

JohnHoward

The John Howard Society of North Island

Annual Report 2018-2019



THE STATION

Comox Valley Youth Housing

A Dream Realised

Annual Report 2018 - 2019

Contents

Who We Are	2
President's Report	3
Executive Director's Report	4
News from John Howard	6
John Howard KidStart	7
Supports to Families	8
Independent Living for Youth	9
Substance Use	11
Mental Health	13
Youth Justice	15
Adult Programs	17
Elders in Residence Profile	19
Our Funders and Donors	21
Financial Information	22

On the cover: The Station youth housing

Our Mission

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



'Peaceful Swan' 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 52 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 9 locations:

- Campbell River Community Programs/Foundry
- Courtenay Community Programs
- Beech Street, Campbell River
- Parksville Youth Justice
- Nanaimo Youth Justice
- Port Alberni Youth Justice
- Duncan Youth Justice
- Robron Centre, Campbell River
- Gold River Children's Health Hub and Tahsis Health Centre

John Howard programs are situated in the territories of the Kwakwaka'wakw, Nuuchahnulth, and Coast Salish peoples. John Howard has 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



87 employees



28 family caregivers



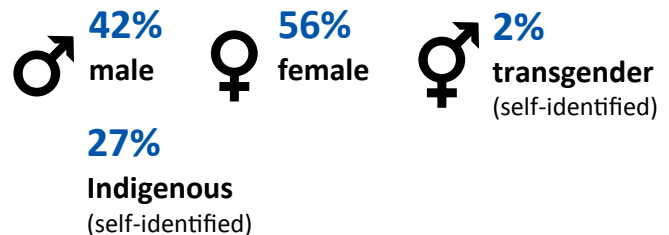
98 volunteers

Our Clients

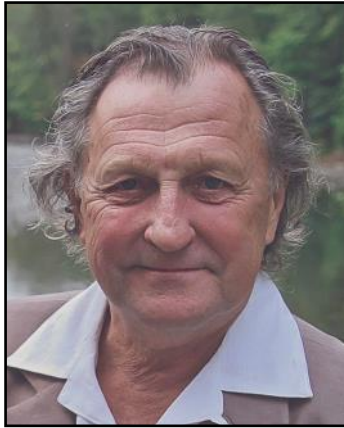
In the past year, we served **1,589** individuals.

We also provided brief service to **1,167** additional individuals.

Those participating in our services are:



President's Report



Terry Moist

As I have had the privilege to say for many years, The John Howard Society of North Island is doing very well. We are a society with a provincial reputation for delivering high quality services to those in temporary need of support. That's what we do; what our dedicated and caring professional staff do every day, and we do it very well. This is a society I am extremely proud to represent.

We offer programs too numerous for me to name in this brief comment, but you will find them highlighted in this annual report – they continue to meet the needs of the community. We have added programs as needed: our two housing projects in Courtenay, The

Station and The Junction, immediately come to mind.

The Station, our new youth housing facility, opened in early December after extensive renovations to make the space safe and inviting for young people. This was the culmination of a great deal of hard work by many, and the result of a generous gift of the building and property from the Abbeyfield House Society and renovations funding from the Comox Valley Regional District and Comox Valley Community Foundation. This project was recommended and supported by the Comox Valley Coalition to End Homelessness.

We were very pleased to be chosen to operate The Junction supportive adult housing, a greatly needed new service created by the City of Courtenay and BC Housing. The Junction opened in early April and is changing the lives of vulnerable citizens who are experiencing chronic homelessness. I'm sure the next year will bring new needs, new challenges, new programs, and new achievements.

While I remain in awe of the

commitment and success of our professional staff, I want, this year, to focus on those who have contributed voluntarily to John Howard. To our KidStart mentors, to our practicum students, to our corporate sponsors and service organizations for their targeted funds, to all the individuals who contribute their time and money, thank you. John Howard cannot exist without you.

I conclude by once again congratulating our amazing staff, by thanking those staff members who have left the society, and by recognizing the contributions of retired members of the board, Patrick Field and Dr. Anna Kindy. The John Howard Society of North Island is what it is because of you.

Our society is strong, it is in good administrative hands, it is financially secure, and, most importantly, it is providing helpful services to those who need them.

