

REBOUND CHILD & YOUTH SERVICES

2021 ANNUAL REPORT



Rebound
Child & Youth Services
Northumberland

Strength of Character. Strength of Community



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Innovating and Embracing Change in Challenging Times

The commitment of our staff, volunteers and board of directors has been tremendous during what has been an extremely challenging year. The professionalism, dedication and innovation that the staff have demonstrated has been second to none, and we have continued to deliver our services to the children, youth and families of Northumberland in a safe, timely and accessible manner.

Throughout lockdowns, a moving target of public health measures, and many personal challenges our team have worked together to ensure that our clients remained our primary focus, and the centre around which we planned, pivoted and innovated. We have continued to deliver on our mandate to serve the children and youth of Northumberland, and we have done so by adapting our programs and services to their rapidly evolving needs. The COVID-19 pandemic has seen a dramatic increase in significant mental health issues among children, youth and their families. This has been exacerbated with lockdowns, school disruptions, and family disruptions due to online learning and families working from home.

According to a Public Health Ontario review published earlier this year, 'Children's mental health and behaviour have been overall negatively impacted by the COVID-19 public health measures.' Behaviours that have manifested during this time have included: conduct problems, hyperactivity, depression, anxiety, increased suicidal ideation, and an increase in substance abuse, including alcohol. Parents and caregivers have also undergone significant stressors, and this has impeded their ability to cushion the impact of the rapidly changing public health and educational landscape for their children.

How has the Rebound team responded to this significant need? By innovating and embracing change!

To respond to the dramatic increase in conduct problems, depression and anxiety, Rebound has focussed on prevention and early intervention programs. With a grant from the Cameco Community Health Fund, we developed a new evidenced based Emotional Self Regulation program. This has proven to be extremely successful, and we have been running these small group programs since the beginning of 2021.

Triple P Positive Parenting Programs have also been an incredibly important asset to the families we work with by providing specialized parenting support, including one to one support, small group sessions, and seminars including FEAR-Less training, and Raising Resilient Children.

We are fortunate to have four clinicians on staff, who together with a highly qualified and resourceful and dedicated team of child and youth workers, case managers and program coordinators and supervisors, they provide timely individualized mental health counselling, skills building and emotional supports to children and their families.

In September of 2020 we received an Ontario Trillium Foundation grant that enabled us to expand the Collaborative 12 & Under Intervention Program throughout Northumberland. This program has helped 23 youth with holistic supports over the last year and we expect this number to grow significantly in the next.

We have continued to be forward thinking, and as we completed the work of our 2018-2021 strategic plan, we undertook together with multiple stakeholders our 2021-2025 strategic plan. We thank all those who took the time to contribute thoughts and feedback through our virtual engagement activities, particularly during this tumultuous year with many competing priorities. We've listened carefully, and your voices have been instrumental in helping us shape a shared, exciting new future for Rebound.

In the broader context we have seen the impact of systemic racism and its impact on many people in our community, and as an agency, Rebound is committed to co-creating a purposeful future, with Diversity and Inclusion one of our primary strategic directions. We are committed to continuing to embed an inclusive and diverse workplace culture that welcomes people of all diversities as staff, clients, partners and volunteers. It is through true inclusion that we can benefit our organization and the work we do.

We are proud of our continued commitment to the Ontario Health Team of Northumberland, and the Community Safety & Wellbeing Table, and we look forward to advocating for children, youth and families as we work together with our partners on the transformation of healthcare and the mental health and addictions services in our community.

We at Rebound are extremely grateful to our funders and the many donors, whose generosity and commitment to our organization enables us to rapidly scale up our services quickly and effectively. We simply couldn't do what we do without your support – thank you!

Sincerely,



Carol Beauchamp
EXECUTIVE DIRECTOR



Stefanie Rudd
PRESIDENT, BOARD OF DIRECTORS



Vision

All children and youth have the opportunity to reach their fullest potential.

Mission

To ensure children and youth throughout Northumberland County have the opportunity to develop a positive social and emotional foundation through accessible mental health, youth justice, and prosocial programs and services.

Values

Respect: We honour the diversity and dignity of children, youth, families, and the community.

Resilience: We mobilize the strengths, skills, and resources of our clients and community.

Responsibility: We demonstrate our commitment to the community through innovation, creativity, and collaboration.

Ripple-Effect: We believe that positive growth in individuals fosters community well-being.

