

JohnHoward

The John Howard Society of North Island



**2019-2020
Annual Report**

Building Safer and Healthier Communities

Annual Report 2019 - 2020

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On the cover: 2019 Kids' Art for KidStart painting

Our Mission

We provide programs and support to help children, youth, adults, and families lead safer, healthier lives.



'Maple over the Quinsam' photo by Chris Cullen

Our Mandate

The John Howard Society of North Island provides services to youth, children, adults, and families with diverse needs. Our locations include offices and residential programs, but our work also takes us into schools, homes, and other parts of communities.

We have a holistic approach, recognizing that safer, healthier communities are created through the combined and diverse efforts of citizens, organizations, and governments. We work cooperatively with a broad spectrum of community agencies and committees, while also maintaining involvement in provincial and national organizations that seek to address the social needs of Canadians.

Who We Are

John Howard has served community justice and social services needs on northern Vancouver Island for 53 years. Beginning as a branch of The John Howard Society of Vancouver Island in 1967, the organization was incorporated as The John Howard Society of North Island in 1989. The society is named after the British prison reformer, John Howard (1726-1790). In 1962 The John Howard Society of Canada was established. There are branches and offices in more than 60 communities across Canada, provincial offices in all 10 provinces and the Northwest Territories, and a national office in Ottawa.

A non-profit society with extensive experience in providing services for youth, children, adults, and families, The John Howard Society of North Island operates numerous programs from 13 locations:

- Campbell River Community Programs/Foundry
- Courtenay Community Programs
- Beech Street, Campbell River
- The Junction, The Station, and Barnett House
- Parksville Youth Justice
- Nanaimo Youth Justice
- Port Alberni Youth Justice
- Port Hardy Youth Justice
- Duncan Youth Justice
- Robron Centre, Campbell River
- Gold River and Tahsis

John Howard programs are situated in the territories of the Kwakwaka'wakw, Nuuchah-nulth, and Coast Salish peoples. We have a First Nations Elders' Council to advise the agency on matters relating to culture and inclusion. The Elders help to support culturally appropriate programming within John Howard.

Our Team



105 employees



15 family carehomes



118 volunteers

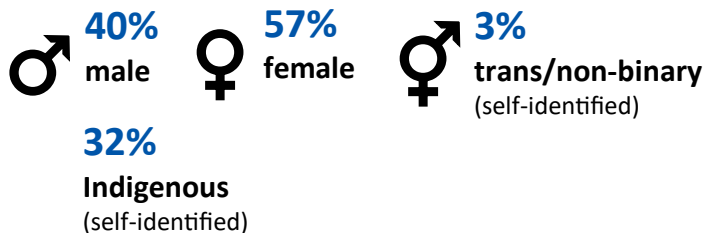
Our Clients

In the past year, we served **2,761** individuals.

We also provided brief service to **735** additional individuals.

1,500 students attended our presentations.

Those participating in our services are:



In Memory of our President

We are greatly saddened to report that our board president, Terry Moist, passed away unexpectedly on July 8, 2020. Terry's dedication and generosity to The John Howard Society of North Island was phenomenal. He served on our volunteer board of directors for 42 years, including many terms as president. Terry was also on the board of The John Howard of BC and a founding director of Board Voice, an organization representing the boards of directors of non-profit social service organizations in BC.

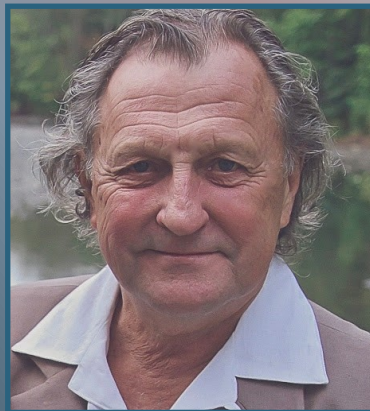
Terry understood what it meant to build stronger communities. He has been an inspiration to all of us, tireless in his belief that we can make the biggest difference by showing people they are cared for. For Terry this was especially true in his approach to helping youth to live healthy, safe lives and become contributing members of their community.

Terry had the confidence and admiration not only of the board but also of the management team and staff. Before retirement, Terry taught in alternate school settings (including at a youth custody centre), and was very familiar with

the challenges faced by our society's clients. He had a solid understanding of their needs and brought his compassion and dedication to his volunteer work on the board, always advocating

"Having a safe community is a concern for everyone."

Terry Moist
1948—2020



for the people we serve. He "walked the talk." Staff were very comfortable discussing client-related issues with him and confident that he would represent our clients' best interests when dealing with external bodies.

For our society, Terry was the calm

at the centre of the storm. His clear thinking and good judgment helped the agency through many a challenge, and his openness to hearing new ideas was a great support for the staff and clients.

