



49th Annual General Meeting

June 13, 2016



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

On behalf of the Board of Director's, I am honored and extremely proud to welcome you to the 49th Annual General Meeting. STLEO is doing such important work with youth and families, and that is a tribute to the strength and commitment of our amazing staff, the excellent leadership of Renata, our Executive Director, and the guidance of my wonderful colleagues on the Board.

We have grown over the past year with several new programs and many new staff. We have a solid financial picture and continue to apply for and receive grants to support our programs. While the landscape for children and youth in care, those youth aging out of care, and families in our communities continues to be challenging, STLEO approaches all challenges with professionalism and caring. I am privileged to be a part of the STLEO family as we continue in our mission to provide innovative and quality services for children, youth and families.



—Marion Clauson, *President*

All members of our Board of Directors are volunteers who have a keen and dedicated interest in the welfare of children, youth and families. All are actively involved in the community in addition to their work with STLEO.

A number of Board members are award winning volunteers receiving: community service awards, Burnaby Local Hero awards, Burnaby Citizen of the Year, Lions Club (highest award in Canada), Honorary Life Memberships, Queen's Jubilee Medal.

Our Board 2015/2016

Marion Clauson, *President*

Dennis Yandle, *Vice President*

Glen Gardner, *Secretary*

KP Aujlay, *Treasurer*

Deborah Hutchings, *Director*

Executive Director's Report

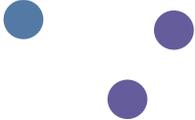
Renata Aebi, ED



Each year at about this time, we come together to take stock. What have we learned this year that would help us to achieve well our mission and goals. How have we considered first the views and needs of the people that we are entrusted to serve? As an agency, how well have we done to include and support the participation of staff within our strategic plan? And, finally, how have we been a good partner with our funders and with our community?

Let's take a look now at the year in review:

- Our agency has *grown* from 60 to over a hundred staff in the year to include five more specialized homes within the Surrey region. Working closely with psychologists, social workers, school districts and others, staff provide young people with trauma informed care that supports attachment and healthy brain development. Our goal is to support young people to achieve their goals.
- Our agency has *increased* team leadership and coordinator positions.
- Our *continuous quality improvement* plan captures data useful for us to examine client feedback and outcomes. We make use of this data to review and if required make improvements upon our services and practice. In addition, our agency reviews and considers program improvements based on the feedback of our partners as well as staff.
- Our agency has committed to being a *leader in learning* providing all staff with access to an on line education system to promote professional development and practice. In addition, our agency continues to support staff to seek their own ongoing education as well as ensuring staff are trained in all regulatory and excellence practices such as first aid, trauma informed practice and health and safety.

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- Our agency leadership team is taking part in *Leadership 20/20*, a joint initiative between the MCFD and The BC Federation of Community Social Services.
 - Our Executive Director is doing a *doctorate in education philosophy* with a focus on child rights.
 - Our agency will begin an annual practice of *bringing together all staff and board* to look at our mission and goals and to learn from one another.
 - We have two new agency committees; the *social committee* that is entrusted with bringing staff together on a regular basis for networking and an *emerging leaders* table.
 - We take great pride in our *relationships* within community and especially our partnership with the MCFD, the Burnaby School District, Mental Health teams as well as with our project partners doing innovative work to support children and youth, including: the Vancouver Foundation, Fostering Change Initiative; the Home Depot Orange Door campaign; Civil Forfeiture and business leaders such as Rethink Communication and Vancity, both of whom, along with the Burnaby School District and Home Depot, support our Youth Innovation Lab.

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

153 families served

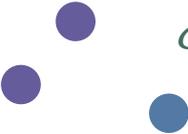
Today's families are faced with many challenges that place great demands on resources. Strong family systems provide support for successfully meeting these demands and for encouraging the healthy emotional and physical growth of family members. We believe that strong families, which provide a support 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

43 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 47 youth served

At a time of crisis or transition, youth in care can find support through our newest 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 32 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.



Southside Residential Program 6 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.

Outlook Community Youth Services

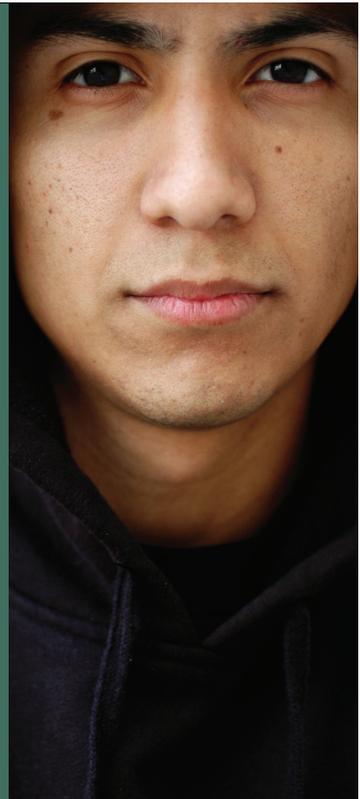
125 youth and families served

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



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.

From left to right: Christina Cabrera, AI Cote Winner, with Renata Aebi, Executive Director

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.

The understanding of the wide-effects of complex developmental trauma requires that we address 7 Developmental Domains. The domain areas are: Neurological and Biological Immaturity, Over-reactive Stress Response Systems, Emotional Regulation and Mood, Attachment Style and Relationships, Identity Development, Behavioural Regulation, Cognitive and Language Challenges.

The Program emphasizes neurodevelopmental and trauma-attachment perspectives on the challenges faced by these children and their caregivers. As such, we focus on the current developmental level expressed by the children across the 7 developmental domains and actively seek ways to enhance their growth in these areas. 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 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 has three specialized residential programs that utilize Complex Trauma Modality: Cedar House, Willow House, and Maple House.

[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



We thank our funders for their support and partnership



Ministry of Children and Family Development
Ministry of Justice



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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