



Annual Report

2017/2018



Our Vision:

Children, youth and families are safe and healthy in caring and inclusive communities.

Our Mission:

Strengthening children, youth and families through innovative and accessible quality services.







Message from the President & Executive Director

2017 was a year of opportunities for **STLEO**—for our youth and families, for our agency, and for our community. Some of the program highlights of the year include:

- the addition of a new outreach program in Burnaby for youth in care who require additional support in community
- the expansion of The Outlook Youth Hub with the addition of two new staff in Family Development and Youth Transition services.
- the delivery of workshops to youth and families on topics such as anxiety
- the establishment of a community kitchen for young moms and dads
- the launch of a Complex Care home for LGBTQ youth.

We were delighted that our agency achieved a three-year accreditation from CARF Canada, indicating an established pattern of 98% conformance to 1,300 standards.

STLEO received funds from the Burnaby Home Depot, Orange Door Campaign to end youth homelessness. Home Depot Burnaby employees spearheaded the largest donation across Canada! Funds raised assist youth aging out of care to secure and maintain housing.

Funded by the Vancouver Foundation “Fostering Change” initiative, our agency organized and implemented a two-day arts retreat for youth leaving care.

We took a leadership role in the continued develop of our profession by co-sponsoring the provincial Child and Youth Worker conference. We held consultations and workshops on trauma-informed practice and play therapy. And we lead in partnership with the Federation of Community Social Services of BC on best practice.

This year we sunset our successful gang prevention program, a partnership with SD41 and a grant from Civil Forfeiture. We believe that this service is valuable and we will seek new funding accordingly.

We continue to operate high quality Complex Care and Emergency Receiving homes for youth in Burnaby and in Surrey and we offer a range of clinical and support services to infants, children, youth and families.

We are proud to announce the completion of our new state of the art home for youth in care in Burnaby. This home will replace our original home called ESAU house. Named after Isobelle Esau, this home has provided care to hundreds, if not thousands of youth over the past 30 plus years. We look forward to the grand opening of our new ESAU House in September 2018.

As always, we are grateful to our dedicated staff, board and funders with whom the journey to provide our community with high quality care and support continues.

Sincerely,

Marion & Renata

Our Board *2017/2018*

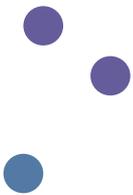
Marion Clauson, *President*

Deborah Hutchings, *Vice President*

Glenn Gardner, *Secretary*

KP Aujlay, *Treasurer*

Cathy Ebbehoj, *Director*



Our Programs and Services

Child and Youth Access

64 families served

Many children struggle with issues related to emotional, behavioral, and mental health, which can cause significant distress and impair development and functioning at home, at school, and in the community. Through prevention, early identification, and intervention efforts, their struggles can be reduced. The Child and Youth Access program helps children, youth, and families deal with mental health issues, including behavioral, psychological, and emotional challenges. The program provides timely, appropriate, and effective assistance that respects and promotes the independence and self-determination of participants.



Family Development Program

*83 families served
267 individuals served*

Today's families are faced with many challenges that place great demands on resources. Strong family systems provide support for successfully meeting these demands and for encouraging the healthy emotional and physical growth of family members. We believe that strong families, which provide a support system to guide individuals through various life stages and life events, are the foundation for strong communities. Building positive, healthy interactions between family members is an important key to family preservation. The Family Development Program is designed to focus on strengthening family and individual relationships, with the objective of building healthy families.

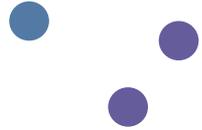


SMILE

59 families served

Raising a healthy child starts with a healthy pregnancy. Educating young mothers, fathers, and any significant others through pregnancy and childbirth has a positive impact on the health of the mother and on the ongoing development of her baby. At STLEO, we understand having a baby is a life-changing experience and that everyone needs support to become a nurturing and responsible parent. That's why we started the SMILE program—to help young mothers and fathers experience a healthy pregnancy and to provide them with the education and support needed to prepare for childbirth and raising their children.

Our Programs and Services



Beach, Newton, and Delta House 54 youth served

At a time of crisis or transition, youth in care can find support through our programs located in Surrey and Delta. Our two bed emergency receiving homes provide youth with a warm and inviting homelike setting, to assist with personal goal setting, school support and physical and mental health planning.



