



# 21<sup>st</sup> Annual Report September 2018

Powell River Child, Youth & Family Services Society

## Welcome from the Chair

**Ian Fleming, Board Chair**

**Welcome** to the 2018 Annual General Meeting. We thank each of you for your time and interest in the work of Powell River Child, Youth & Family Services. This year we are excited to be presenting our 2018-2022 Long Term Plan. The Board and Leadership Team worked hard to create a plan that is both visionary and responsive to community needs.

We were pleased to see the Youth Resource Centre taking off this year with some changes in focus and programming, with numbers of youth attending skyrocketing this year. The YRC has long been a project we hoped would find its way and this year we are very pleased with the progress. We were thrilled to see Intergenerational Programming begin to take shape with an excellent summer

program. This building has been a busy place this year. As Directors, we are delighted to see the variety of programs, groups, parents, children and families throughout the building. Having a lens into the work of the staff team is important to the Board. It's a place buzzing with energy this year. The Board is pleased to be working behind the scenes to support the excellent work of the staff team.

We said goodbye to Directors Monty Tyrwhitt-Drake and Jim Erb this year. We also welcomed Guadalupe Dufour to the Board, who has been a great addition to the team. We thank the membership for the opportunity to serve as Directors this year and look forward to supporting work of the staff team in the coming year. ♦

## Executive Director's Report

**Heather Gordon, Executive Director**

**If you** were to snapshot our staff team this year you'd be sure to capture their vibrant energy in the midst of very challenging work. Each one busy with clients and kids and car-seats, tweens and youth coming and going, smiling faces, dedicated hearts and an unbeatable work ethic. I am so very proud to be part of this amazing team of humans giving their lives in service to Powell River's children, youth and families.

Behind the scenes the Board worked hard to finalize the 2018-2022 Long Term Plan, which we are pleased to share with you today. The Board continues to observe and

consider the changes in our community and seeks to set directions in response to community needs. As such you will notice our long term vision working hard to respond to the growing mental health and wellness needs for children, youth and families in our community. We are also excited to be offering many new groups and programs that address the changing needs of Powell River families.

In addition, the Board's work uncovered the need to better support and work with the seniors in our commu-

[See Seniors, page 2](#)

nity. Though seniors may not have children or teens at home, each one — according to our mission statement — is indeed part of a family. Our first intergenerational programming took place this summer and both tweens and seniors had a blast! We look forward to continuing to include seniors in our programming as volunteers and participants.

This year PRCYFSS was fortunate to be included in an initiative called Project Impact, sponsored by the United Way of the Lower Mainland. This year long project helped our Leadership Team to develop better tools to allow us to understand the impact of our work in the community and to identify areas for improvement. Though the process was very time intensive, we learned a tremendous amount about the work we are doing and were able to identify some key ways of improving our services, which we have already begun to implement. This year’s focus was on our Family Preservation and Reunification Program. We hope to focus on a new program each year using the new evaluation tools we have built.

Finally, I’d like to take a moment to acknowledge our Programs Director, Ann Kurtz. Ann has been with PRCYFSS for 13 years and has served the staff team and the families of Powell River with devotion, grace and wisdom. She has been a cornerstone of the work of our Society and a source of strength and compassion for our staff team. This will be Ann’s last AGM with us, however, as she has accepted a new position in another Powell River organization which will allow her to grow and to stretch, and to invest her gifts in another important community initiative. I want to thank her, congratulate her and wish her every success in her journey ahead. She will be deeply missed by us all.

Change is hard, but it keeps up fresh, courageous and meaningfully engaged in the world we seek to serve. We greet the year ahead with enthusiasm, hopefulness and a renewed sense of vision as we unfold the ideas embraced by our Long Term Plan. ♦

## Programs Director’s Report

### Ann Kurtz, Programs Director

The past year has been an active one for staff, full of new programming and initiatives. It was also a year of staff changes and adding new staff members to the team. Certainly it is true to say that the only constant from year to year is that change is inevitable and often brings new opportunities and possibilities!

