

REBOUND CHILD & YOUTH SERVICES



ANNUAL REPORT 2017-2018



OUR MISSION

We serve children, youth and their families with accessible services throughout Northumberland County. We excel in programs and services that encourage mental wellness and positive growth through counselling, skills building and restorative practices to ensure that children and youth are supported to reach their fullest potential.

OUR VISION

All children and youth have the opportunity to grow to their fullest potential. Their success is our priority.

OUR 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.

OUR STRATEGIC DIRECTION

- A Strong Brand Story
- Highest Quality Programs & Services
- Investing in Organizational Capacity
- Pursuing Financial Stability



FROM THE BOARD PRESIDENT



It has been a wonderful privilege to work with the Board of Directors this past year and to continue to be a part of the RCYS journey for the upcoming year. We have had many successes this year continuing to advocate for and support youth in Northumberland County. Our programs and services encourage mental wellness and positive growth through counselling, skills building and restorative practices to ensure that children and youth are supported to reach their fullest potential.

The ongoing collaboration between RCYS and our community partners continues to develop through opportunities to innovate and grow. We have had another successful year building relationships in the community and are thrilled by our ongoing partnerships with Cornerstone Family Violence Prevention Centre, and the Cobourg and Port Hope Police Services. I thank our community partners for the dedication to the youth in our community and their support for RCYS services and programming.

The Board has supported the organization as they focused on outreach opportunities and connecting with stakeholders to ensure we are a visible and accessible resource in our community.

The leadership of our Executive Director, Carol Beauchamp, has been steadfast and visionary in a year that has seen us service more clients than ever before as our community grows and our outreach efforts continue.

I appreciate the skill, commitment, and passion each member of our Board of Directors bring to their roles. I welcome the new Board members that joined us this year and I look forward to another great year with RCYS. The Board will continue to support the RCYS team as they deliver essential programs to the youth in our community.

STEFANIE RUDD

President

FROM THE EXECUTIVE DIRECTOR



It has been a challenging and fulfilling year at Rebound, with many changes at our agency designed to continue meet the evolving needs of the children, youth and families that we are fortunate to work with.

We worked with a large cross section of our stakeholders, which included community members, youth, volunteers, clients and our partners from the service sector to help us develop our strategic direction for the next five years. This process, facilitated by Laridae Communications, involved focus groups, strategic planning surveys and a board retreat to help us focus our mandate, our values and our strategic goals. We would like to thank everyone who participated in this process - the insights and ideas provided were invaluable.

We have revised our Mission Statement to more accurately reflect our commitment to the work we do at Rebound as follows: "We serve children, youth and families with accessible services throughout Northumberland County. We excel in programs and services that encourage mental wellness and positive growth through counselling, skills building and restorative practices to ensure that children and youth are supported to reach their fullest potential".

Our strategic plan reflects this commitment to our work through the four strategic directions we have identified:

- Highest Quality Programs & Services
- Investing In Organizational Capacity
- A Strong Brand Story
- Pursuing Financial Stability

We cannot do the work that we do, or provide service excellence without the dedication and energy of an extremely talented and passionate staff team - a team that comprises veteran staff who benefit our clients with their extensive knowledge of our sector, the Northumberland community, and who bring an expertise in their field second to none; as well as newer team members who bring innovative ideas, energy and enthusiasm to our gifted professional team.

Our partners have been, and continue to be an integral part of how we successfully support the children, youth and families that we have the privilege to work with.

FROM THE EXECUTIVE DIRECTOR

By working collaboratively through key partnerships, we are able to meet the evolving needs of our community, in an accessible, respectful and timely manner. It is through these partnerships that the Positive Parenting Northumberland Network has been established to ensure that Triple P Positive Parenting Programs are accessible to parents and caregivers in our community. This network includes 10 local services agencies with thirty trained practitioners, and is supported with funding from the United Way and Northumberland County. Families can learn more about these great programs at www.positiveparentingnorthumberland.org, or by calling or texting 289-251-5374.

Through our partnership with the Cobourg Police Service we have been developing a pilot program, affectionately known as CUIP, to support young people under the age of 12 who are at significant risk. This program involves a number of collaborative partnerships, and will be accepting referrals at the end of this month. The initial pilot program has been established for two years, with the objective of expanding this program county-wide. The goal of the CUIP program is to ensure that our younger youth and their families have the support and resources that will set them up for future success.

As we operationalize our strategic plan, we will continue to look for innovative ways to meet the needs of our community by expanding and enhancing our service offerings in the areas of mental health supportive services, literacy and learning help, youth justice diversion, parenting support, and social and life skills building. Much of this work is accomplished in collaboration with our many volunteers who are devoted to making a difference in the lives of the wonderful children and youth with which we work. We are extremely grateful for the countless hours, the unique skills, the energy, and enthusiasm that each volunteer brings to Rebound, and we thank them for their support. Thank you!