In 2008 Terry received the first Spirit of John Howard Award presented at our AGM. This award recognizes an individual who makes a major contribution to the youth justice system, the people we serve, our community, and The John Howard Society of North Island. Six years later, Terry received the 2014 Anthony J. Hulme Award of Distinction from the Province of BC. This premier award honours the extraordinary lifetime contribution and commitment by a practitioner, volunteer, or group to crime prevention and community safety.

In one of his recent President's Reports, Terry wrote: "The John Howard Society of North Island is a society that strives every day to achieve its mission statement: to provide programs and support to help children, youth, adults, and families lead safer, healthier lives. I can't think of a better thing to do." We are so grateful that our paths crossed. Thank you, Terry!

Executive Director's Report



Wendy Richardson

New Directions

This has been one of the most unusual and challenging years in the history of operations at The John Howard Society of North Island. When COVID-19 arrived in our part of the world, we responded quickly to the needs of our clients and staff, with the support of our funding partners. Like many social service agencies, we found new ways to deliver services and ensure our clients were still supported while adhering to social distancing and other public health protocols. This included utilizing technology to offer counselling and primary care services as well as to hold support groups and communicate with

staff, clients, contractors, and volunteers. We received grants and donations to help our clients with basic needs (food security, cleaning supplies, etc.) and created safety plans for our workplaces.

Then, as you will have read on the preceding page, we lost our board president and dear friend, Terry Moist, on July 8, 2020. Terry had been on our board for 42 years and was president for many of those years. He brought an extraordinary level of commitment and support to all our endeavors. His knowledge was a tremendous strength to us. It is rare for a society to have this kind of historic knowledge available to them over the years. Terry was interested in everything that we do and felt great pride in his continuing involvement with our organization. He is greatly missed by all of us.

Despite these huge challenges, our agency has accomplished a great deal over the past year. As always, our strategic plan reflects the operational cycle that drives our actions. We identify an emerging need in one of our communities and, if it fits our mandate, work towards a response to that need

that will help to build safer and healthier communities. The next part of the cycle is to stabilize the new operations and ensure they meet all relevant standards. The final stage in the cycle is to strengthen the services and the staff to continually improve the effectiveness of our programming. Over the last year, we have carried out actions that reflect all the stages in this operational cycle.

Responding to Emerging Needs and Opportunities

The crucial need for housing for people experiencing chronic homelessness was the driving force behind The Junction, a 46-unit facility that opened in Courtenay in April 2019. Funded by BC Housing on property provided by the City of Courtenay and operated by our society, the project went through some expected challenges during its first months. A few residents were unable to cope with the guidelines and rules that are necessary in a program of this nature and ended up leaving. However, most residents found the range of supports a great help and we began to see improvements in

Executive Director's Report

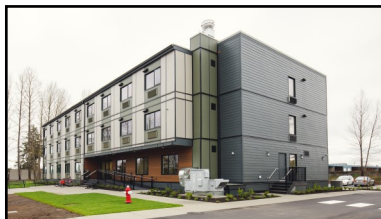
health and satisfaction among those who gradually settled into their new homes.

Child and Youth Matter Comox Valley is a partnership that identified a critical need for increased mental health and wrap-around services for youth. When Foundry Central announced that they were planning to fund eight new Foundry centres across BC, we knew it was important to try to bring one to the Comox Valley. As a member of that partnership, we agreed to take the role of lead agency. The government announced the names of the new centres in June, and the Comox Valley is one of them! We are now working closely with our partners and the Foundry Central team to identify a facility for Foundry Comox Valley and design the centre and the programming.

Stabilizing Operations

Among the challenges we faced as we worked to stabilize operations at The Junction was the occasional unhappy interaction between residents and the neighbourhood. Many of our residents have been homeless in part because of behaviours that others find

difficult to manage. Over time, some of the local challenges have been worked out and we are continuing to do our best to respond quickly to concerns.



The Junction supportive housing

Our youth housing facility in Courtenay, known as The Station, continued to develop programming guidelines in response to feedback from the young residents. For example, an updated set of visitor guidelines allowed youth to practice the various skills required when inviting others to your home.

Strengthening Services and Staff

In our third year of operating Foundry Campbell River, we looked for ways to strengthen and expand the services we offer. We were delighted to hire our first nurse practitioner who was quickly busy with new patients. We also increased walk-in hours during in-demand times, so that more young

people could access this service, and facilitated an Emotion Focused Family Therapy group for caregivers. Our Elders in Residence continue to provide cultural support and guidance.

Thanks to funding from The Home Depot Canada Foundation, we completed important maintenance at Barnett House, our youth housing facility in Campbell River. This included replacing the stairs, decking, and gate, as well as exterior painting and staining.