Over the past year, we have said good-bye to two full time Family Enhancement Counsellors, Tiffany Chu and Rebecca Burke. One of those positions has been filled by Rachel Le Blanc who joined us in March 2018. We are excited to have Rachel and her years of experience as part of the Family Preservation and Reunification program. The other new staff is Erica Dolsen who has been with us just short of one year. Erica is being kept busy in her part time position with providing Family Support Services and facilitating sometimes two parent education groups at a time. We are glad to have you and your positive energy, Erica!

Also, new this past year is Roberta Welp and Sarah Fitzgibbon who have joined Colleen Mudry as Team Support Workers. Colleen, Roberta, and Sarah have made it possible for the rest of the staff team to provide a variety of parent education groups. They not only do child-minding while parents are in group but also do many behind the scenes tasks to ensure groups run smoothly. Having them on the team has eliminated a number of obstacles for parents to be able to attend parent education groups. Heading up this smaller team is Jennifer Dodd as the Team Support Leader and Social Media Coordinator. Not only does Jen do the behind the scenes tasks to support the team, she ensures the smooth operation of the Family Centre and Library as well as spreads the word on social media about all the great groups and programs we offer. Also, Jen manages the Family Friendly website for the community.

As for the rest of the staff team, we have Kevin Dodd and Debbie van Dok, both Family Enhancement Counsellors providing some Family Preservation and Reunification Services. Debbie also runs the Young Parents Support program which provides services for parents who are 24 years of age or younger. Shelley Chaney wears many hats. She is the Family Enhancement Counselor for Support to Parents of Teens, which includes Teen-Parent Conflict Resolution, and she also provides Family Preservation and Reunification as needed. The other half of Shelley’s job is Support to Foster Parents. Patti Rudiak has continued as the Youth Justice Worker and Collette Sinkewicz is the Youth Engagement Support Worker. We feel quite fortunate to have two very talented and experienced people working with the youth of Powell River.

### Board of Directors 2018–2019

<b>Ian Fleming</b>	Board Chair
<b>Hugh Pritchard</b>	Vice-Chair
<b>Mike Gormley</b>	Treasurer
<b>Art Richards</b>	Director
<b>Guadalupe Dufour</b>	Director

Over the past year, the Family Enhancement Counselors have focused on developing and facilitating groups for parents with children who struggle with anxiety. To that end, we offered three different anxiety focused parent education groups, two of which were art focused and co-lead by Sarah Fitzgibbon. These groups were “What to Do When Your Child Worries Too Much” (offered twice), “Creating and Exploring Art with Your Child” (offered four times), and “Calm the Worry”, a new art based group for parents and children developed by Sarah.

Another new drop-in group facilitated by Erica Dolsen is “Baby and Company” specifically for new parents with babies 12 months and under. This group started in November 2017 after we received some feedback from new parents. “Little Tykes” has continued year round and is quite successful at connecting parents with each other as well as introducing parents to other programs and services that PRCYFSS offers. Little Tykes is currently facilitated by Roberta and Sarah. Debbie and Kevin continue to frequently offer “Circle of Security” and now that Rachel Le Blanc is trained, we will be better able to offer this program consistently through the year. Kevin also facilitates “Caring Dads” which is a 17-week program, offered at least once each year depending on when there are enough men able to attend. Rebecca Burke and Erica Dolsen continued to facilitate “Power to Parent,” a relationship-based parent education program, through most of the past year. Also through the year, Shelley Chaney offered the popular “How to Talk so Teens will Listen” to parents of youth 12 to 18 years of age. Many parents found the strategies and support so helpful that they have returned to repeat the course. This trend to offer new and innovative parent education groups will continue through 2018-2019 starting with a newly developed group called “One Day this will be Funny... a group for parents who struggle with emotional overwhelm”. In September, Erica will facilitate this group offered to parents of children ages six to 10 years.