REBOUND'S STRATEGIC PLAN

2021-2025

Strategic Directions

Strengthening Our Culture, Diversity, and Succession

Leveraging Our Collective Impact

Extending Our Communications Reach

Elevating Our Decision Making Through Effective Use of Data

The directions offer a framework for the development of internal, annual operational plans with measurable goals and objectives. These operational plans, developed by Rebound on an annual basis, will action the strategic directions.

Revenue

Ministry Funding	\$552,059
Provincial Funding	\$60,000
Municipal Funding	\$110,740
Boards of Education	\$3,500
Northumberland County Trusteeship	\$65,000
Grants & Other Revenue	\$81,411
Donations, Sponsorships & Fundraising	\$45,796
Interest & Amortization	\$11,251
Forgiveness of the CEBA loan	\$20,000
Canada wage Subsidies	\$12,647
Audited Total Revenue	\$962,404

Expenses

Salaries & Benefits	\$695,129
Programs & Services	\$159,934
Rent & Office Expenses	\$95,206
Audited Total Expenses	\$950,269

Surplus

Excess of Revenues over Expenses	\$12,135
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FISCAL YEAR 20/21 IN REVIEW

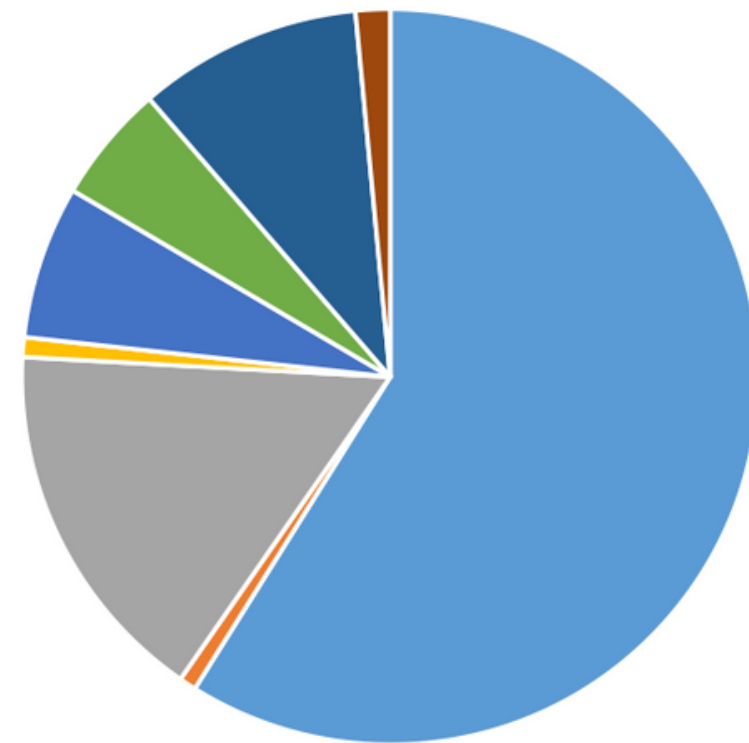
Thank you to the funders, donors, and community partners who contributed to this year's success at Rebound Child & Youth Services Northumberland.

It is because of you that our clients have to opportunity to receive timely and responsive programs and services.