All of our staff and management team participated in training sessions with Dr. Vikki Reynolds over the past year. Focusing on 'Resisting Vicarious Trauma and Burnout with Collective Care', the training was very well received.

Conclusion

Although it has been a tumultuous year, we are grateful to all those who have helped our society hold a steady course. We appreciate our dedicated board members, staff, contractors, volunteers, and donors for all their contributions in these challenging times.



News from John Howard

Spirit of John Howard Award

The Spirit of John Howard Award recognizes individuals who make a major contribution to the people we serve, our communities, and The John Howard Society of North Island.

In 2019 the Spirit of John Howard Award went to Patrick Field, who volunteered for 28 years on the society's board of directors. At our AGM in June 2019, board president Terry Moist said it was his "pleasure and privilege" to present the award to Pat.

Pat joined the board when he was practicing criminal law and was involved with all manner of criminal justice issues. Over the years John Howard changed its focus and so did Pat. The society became a leader in youth-oriented crime prevention on the North Island, and Pat was a leader in that evolution.

"Pat served for many years as our treasurer and very effectively oversaw our very efficient accounting department. He was always up to date and kept the board on solid fiduciary ground," Terry said.

Pat was the unofficial legal advisor to the board for many years. When a contract needed interpretation or a legal opinion was required, Pat always stepped forward voluntarily before we went to a formal process.



Terry Moist presenting Pat Field with the Spirit of John Howard Award

Terry said, "While Pat always downplayed his contribution to the society, he has for many years been invaluable. In thinking about my remarks today, the recurring thought was, and this has been echoed by some of my board colleagues, that Pat provided quiet leadership. His comments were always considered, to the point, and compassionate. I have greatly enjoyed being on the board with Pat and will greatly miss his wisdom."

LGBTQ2S+ Services at Foundry

In response to identified needs in the community, we created an LGBTQ2S+ consultant position at Foundry Campbell River this year. Our LGBTQ2S+ Youth Group continues to meet weekly. The group covers a wide range of topics such as coming out, transitions, self care, legal rights, mental health and education through activities like art and crafts, discussions, films, games, outings and guest speakers. When COVID-19 restrictions came into place, the group moved online and the LGBTQ2S+ consultant started providing more one-to-one support for LGBTQ2S+ and questioning youth and their families. She also provides gender affirming bras, binders, and breast forms to youth and young adults.

Our consultant also works with SD#72 to help support and implement their SOGI (Sexual Orientation and Gender Identity) priorities, support the GSAs (Gender and Sexuality Alliance student clubs), and provide workshops to students, staff, and faculty.

JohnHoward KidStart



KidStart pairs volunteer adult mentors with children and youth ages 6-18 who could benefit from building a positive relationship with a buddy, getting out in the community, and having fun. Through the gift of time, our KidStart mentors help kids grow, thrive, and connect with the community they call home.

A Snapshot: In the past year, **109** mentees were matched with mentors who volunteered **8,123** hours.

Areas Served

Campbell River
Comox Valley
Denman Island
Quadra Island

Portion of John Howard budget:

3%


Staff


2 part-time employees


105 volunteers

KidStart is funded entirely through grants, donations, and Gaming funds.

KidStart participants are:

 **49%**
males
53

 **50%**
females
55

 **1%**
trans/non-binary
1 (self-identified)

50%
Indigenous
55 (self-identified)

From the families who gave feedback this year:

100% of children and youth have increased connection to school/ community

100% of children and youth have improved self-esteem

100% say KidStart is making a positive difference in their child's life

"Having his mentor in his life is the single most important factor in my son's success. The difference it has made is phenomenal."

Supports to Families

Our **Behavioural Support, Youth and Family Conflict Resolution**, and **Collaborative Planning** programs provide the support families and caregivers need when they are facing challenges.

A Snapshot: 240 families participated in one or more of our support programs.

“You gave me a chance to talk through my feelings and I needed that.” – Family Member



Families who participated are:

57%

Indigenous

137 (self-identified)

Areas Served

Campbell River
Comox Valley

Portion of John Howard budget:

4%

Staff

2 full-time employees

1 part-time employee

The Collaborative Planning program assisted with **154** meetings between families and social workers, helping families understand and participate in the process.

From a parent who gave feedback this year:

“I have really enjoyed all the information the behavioural consultant has provided to me. She has given me some great ideas and charts to use with my foster son. I look forward to continuing to have her as a behavioural consultant and a support while parenting my foster son.” – Parent

From a support worker who gave feedback this year:

“Way to stay the course to make sure the parents’ voices were heard.”

Independent Living for Youth



Our **Youth to Adult Transition (YTAT)**, **Barnett House**, and **The Station** programs provide housing and life skills support for youth.

A Snapshot: In the past year, **80** youth received support. An additional **58** youth received brief service.