Respectfully submitted,

A handwritten signature in blue ink, appearing to read 'K. Howard'.

Executive Director's Report



Wendy Richardson

New Directions

We developed a new Strategic Plan this year that 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

We had a significant focus on housing this year as it is a pressing need in our communities. As has long been recognized, recovery from mental health or substance use challenges is much more difficult without adequate housing. After completing renovations to make the facility youth friendly, we opened The Station, housing for youth who are homeless or at risk of homelessness in Courtenay. We also became the operators of a brand-new housing facility, The Junction, funded by BC Housing and located next door to The Station on property provided by the City of Courtenay. The Junction provides housing for 46 people experiencing chronic homelessness. This Rapid Response to Homelessness model includes 24/7 staffing and two meals a day. The new housing programs, named for their proximity to the area's historic railway tracks, required a significant expansion to our staff team. We would like to welcome all our new staff and express the hope that working for John Howard will bring them great

satisfaction. Thank you to Natalie Meredith, Vicki Luckman, and Colleen Ross for their remarkable work getting these facilities up and running in a short time.

Our other new programming, Prevention and Early Intervention, is similar to a program we offer in the Comox Valley and fills a gap in Campbell River that was left when a comparable program operated by School District #72 ended.

Stabilizing Operations

In October 2018, we went through our fourth round of CARF accreditation which is designed to ensure that all our programs meet standards for best practice. CARF surveyors reported, "John Howard's leadership and staff truly listen to the clients and communities served and use the input to make positive changes for the betterment of the programs and services." They pointed out that our services "have a long-standing and well-deserved positive reputation in this region" and that our "approach is strongly grounded in relationships." In addition, CARF affirmed that "John Howard demonstrates responsible

Executive Director's Report

stewardship of the organization's finances. It is recognized for its management and oversight of multiple contracts and grants (32) with complex requirements and deliverables." CARF noted that our referral sources and other stakeholders consistently describe the organization as being responsive and having a sense of accountability in regard to money and the community. We were pleased to earn another three-year accreditation. Our Foundry programs were the first in the province to be accredited in this way. Thank you to our outstanding and dedicated staff whose work is reflected in the positive comments from CARF.

Strengthening Services and Staff

For our second year of operating Foundry Campbell River, we were pleased to receive additional funding to strengthen our services. We added more mental health and substance use counsellors and are hiring a nurse practitioner to increase the accessibility of primary care. Mental health and substance use services made up approximately 41% of the services accessed at Foundry during the

past year. Training in 'Emotion Focussed Family Therapy' boosted the skill set of our clinicians.

We dedicated additional funds to the cultural components of many of our programs to support our young clients of Indigenous heritage. Thank you to Avis O'Brien for her tireless efforts to bring a youth sweat lodge, drum making, singing, and other cultural activities to the youth in our Oasis and Headstart programs. We are grateful to the Wei Wai Kai Nation for allowing the youth sweat lodge to be constructed on their land.



Youth sweat lodge

Our substance use programs took extra steps to strengthen services to clients impacted by the opioid poisoning crisis. Making naloxone kits available to staff and stakeholders, and working with the local Provincial Overdose Mobile Response Team were amongst the

steps we took to support both clients and staff.

Conclusion

So much significant new programming has brought changes to our organization. We have hired a new manager for our Youth Forensic Psychiatric Services, Katie MacLaurin. This year, we will be saying goodbye and thank you to retiring long-time manager, Vicki Luckman, who has been at the helm of our Courtenay community programs for many years.

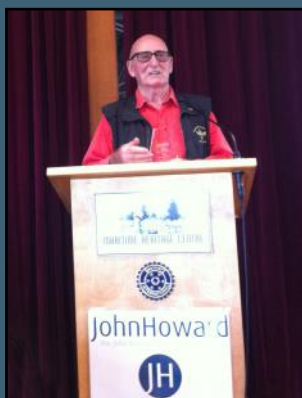
We are delighted to welcome new board members and are sad to say goodbye to some long-serving board members. As CARF pointed out, "The board of directors is led by a cadre of notable professionals who proudly serve and support the organization and value the dedication and hard work of the executive director, leadership team, and staff." We appreciate all the efforts of our stakeholders, volunteers, and donors, and their contributions of time, money, and energy to support the work we do.



