



Rebound
Child & Youth Services
Northumberland

Strength of Character, Strength of Community



2022 ANNUAL REPORT

Celebrating 25 years!



<https://www.rcys.ca/>



rebound@rcys.ca



905-372-0007

MISSION, VISION, AND VALUES

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.

VISION

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

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.

FROM OUR BOARD PRESIDENT

I am thankful for the opportunity to again address you as President of the Board of Directors of Rebound Child & Youth Services. It is with mixed emotions that I prepare for my final AGM as President of RCYS. The past several years have been incredibly fulfilling and I will miss the RCYS community dearly. However, change is fundamental and I am also excited to see the organization move forward and thrive under a new President.

The past year has been another whirlwind of challenges and opportunities. Our organization continues to deliver vital services and work with our partners while adjusting to the ever-changing pandemic health guidelines.

The success of many of our programs could not be completed without the participation and energy of our dedicated team of volunteers. We are so fortunate to have volunteers so freely giving of their expertise, passion, talent, and experience.

The staff team have again done a superb job, despite the challenges of the pandemic, to ensure that RCYS continues to thrive. Your extra effort is seen and appreciated.

A sincere thank you to my fellow Board members for their thoughtful discussions and activities.

Carol Beauchamp, our Executive Director, has been integral to the important advances we have made as an organization. On both a professional and personal level, I am grateful for the time we have spent together.

Everyone's dedication to providing quality programming and services has enriched our community. Well done and thank you. It has been both an honour and a privilege to have been of service as your Board President and to have worked with such an amazing group of people.



Stefanie Rudd
PRESIDENT, BOARD OF DIRECTORS

FROM OUR EXECUTIVE DIRECTOR

Milestones offer an opportunity to pause, reflect and celebrate the successes of the past and present while also looking ahead to an exciting and purposeful future. It is in this spirit that we now celebrate an incredible milestone for Rebound Child & Youth Services – 25 years of serving the children, youth, and families of Northumberland County.

This important milestone gives us space to acknowledge Rebound's growth, agility and complexity as an organization, as well as its interconnectivity to the communities we support. Let's take a moment to celebrate Rebound and all that it has become.

An Earnest Beginning

At its deepest roots, Rebound has always been an organization dedicated to giving youth the tools they need to succeed, and quickly responding to community needs with an upstream mindset. In its earliest days, programming was very much focused on encouraging youth to stay in school in order to have the best chance at success in the future and prevent them from coming into conflict with the law. The fledgling organization, created in 1997 by Lynn Farris and Bill Crosier, operated primarily out of borrowed space in schools and county buildings.

Over the course of the next 20 years, Rebound stayed true to its Vision, growing slowly and steadily with the addition of programming designed to promote positive outcomes for the future of local youth. The programs expanded to include youth justice diversion, which forged important longstanding partnerships between Rebound and the three local police services. To further complement the existing programming, earlier interventions, such as literacy and learning help, life skills and pro-social self-esteem programming were added to our roster of programs. The momentum continued in this direction with the creation of a one-to-one supportive program called Y.O.U.R.S. (Youth Outreach Under 18 Responsive Services) program, which paved the way for the upsurge of youth mental health programs and services in the coming years.

A New Era of Expansion and Development

Our 2018 Strategic Plan heralded a significant era of growth for Rebound financially, programmatically, from a staffing perspective, and from client demand perspective. The four strategic directions that provided the framework for this ripple effect of change and growth were:

- Creating a Strong Brand Story
- Providing the Highest Quality Programs and Services
- Investing in Organizational Capacity
- Pursuing Financial Sustainability

It was through this strategic process that we recalibrated the Values that inform the culture at Rebound, providing us with a strong foundation for the way we work each day.

Our Values are:

- Respect – We honour the diversity and dignity of children, youth, families, and the community
- Resiliency – We mobilize the strengths, skills and resources of our clients and the community
- Responsibility – We demonstrate our commitment to the community through innovation, creativity, and collaboration
- Ripple Effect – We believe the positive growth of individuals fosters community well-being



Carol Beauchamp
EXECUTIVE DIRECTOR

The Past Five Years – Innovation, Partnership and a Focus on Mental Health

Rebound's story for the past five years has been steeped in passion and commitment. 25 years since those humble beginnings in borrowed spaces, Rebound now boasts a team of 18 unique individuals with diverse educational backgrounds who are proud to deliver on Rebound's mandate each and every day.