Areas Served

Campbell River
Comox Valley

Portion of John
Howard budget:

6%


Staff


3 full-time
employees


1 part-time
employee

3 casual employees

YTAT, Barnett House, and The Station participants are:

 **44%**
males
35

 **46%**
females
37

 **10%**
trans/non-binary
8 (self-identified)

45%
Indigenous
36 (self-identified)

From the clients who gave feedback this year:

100% of youth said
they learned skills for
day-to-day living

*“The program helped me get out
more and be more comfortable
about doing things.”*

*“It was overall great. I learned so much and was very grateful
to be able to be in the program.”*

Independent Living for Youth

The Station

The Station is a supported living program for youth ages 17-22 in Courtenay. This year, volunteers taught baking skills to residents, who in turn shared the baking with Elders in the nearby seniors' village. The project fostered connection with positive, caring adults, and created a stronger sense of community in the neighbourhood.

Transitioning to Adulthood

The Youth to Adult Transition (YTAT) program is for young people ages 16-24 who would like support during the transition to living as an adult. The youth counsellor answers questions, teaches skills, and connects clients with services they need such as housing, school, financial support, and other John Howard/Foundry programs. Youth have the opportunity to participate in a weekly cooking group.

After COVID-19 restrictions began, the cooking group switched to an outreach format. The youth counsellor dropped off easy to prepare meal kits at clients' homes, and links to recorded 'how

to' videos for each recipe. The pictures and videos taken by the youth attest to it being a big hit. One of the greatest benefits of the meal kit program is being able to connect with the youth on a regular basis to provide support and referrals as needed.



Fried rice made by a youth in the outreach cooking group

The program also focused on connecting clients with the Campbell River Food Bank since many of them are living at or below the poverty line. Some days the youth counsellor delivered up to 30 Food Bank hampers.

YTAT is recognized by MCFD as a program able to help former youth in care who have an Agreement with Young Adults (AYA). One YTAT client who received AYA funding said it gave

her the confidence to pursue her career goal of nursing. As well as taking upgrading courses at Continuing Education, she received help with budgeting skills, cooking, accessing healthy activities, and employment search that led to a job in a local hotel.

Barnett House

Barnett House provides five units of transitional housing for youth ages 16-19 in Campbell River. Prior to moving into Barnett House, Brittany (pseudonym) was living in a chaotic environment at her best friend's home and was not able to focus well on school and her part-time job. Once at Barnett House, Brittany had a safe, quiet place of her own and was able to focus more on her goals. By the end of her time at Barnett House, she was taking full advantage of the many types of support available within the program and was in a much better position to transition to full independence as a young adult. The program allowed her to practice the many aspects of living independently and she reported being more optimistic about her future than ever before.

Substance Use



Our **Substance Use Counselling, 180°, Youth Outreach, Youth and Family Counselling,** and **Alcohol & Drug Prevention & Early Intervention** programs provide support for youth and families.

A Snapshot: In the past year, **181** youth and family members received substance use services, outreach workers had **356** supportive contacts with youth, and there were **147** brief service contacts with youth.

Areas Served

Campbell River
Comox Valley
Gold River & Tahsis

Portion of John
Howard budget:

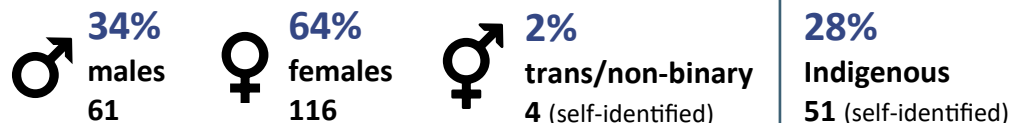
15%

Staff

5 full-time
employees

6 part-time
employees

Substance use services clients are:



Youth feedback:

"I liked learning more steps to take, the acknowledgement of progress, the inspiration, and building skills."

Reaching out:

Prevention workers gave
103 presentations to
1,319 young people.

Substance Use

Smart Recovery Family & Friends

We have been offering a SMART Recovery® Family and Friends group for the loved ones of people struggling with substance misuse in Campbell River since the fall of 2018. It quickly developed a regular following of 10-15 participants who often reported that the meetings were providing each of them with tremendous support and encouragement. Then came COVID-19 in March 2020.

Due to the need to talk freely, group members didn't feel comfortable accessing the meetings via a virtual format from home. The group tried to meet in their cars while connecting to various Wi-Fi hot spots around town, but often the connections were not strong enough. One evening, group members backed their cars into the centre of a nearly empty parking lot and held their first face-to-face tailgate SMART® Recovery Family and Friends meeting, maintaining social distancing. Since then, the group has found a quieter, more secluded parking lot to meet in while weather permits. One member stated, "My takeaway

from tonight is that NOTHING is going to stop us, not even a virus that shuts down the whole world!"