News from John Howard

Spirit of John Howard Award

The Spirit of John Howard Award recognizes individuals who make a major contribution to the young people we serve, our communities, and The John Howard Society of North Island. In 2018 the Spirit of John Howard Award went to David Somerville, a former John Howard employee and current member of our First Nations Elders' Council.



David Somerville receiving his Spirit of John Howard Award

David's niece, JoAnn Restoule, also a member of our Elders' Council, presented the award. David was born into the Mohawk of the Six Nations Confederacy. The Mohawk, known as the Kanien 'Keha 'ka, are the People of the Flint. David has been a member of

the Kwakwaka'wakw Nation since 1992 through his adoption into the Speck family.

David is a registered clinical counsellor and was one of the founding members of the BC Association of Clinical Counsellors. He has been a member of the Cultural Support Team for residential school survivors since it was formed by Tsow Tun Le Lum Healing Centre in 2007. David is also a traditional faith keeper and healing person, who is known in this way as "Spirit Eagle."

For the past 27 years, David has been conducting sweat lodge and other ceremonies at his home, "Bear Spirit Place." He has welcomed John Howard staff and youth to Bear Spirit Place many times, and also contributes his insight, wisdom, and healing practices through his work on our Elders' Council.

David said, "When I began my personal healing journey in 1963 we had to do our ceremonies in secret because it was not safe to do them out in the open. The legacy will last for some time, but, boy, have we come a long way. I honour John Howard and others

who have worked hard on this path."

Local Hero Award



Tara Jordan at the Local Heroes Awards ceremony

Tara Jordan, John Howard's Campbell River KidStart coordinator, won the top honour in the Community Builder category at the Local Heroes Awards in May 2019. Tara is a tireless advocate for children and families struggling with poverty and other challenges. She believes strongly in the value of mentoring and sees her work as "an honour and a privilege."

Tara garnered among the highest number of nominations for any category. One nominator said, "Tara's attitude is always positive, and her passion for supporting families is contagious."

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, **98** mentees were matched with mentors who volunteered **9,287** hours.

Areas Served

Campbell River
Comox Valley
Quadra Island
Denman Island

Portion of John Howard budget:

3%


Staff


2 part-time employees


98 volunteers

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

KidStart participants are:

 **46%**
males
45

 **52%**
females
51

 **2%**
transgender
2 (self-identified)

50%
Indigenous
49 (self-identified)

From the families who gave feedback this year:

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

91% of children and youth have improved self-esteem

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

"This is the one relationship that has changed my foster son's life inexplicably for the better in every way possible . . ."

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: 277 families participated in one or more of our support programs.



“Thank you so much for being here. You made it so our voices were heard and helped us feel safe.” – Family

Families who participated are:

39%

Indigenous

109 (self-identified)

Areas Served

Campbell River
Comox Valley

Portion of John Howard budget:

7%

Staff

3 full-time employees

The Collaborative Planning program assisted with more than **156** meetings between families and social workers, helping families understand and participate in the process.

From the families who gave feedback this year:

“I totally have a handle on my anxiety now. Your ideas sure helped.” – Youth

*“My kid really likes you—no offense, but that’s unusual!”
– Parent*

“I’d like to thank you for being there for me when I needed someone to talk to. I really appreciated the time with you. You were able to help me get my head straight. I am doing well. Thanks again!” – Parent

Independent Living for Youth



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

A Snapshot: In the past year, **141** youth received support from our independent living programs.

Areas Served

Campbell River
Comox Valley

Portion of John
Howard budget:


7%


Staff


3 full-time
employees

1 part-time
employee

Independent Living, Barnett House, and The Station participants are:

 **42%**
males
59

 **52%**
females
74

 **6%**
transgender
8 (self-identified)

41%
Indigenous
56 (self-identified)

From the clients who gave feedback this year:

93% of youth learned
skills for day-to-day
living

100% of residents at The Station
were attending school or
learning vocational skills

“Life will always be frustrating and difficult, but people like you make it easier to handle. I liked building and bettering my life and the people around me.”