In just five years Rebound has doubled its revenue growth, nearly doubled our staff team and office space, and we have made a seismic shift in our programmatic centre. As an organization we made a strategic decision to expand our mental health services and have strived to enhance our data collection and analysis in order to properly assess and measure these needs. As a result, Rebound is now one of only two Core Child & Youth Mental Health Agencies in Northumberland. Our staff team of MSW's, Counsellors, Psychotherapists and Case Workers support over 700 clients annually with accessible mental health counselling and therapy sessions.

Our accessible and wait list-free mental health services now include our partnership with Northumberland Hills Hospital Community Mental Health Services. On Tuesdays and Thursdays at the Walk In Clinic in Cobourg, Rebound staff provide same-day single session therapy to children and youth between the age of 7 and 18. As a member of the Ontario Health Team – Northumberland, Rebound was instrumental in the creation of the Rural Outreach Clinic in Colborne, and offers similar services to young people in that very under-served rural community.

Along with much-needed same-day mental health supports, our short and long term counselling and therapy, Rebound has developed a plethora of new longer-term mental health and family-based supports, including our Emotional Self-Regulation Group Programs for young people ages 7-12, our Collaborative 12 and Under Intervention Program (CUIP), and a growing Fetal Alcohol Spectrum Disorder (FASD) caregiver support group.

What's Next For Rebound?

Although the wording may have changed over the past 25 years: the Vision of Rebound remains unchanged - we continue to strive towards helping the children and youth of Northumberland County reach their fullest potential.

Achieving our Vision, and delivering on our Mission has become more comprehensive and multi-faceted as Rebound has grown and matured. To actualize our Vision and Mission, Rebound will continue to innovate for the future, by remaining connected to our community, listening to our clients, adapting to changes in the ecology, and developing data driven programs and services! We will continue to forge strategic partnerships with organizations and individuals who care as much as we do about the children and youth of our community. Together we will improve the system and provide responsive accessible programs to meet the evolving needs of the families we serve.

We have just launched our Family Wellness Hub, which brings together our new Family Check-Up and Everyday Parenting Programs, Family Connections Workshops with our existing family-based programs such as CUIP and Triple P Positive Parenting. This hub of programs provides a continuum of services which meets families where they are at. From informational work shops and tip sheets through to intensive one-to-one tailored parenting support. This collection of new family services is designed to assess family needs and collaborate with them for brighter futures.

Rebound is committed to a strong future and to support this future we will be embarking on an accreditation process which will support continuous improvement in areas such as governance, organizational planning, performance, leadership, risk management and program assessment. We are excited to begin this next stage of our organizational journey.

Our team at Rebound remains steadfastly committed to the children, youth, and families of Northumberland County, and we are prepared to respond to whatever challenges come our way. We are truly excited to be part of Rebound's story, helping to support young people to achieve a positive trajectory for their lives and for their future. We will continue to strive towards an even more prosperous future through innovation, responsiveness to community need, strategic partnerships, and creativity in all we do.

We can't wait to see what the next 25 years will bring!

Sincerely,
Carol Beauchamp

A family
friendly
event!



2022

Date & Time:

Sunday, October 16th
Check in: 8:00 AM

Location:

Donegan Park in Cobourg, ON.

Choose your distance!

5K walk or jog

10K run

OR

Choose your own challenge virtually!

Register here:

kilometersforkids.ca



KILOMETERS FOR KIDS

building mental and
emotional wellness

#K4K2022



Rebound
Child & Youth Services
Northumberland

Strength of Character, Strength of Community

OUR AGM SPEAKERS

Dr. Teresa (Terry) Bennett, MD, PhD is a Child and Adolescent Psychiatrist at McMaster Children's Hospital and Associate Professor in the Department of Psychiatry and Behavioural Neurosciences at McMaster University. Dr. Bennett holds the Laidlaw Chair in Patient-Centred Care at McMaster University and a Physicians' Services Incorporated (PSI) Fellowship in Mental Health Knowledge Translation. Her clinical expertise is in children with early-onset mental health issues and children with neurodevelopmental disabilities.

Dr. Bennett was co-director of the McMaster Autism Research Team (MacART) from 2016 – 2020 and is now the MacART lead for Translational Models of Care. She is also the co-lead for the Pathways in ASD Study, the largest inception cohort study of children with ASD.