SMART® Recovery Family and Friends tailgate meeting

Parent Support Group

For the past several years, John Howard has offered a support group in the Comox Valley for parents of youth with substance use challenges. This year, after ongoing dialogue with parents, community partners, and members of the Youth and Family Substance Use Services (YFSUS) team, we decided to relaunch the

parent group with new facilitators and a renewed structure. The new group, called 'How Science and Kindness Help People Change', was offered in six-week cycles, with each week covering a specific topic. Sessions were a blend of educational content, shared dialogue, and opportunities to practice new skills and techniques. The groups were co-facilitated by one of the YFSUS counsellors and a peer parent, a new approach that resulted in very positive feedback from parent participants.

When COVID-19 restrictions began in mid-March, the weekly parent group moved to an online meeting to allow parents to continue to connect with one another and access resources and information to support the increased challenges they were facing. We noted a significant rise in the number of parents reaching out for support in the early months of the pandemic, and increased our weekly online parent support group to two times per week. Counselling staff provided one-to-one support to parents via phone, e-mail, and virtual sessions, and sent out resources to a growing e-mail list.

Mental Health



Our **Child and Family Mental Health Outreach**, **Foundry Mental Health Counselling**, and **Youth Peer Support** programs provide support and counselling for children, youth, and families.

A Snapshot: In the past year, **543** children, youth, and families received mental health services and **330** accessed peer support services.

Areas Served

Campbell River
Comox Valley

Portion of John
Howard budget:

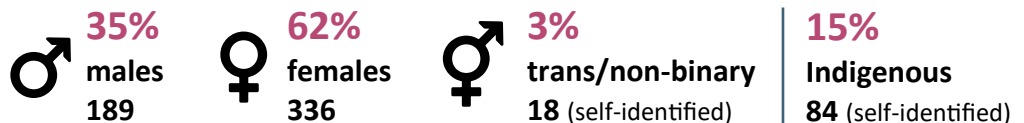
10%

Staff

4 full-time
employees

4 part-time
employees

Mental health services participants are:



From the clients who gave feedback this year:

75% of youth respondents said things were “better” or “much better” since they started coming to see us.

“People listen and give me help instead of saying ‘everything is ok’.”

“I liked being able to talk about things.”

Primary Care

Our **Nurse Practitioner, Sexual Health Clinic**, and **GPs** provide primary care services at Foundry Campbell River. Services include gender affirming care, mental health, physical health, sexual health, prescription renewals, and other primary care requests as needed.

A Snapshot: In the past year, **263** young people received primary care services over **1,601** visits.



Areas Served

Campbell River

Portion of John Howard budget:

2%

Staff

1 full-time employee

4 part-time public health nurses

1 GP through sessional hours

Primary care patients are:



Foundry Campbell River hired a full-time nurse practitioner in the beginning of September 2019. The nurse practitioner is very busy supporting youth with a variety of health concerns.

“Foundry doctors offer specialized care, such as gender affirming care, and provide longer appointments as needed to support youth with their presenting concerns.”

– Stacy Folk, Foundry Campbell River manager



A sexual health clinic is offered on Thursdays by Island Health public health nurses. Youth are supported on a drop-in basis.

Youth Justice



Our **Headstart Boys Program**, **Oasis Girls Program**, **Intensive Support and Supervision Program (ISSP)**, **Youth Forensic Psychiatric Services (YFPS)**, **Compass**, and **Bail Bed** programs provide a wide range of services from residential programs to community-based one-to-one support.

A Snapshot: In the past year, **233** youth accessed our youth justice services.

Areas Served

Campbell River
Comox Valley
Duncan
Nanaimo
Parksville
Port Alberni
Port Hardy

Portion of John
Howard budget:

37%

Staff

16 full-time
employees

8 part-time
employees

5 casual employees

Youth justice participants are:

75%
males
174

25%
females
58

0%
trans/non-binary
1 (self-identified)

43%
Indigenous
101 (self-identified)

From the clients who gave feedback this year:

"I learned how to make it through the day and push through difficult tasks."

"I'm gaining work experience and making positive choices. I can talk to staff about how I feel. Staff are supportive and have nothing negative to say."

Youth Justice

ISSP in Port Hardy

In the fall of 2019, John Howard moved a full-time Intensive Support and Supervision Program (ISSP) position to Port Hardy from Campbell River. This was a positive permanent change that has assisted to fill service gaps in the remote community. ISSP provides services to youth referred by a probation officer. ISSP workers assist youth in developing healthy functioning in education, work, family, and community settings. This can include mentoring and helping with life skills, job search, and staying connected to school.