Independent Living for Youth

The Station

The Station is a supported living program for youth ages 17 to 22 in Courtenay. The program is funded by MCFD and provides assistance in the areas of future planning, skill development, service coordination, and other supports to the youth residents. Before the doors opened in December 2018, all five funded beds were allocated and The Station had a waitlist.

Barnett House

Dave (pseudonym) moved in to Barnett House just before his 17th birthday and stayed for over two-and-a-half years. He was admitted to the program because he did not have a safe and stable place to live. His family environment was overcrowded and transient, and alcohol and drug issues within his family prevented him from staying focused on school.

After he moved out of Barnett House at age 19 into an apartment, we continued to support him for a while. Dave still stays in touch with the coordinator. He has been working full time for the past year.

“Before living at Barnett House I had no independence and was unsure of what I wanted to do in life. With the support we had there nothing could go wrong. With the rules I learned to follow I learned to take on more responsibility. It made me who I am today, gave me a good work ethic, and inspired me to do better in life. Some days I wish I was still there.”



Barnett House garden

Transitioning to Adulthood

The Youth to Adult Transitions (YTAT) program is for young people ages 16-24 who need/want support during the transition to living as an adult. The youth counsellor answers questions, helps explore options, 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.

YTAT is recognized by MCFD as a program able to help former youth in care who have an Agreement with Young Adults (AYA) to achieve their goals.

When young people ask what they need to live independently, we say they need to be ready to pay bills, cook, clean, manage money, look after their health, get ID, attend school or work, and do the shopping. We also say it means being part of the community and having a circle of people they can count on for support and to have fun with.

Feedback from young people in the program this year included:

- “I love how much is offered. I was literally sitting at home with no plan and this program helped me get back on my feet again and get motivated.”
- “What was most helpful was having someone to talk to.”
- “I’m grateful there is a place for youth to go to get all the help they need.”



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, **201** youth and family members received substance use services, and outreach workers had an additional **710** supportive contacts with youth.

Areas Served

Campbell River
Comox Valley
Gold River & Tahsis

Portion of John Howard budget:

16%

Staff

4 full-time employees

7 part-time employees

Substance Use Services clients are:



From the youth who gave feedback this year:

“A highlight was learning that I’m ready for change and that I’m stronger than I thought I was.”

“I liked having someone who understood me and cared. I could be honest without judgement.”

Substance Use

Prevention in the Schools

During 2018-2019, the Indicated Prevention and Early Intervention Program facilitated the Drug and Alcohol Prevention Series to 1,038 youth in School District #71.

The program is designed as a five-part series, with anticipated outcomes that students:

- will be able to recognize patterns of use in the Comox Valley compared to the rest of BC.
- will be able to assess their comfort with risk and articulate how much risk taking they engage in and rationales.
- can assess personal knowledge about alcohol use, understand concepts of dangerous drinking styles, and understand prevention strategies related to alcohol.
- will have increased knowledge related to cannabis, assessment of prevention strategies, and increased skills related to refusal options.
- will have increased knowledge of stages of use, spectrum of substance misuse, how to self-assess problematic use, and where to seek support locally.

A teacher gave this feedback: “Thanks again for coming in to talk with the grade 8s. They really enjoyed being able to talk openly with you without judgement, taboo, or stigma attached. I also really liked the realistic approach you brought to the subject and think that it really helped to foster responsible decision making.”

Additionally, the program, along with one of the local secondary school’s Parent Advisory Councils, provided a “Substance Use Awareness Forum” for 60+ attendees.

Smart Recovery Family & Friends



SMART Recovery® Family and Friends provides support and tools for people who are affected by the addictive behaviour of someone close to them. The weekly group is available at Foundry Campbell River for those who struggle with finding a safe place to share stories of how they are coping with loved ones currently active in addiction.

John Howard Youth and Family Substance Use Services has run three sets of groups since October 2018, for a total of 30 weeks, averaging 10 participants at each meeting. Our current goal is to have the group develop into an ongoing service with both participants and John Howard staff facilitating on a rotational basis. We are very close to meeting this goal, with several people taking the online SMART Recovery® Facilitator training.