Dr. Bennett is the Director of the Family Check-Up Canada Research Program and a credentialed trainer and supervisor for the Family Check-Up. She is the lead investigator on several studies examining the acceptability and effectiveness of the Family Check-Up in Canadian families. Most recently, she received funding to study the implementation and effectiveness of the Family Check-Up in families with an autistic child. Dr. Bennett is also a member of the Family Check-Up International Executive which supports research and dissemination of the intervention.

Dr. Paulo Pires, PhD is a Clinical Psychologist and the Clinical Director of the Child and Youth Mental Health Program at McMaster Children's Hospital. His clinical expertise is in children's mental health, parent-child interactions, and family systems. Dr. Pires is a credentialed trainer and supervisor for the Family Check-Up and is a co-investigator on Canadian studies examining the implementation, feasibility and effectiveness of the Family Check-Up.



Dr. Teresa Bennett, MD, PhD
CHILD AND ADOLESCENT
PSYCHOLOGIST



Dr. Paulo Pires, PhD
CLINICAL PSYCHOLOGIST

2021/22 IN REVIEW

MENTAL HEALTH SERVICES

753 young people received mental health support



YOUTH JUSTICE SERVICES

264 youth participated in restorative justice practices and prevention programs shown to lower crime rates and recidivism



CHILD & YOUTH SERVICES

232 children and youth participated in programs and services

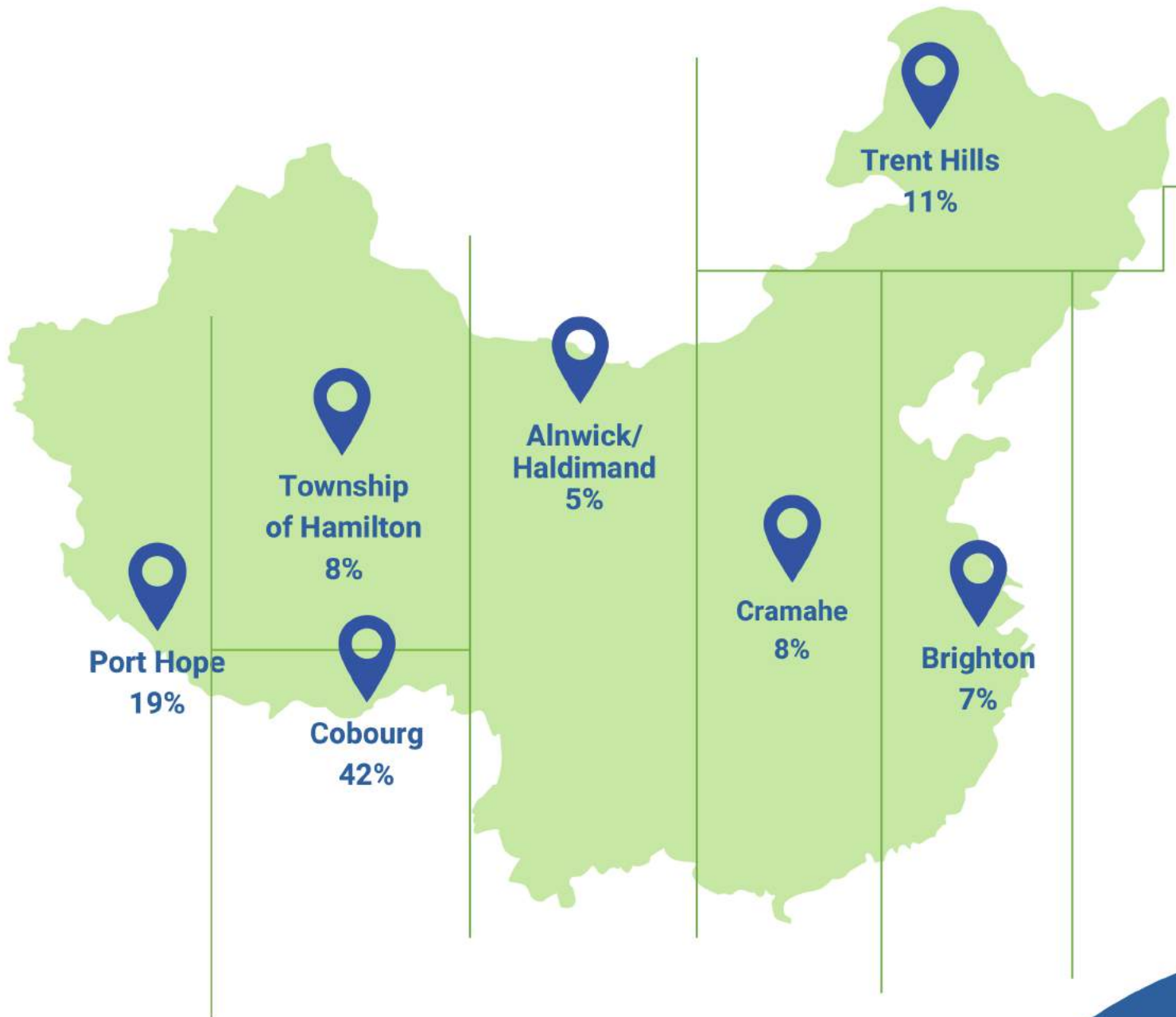


POSITIVE PARENTING

410 families benefited from parenting support through Positive Parenting Northumberland (Triple P)



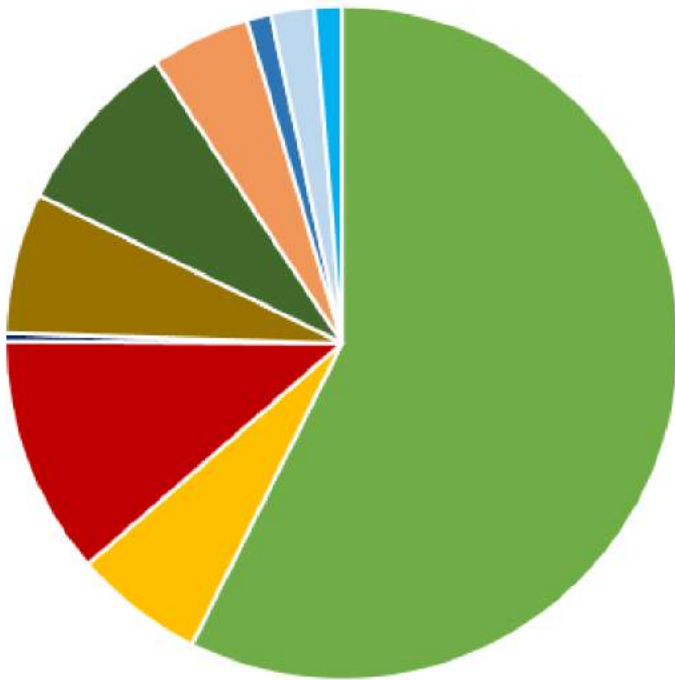
OUR 2021/22 IMPACT ACROSS NORTHUMBERLAND



FISCAL YEAR IN COMPARISON

2020-21 Revenue

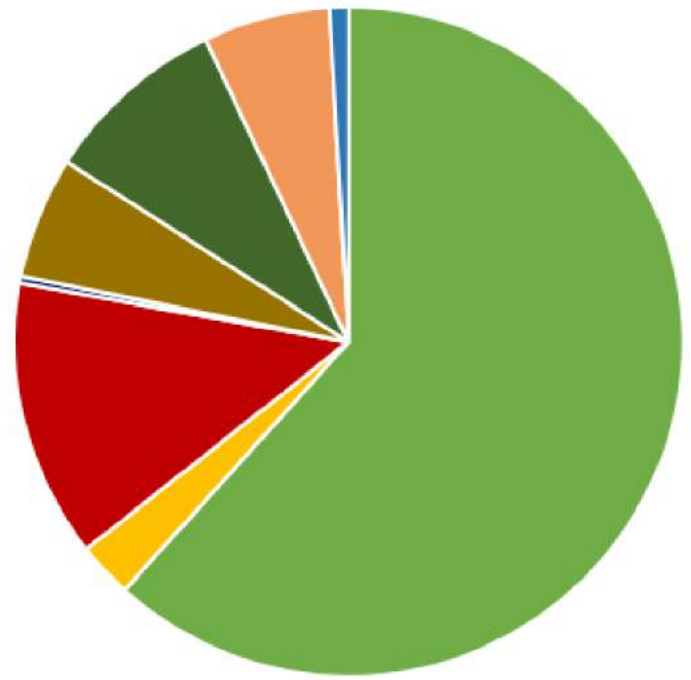
\$ 962,404



- Ministry Funding
- Municipal Funding
- Northumberland County Trusteeship
- Donations, Sponsorships & Fundraising
- Forgiveness of the CEBA loan