During the past year, the Port Hardy ISSP worker has taken part in many local events while supporting her clients. She attended the T'seka Yayuma (Red Cedar Bark Ceremony) at the Gwa'sala-'Nakwaxda'xw school in December as well as several Elders' lunches. She was also invited to attend the Hi'hilikala'yu "Songs of Healing" gathering in February in Fort Rupert hosted by the Kwago'li Nation. The ISSP worker takes part in the Youth Justice Circle meetings with

several key community participants. She attended a legal aid conference held at the Kwa'lilas hotel with other community professionals. Relationship and trust building with clients, numerous community agencies, Eke Mi Xi and Port Hardy Secondary Schools, and the wider community was a key part of establishing the position.



Due to Port Hardy's location on northern Vancouver Island, the ISSP worker transported clients to a number of services offered in Campbell River and south. She supported two clients to successfully complete Full Time Attendance Programs, including John Howard's Oasis program. She took several clients down Island to attend Youth Forensics

Psychiatric Services (YFPS) appointments and transported a client to detox in Victoria.

The high degree of community involvement, youth transition support, and high caseload numbers indicates that the presence of youth justice services in the community of Port Hardy has been well received.

New Technology for Youth Programs

Thanks to a BC Hydro Company Town Grant in the amount of \$1,400, our Campbell River youth justice programs now have a Web OS Smart TV. The TV is used for showing educational videos to youth, making presentations, training for youth (online courses such as RentSmart, FOODSAFE, and WHMIS), and training for staff (teleconferencing, webinars, and online conferences). The grant came at an excellent time as the need for remote training and video conferencing has never been higher due to the COVID-19 pandemic restrictions. It also demonstrates to youth in our programs that people in the community care about them.

Adult Programs



Our **Homeless Outreach and Prevention, Community Living BC Outreach, and The Junction** programs provide assistance in the areas of housing, daily living, and accessing supports.

A Snapshot: In the past year, **573** clients participated in our adult programs. An additional **200+** received some form of brief service.

Areas Served

Campbell River
Comox Valley

**Portion of John
Howard budget:**

23%

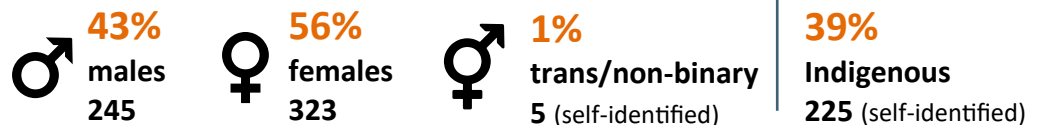
Staff

11 full-time
employees

9 part-time
employees

12 casual employees

Participants in our adult programs are:



Program news:

In the Homeless Outreach and Prevention program **11%** of clients were age **60+** and 10% were ages **19-24**.

83% of CLBC clients increased their connections to the community where they live.

Feedback from a resident after she moved into The Junction:

"I can sleep without having to have one eye open tonight."

Adult Programs

The Junction

The Junction, 46 units of supportive housing for adults facing homelessness in Courtenay, opened in early April 2019. The Junction is funded by BC Housing on land provided by the City of Courtenay. John Howard operates the facility. During the first year our team at The Junction has worked hard on developing a sense of well-being and belonging for the residents, and collaborating with the greater community. The COVID-19 pandemic has given residents a chance to contribute to a positive atmosphere in the residence through participating in the daily cleaning necessary to keep everyone safe.

A variety of supports are available on site including a nurse practitioner, a social worker, an outreach financial assistance worker, the Island Health Home Care team, and members of the adult services Intensive Case Management team. Staff help residents attend medical appointments, access the Food Bank, complete income assistance/disability applications, and work on daily life skills.

There have been workshops led by volunteers to coach residents on learning how to do small repairs and alterations to clothes. As well, 10 students with the Everyone Deserves a Smile Project -Queeneesh Elementary brought gift bags and homemade cards during the holiday season.



Gift bags for residents

Residents were soon wearing hand knit hats, scarves, and warm gloves. There was great appreciation and lots of smiling faces on people thrilled with the kind messages of caring and hope.

Homeless Outreach & Prevention

Our Homeless Outreach and Prevention Program (HOP-HPP) in Campbell River connects with individuals and families who are homeless or at risk of homelessness. The program provides information and support to help people find, secure, or maintain housing. The HOP-HPP

team visits a number of places in town to connect with people who may need our services, including the Evergreen Shelter, Lighthouse Soup Kitchen, Ann Elmore Transition House, Second Chance Recovery House, AIDS Vancouver Island, library, hospital, encampments, and downtown streets and alleys.

Our HOP-HPP staff were very busy this past year helping people maintain or find housing in the face of an extremely challenging vacancy rate of .04%. Key partnerships with the community integration specialist from the Ministry of Social Development and Poverty Reduction and the housing navigator from Sasamans Society were very helpful in these difficult circumstances.

