

# CHOICES FOR YOUTH



## Celebrating 35 years of Choices for Youth

**Annual Report 2024–25** 



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#### **CHOICES FOR YOUTH**

#### **OVERVIEW**

#### **Mission Statement**

Choices for Youth is a professional services, youthfocused, non-profit, charitable organization that creates spaces and conversations, and operates programs and social enterprises to help vulnerable youth secure stable housing, employment, and education while improving health and family stability.

With a focus on prevention, intervention, and support, we help youth and their families break cycles of poverty and homelessness and transition to healthy, stable, and independent lives.

#### **Vision**

A world free of social and economic barriers, where young people feel able and encouraged to pursue their aspirations and potential.

#### **About Us**

Choices for Youth strives to provide at-risk youth and emerging adults with programming and services that meet their present and long-term needs. Our work is informed by the lived experience and expertise of young people, feedback from program participants, input from community partners, and guidance from national programming and research.

We approach our work with the belief that every young person has immense potential and that with the right set of supports, they can achieve their goals.

#### **Land Acknowledgement**

We respectfully acknowledge the land on which we gather as the ancestral homelands of the Beothuk, whose culture has now been erased forever. We also acknowledge the island of Ktaqmkuk (Newfoundland) as the unceded, traditional territory of the Beothuk and the Mi'kmaq. And we acknowledge Labrador as the traditional and ancestral homelands of the Innu of Nitassinan, the Inuit of Nunatsiavut, and the Inuit of NunatuKavut. We recognize all First Peoples who were here before us, those who live with us now, and the seven generations to come. As First Peoples have done since time immemorial, we strive to be responsible stewards of the land and to respect the cultures, ceremonies, and traditions of all who call it home. As we open our hearts and minds to the past, we commit ourselves to working in a spirit of truth and reconciliation to make a better future for all.

#### **EDI Statement**

Choices for Youth (CFY) strives towards a culture of inclusion and empowerment, one where there's a sense of belonging and safety while prioritizing diversity across the organization, including in its Board of Directors composition, employment practices, staff, policies, programming, and services. Choices for Youth actively works to support program participants, staff, and volunteers who identify as Indigenous, Black, racialized and/or as members of other equity-seeking and/or religious, cultural, and other communities; members of the 2SLGBTQIA+community; people with disabilities; and people from a variety of social and economic backgrounds. Choices for Youth is committed to providing support and accommodations to all involved with the organization, including employees, program participants, and volunteers.

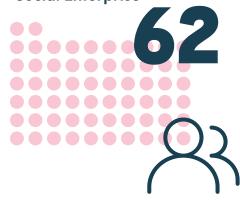


#### A YEAR IN NUMBERS

Youth Supported in the 2024 – 2025 Fiscal Year\*

942

Youth Employed in Social Enterprise





Youth Housed in the 2024 – 2025 Fiscal Year

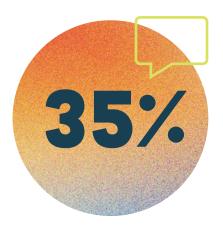
'Choices for Youth learned that we would be facing a 75% funding reduction in our multi-year investment with the federal government, forcing us scale back services, programs, housing supports, and staff. The impacts of this reduced funding were vast across Choices for Youth programs and operations, which can be seen in the decrease of youth supported by the organization in comparison to previous years.

32%



Youth Supported
Identified as a Member
of the 2SLGBTQIA+
Community

Youth Supported Identified as Having a Disability



Youth Supported Identified as Indigenous



81%

Youth with Past Experiences of Homelessness Who Achieved Housing Stability

Youth who initially reported poor mental health showed improvement during their engagement with Choices for Youth

62%



#### **LEADERSHIP**

#### **Leadership Team**

Jen Crowe, Executive Director

Lori Whitt, Senior Director of Business Operations and Education, Employment, and Social Enterprise