The Youth programs have been busy with groups too. Collette Sinkewicz has focused on Youth in Care Network meetings and events such as the always highly successful Winter Solstice party and the foster family picnic during the Youth in Care Recognition week. In addition, Collette arranged a variety of learning opportunities for youth to improve their skills such as getting their First Aid Cer-

tificates or Food Safe Certificates. In Support to Foster Parents, Shelley continued to provide an opportunity for Grandparents Raising Grandchildren to come together once per month. Shelley also creatively provided individualized training for the foster parents as it is often difficult for them to commit to coming to groups.

We just completed a fabulous summer program for parents with children 6 years and under, led by one of our summer students, Katherine Lister. We had programming Monday through Thursday for six weeks. Each day



was a different focus or theme of activities and included “Little Hikes”, Little Mess Makers”, “Little Bugs”, and “Little Tykes”. While numbers are not yet tallied, we had excellent attendance with about 75 families attending one or more days each week. As word spread in the community about the programs, we had new families joining in right up to the last week! Thanks to Katherine for running our programs so smoothly and efficiently and for being so warm and welcoming.

Over the past year, Shelley Chaney represented the agency on the *HEhEwšin* committee which supported the community to carve an indigenous canoe as a reconciliation event with the Tla’amin Nation. This was one of many ways the agency engaged with our community beyond going to community meetings. Some of the other events were pumpkin carving in the mall, joining with First Credit Union in a campaign to highlight the importance of youth mental health, organizing a Food Bank drive, and facilitating a Christmas carnival. As always it is enjoyable for staff to connect and interact with the larger community as it helps us to determine possible gaps in service. Hopefully, PRCYFSS will continue joining with our community partners as much as possible in providing meaningful and supportive services to Powell River youth and families!

Finally, most of the staff team has been participating with other community organizations in a sixteen session webinar based Infant Mental Health training. This training has stirred up excitement and fresh ideas on strategies for services and possible groups that could focus on the parent-child relationship. It is looking like more innovative changes will be happening in the 2018-2019 year! As always, the hard work, dedication, and creative ideas by all staff members is greatly appreciated in making any new programming ideas actually happen! ♦



**Ann Kurtz**

**BA Psychology  
Diploma Child &  
Youth Care**  
35 yrs experience



**Erica Dolsen**

**BSW; Outdoor Rec  
Mgmt Diploma**  
11 yrs experience



**Rachel Leblanc**

**BSW; Assoc. of Arts  
(Psychology)**  
16 yrs experience



**Sarah Fitzgibbon**

**Graduate Diploma  
Art Therapy;  
BA, Fine Arts**  
2 yrs experience



**Kevin Dodd**

**BSc Psychology**  
11 yrs experience



**Jennifer Dodd**

**BSc Health Science**  
(pending)  
10 yrs experience



**Roberta Welp**

**Licen. Early Childhood  
Education Assistant**  
27 yrs experience



**Colleen Mudry**

**BA Child & Youth  
Care; ECE Diploma**  
38 yrs experience

Make the programs last six months because my worker is awesome and should get a raise! *(family support is four months long)*

A parent's comment about her child at iChef: "He loves it there! Like LOVES it! It's his favourite thing!"

Very encouraging and positive while helping to prioritize and focus on our goals

Clear, concise program, humour, information up to date and useful

Everything happens for a reason. I've learned a lot... so have kids. What's important to me is my kids are happy, feeling secure, and things are falling into place. And worker as yourself have helped me significantly along the way, couldn't have done it without you

non-ju  
friend

Our  
SEPTEME

**FAMILY PRESERVATION & REUNIFICATION**

Rachel LeBlanc  
Shelley Chaney • Kevin Dodd  
Debbie van Dok

**SUPPORT TO FOSTER CARE**

Shelley Chaney

**YOUTH ENGAGEMENT SUPPORT**

Collette Sinkewicz

**SUPPORTS TO STRENGTHEN FAMILIES**

Erica Dolsen • Shelley Chaney  
Kevin Dodd • Debbie van Dok

**YOUTH RESOURCE CENTRE**

Shelley Chaney  
Collette Sinkewicz  
Roberta Welp • Kevin Dodd  
Cale Larson-Stride  
Izzy Ostensen