The partnerships allowed us to provide almost seamless service to clients. Our staff were able to quickly ensure that clients were receiving all the social assistance they were entitled to – whether they were in the office or out at one of the many encampments. We also benefitted from the pooled knowledge and capacity of the three programs.

Making a Difference with KidStart



Gary, KidStart mentor, with Brayden

While the benefits of preventative mentoring programs like John Howard KidStart are many, the idea is simple: a committed adult meets one-to-one with a child or youth on a regular basis for a year or more to do fun recreational activities and develop a trusting friendship.

Gary has been a KidStart volunteer mentor for more than seven years. He began by mentoring one boy who he is still matched with, then requested to be matched with another boy two-and-a-half years ago because he so enjoys KidStart.

When asked what drew him to mentoring, Gary said, "I retired from a long history of working with special needs children and adults. I still wanted to be involved in some community programs. I'm also a

bowling coach for Special Olympics."

Gary grew up in Saskatchewan. "My social and academic life as a kid was a challenge. I experienced lots of schools and moving around. My mum was the anchor. Sports and a good sense of humour were my survival tools."

Gary's history of working with kids started when he was employed every summer at Camp Easter Seal in high school. "After that I was an art student at college but it became more rewarding working with kids. Then I spent 10 years at a School for the Deaf in Saskatchewan and 20+ years in Vancouver elementary schools as a special needs assistant setting up life skills programs."

Gary's two mentees have diverse interests, so Gary does different activities with each boy. On his first visit with both boys he brought his dog, Hank, who was later featured in a Shaw TV video about KidStart. "I knew the boys would open up and engage with Hank before me."

Some of the activities Gary has done with his mentees are making fires in his backyard for roasting

hot dogs and marshmallows; building boats out of cardboard boxes and taking them to Maple Lake to see if they float; going bowling, swimming, skating, and biking; having snacks at A & W; making homemade pizzas and watching a movie; going out to a movie; and walking his dogs. "I've been lucky because both my boys are willing to try something different. It's all about fun, play, and even being silly."

During the social distancing restrictions of COVID-19, Gary continued to support his mentees through phone calls and texting.

Asked what he enjoys about mentoring, Gary said, "It's fun and challenging to start a new relationship and watch it develop. In time it's an extension of your family."

As a mentor, Gary notes that you need to be flexible and accept your mentee as they are. Sometimes your plan for the day will change. Asked if he has any advice for someone who is considering becoming a mentor, Gary recommended finding some activities and then letting your mentee take the lead.

Making a Difference with KidStart

“It’s really awesome to be part of the KidStart program and to be matched up with two great boys. They become part of your family. My boy Brayden turns 18 this summer. The KidStart program will end for him but our relationship will grow and live on for many years, I hope.”

Brayden has lived with his grandma, Sharon, since he was 8 and was matched with Gary when he was 11. Sharon said Gary has made a huge, positive impact on her grandson’s life. “I don’t know if Brayden would have made it so far without Gary. Gary and his wife include him in everything! Brayden could always count on Gary. He gave him confidence and he was always there for Brayden.”

KidStart, says Gary, is all about developing a friendship and being consistent and reliable. “It’s quality time that’s fun, just enjoying being together. We’re not counsellors or therapists, but we are making a lasting connection. We’re supporting and encouraging our mentees, and saying ‘I LIKE BEING WITH YOU!’”

Lynden has been a KidStart mentor since July 2019, when he was

matched with his first mentee, Erny. Like Gary, he found that he enjoyed KidStart so much he requested another match. Lynden and Trentin were matched in December 2019.

Lynden has always enjoyed spending time with kids, and was looking for a way to give back when he found out about KidStart.



Erny, KidStart mentee, with Lynden

Born in Campbell River, Lynden moved to Falher, Northern Alberta, when he was four. His grandma, parents, and hockey coach were supportive role models in his life growing up. He moved back to Campbell River in 2019. Lynden is a residential support worker at a youth facility for kids in care. He has also worked as a landscaper and volunteered to run a baseball program for kids ages 3-14.

As a KidStart mentor, Lynden enjoys making a difference in his mentees’ lives and “seeing the growth and the smiles, and having so much fun doing things I wouldn’t normally do on my own that are really fun to do with a young person.”

Some of the activities Lynden does with his mentees are going to water parks, swimming, bowling, biking, skating, building Lego, playing soccer, and racing remote control cars. During the COVID-19 pandemic restrictions, Lynden supported his mentees through social distancing bike rides and walks, Face Time sessions, and building Lego over Zoom.

Trentin’s grandma said, “Lynden has made such a huge difference in my grandson’s life. He’s happier and more confident, and his time with Lynden has broadened his horizons in so many ways.”