2021-22 Revenue

\$1,039,598



- Provincial Funding
- Boards of Education
- Other Grants & Revenue
- Interest & Amortization
- Canada Wage Subsidies

FINANCIAL POSITION

Revenue

Ministry Funding	\$641,488
Provincial Funding	\$27,699
Municipal Funding	\$139,705
Boards of Education	\$3,500
Northumberland County Trusteeship	\$61,250
Grants & Other Revenue	\$92,798
Donations, Sponsorships & Fundraising	\$63,768
Interest & Amortization	\$9,390
Audited Total Revenue	\$1,039,598

Expenses

Salaries & Benefits	\$704,111
Programs & Services	\$176,501
Rent & Office Expenses	\$109,547
Audited Total Expenses	\$990,159

Surplus

Excess of Revenues over Expenses	\$49,439
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Thank you to the funders, donors, and community supporters who contributed to this year's success at Rebound Child & Youth Services Northumberland. It is because of you that our clients are able to receive timely and responsive programs and services.

REBOUND'S STRATEGIC PLAN

2021-2025

Strategic Directions

**Strengthening Our Culture, Diversity, and
Succession**

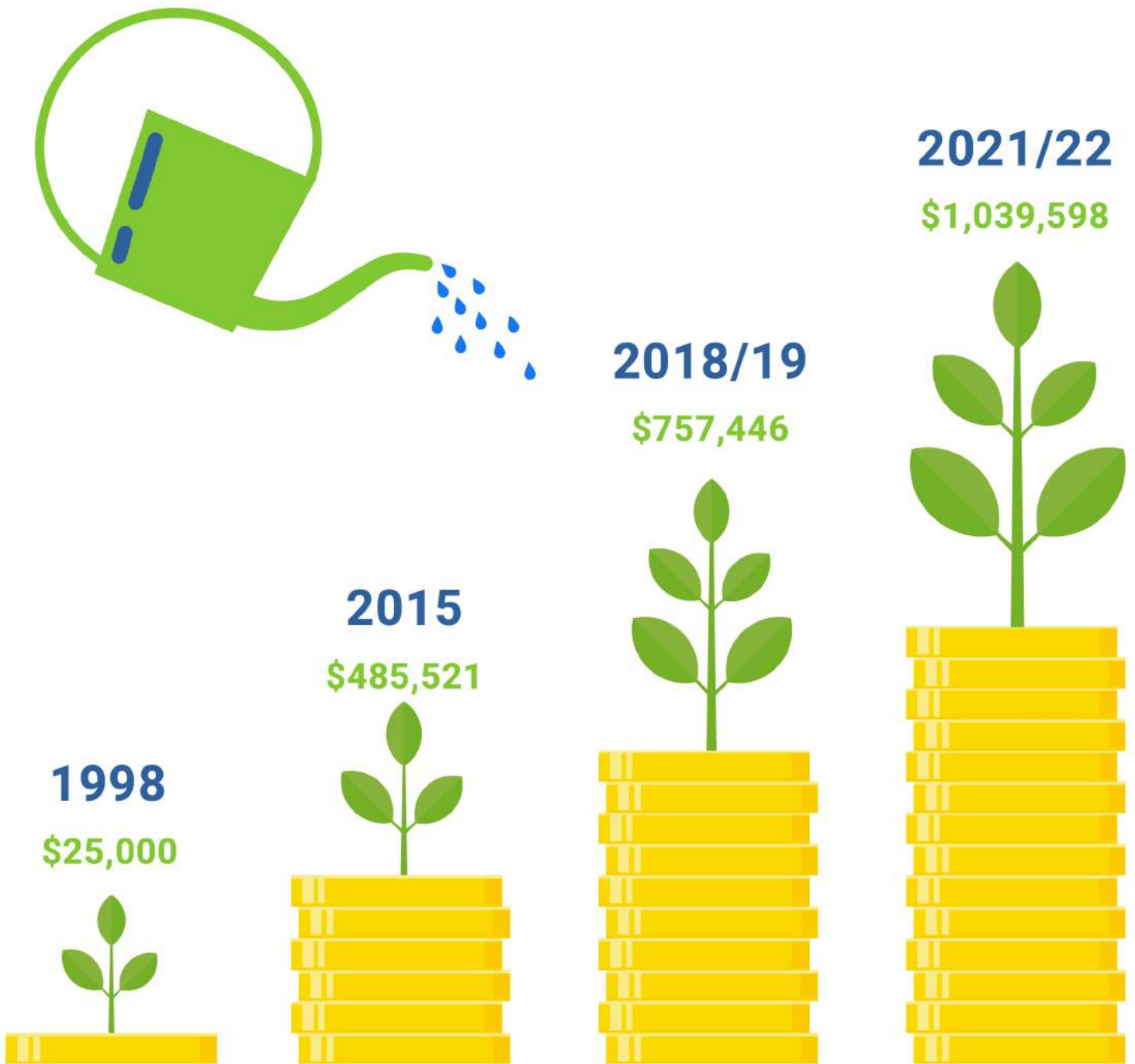
Leveraging Our Collective Impact

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.

25 YEARS & GROWING ...



In the last 5 years alone, Rebound has **DOUBLED** its annual revenue.

25 Years of Captured Moments...

Investing in youth

Provincial government contributes \$25,000 to Rebound Youth Services

By Linda Moore
Star News

COBOURG — The provincial government has agreed to support behind a local youth services program by way of a \$25,000 addition to its bank account.

Rebound Youth Services, a fledgling organization aimed at helping troubled teens learn new life skills, accepted the funds from Northumberland M.P.P. Doug Galt, the provincial Minister of the Solicitor General and the Partners Against Crime program, on Monday.

"This type of program has been what society's been talking about for a very long time," Dr. Galt explained at a press conference to present the cheque outside Rebound's temporary headquarters in the County building.

"This is an awful lot better than what some of the alternatives have been in the past. They've been expensive and maybe not too effective in terms of rehabilitation."



SUPPORT: Participant Sarah Whaley is supported by members of Rebound Youth Services as she receives a cheque on their behalf from Northumberland M.P.P. Doug Galt on Monday, lending a helping hand as: Bill Crozier, program director, Lynn Falaris, director of communications, Helen McCreesh and Marianne Jackson, volunteers, president Wayne Smith, treasurer Gerry Asberson, and executive director Kathy Guernsey, all assembled to witness the moment.