**Shelley Chaney**

**BA Child & Youth Care**

17 yrs experience



**Collette Sinkewicz**

**BA Criminology**

6 yrs experience



**Heather Gordon**

**BA Business Admin  
Diploma Marketing & Management  
MFA**

21 yrs experience



**Patti Rudiak**

**BA Psychology  
BA Outdoor Recreation**

24 yrs experience



**Debbie van Dok**

**Diploma in Child & Youth Care  
Counselling**

32 yrs experience



**Kathleen Knight**

**CGA Level 3**

25 yrs experience



**Izzy Ostensen**

**YRC Youth Leader**



**Cale Stride-Larson**

**YRC Youth Leader**

Thanks you for your support, input and understanding. It has been wonderful working with you, and I am truly grateful

My worker was an amazing help and very polite &welcoming. She helped me with a gym pass so I could learn how to work out for which I'm very thankful

Very judgmental, ly support

Your program changed many of my outlooks on parenting and just life. I really enjoyed meeting with my worker, it brightened my day and was something I looked forward to each week

Looking back, I can see a huge change in the dynamics of our family. There is far better communication, less yelling, more open talks, and overall better relationships. This has been a huge help for our family

# Team

BER 2018

**SUPPORT TO PARENTS OF TEENS & CONFLICT RESOLUTION**  
Shelley Chaney  
**FAMILY CENTRE & LIBRARY**  
Jennifer Dodd

**PROGRAMS DIRECTOR**  
Ann Kurtz  
**YOUNG PARENTS SUPPORTS**  
Debbie van Dok  
**YOUTH JUSTICE**  
Patti Rudiak

**TEAM LEADER / SPECIAL PROJECTS MANAGER**  
Kevin Dodd  
**TEAM SUPPORT WORKERS**  
Colleen Mudry • Roberta Welp  
Sarah Fitzgibbon

**DIRECTOR OF RECORDS & FINANCE**  
Kathleen Knight  
**EXECUTIVE DIRECTOR**  
Heather Gordon

# Special Project Manager's Report

Kevin Dodd, *Special Projects Manager*



**This year** was busy with new ideas and programs and lots of youth activities buzzing with enthusiastic young people from Powell River and around the globe. We had an excellent staff team who worked hard this year to pull off some amazing new programming. Shelley Chaney, Collette Sikewicz, and Roberta Welp — supported by our dynamic Youth Leaders: Izzy Ostensen and Cale Stride-Larson — brought food and fun to the YRC. Sarah Fitzgibbon, supported by Summer Students Cale Stride-Larson and Katherine Lister planned and delivered a fantastic Summer Program for Tweens and Seniors. Here are some highlights and some learnings from 2018

## YRC Programming

### Q1 (April – June 2017)

YACK and Sports & Rec ran in the YRC during this quarter. Both programs ended in June as the YRC Programs typically follow the school year. YACK was a drop-in cooking/meal preparation-based program available for teens and youth up to the age of 24. Sports and Rec was a sport-based program for youth in Grades 5-7 — one of our first regular attempts to connect with the pre-teens in the YRC.

### Q2 (July – September 2017)

No YRC Programming was offered. The YRC Space was used by other PRCYFSS Groups including our Youth Engagement Supports program and a group for tween girls.

### Q3 (October – December 2017)

In October we launched two new cooking based programs: Simply Cooking on Tuesday nights for ages 13-18 and *iChef* on Wednesday nights for ages 9-12.

*iChef* is a program which focused on cooking a recipe and then eating together, working on building friendships and social skills in the process. The youth each signed up for duties in the kitchen, cooking, cleaning, and setting the table. While they weren't cooking they played games, listened to music, and worked on crafts. At the beginning of the program, the Powell River Kings volunteered by spending time with the youth.