When asked “What has been most helpful to you in attending the meetings?”, recent SMART Recovery® Family and Friends participants responded:

- “That you are not alone in what you are dealing with.”
- “Stop from slowly dying from worries and anxiety. Brings me peace and great new skills in dealing with my loved one.”
- “Learning communication skills.”
- “I no longer feel alone and isolated.”
- “The interaction between members of the group. The tools that are given to cope.”
- “Great facilitator - very knowledgeable and supportive.”

Mental Health



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

A Snapshot: In the past year, **462** children, youth, and families received mental health services.

Areas Served

Comox Valley
Campbell River

Portion of John
Howard budget:

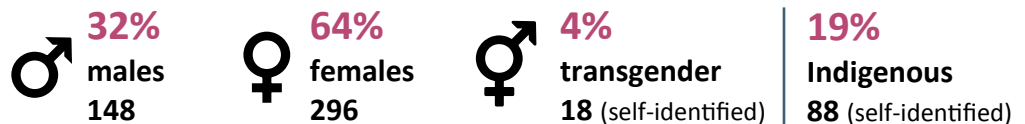
17%

Staff

4 full-time
employees

4 part-time
employees

Mental health services participants are:



From the clients who gave feedback this year:

78% of youth respondents said things were “better” or “much better” since they started coming to see us.

“I like how the counsellor is caring and supportive of me, and reminds me how well I am doing. She reminds me I can do it!”

Mental Health

Boys' Groups

In partnership with Child and Youth Mental Health, John Howard's Mental Health Outreach counsellor facilitates boys' groups for ages 14-15 at Courtenay's Lake Trail Middle School and Mark Isfeld High School. The schools report improvement in attendance and connection to school. A grant from MCFD provides food and activities. The boys' groups have been offered as an elective next year at Lake Trail and the demand has already filled two classes. This spring, 19 boys attending the boys' groups had the opportunity to travel to Vancouver to attend a Boys Club Network meeting. They were taken to a Whitecaps game, had a tour of the downtown Eastside, and stayed overnight at Jericho Beach Hostel. The highlight for the boys, many of whom had never left the Island, was spotting a handful of Lamborhginis.

LGBTQ2S+ Youth Group

The LGBTQ2S+ youth group continues to meet weekly at Foundry. During the past year, the group hosted community dinners,

participated in an American Sign Language course, and took part in Pride celebrations. Grants from Island Health and Trans Care BC helped support this group.



Poster created by youth

One young person said the group provides “a sense of safety, a friendly environment, and a place to learn, among other things.”

Foundry Removes Barriers

One of our Foundry mental health counsellors met with a mom and her 17-year-old daughter about 22 times over four months. They were referred by Child and Youth Mental Health. The mom suspected that her daughter is on the Autism spectrum, but she has been bumped off numerous waitlists for assessments throughout the years as she is

high functioning. The mom accessed our Youth and Family Counselling and Mediation program, parenting group, and walk-in counselling.

The mental health counsellor has met with the daughter every week for walk-in counselling and she attends Peer Support Group weekly as well. The mom reported that her daughter's mood has improved greatly and her stress has decreased. She has also met new friends and is learning some social skills. The mom and daughter also had a psychiatry consult at Foundry. The psychiatrist confirmed that the daughter is on the Autism spectrum but that she needs to be formally assessed. Our counsellor has been helping the mom explore financial options for this. They've also met with the STADD (Services to Adults with Developmental Disabilities) navigator at Foundry.

The mom said we've done so much for her and that it's helped greatly. “We've received more help from Foundry in the past four months than we have from elsewhere in the past 16 years.”

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, **186** youth accessed our youth justice services.

Areas Served

Campbell River
Comox Valley
Duncan
Parksville
Nanaimo
Port Alberni
Port Hardy


Portion of John
Howard budget:


43%


Staff

18 full-time
employees
7 part-time
employees

Youth Justice participants are:

 **75%**
males
139

 **25%**
females
47

 **0%**
transgender
0 (self-identified)

45%
Indigenous
84 (self-identified)

From the clients who gave feedback this year:

“It was very helpful! I learned a lot about myself and am leaving this program ready to tackle my future.”

“Staff pushed me to set my own goals and get outside my comfort zone. They really helped me and showed me that I have my own voice and that it should be heard.”