Esau House 57 youth served

When there is instability and change in their lives, youth need to be encouraged, supported, and nurtured. Providing a stable, safe environment for youth in transition is often a key first step in establishing a foundation for them to overcome obstacles and move forward in a positive way. Esau House provides that environment and offers support, encouragement, and ideas for youth who are often not involved in school or community programs. The co-ed home offers behavioural assessment and contact with professionals to provide stability during crises and transitional periods in a youth's life.



Cedar, Maple, and Willow House 9 youth served

Youth affected by complex trauma (exposed to multiple traumatic events) need specialized programs that develop self-regulation skills, decrease hyperarousal, improve emotional language, deepen attachment experiences and increase personal responsibility for actions. Understanding this, STLEO works closely with Complex Trauma Resources to provide specialized homes that assist these youth to move forward to more age appropriate developmental stages. These homes provide specific and focused approaches that encourages the youth to reach their full potential. to overcome obstacles and move forward in a positive way.

"I feel heard here, and not judged"



Our Programs and Services

Southside Residential Program *7 youth served*

When there is instability and change in their lives, people need to be encouraged, supported, and nurtured. This is particularly true of girls who are not only moving through adolescence, but who may be dealing with issues including alienation from their family, and involvement in street activities. Providing a stable, safe environment for teenage girls in transition is often a key first step in establishing a foundation for them to overcome obstacles and move forward in a positive way.



Youth Innovation Lab

In our newest program, youth receive hands-on training with some of the best technology companies in Vancouver to achieve skills in computer coding, animation and project development. When completed, youth will understand basic coding language, tour an animation studio, advertising firm, and computer lab, and receive a mentorship relationship with an artist, coder, or social media expert in the field.



ST LEO Program Stats *April, 2017 to March 31, 2018*

Clients and Families served:	495
Individuals served:	725
Hours of service provided (Non-residential):	21,900 hours
Bed nights provided/Days of service (Residential):	6,647

“Great house you can call home”

Outlook Community Youth Services

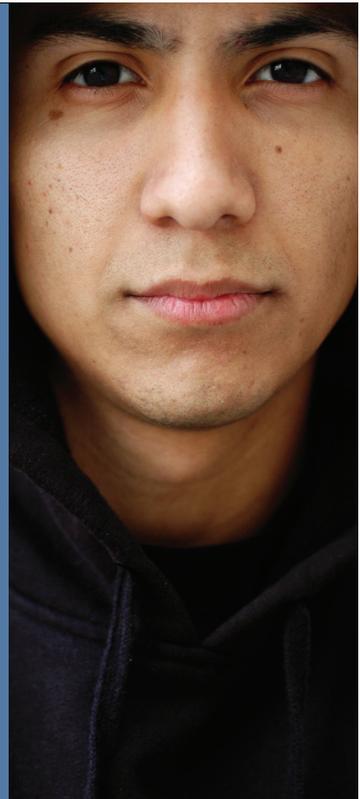
148 youth and families served

At STLEO we've learned we can help youth realize lasting positive change in their lives by building on their strengths. When youth feel included and valued in their families and communities, they are more motivated to make positive choices and to live a healthy, safe, and productive life style. That's why we created Outlook Community Youth Services— an innovative youth development initiative aimed at building a network of support for high-risk youth by establishing meaningful links, connections, and relationships between young people as individuals, their families and significant others, and the community as a whole. Through Outlook, youth build confidence and self-esteem while learning to increase their social, interpersonal, and life skills.

Through Outlook, we work to build community networks and connections with social service agencies, community, and business organizations.

Services offered as part of Outlook include:

- Youth mentorship opportunities to provide friendship, support and positive role modeling
- Community work service placements to provide opportunities for youth restitution
- Parental support, education, parent/teen mediation and crisis intervention to help build strength in families
- Support to transitional housing to help stabilize living arrangements for youth
- Youth development and monitoring to help build personal strength
- Community capacity development to help build a supportive community
- School program for youth to be able to continue with formal learning
- Outreach to connect with sexually exploited youth
- Support for youth to exit gang involvement through recreational and pro-social activities