FISCAL YEAR 20/21 IN COMPARISON

2019-20 Revenue

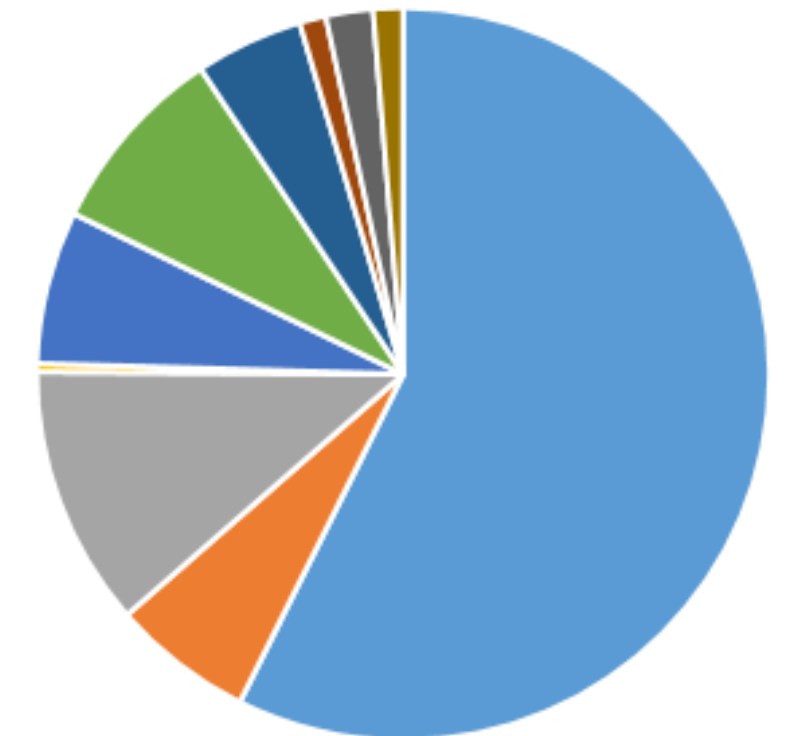
\$817,300



- Ministry Funding
- Municipal Funding
- Northumberland County Trusteeship
- Donations, Sponsorships & Fundraising
- Provincial Funding
- Boards of Education
- Other Grants & Revenue
- Interest & Amortization

2020-21 Revenue

\$962,404



- Ministry Funding
- Municipal Funding
- Northumberland County Trusteeship
- Donations, Sponsorships & Fundraising
- Forgiveness of the CEBA loan
- Provincial Funding
- Boards of Education
- Other Grants & Revenue
- Interest & Amortization
- Canada Wage Subsidies

NEW ROSTER OF PROGRAMS

Expressive Arts



- First-ever art-based program held in-person and virtually

Digital Photography



- In-person program built to develop digital art techniques

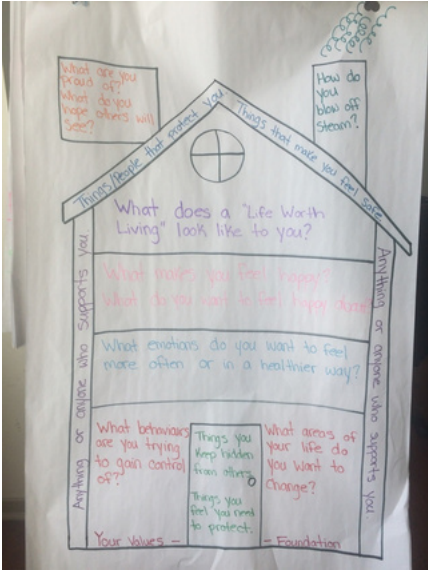
CUIP Expansion



An agency of the Government of Ontario
Un organisme du gouvernement de l'Ontario

- Thanks to Ontario Trillium Foundation for their support by funding this program expansion
- CUIP aims to help children get back on track and equip children and their families with the resources and supports needed to reach their fullest potential

Emotional Self-Regulation



- Created in partnership with Cunning Consulting
- Four core topics: anxiety, moods, internalizing, and externalizing

PIVOTAL MOMENTS

Programs For New Canadians



- Virtual Book Club
- Virtual Theatre Group

Ride for Rebound



- Over \$7,500 raised
- Over 630 kms travelled
- Over 14,500,000 media impressions earned

Northumberland Charity Golf Tournament



- Over 150 golfers
- Over \$10,000 raised
- Over 15 community partnerships

OUR PROGRAMS IN CATEGORIES



MENTAL HEALTH SERVICES

572 young people received mental health support



YOUTH JUSTICE SERVICES

92 youth participated in restorative justice practices, shown to lower crime rates and recidivism



CHILD & YOUTH SERVICES

174 children and youth participated in programs and services



PARENTING SERVICES

354 families benefited from parenting support through Positive Parenting Northumberland

"My daughter is doing amazing! She has definitely made so much progress. She's no longer missing school, and she looks forward to her meetings every week. She is able to manage her anxiety well enough to engage in ways she hasn't in a long time. Calling Rebound was absolutely the right thing for us to do, she clearly needed this type of support and it has been wonderful for her." — Client's Mother

CAPTURING THE MOMENTS



7th Annual Kilometers for Kids

A virtual walk/run/hike to build mental and emotional wellness in Northumberland

Register Today!

Help us reach our fundraising goal of **\$15,000**

October 17-23, 2021

kilometersforkids.ca



STAFF

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Julia Wood Program Manager
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BOARD OF DIRECTORS

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*Outgoing

**Incoming

BE IN-TOUCH



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