Youth Justice

Culturally Responsive Practice

Over the past year, youth attending Headstart and Oasis have participated in many cultural opportunities provided within the programs. We began hosting a weekly drumming and healing circle that invites youth to share in traditional healing practices such as drumming, singing, smudging, and sharing stories with Elders. Our youth were also provided with the opportunity to participate in cold water cleansing and sweat lodge ceremonies – both of which included support from our Indigenous staff and Elders.

We hosted a drum making workshop in which the youth learned from local Elders about the historical significance of drums, built their own drums, and then shared in a traditional ceremony for “opening” their drums. Additional cultural activities included: cedar bark harvesting, cedar weaving, cedar salve making, prayer tie making, beading, joining the March for Missing and Murdered Indigenous Women, taking part in the educational program “Walking

with the Wolves,” visiting Turtle Council House, going to the Indigenous Wellness Fair, and attending various gatherings and celebrations at the Big House.



Drum making workshop

YFPS Clinic

The John Howard Society of North Island operates a youth forensics psychiatric services (YFPS) clinic on behalf of BC’s provincial Youth Forensic Psychiatric Service. John Howard has been contracted to provide this service since the program’s inception in 1990. The John Howard YFPS clinic serves clients from all communities north of Nanaimo (Bowser, Union Bay, Fanny Bay, Comox Valley, etc.), western Vancouver Island (Gold River to Kyuquot) and the

north (Campbell River, Port McNeill, Port Alice, and Port Hardy). In addition, we provide specialised services to youth from Powell River and to youth from throughout the province attending Headstart or Oasis in Campbell River.

John Howard’s YFPS assessment and treatment team consists of: one forensic psychologist, one forensic psychiatrist, one clinic manager/clinician, two clinicians, and one psychology assistant. The youth being served by YFPS are experiencing significantly more complex mental health and substance use challenges than those receiving services a decade ago. The YFPS treatment team’s breadth of clinical experience and skill sets allows youth to be assigned to clinicians most likely to meet their needs, and for different mental health issues to be addressed appropriately.

This year the YFPS team put on a “road show,” visiting a number of Island communities where they were invited into judicial chambers and other community organizations to speak about the services they provide for youth.

Adult Programs



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

A Snapshot: In the past year, **326** clients participated in our adult programs.

Areas Served

Campbell River
Comox Valley

**Portion of John
Howard budget:**


7%


Staff


3 full-time
employees

3 part-time
employees

Participants in our adult programs are:

 **45%**
males
147

 **54%**
females
176

 **1%**
transgender
3 (self-identified)

51%
Indigenous
166 (self-identified)

Program News:

The Homeless Outreach and Prevention program provided **500** rental supplements. **23%** of clients were age **55+**.

48 youth (ages **24** & under) accessed the Homeless Outreach and Prevention program this year.

Feedback from a RentSmart course participant:

“The course helped a lot. I learned to take precautions, ask questions, and manage my finances better.”

Adult Programs

CLBC Outreach

The Community Living BC (CLBC) Outreach program continues to provide one-to-one support to service recipients in the Comox Valley and Campbell River. For the past year, personal supports to enhance clients' quality of life focused on community inclusion, life skills development, vocational skills, and health promotion.

Our CLBC Contract Analyst identified the program's strengths, including:

- Person-centred programming
- Service focuses on goals set by individual clients
- Service delivery is flexible as needed
- Staff are skilled in relationship building
- Staff work with individuals to address difficulties as they arise
- An individual's right to self-determination is the underpinning of service delivery

One client said this about her CLBC worker: "She always gives me the choice of what to do, she takes me for car rides every time and I really enjoy that and that is why I ask for that. We go for

walks and that is enjoyable."

Another client said: "My worker is wonderful and I am very grateful for her and everything she does with and for me."

Homeless to Housed

A 57-year-old male client of the Homeless Outreach and Prevention Program (HOP-HPP) was living in a tent in the bush close to town last winter. He had issues finding affordable housing and accessed HOP-HPP for assistance. While living in a tent, the client successfully completed the RentSmart course that teaches participants how to be a good tenant and gives them a certificate that local landlords recognize as a reference.



We then helped him apply for a unit in a low income housing building. He was accepted, and our homeless outreach worker helped him move into his new home during a torrential downpour.

When they went back to his camp to get the rest of his belongings, his tent was in a foot of water. This client is still successfully housed and is doing well. He donated his still usable tent to the Salvation Army.