Simply Cooking started as a program where youth would come learn to cook a recipe which might be one they would be able to prepare at home. Afterwards the youth would sit together and eat. As numbers increased, the youth rotated through the kitchen and took turns with preparing food and having time to hang out in the YRC.

Simply Cooking was joined by international students from Brooks in November — teachers from Brooks helped

by driving many of them in a School District bus. Once they were comfortable attending, the bus ended and the youth were able to get here on their own using public transit or whatever means they had.

### Q4 (January – March 2018)

*iChef* continued to grow in popularity — YRC Youth Leaders were very helpful in supporting the growth of the program. The focus of the programming started shifting more heavily towards friendships and social skills instead of cooking (though we still cooked a new recipe and ate together each week). The youth enjoyed playing games, crafting, and hanging out.

Simply Cooking changed into The Exchange. There was a shift from staff led/planned recipes to the youth being invited into a leadership role where they would choose a recipe that they wanted to share with the other YRC youth. We helped the youth create an ingredients list and then did the shopping. YRC staff helped the youth to teach each other how to cook the recipe. Sports, especially basketball in the gym were very popular with many of the participants.

## Sneak Peek at Q1 2018

The Exchange and *iChef* continued to be popular and programming was offered until June 28th. As well, a new program, Youth Art Scene was created for youth ages 10-14 to come work on art projects together with well-stocked art supplies and PRCYFSS Staff member Sarah Fitzgibbon. The YRC Youth Leaders completed two short videos showcasing our YRC programs.

### TOTAL MONTHLY ATTENDANCE BY PROGRAM

	YACK	Sports & Rec	<i>iChef</i>	SC/Exch
April	14	15		
May	36	24		
June	18	4		
October			23	13
November			29	56
December			21	33
January			50	102
February			49	155
March			24	36

\* *Simply Cooking (SI) & The Exchange (E)*

## Attendance

- The total number of youth visits to the YRC for YRC programming this fiscal year was 702.
- The average weekly number of youth attending YRC Programming was just over 22 youth.
- Program attendance increased each month since October 2017 – January and February have particularly high attendance because many youth from a group of international students from China attended The Exchange while they were visiting.



## Feedback

Staff had three questions for the youth for our formal feedback surveys:

- 1) Are you cooking at home more often? What's an example of your cooking at home?
- 2) Are you talking with youth that you didn't previously talk to more often?
- 3) Do you have any suggestions for the program?

### *iChef* Participants' answers:

- 63% of the youth surveyed reported that they were cooking or helping with cooking more often.
- 100% of the youth surveyed reported that they were talking more to new people or had made friends.
- Some common suggestions for the program were food requests or activity/craft ideas which staff took into consideration — e.g. made slime.

### Simply Cooking/The Exchange answers:

- 57% of the youth surveyed reported that they were cooking or helping with cooking more often.
- 100% of the youth surveyed reported that they were talking more to new people or had made friends.
- Some suggestions for the program were to run more often, to have a larger kitchen, and have more youth to help in the kitchen.

When these two YRC programs were launched in October, our intention was to have an emphasis on increasing cooking skills as well as on making friends/developing social skills. We realized as the year progressed and the programs became more popular and well attended, that cooking was becoming more of an activity that the youth could choose to participate in among the other activities that were available and less of a focused learning experience.

We take the increasing attendance at the YRC as a sign that we are offering programming that the youth want. Additionally, the staff frequently receive informal feedback and suggestions for the YRC that are followed up on during programs or at our staff meetings.

## Challenges

**Space:** The Youth Resource Centre space has trouble containing more than 16 youth during programming. Luckily we have been able to use the Commons of Oceanview Learning Centre, the Oceanview Gym, and take youth outside (weather depending). The youth took turns in the kitchen with cooking duties.

**Food:** As programs grew, especially Simply Cooking/The Exchange, we were not able to provide a full meal to the youth attending. Our kitchen is not capable of producing enough food in the time allowed to feed over 20 participants. As well, the food budget could not increase at the same rate as attendance did.