We are grateful to each of our funders, sponsors and our very special donors whose financial contribution ensures that we can effectively support the children and youth of our community - their success is our success! The Rebound team looks forward to the coming months, to working with our clients, partners and volunteers, and to making a positive difference in the lives of the children, youth and families of Northumberland. This is why we do what we do!

CAROL BEAUCHAMP

Executive Director

ABOUT OUR GUEST SPEAKER



Molly Klintworth is the coordinator for the Northumberland Sports Council. She graduated with an undergraduate degree in Kinesiology from the University of Toronto in and has begun the Education program at Trent University for Physical Education and Biology in the Fall. Since beginning with the Northumberland Sports Council, she has embarked upon the Physical Literacy Instructor Program and the Sport for Life Leaders School to further her learning and practice of physical literacy.

As the coordinator, it is her job to connect with local organizations to find ways to collaborate, help increase the activity rates of Northumberland's community members and increase physical literacy knowledge, skills and programs within Northumberland's institutions. Molly is passionate about improving the health and wellbeing of her community and creating opportunities for everyone to get active!



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**Northumberland
Sports Council**

IMPORTANCE OF WHAT WE DO

50% of Ontario parents report concerns about their child's anxiety levels, and 25% have missed work to care for a child with anxiety.¹ Rebound supports children and their families experiencing these challenges. **This is why we do what we do.**

1 in 5 children and youth in Ontario will experience some form of mental health problem.² Rebound provides early intervention and prevention programs throughout our community. These programs help young people build resilience, emotion regulation and coping skills, and healthy relationships to help prevent mental health challenges later in life. **This is why we do what we do.**

Canada's youth suicide rate is the third highest in the industrialized world.³ Over the past year, Rebound staff supported several youth in developing safety plans and accessing crisis services in the community due to the risk of suicide. Rebound's Programs help youth build skills and strategies to cope, communicate, and express their needs—leading to safer young people and communities. **This is why we do what we do.**

The economic burden of mental illness in Canada is estimated at \$51 billion per year.⁴ Healthcare, reductions in life quality, lost productivity, and lowered community involvement are the system-level impacts of mental health problems. Rebound is doing our part to contribute to the mental well-being of children and youth - an investment that positively impacts our families, our community, and our nation. **This is why we do what we do.**

We don't operate in isolation. Through our strong community partnerships and the investment of donors, volunteers, and community members we are positively impacting all of Northumberland County. **Join us.**

¹ Ipsos Public Affairs. (2017) Children and Youth Mental Health Survey: Getting Help in Ontario. Webpage: <https://www.ipsos.com/en-ca/news-polls/CMHO-children-and-youth-mental-health-ontario>

² MHASEF Research Team. (2015) The Mental Health of Children and Youth in Ontario: A Baseline Scorecard. Institute for Clinical Evaluative Sciences.

³ Canadian Mental Health Association. Fast Facts About Mental Illness. Webpage: <http://www.cmha.ca/media/fast-facts-about-mental-illness/#.V9CLdfkrK70>

⁴ Smetanin et al. (2011). The life and economic impact of major mental illnesses in Canada: 2011-2041. Prepared for the Mental Health Commission of Canada. Toronto: RiskAnalytica.

2017-18 FINANCIAL SUMMARY

REVENUE

Ministry Funding	\$394,898
Provincial Funding	\$68,515
Municipal Funding	\$17,230
Boards of Education	\$15,446
Northumberland County Trusteeship	\$10,000
Other Grants & Revenue	\$28,331
Donations, Sponsorships & Fundraising	\$37,445
Interest & Amortization	\$3,507

Audited Total Revenue	\$575,372
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EXPENSES

Salaries & Benefits	\$454,204
Programs & Services	\$54,411
Rent & Office Expenses	\$51,214

Audited Total Expenses	\$559,829
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Excess of Revenues over Expenses	\$15,543
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Thank you so much to our funders, donors and community supporters for helping to ensure that we can continue to provide timely and responsive programs and services to the children, youth and families of Northumberland.

IMPACT OF OUR PROGRAMS

155 children and youth developed the skills to make positive and healthy life decisions. CHOICES is a life skills group program that helps children and youth to focus on positive development by exploring assertive communication, self-awareness, confident decision-making, teamwork, and goal-setting. CHOICES Jr. is available for ages 6-11 & CHOICES is available for ages 12-18.

72 youth acquired a valuable understanding of how to maintain positive relationships. On-TRAC is a proactive anger awareness and violence prevention group program helping youth to develop positive life skills such as communication, healthy relationships, as well as dealing with bullying and stereotypes. On-TRAC focuses on equipping youth to recognize emotional triggers and implement helpful coping skills and techniques.