Statement of Financial Position

03/31/2018

	Current Year	Previous Year
ASSETS		
Total current assets	\$ 3,694,582	\$ 983,590
Investments	262,578	561,570
Capital assets	2,706,435	1,322,935
TOTAL ASSETS	6,663,595	2,868,095
LIABILITIES AND EQUITY		
Total current liabilities	\$ 1,610,007	\$ 325,214
Net assets (equity)	5,053,588	2,542,881
TOTAL LIABILITIES & EQUITY	6,663,595	2,868,095



Statement of Operations

12 Months Ending 3/31/2018

	Current Year	Previous Year
REVENUES		
MCFD	\$ 5,318,602	\$ 4,549,054
Grants	55,560	96,142
Other	14,884	13,391
Donations	5,028	11,463
TOTAL REVENUES	5,394,074	4,670,050
OPERATING EXPENSES		
Programs	\$ 4,359,056	\$ 3,758,959
Administration	557,435	423,778
TOTAL EXPENSES	4,916,491	4,182,737
NET INCOME		
	\$ 477,583	\$ 487,313
Gain or disposal of capital assets	\$ 2,033,124	\$ --
EXCESS OF REV over EXP	\$ 2,510,707	\$ 487,313

Awards

AI Cote Employee of the Year Award



The AI Cote Award is presented annually to an employee who best exemplifies the qualities that AI Cote has given our society to the benefit of the people with whom it is our privilege to work.

AI Cote was one of the founding members of St. Leonard's Youth and Family Services and served as a volunteer for over two decades as a member of the society, committee chairperson, and as an officer and director on the Board.

AI was the kind of honest, sincere, hard working person you could truly depend on. Over the years, he

had given unstintingly of his time because he cared deeply about people who are in need and believed that the work of the society could make a positive difference in their lives.

Last year, the award was presented to two employees: Brenda Stephens (left) and Lisa Cheuk (right).

The University of British Columbia: St. Leonard's Youth and Family Services Scholarship

A \$500 to \$1000 scholarship has been endowed by St. Leonard's Youth and Family Services. The award is offered each year to an undergraduate student entering the final year of study in Social Work. The award is made on the recommendation of the School of Social Work and Family Studies, University of British Columbia.

Program Modality: Complex Trauma in Residential Programs

Complex Trauma is defined as exposure to multiple traumatic events, often of an invasive, interpersonal nature, and the wide-ranging, long-term impact of this exposure. The therapeutic goals for the client within a Complex Trauma Model are: develop self-regulation skills, decrease hyperarousal, improve emotional language, deepen attachment experiences, and increase personal responsibility for actions.

We focus on the current developmental level expressed by the youth and actively seek ways to enhance their growth. We use the idea of complex trauma here to include patterns of broad, persistent maltreatment, neglect, or traumatic stress rather than specific single events or episodes.

Children and youth who have experienced significant trauma show a progression of development that is distorted and often arrested. Researchers suggest that a traumatized child's body redirects its intrapersonal resources normally used for growth to survival. Thus, traumatized children are often seen as developmentally "stuck" and delayed in their maturity. Part of the trauma treatment process involves not only assessing the child's developmental level, but also helping the child move forward to more age appropriate developmental stages.

Even though each child is different, our work with the emotional and behavioural problems exhibited suggests that we are successful when we can: establish emotional and physical safety, decrease stress and arousal, provide meaningful attachment experiences, meet them at their developmental level.

STLEO now utilizes a Trauma Informed Practice in all homes and programs.

[1] The Complex Care and Intervention, Care Team Guide (2015) Authors: Dr. Chuck Geddes; Psychology Consultant, Interior Child & Youth Mental Health Services and Dr. Kirk Austin; Consultant, Complex Care & Intervention Program

STLEO acknowledges that the land on which we gather to provide community and social services is the traditional and unceded territory of Coast Salish Peoples, including the territories of the Kwantlen, Katzie, Semiahmoo, Skwxwú7mesh, Tsleil-Waututh, Kwikwetlem and Musqueam First Nations.



We thank our funders for their support and partnership



Ministry of Children and Family Development
Ministry of Public Safety & Solicitor General



vancouver foundation

St. Leonard's is accredited by CARF: The Commission on Accreditation Rehabilitation Facilities. This means that we have met CARF's rigorous guidelines for service and quality and that our services adhere to internationally recognized standards of excellence. Please visit the CARF website for more information:

www.carf.org



St. Leonard's Youth and Family Services Society is audited annually by the firm Matthews Campbell.

St Leonard's Youth and Family Services

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