Housing Reunites Family

A 36-year-old female client came to access HOP-HPP services after leaving a recovery centre. Following a very difficult childhood, she had fallen into hard times with challenging relationships and substance use issues. When she came to see us, the client was homeless and her children had been removed from her care. She told us her children were everything to her and she was determined to get them back.

Our HOP-HPP staff successfully found the client temporary housing in a local hotel, and she landed a job within walking distance soon afterwards. She worked hard, remained substance free, and has now secured permanent housing for herself and her children, who are being returned to her care on a gradual basis.

Elders in Residence

When a young person walks into Foundry Campbell River on a Tuesday or Wednesday afternoon, the friendly face of an Elder is there to greet them. In partnership with Sasamans Society, Foundry Campbell River offers the Elders in Residence program as a unique service to support youth. Local Elders Edwina Henderson, Ole Henderson, and Gina Hunt spend time at the centre to encourage youth and help build a cultural connection. The Elders collaborate with other services at Foundry, including Aboriginal Youth Navigators who provide support for Indigenous youth, especially those going through times of transition or aging out of care.

Edwina, Ole, and Gina took part in many training workshops through Sasamans over a period of six years prior to becoming Elders in Residence at Foundry. These included residential school grieving, conflict resolution, public speaking, self-care, personal baggage, and Circle of Justice with the RCMP.

“All this training with Sasamans and my work history that includes 15 years as an Educational Assistant led to my being an Elder

in Residence here,” said Edwina, who grew up in Alert Bay. “When my husband Ole and I heard about this, we said we’d try it.”

Edwina said she enjoys spending time with the youth. “It’s fulfilling. I help out with the Youth to Adult Transitions Cooking Group. At Christmas and Thanksgiving we make big meals. We fed 25 people at Christmas. We have some good laughs.”



Edwina

On days when the Cooking Group isn’t in session, Edwina sits out front in the waiting area, doing crochet and visiting with everyone. “One day I met a relative I hadn’t even met yet and her daughter. Traditionally, our families were so big that it seems everyone is connected somehow.”

Edwina said another important role of the Elders in Residence is to provide advice to staff when asked about cultural matters. “If a staff person wants to know how to

approach a First Nations person without being offensive, they can ask us.”

Like his wife Edwina, Ole came to Foundry with a background of working for the school districts in Alert Bay, Port Hardy, and Campbell River. As a school bus driver and mechanic, Ole transported 350 kids and drove 350 km per day. Ole also did grounds maintenance for the school district, and worked in fishing and logging for many years. When Ole retired from the school district at age 60, he spent the next 10 years driving a cab.

“I grew up on a float camp where we had no wheels, so once I got driving I loved it.”

Ole is a member of the Wei Wai Kum band of the Laichwiltach Nation. He was given four traditional names by four different people. The one he uses most



Ole

Elders in Residence

often is “Kla Kla Klawis” which means “Two Whales Meeting.” He is quite fluent in Kwak’wala, as he grew up with the language. From the age of 12 he would take his Mom by boat to visit her friends from residential school in different villages. “They would speak in Kwak’wala. They never lost their language even though they weren’t allowed to speak it at school.”

Ole became involved with Sasamans Society’s work to ensure First Nations kids in care get placed in First Nations homes when possible. “Then they asked us if we were interested in coming to Foundry, so they brought us in and gave us a tour. We were all quite comfortable when we came and saw the place, and felt very welcome.”

Ole finds being an Elder in Residence rewarding, and enjoys making connections with the youth and staff. “It’s a friendly place. I did some carving with some of the kids, and I talk to the youth about what jobs I’ve done and what they might like to do. Some of them have a hard time talking to their immediate Elders, so they can talk to us if they’d like to.”

Gina Hunt, whose traditional name is Wa-ji-di, meaning “Gifted/ Treasured One,” grew up until the age of seven in Fort Rupert, traditionally known as Tsaxis. “I was raised with words of affection,



Gina

like ‘wadzid,’ meaning ‘you’re the reason I live’ and you’re my ‘hase,’ which means ‘my breath.’”