**Staffing:** As number of participants grew, more PRCYFSS staff were needed to provide safe, quality programming. *iChef* with its population of tweens (9-12) which includes several youth with special needs & behavior needs in particular needs a high ratio of staff. *iChef* required a second adult staff member once it reached 8+ youth and Simply Cooking (which became The Exchange) required a second adult staff person when we were joined by the Brooks international students.

We hired two grade 11 students to work as YRC Youth Leaders—they had time for prep, worked in the YRC under the program staff during programming, and created two videos documenting the YRC programs.

Youth Participants Helping/Volunteering and Fairness: Help in the kitchen with cooking, cleaning, and setup was often being done by the same youth each week. They were reporting that it wasn't fair that they were doing most of the work and everyone was able to eat and enjoy. We brought in a system where each helper would be recorded and added to a monthly draw for a chance to win a small prize. The youth reported that this helped them feel good about their volunteering for jobs. As well, the *iChef*

See Future, page 8

program recorded names of youth who helped in other pro-social ways with supporting friendship.

### Plan for future

Next school year the YRC plans to offer iChef, The Exchange, and Youth Art Scene again. We plan to hire students as YRC Youth Leaders again, but this time they will only have hours for working at the YRC programs. We plan to take more pictures at the YRC and keep our YRC Facebook page more active to increase engagement with participants, their families, and potential new YRC youth. During the summer, the Intergenerational Summer Academy (run by PRCYFSS) is using the YRC facility as their home base.

### Intergenerational Summer Academy

This Summer PRCYFSS ran the Intergenerational Summer Academy, a 6 week program for youth ages 9-12 and members of the Powell River seniors community. Over the

summer, the youth and seniors grew as a community together and worked towards building a “bridge” between the generations, encouraging connection, understanding, and the development of relationships.

The group met in the Youth Resource Centre each day, starting with a group circle before the day’s activities. The youth had the opportunity to participate in many senior led activities including: spool knitting (a surprising group favourite), a classic car show, tour of the airport/planes, setting up tents and fires, leatherworking, baking muffins, gardening, learning about our local plants in the forest, building birdhouses, making art, and more.

By the end of the six weeks, the youth and the seniors were much more comfortable with each other—they had increased their understanding greatly since the initial intergenerational meet up at the Outdoor Learning Centre (where they did team-building, planning, and canoeing together).

We plan to move forward with the goals achieved by this project by inviting interested seniors to join in with our regular youth programming based out of the YRC this year. ♦

In support of...

**Powell River Child, Youth & Family Services would like to thank these supporters and sponsors:**

- Province of BC – Gaming Grant
- Public Guardian & Trustee
- School District No. 47 (Powell River)
- Powell River & District United Way
- Anglican Parish of St David & St Paul
- The Ministry of Children & Family Development
- The United Way of the Lower Mainland
- Service Canada Summer Jobs Program
- Kiwanis Club of Powell River, BC
- Powell River Employment Program Society
- New Horizons For Seniors Program
- Federation of BC Youth-in-Care Networks
- The United Church of Canada Foundation
- First Credit Union
- Vancouver Coastal Health
- Marian Lewis-Peel
- Timberlane Quilters Guild
- Save-On-Foods
- Powell River Town Centre Mall
- Dawn Heiden
- Hana-Louise Braun
- Angelique Veerman
- Joan Fisher
- Chris Weeks
- Wendy Drummond
- Kevin Wilson
- Graham Knell
- Pat Braham
- Graham Cocksedge
- Diana Yenssen
- Shirley Gendron
- Powell River SPCA
- Barry Kosturos, Ice Technician PR Curling Club
- Nikta Johnston, Powell River Heritage Museum
- Kim Miller, Powell River Chamber of Commerce
- Willingdon Creek Seniors Care facility
- MCC Thrift Store

Oceanview Educational Centre • 7105 Nootka Street, Powell River, BC V8A 5E3  
604.485.3090 • admin@prcyfss.com

[www.prcyfss.com](http://www.prcyfss.com)