72 volunteers devoted their time and resources to the well-being of children in their community. Volunteers at Rebound include Board members, program volunteers, youth justice volunteers, fundraising volunteers, library volunteers, committee volunteers, tutoring volunteers, guitar volunteers, guest speakers and event enhancement volunteers. Each individual is a unique and valuable member of the Rebound community and contributes to the wellbeing of children and youth.

Rebound provided **7** students from Trent University, Durham College, Loyalist College and Centennial College with a unique hands-on learning opportunity for their placements. These students contributed insight, practical help, and client support to help Rebound meet needs in the community!

The READbound program helped **149** children and youth confidently progress in their academic skills.

Whether it's mastering reading or understanding the complexities of trigonometric functions, working with a tutor helps each child feel supported and encouraged to accomplish their schoolwork. Students work with their tutors to develop life-long learning habits and skills that support confident learner outcomes, improving academic performance in the areas of reading comprehension, writing, and math skills.

IMPACT OF OUR PROGRAMS

249 Families were strengthened as parents developed the skills to build strong family relationships.

The Triple P Positive Parenting Program is an internationally-recognized program that gives parents the insight to foster healthy relationship skills in their children, manage misbehaviour, and prevent family problems. Rebound, together with our partner agencies, offers Triple P to all parents in Northumberland, free of charge as part of the Positive Parenting Northumberland Network.

75 boys benefitted from the positive impacts of learning about and practicing self-esteem.

Be YOU! This 1-day self-esteem workshop introduces boys to leadership, teamwork skills, and the power of positive thinking. Boys participate in team challenges, activities directed towards building positive self-esteem, and learn from guest speakers during this fun-filled day.

4 children and youth rounded out their education by taking free guitar lessons. Rebound provides youth over the age of 13 with the opportunity to learn guitar from talented musicians. These free individual lessons include the use of a guitar to practice with, and lessons take place in a safe, supervised environment.

102 girls developed their confidence and courage through learning about and practicing self-esteem.

I Shine! This 1-day workshop helps girls learn self-respect, leadership, and teamwork. The workshop focuses on motivating and empowering girls to let their confidence shine with activities and mindfulness strategies. The workshop helps girls explore who they are, set goals, and work towards achieving them.

111 young people participated in constructive interventions and restorative practices as they took responsibility for their actions.

Youth Justice Diversion is provided in partnership with the local Police Services and the Office of the Crown Attorney. Youth ages 12-17 who have been in conflict with the law in Northumberland County may be eligible to participate in our diversion programs.

This includes supportive intervention and community-based sanctions which provide youth with the support to be accountable for their actions.

IMPACT OF OUR PROGRAMS

2 youth with mental health concerns were supported to navigate complex court proceedings.

Rebound's Youth Mental Health Court Worker is available to youth ages 12-17 with mental health concerns who are currently involved with the youth court processes. The Youth Mental Health Court Worker engages with youth and their families to provide advocacy, support, and mental health referrals as needed.

117 youth were supported in managing, understanding, and coping with their emotions and mental health.

Rebound's YOURS program offers the individualized, confidential support of a Youth Outreach Worker to youth experiencing social, emotional, and behavioural challenges. The program provides skill development, including communication, decision-making, and problem-solving as well as managing anxiety, stress, and anger. Case management and coordination with community agencies is provided to assist in meeting both the short and long terms needs of youth aged 12-18.

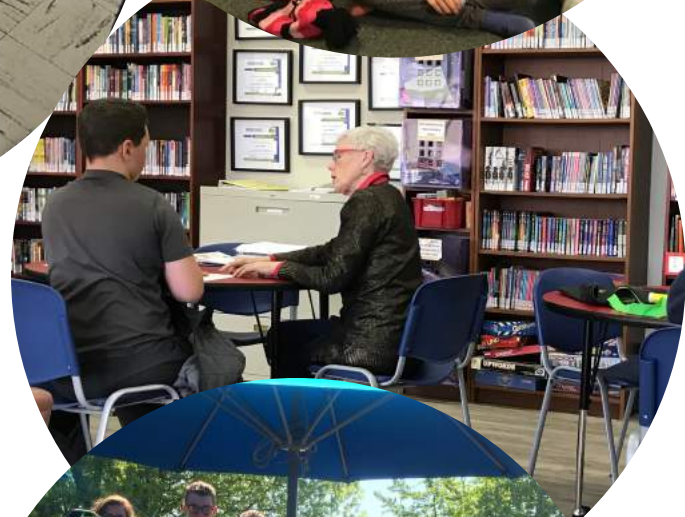
15 kids made new friends, participated in fun learning activities, and discovered helpful community connections in our March Break Drop-Ins.

43 students received regular, positive homework help that equipped them to succeed in their educational pursuits.