David Banfield, Senior Director of Programs and Human Resources

Matthew Piercey, Director of Newfoundland and Labrador Integrated Youth Services

Katie Keats, Manager of Fund
Development and Communications

Matthew Cooper, Manager of Impact Measurement and Engagement

Kayleigh Kennedy, Manager of Financial Services

Natalie Evans, Manager of Program Funding

Rae-Anne Ryan, Manager of Housing Services

Alorah Roussel, Manager of Family Programming and Support Services

Shawn Mercer, Interim Manager of Education, Employment, and Social Enterprise

#### **Leadership Team**

**Sheldon Pollet, Executive Director** 

Colt Politte, Manager of Housing Services

Raven Warren, Manager of Family Programming and Support Services

Mari-Lynn Taylor, Manager of Education, Employment and Social Enterprise

#### **Board of Directors**

Bruce Belbin, Chair

Sean Ryan, Vice Chair

**Tracey Power**, Board Treasurer

Kaylah Mercer, Secretary

Lisa Bishop, Director

Lori Menchenton, Director

**Robert Hoskins**, Director

John Samms, Director

Meghan Riggs, Director

**Andrew MacDonald, Director** 

**Sherry Nandha**, Director

Geoff Davis, Member Emeritus



#### **MESSAGE FROM THE**

# EXECUTIVE DIRECTOR (JEN CROWE) AND BOARD CHAIR (BRUCE BELBIN)



Dear Friends and Supporters of Choices for Youth,

This past year was one of growth and change for our organization as we continued to deliver programs, services, and systems that help young people build stability and achieve their goals.

In 2024–25, Choices for Youth (CFY) supported 942 young people. Many of those who accessed our programs struggle with their mental health. We are proud that 62% of youth who initially reported poor mental health showed improvement during their time with CFY. Additionally, 81% of youth who experienced homelessness achieved housing stability this year. These outcomes reflect the dedication of our staff, the strength of our partnerships, and the resilience of the youth we serve.

This was also a year of evolution for CFY. In summer 2024, the organization experienced a significant reduction in federal funding. In response, the Board of Directors initiated an external strategic review process, which concluded in summer 2025 and resulted in a major restructuring of our social enterprise training and employment programs. This review translated to changes in our operations, including the sunsetting of longstanding social enterprise, Impact Construction. While these changes were difficult, the future is bright. In fall 2024, we officially opened our new Social Enterprise and Innovation Hub, home to four social enterprises: Crust Craft Bakery, Neighbourhood Thrift Store, The Shop, and partner social enterprise, SmartICE. Our social enterprises continue to deliver powerful impact for our organization, offering meaningful employment and training opportunities for youth disconnected from the labour market, while generating revenue that can be reinvested into CFY's programs and services.

This year also marked a major milestone for our provincial Integrated Youth Services initiative. We launched a Request for Proposals to identify two initial hub sites outside of St. John's, which will offer mental health, housing, primary care, employment, and other core supports for youth aged 12 to 29. The first of these hubs, located in Corner Brook, will begin providing services in 2026 through



a partnership between Choices for Youth, Vine Place Community Centre, and Newfoundland and Labrador Health Services. Another site will be announced soon, with a goal of establishing nine interconnected hubs across the province. Additionally, we were thrilled to receive a \$10 million investment over five years from Health Canada to strengthen mental health and family support services across Newfoundland and Labrador. This support has enabled us to build a dedicated youth mental health team and expand our evidence-based family programs as we continue to grow services with partners across the province.

Overcoming challenges and achieving meaningful progress for youth is only possible when we work together. We are profoundly grateful to our staff, Board of Directors, community partners, and all levels of government for their shared commitment to working with us to support brighter futures for young people. Thank you for your continued dedication and belief in the work of Choices for Youth. Together, we are supporting and empowering the next generation to achieve their goals and live a healthy life in Newfoundland and Labrador.

With gratitude,



**Bruce Belbin Board Chair Choices for Youth** 



Jen Crowe **Executive Director Choices for Youth** 

### PREMIER



On behalf of the Government of Newfoundland and Labrador, I want to congratulate **Choices for Youth** on another great year. Your work helps young people and young families meet their needs and build better futures. Choices for Youth plays an important role in our communities. You provide housing, mental health and addiction supports, job training, and programs that help vulnerable youth. These services make life better and safer for young people, and they strengthen our communities. When youth have the support they need, they can focus on education, employment, and building healthy relationships. That benefits not only them, but all of us. We know that early help can change lives, and your work in this area is making a real difference.

Our government is proud to support the work that you do. Thank you to the staff, Board, and volunteers at Choices for Youth. Your hard work and care help young people find hope and create brighter futures. Your dedication inspires us.