Lynden’s advice to someone who is considering becoming a mentor is to go ahead and do it. “You will enjoy it and get as much out of it as your mentee will. It’s a great way to make an impact on an individual and on the community as a whole.”

Our Funders and Donors April 2019–March 2020

Government

- BC Housing
- Community Living BC
- Ministry of Children and Family Development
- Vancouver Island Health Authority

John Howard KidStart Grants

- Children's Health Foundation of Vancouver Island
- Province of BC-Gaming
- United Way Central & Northern Vancouver Island

John Howard KidStart Champions

Gold (\$100/month)

- 100 Men Who Give a Damn Campbell River
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- Judith Hayes
- Kathi Camilleri
- Patricia Davis
- Tanya Storr
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- Trail Bicycles

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- Anna Kubacki
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- Comox Valley Community Foundation
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Other Grants

- BC Hydro
- RBC Foundation
- Trans Care BC

Other Donations Over \$500

- Barbara & Gavin Cameron
- B. MacLeod
- Blue Toque Sports
- Campbell River Daybreak Rotary
- Cathy Bruce & William Kitchen
- City of Campbell River
- City of Courtenay
- Discovery Community Church
- Glen Clark
- KidStart clothing & bottle drives
- Lyn Farquharson
- Memorial donations for Carter Gorjeu
- Memorial donations for Eve Phillips
- Troy Young, Rehn Enterprises, Women for Women 5k, 10k, 15K

Heartfelt thanks to our many other individual, group, and business donors who are too many to list.

Thank you for helping us build safer and healthier communities!

Financial Information

Statement of Financial Position – March 31, 2020

	<u>2020</u>	<u>2019</u>
Assets	\$	\$
Current Assets	2,433,006	1,982,575
Investments	12,352	17,900
Property and Equipment	3,544,357	3,673,127
	<u>5,989,715</u>	<u>5,673,602</u>
Liabilities		
Current Liabilities	1,506,934	1,151,865
Long Term Debt	- - -	366,534
Deferred Capital Contributions	948,909	990,638
	<u>2,455,843</u>	<u>2,509,037</u>
Net Assets		
Equity In Property And Equipment	2,595,448	2,297,888
Internally Restricted	32,415	32,790
Unrestricted	906,009	833,887
	<u>3,533,872</u>	<u>3,164,565</u>
	<u>5,989,715</u>	<u>5,673,602</u>

Statement of Operations year ended March 31, 2020

	<u>2020</u>	<u>2019</u>
Funding	\$	\$
Government contracts	7,249,055	5,909,460
Unearned revenue	(96,676)	(489,248)
Rental revenue	339,754	54,697
Donations and fundraising revenue	184,339	311,491
Deferred Capital Contribution	41,729	41,729
Gaming revenue	64,039	58,598
Miscellaneous revenue	40,680	77,505
	<u>7,822,920</u>	<u>5,964,232</u>
Expenses		
Wages and benefits	5,522,299	4,072,355
Family caregiver fees and expenses	429,772	346,508
Program	614,823	440,910
Administrative	69,793	127,760
Amortization	211,338	196,998
Facilities	414,954	312,827
Rental supplements	178,851	162,111
Interest on long term debt	11,783	13,693
	<u>7,453,613</u>	<u>5,673,162</u>
Excess of funding over expenses	<u>369,307</u>	<u>291,070</u>

Audited financial statements available on request.



www.jhsni.bc.ca

The John Howard Society of North Island

140 10th Avenue
Campbell River, BC V9W 4E3

Telephone: 250-286-0611

Facsimile: 250-286-3650

E-mail: mail@jhsni.bc.ca

Find us on Facebook:

@JHSNI

@KidStartJohnHoward

@foundrycampbellriver

Find us on Instagram:

@foundrycampbellriver

Ask about our CARF accreditation



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Make a Difference!

The John Howard Society of North Island welcomes donations to support our work in building safer, healthier communities. Your contribution will help us to make a difference in the lives of vulnerable children, youth, adults, and families. Many of the clients we serve have been adversely impacted by the COVID-19 pandemic, and we are grateful to our donors for helping ease the burden.



*Photo by
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Three of our initiatives that currently need support are KidStart, Foundry, and the Youth Enhancement Fund. John Howard KidStart is a preventative volunteer mentoring program focusing on the positive development of children and youth ages 6-18.

Foundry Campbell River is our multi-service centre for young people and families, offering primary care, mental health and substance use counselling, and social services. Foundry Comox Valley will launch in 2021 and donations are welcome to help with renovation and start up costs. The Youth Enhancement Fund pays for special expenses for young people that are not covered by other funds, including urgent dental care and job readiness expenses. Donations can be mailed, dropped off in person, or made online: www.jhsni.bc.ca

The John Howard Society of North Island is a registered charity. Registration #107542524RR0001.