On the rebound

Helping youths get on the right track

Changing the direction of a downward spiral for youths is



LOCAL NEWS

Rebound celebrates 9,000 hours of service

By Cassa Moore
Star News

Over a thousand volunteer hours in early something to celebrate — which the volunteers of Rebound Youth Services (launched last week). We started two years ago October 29, we have only had programming for one year," said director of communications at Paris.

"We're looking for volunteers usually something they intend to keep doing," Falaris added.

"Our 100 volunteers range in age from 17 and come from all over the county," said Falaris.

Some of those were single out for their own reasons. Carling Coach Malcom (son), Transduction Tutor Cheryl Henry (Fiducia Fund Raiser Marlene Jack).

"I present, there are about 140 clients for the age of 18 who are served through in these programs: the Rebound Literacy, the Community Connections and service, and the 10-week Life Skills "retreat" sessions.

"Our clients are from all over Northumb- out, Mrs. Falaris said. But because it has with the school board, they have also of clients as far west as Bowmanville, at north as Peterborough and as far as "Baldwin."

SPONSORS: From left, Baltimore-Cobourg Optimist Doris Ahlert, Wendy Walton and Sharon Langley announced their group's sponsorship of Rebound Youth Services Rebound's annual volunteer appreciation night to Rebound director of communications Lynn Falaris.

"One of the things that attracted us to Rebound was the statistics compared to other programs and the good results," Opti- mists said.

"There's a lot more of a change than you realize."

Already the Optimists have donated \$7,000 to the program, as well as a number of volunteer hours.

Mrs. Langley pointed out that if the first volunteer hours performed on behalf of Rebound had been paid work at a modest \$10 an hour, it would have been worth more than \$60,000.

And you couldn't get a price tag on the diversity of backgrounds and experience the volunteers bring, Mrs. Falaris added.

"Many of the volunteers have been through the program as clients and have returned as volunteers," she said.

Joining the celebrations were members of the board of directors, president Wayne Smith, vice president John Davies, treasurer Gerry Asberson, Cheryl Hunsdie, Steve Archer, Glenn McLeod, Dawn Davies and Susan Thompson.