Sincerely,



Honourable
Tony Wakeham
Premier of Newfoundland
and Labrador

#### AN UPDATE FROM THE

## YOUTH LEADERSHIP AND ADVISORY COUNCIL



This year, the Youth Leadership and Advisory Council (YLAC) continued to strengthen its role as a key youth voice within Choices for Youth, sharing lived experience, shaping programs, and advocating for systemic change.

During a site visit with the North Pine Foundation in March, YLAC members shared their personal experiences with Choices for Youth's housing services and highlighted the types of resources and supports they would like to see available in the future; which included, having attached childcare spaces, sound-proofing units, and offering more single occupancy housing options. Their insights continue to inform CFY's approach to youth-centered housing solutions.

Youth mental health emerged as a major area of focus this year. Through a partnership with CMHA–NL, YLAC secured three free mental health training sessions, including *Applied Suicide Intervention Skills Training (ASIST)*, *Mental Health First Aid*, and *Compassion Fatigue*. These sessions were described as extremely valuable by participants. One youth reflected:

"Well for me I found that the mental health training helped me understand not only how to help people in a crisis ... it helped me understand [the] things I have done ... when my anxiety is through the roof."

All participants received certifications which empowers them to provide peer-to-peer mental health support in their communities. YLAC has also played an active role in shaping CFY's new provincial mental health team, providing crucial feedback on how to make services more youth-accessible and relevant.

In April, YLAC's recommendations on youth housing issues were featured in a CBC article as part of Choices for Youth's pre-election engagement, ensuring that youth perspectives were heard in the lead-up to the federal election.

YLAC also brought their lived experience to national conversations. In June, one member represented the council at the ACT BIG Basic Income Conference in Prince Edward Island, where they participated in a panel with partners from *Food First* and *YWCA*. The YLAC member shared the realities of what it is like living on income support and the challenges of providing for a young child within current financial systems.

Looking ahead, YLAC has identified several priority areas for development and engagement, including media training to strengthen youth advocacy skills, peer-to-peer evaluation initiative, and continued leadership in youth mental health.



#### WHAT WE DO

Program and Services Summary



#### Housing

- The Shelter
- RallyForward
- The Lilly
- Soft Landing



#### **Family**

- Momma Moments
- Upstream NL
- Family Resource Centre (Coming 2025)



#### Mental Health and Wellness

- Integrated Youth Services
- Outreach (Drop In, Primary Care, etc.)
- Youth Mental Health (Advances Coming 2025)

#### Education, Training, and Employment

- Education & Training
- Emploument Support



#### Youth Leadership

- Youth Leadership and Advisory Council
- Provincial Youth Advisory Council



- Impact Construction
- Neighbourhood
- The Shop
- Crust Craft Bakery



# HOUSING

#### The Lilly

The Lilly is a 14-unit, congregate living supportive housing model for youth. Both the programming and the physical layout of the building promote a sense of community while maintaining individual home spaces in a youth-friendly environment. Youth work with staff through individual support models, aiming to remove lifestyle, housing, educational, and employment barriers to finding security and stability.

#### **The Shelter**

The Choices for Youth Shelter is an emergency shelter, welcoming youth between the ages of 16 and 29 who identify as male or who are gender non-conforming. Young people are able to stay at the shelter for up to a month, while working closely with shelter staff on their housing plan and on connecting to other support services and agencies to help them move forward when their stay at the shelter comes to an end.



Total Beds in Various Housing Units Supported by Choices for Youth



of youth with past experiences of homelessness achieved housing stability

#### **RallyForward**

The RallyForward program provides at-risk youth and emerging adults, between the ages of 16-29, access to affordable housing, paired with a system of wrap-around supports. With 26 housing placements spread over multiple homes in the St. John's area, this program focuses on intensive case management, housing stability, eviction prevention, and support for mental health and addictions for its residents. Participants have access to safe and affordable housing, receive individualized supports, and take part in group activities and sessions - all with an emphasis on youth choices, self-determination, and harm reduction.

#### **Soft Landing**

The Soft Landing program aims to provide a rapid rehousing and shelter diversion approach for youth who are precariously housed, experiencing homelessness, or experiencing transitional homelessness between the ages of 16 and 29. The Soft Landing program also seeks to support youth to remain in or return to their home communities and provide support to prevent youth from entering into homelessness or at-risk situations when arriving in St. Johns.

