmas Donations Make a Difference



We are grateful to all those who made donations during the holiday season. *Top left:* Brian Mather of the Comox Rotary Club delivering 30 shoeboxes for teens (filled with toiletries, socks, accessories, snacks, and cards), plus 120 bus tickets and 32 LINC Youth Centre passes to Comox Valley community programs manager Angie Prescott. *Middle left*—Campbell River KidStart coordinator Tara Jordan receiving the proceeds of a Giving Tuesday matching donations day from Donna Pakosz at Healthyway Natural Foods. Island Owl Truck & Auto Sales, Trail Bicycles, COBS Bread, Parker Appliances, and Mudsharks Coffee also did Giving Tuesday fundraisers. We raised \$3,464 for KidStart. *Bottom left:* Mark Tazumi, youth to adult transition counsellor, with Elder Ole Henderson at a Christmas party for youth held in collaboration with Sasamans Society and the Campbell River Youth in Care Network. Elders, youth, and staff cooked dinner, made holiday crafts, and went bowling with Santa. The youth received gifts courtesy of MCFD and the Youth in Care Network. *Top right:* Sue McCormac (left) and Alison Skrepneck (front right) from Campbell River Shoebox Project with Foundry manager Stacy Folk. These boxes filled with gifts went to women in our Homeless Outreach and Prevention Program. *Bottom right* - Barnett House coordinator Mark Ross with Melissa Plamondon at Campbell River Home Depot's Orange Door display.



Hooray for Our Donors!



Thank you to our ongoing John Howard KidStart donors: BC Gaming, Children's Health Foundation of Vancouver Island, United Way Central & Northern Vancouver Island, Big Brothers Big Sisters Victoria, and KidStart Champions (monthly donors). KidStart also benefitted from generous donations from B. MacLeod, Dreams Take Flight, Campbell River Daybreak Rotary, Laura Furness, Broadstreet Properties-Seymour Pacific, and Boston Pizza. Thank you to all who donated in memory of Eve Phillips. We'd also like to thank the Comox Valley Community Foundation for a grant in support of The Station youth housing and the Home Depot Canada Foundation - Orange Door Project for supporting Barnett House youth housing. Foundry received generous donations from the RBC Foundation, Trans Care BC, and Women for Women 5K/10K & 15K Trail Mix Challenge. We received additional holiday season donations from the Cagna family, Everyone Deserves a Smile-Queeneesh Elementary (46 gift bags for residents of The Junction), Campbell River United Church, local knitters, hamper donors, and Margaret Spencer and friends. Grateful thanks to all our other donors who are too many to list!



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KidStart Champions

Gold (\$100/month)

- 100 Men Who Give a Damn
- Altrusa International of Campbell River
- Benjamin Coyle
- Blind Channel Resort
- Boston Pizza
- Broadstreet Properties-Seymour Pacific Developments
- Campbell River Oldtimers Hockey Club
- CEP Chinook Local #630
- Colleen Ross
- Cory Evans
- Couverdon-TimberWest
- Curtis Wright
- Florence Robertson
- Eagles Ladies Auxiliary
- Healthyway Natural Foods

- IZCO Technology Solutions
- J. Havelaar & L. Wood
- Judy Storr
- Mason Walker, RE/MAX
- Moeller Matthews Chartered Professional Accountants
- Robert Nixon Real Estate
- Rotary Club of Campbell River
- Wakhsh Contracting Ltd.
- Wendy Richardson
- What's On Media
- Willow Point Lions

Silver (\$50/month)

- Alan Storr
- Comox Valley Nissan
- Econo U-Store-it
- Judith Hayes
- Kathi Camilleri
- Tanya Storr

- T. Moist & P. Trasolini
- Trail Bicycles

Bronze (\$25/month)

- Anna Kubacki
- Balfe/Somers Wealth Management of RBC Dominion Securities
- Barbara de Bastiani
- Busy B's Glass
- Colleen Tillapaugh
- Colin Brownlee
- Comox Valley Monarch Lions
- Dr. K. and C. Baerg
- Harmonie Roesch-West
- Kira Neumann
- Marion Waters
- Patricia Davis
- Paul Barnett & Shelly Hollingshead
- Sandy White
- Tara Jordan