The Homework Club is available to all students who are registered with Rebound's READbound literacy and tutoring program. The Homework Club operates at Rebound and at Trinity College School and provides an opportunity for students to work on and receive support with their homework in a safe and supportive environment.



CAPTURING THE MOMENTS



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STRATEGIC PLAN

Earlier this year, we embarked on a strategic planning process. We engaged stakeholders and partners from across the communities we serve in Northumberland. We asked the hard and pertinent questions about our organization. The goal was to develop a 3-5 year strategic plan based on real engagement. Rebound has an important role with the children, youth and families in our community, and we know there are many challenges and opportunities before us. We believe that if we are going to continue to have a positive impact in this region, a focused and forward-looking plan is needed to guide our way. We are so happy to share our 2018-2021 strategic goals with you. We are excited about our future - it will be one that ensures that the children, youth and families we connect with are supported to grow to their fullest potential.

2018 - 2021

VISION

All children and youth have the opportunity to grow to their fullest potential. Their success is our priority.

MISSION

We serve children, youth and their families with accessible services throughout Northumberland County. We excel in programs and services that encourage mental wellness and positive growth through counselling, skills building and restorative practices to ensure that children and youth are supported to reach their fullest potential.

STRATEGIC DIRECTIONS

ONE



TWO



THREE



FOUR



Our strategic directions will serve to focus our work over the next 3-5 years. They are driven by our mission, and they speak directly to the challenges and opportunities before us. The Board believes these directions signal to all stakeholders invested in the success of Rebound that our organization is ready and able to meet its future head on.

NEW PROGRAM ANNOUNCEMENT

Trusteeship Program

Rebound is piloting the Trusteeship Program on behalf of Northumberland County Community and Social Services. The program currently supports full-time high school students under the age of 18 who are receiving social assistance through Ontario Works and Northumberland County Community and Social Services. The Trusteeship Program Caseworker works with eligible students to develop and enhance their financial literacy skills, as well as assisting them to effectively manage their financial commitments.

Additionally, the caseworker also helps participants develop life skills, access education, health care and financial benefits, as well as liaise with housing and other support services. To achieve these goals, participants and their caseworker work together to identify concerns and barriers to financial stability, and create an individual plan to provide the necessary support. The Trusteeship Program Caseworker may also refer participants to other services offered by Rebound, or to other organizations in the community.

The overall goal of the Trusteeship program is to assist participants in learning how to manage their finances in order to move towards self-sufficiency.

Referrals to the Trusteeship Program are made through Northumberland County's Community and Social Services Department.



NEW PROGRAM ANNOUNCEMENT

Cobourg Under 12 Intersectoral Partnership Program (CUIP)

The CUIP program is a new collaborative pilot program developed in partnership with Rebound Child & Youth Services and the Cobourg Police Service. The program is designed to provide vulnerable youth under the age of 12 and their families with the necessary resources and holistic support to avert problematic and risk-taking behaviors. CUIP aims to provide access to positive early interventions, supports and services to help youth at risk build the skills and resilience to reach their fullest potential.

The CUIP program brings together organizations from multiple sectors across the community to form a strong partnership. Together the CUIP partnership provides individualized, case-specific supports to the youth we serve.

We want youth to feel supported by their families, their schools and their communities.

Our goal is to help youth under 12 make better choices in their lives, avoid negative interactions with school administration and law enforcement, and know where to go for help when they need it. We want to set them up for success so they contribute positively to the community in the future.



REBOUND STAFF

Carol Beauchamp - Executive Director

Rachel Edwards - Outreach & Fund Development Manager

Krystyne Gillespie - Trusteeship Program Caseworker

Angela Hearn - YOURS Mental Health Supportive Services Supervisor

Sandy Landry - Financial Administrator

Michele Leggette - Triple P Coordinator & Case Manager

Sam Majic - Positive Learning and New Start

Shannon McKinnon - Mental Health Court Worker & Caseworker

Pam Powell - Volunteer/Tutoring Coordinator & Caseworker

Brandy Samis-Moore - Youth Justice Caseworker

Stacey Toste - Cobourg U-12 Intersectoral Partnership Program Coordinator

Julia Wood - Program Manager

BOARD OF DIRECTORS

Stefanie Rudd - President

Kerri-Sue Lang - Vice President

Lynn McMillan - Treasurer

Sally Wade - Secretary

Brent Allison - Board Member

Laura Garton - Board Member

Neil Jilesen - Board Member

Neil Torrie - Board Member

Emily McCarthy - Youth Advisor

THANK YOU

As Helen Keller once said, "Alone we can do so little, but together we can do so much", and we would like to take this opportunity to thank all board members, volunteers, partners, donors and community members for their endless support and collaboration over the past year.



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IN IMPORTANT COMMUNITY
CONVERSATIONS



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