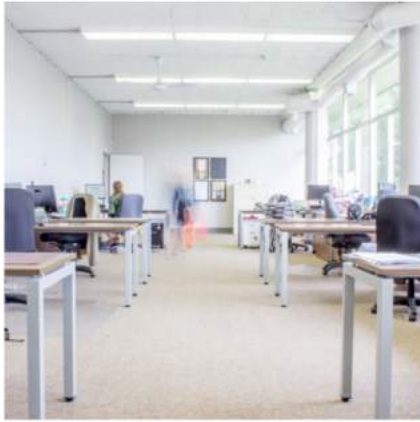
Representing the town, Deputy Mayor Arnold McCulloch said, "This is quite an enlightening program to be involved with in terms of what they do for literacy and other youth-related projects in the community."

The video screened at the event impressed Mr. McCulloch with the first person tales of overcoming various difficulties with help from Rebound.

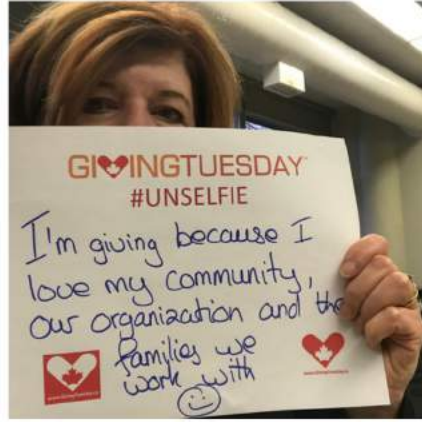
"They are becoming very proud of their selves — just for that point alone, the work they do is very important," he said.



From borrowed space in the county to our own office space...



Our organization and team has grown tremendously



OUR STAFF

Carol Beauchamp Executive Director
Julia Wood Program Manager
Krystyne Gillespie Youth Programming Supervisor
Angela Hearn Mental Health Supervisor
Jennifer Hibbert Youth Services Supervisor
Chandra Amodeo CUIP Case Manager
Dannielle Cowie Case Worker
Laurie Harvey Receptionist
Nasha Haley Receptionist
Makeda Irving Psychotherapist
Aimee Johnston Positive Parenting Northumberland Coordinator
Lisa Myers Child & Youth Counsellor
Leslie Noble Child & Youth Counsellor
Rachel Prout Placement Student
Brandy Samis-Moore Case Worker
Stacey Toste Client & Volunteer Coordinator
Alyshah Zoubi Fund Development Coordinator

BOARD OF DIRECTORS

Stefanie Rudd President
Kerri-Sue Lang Vice-President
Neil Jilesen Treasurer
Rose Goodall Secretary
Kylie Dennis Director
Mary Ellen French Director
Anthony Galonski Director
Neil Jilesen Director
Margaret Kerr Director
Danielle McKeen Director
Charlotte Monardo Director
Teresa Williams Director

SUCCESS STORIES

From a Summer Student

"I am proud to be working with this organization as they vastly root their Values and focus in helping the community rather than the creation of revenue. I have never worked with an organization filled with so many positive and dedicated individuals, and this is definitely something we need more of across Ontario."

From a Client

"Out of all the supports and programs I have received over the years, I feel so connected and supported by you. I am not sure what I would have done without you the past couple months. Thank you from the bottom of my heart."

From a Parent

"Thank you so much for all that you do. I have tried many different things for my kids and have paid a lot of money for private therapists, but Rebound's services have been the only thing that has worked for my kids."

From a Parent in the 'Triple P' Program

"This program has changed my parenting strategy 100% for the better! I am calmer as a parent and see my child benefitting tremendously from the strategies that I learned during this program. My house is peaceful and more respectful now and I am seeing my child grow daily. If you decide to take this program, you will not be disappointed. Well worth the time! "

From a Parent with a child in Literacy Camp

It was a huge success and I know my child looked forward to it each day and didn't want it to end! It made me, as a parent, feel more at ease knowing he was continuing to get assistance with his literacy during the summer time. Programs like this are essential at providing support to kids and their families as well as helping to build their confidence and I hope to see it continuing for years to come! Congrats on a very successful camp."

Thank You!

For celebrating this 25th anniversary milestone with us!



STAY IN-TOUCH



@ReboundNorthumberland



@ReboundCYS



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rebound@rcys.ca



RCYS.ca



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MINISTRY OF HEALTH



United Way
Northumberland

Ontario
Ministry of
Children, Community and Social Services