She then moved to Vancouver where she spent the rest of her childhood living with her mother as

the oldest of seven siblings. At age 18 she moved to Port Hardy. It was there that Gina reconnected with her culture. “I didn’t know my culture but I was interested in who I was and where I was from. I attended potlatches and gave potlatches with my family, and attended sweats, sundances, and pow wows.”

Gina has had many traumatic experiences in her life and credits her cultural experiences for helping her to heal. “I enjoy being part of our culture in every way.

Our language and our music is our medicine.”

Gina was an Educational Assistant in Port Hardy for 20 years. She also worked as an Alcohol and Drug Counsellor, was a director for the Rediscovery Program, and was involved in the RCMP cultural camp. In addition to her time at Foundry, Gina works at Cedar School as a “Granny in Residence.” Gina explained that the Big House is where the laws that govern her people come from. “Ceremonies are so important to hold people up, like the Coming of Age Ceremony.”

Gina helps with the Peer Support Group and has introduced some of the youth to cedar weaving. “It makes us feel useful, just having a presence. In our culture we say ‘bagwans,’ which means ‘I’m here to share in your energy.’ I’ve made bannock here and I brought in Indian ice cream.”

Gina observed that when people are treated with respect, they feel good about coming here and getting the help they need. “So much positive change for youth has happened because of Foundry being here.”

Our Funders and Donors 2018-2019

Government

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

John Howard KidStart Grants

- Campbell River Community Foundation
- Children's Health Foundation of Vancouver Island
- City of Courtenay grant-in-aid
- Province of BC-Gaming
- United Way Central & Northern Vancouver Island

John Howard KidStart Champions

Gold (\$100/month)

- Altrusa International of Campbell River
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- Comox Valley Community Foundation
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Other Grants

- Community Action Initiative
- Courtenay Drug Strategy Committee
- Island Health-Community Wellness
- RBC Foundation
- Trans Care BC

Other Donations Over \$500

- 100 Women Who Care Campbell River
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- Boston Pizza Campbell River
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- Discovery Community Church
- Don & Lynn Bendickson Foundation
- KidStart Clothing Donations
- Moxie's Grill & Bar
- Women for Women 5k, 10k, 15K

Heartfelt thanks to our many other individual, business, and group 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, 2019

	<u>2019</u>	<u>2018</u>
Assets	\$	\$
Current Assets	1,982,575	1,664,556
Investments	17,900	2,900
Property and Equipment	3,673,127	3,582,548
	<u>5,673,602</u>	<u>5,250,004</u>
Liabilities		
Current Liabilities	1,151,865	959,437
Long Term Debt	366,534	384,705
Deferred Capital Contributions	990,638	1,032,367
	<u>2,509,037</u>	<u>2,376,509</u>
Net Assets		
Equity In Property And Equipment	2,297,888	2,148,028
Internally Restricted	32,790	32,573
Unrestricted	833,887	692,894
	<u>3,164,565</u>	<u>2,873,495</u>
	<u>5,673,602</u>	<u>5,250,004</u>

Statement of Operations year ended March 31, 2019

	<u>2019</u>	<u>2018</u>
Funding	\$	\$
Government contracts	5,909,460	5,426,873
Unearned revenue	(489,248)	(11,434)
Rental revenue	54,697	92,951
Donations and fundraising revenue	311,491	192,232
Deferred Capital Contribution	41,729	20,865
Gaming revenue	58,598	43,343
Miscellaneous revenue	77,505	99,646
	<u>5,964,232</u>	<u>5,864,476</u>
Expenses		
Wages and benefits	4,072,355	3,784,994
Family caregiver fees and expenses	346,508	394,364
Program	440,910	550,164
Administrative	127,760	45,332
Amortization	196,998	153,250
Facilities	312,827	263,079
Rental supplements	162,111	188,613
Interest on long term debt	13,693	14,295
	<u>5,673,162</u>	<u>5,394,091</u>
Excess of funding over expenses	<u>291,070</u>	<u>470,385</u>

Audited financial statements available on request.



www.jhsni.bc.ca

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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.



Photo by Bluetree Photography

Three of our initiatives that currently need support are KidStart, Foundry Campbell River, 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.

The Youth Enhancement Fund pays for special expenses for young people that are not covered by other funds, including urgent dental care, emergency groceries and transportation, 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.