#### **FAMILY**

#### **Upstream NL**

Upstream NL is a Choices for Youth program currently based in three junior/high schools in the metro area, and one junior high school in Marystown, that aims to improve the overall well-being of students and their families.

The areas in which Upstream NL assists include food insecurity, mental health and isolation, physical health, learning supports, housing, financial support, transportation, and school engagement.

#### **Momma Moments**

The Momma Moments Program is a peer-to-peer support and strengths-based group for young parents or pregnant mothers. It provides moms and their children with wrap-around support to navigate the challenges of motherhood, which they often face in addition to social isolation, financial demands, and limited social and family support.

Momma Moments currently operates out of the Integrated Youth Services Hub in St. John's, where groups meet for programming that emphasizes overall wellness - mental, physical, spiritual, and social - for both mother and child. Young mothers have access to healthy recreational activities, as well as resources and discussions on topics of family building, income supports, mental health, education, nutrition, and more. Additionally, staff and volunteers of Momma Moments prepare meals for moms and kids, with extra to take home.





**Children Supported** 



**Families Supported** 



**Moms Supported** 

#### MENTAL HEALTH AND WELLNESS



of all youth achieved meaningful improvement in their self-reported mental health scores during their engagement with Choices for Youth.



of youth who initially reported poor mental health showed improvement during their engagement with Choices for Youth

#### **Integrated Youth Services**

Through partnership with Newfoundland and Labrador Health Services and the Government of Newfoundland and Labrador, Choices for Youth acts as the backbone agency for Newfoundland and Labrador Integrated Youth Services (NL-IYS), supporting the development of two additional NL-IYS sites across Newfoundland and Labrador. These two hubs will operate as an integrated network alongside Choices for Youth's own hub in St. John's. Focused on mental health, housing, employment, primary care, and community supports, these sites will mirror the wrap-around support model that is provided through Choices for Youth's own IYS hub - all while considering and prioritizing local needs. IYS sites will be centred on the principles of early intervention and prevention, offering a central access point for a young person needing in-person or virtual care.

#### **Outreach and Youth Engagement**

The Outreach and Youth Engagement program operates out of Choices for Youth's Integrated Youth Services hub - often known as the front door at Choices for Youth. It is a place where young people can have a hot meal, feel safe, and build trusting relationships. It is also the place where youth can access many of our mental and physical health supports. The staff at Outreach work to address the immediate needs of young people, while building foundational relationships that allow staff and youth to work together to identify and pursue goals. Through these relationships, young people are able to access appropriate supports, avoid navigating the complex social service systems, and form longer-term support relationships that can help meet their evolving needs, and move beyond a crisis-driven lifestyle and begin transitioning towards stability, safety, and a more positive life trajectory. Through individualized and intensive supports, the team is able to help youth move beyond a crisisdriven lifestyle and begin transitioning towards stability, safety, and a more positive life trajectory.

#### EDUCATION, TRAINING, AND EMPLOYMENT



Youth Employed in Social Enterprise

67

Certificates Provided for Youth Trainees

Many of the young people accessing Choices for Youth's services have become disconnected from training, education, and/or the labour market. Our Education and Employment programming works to rapidly train and employ young people so that they can gain the skills, confidence, and experience to connect to education or the labour market. This program includes practical training and education sessions, which include completions of First Aid, WHIMIS, etc., and embedded supports in each of our social enterprises, where trained staff work side-by-side with youth and provide individualized goal setting and coaching. We combine trauma-informed, strengths-based, and harm reduction practices with an empowerment philosophy that ensures activities meet the needs of young people.



## 23,062 HOURS

Hours of Employment Insurable Hours







The social enterprise portfolio at Choices for Youth offers meaningful and supportive workplaces for many of the young people who come through our doors. Working across numerous sectors and industries, we operate multiple businesses, all of which train and employ young people, deliver positive social and economic benefits, and earn revenues to help fund our employment programming at Choices for Youth.







#### **Impact Construction**

Impact Construction is a CORTM-certified social enterprise with expertise in energy retrofits, property maintenance, remediation, demolition, and renovations for residential and commercial properties.

Hiring Impact Construction not only means a project done right, done on time, and on budget - it also means changing lives.



#### The Shop

The Shop specializes in textiles, wood products, and fulfillment for like-minded businesses. The products are hand-made by youth in St. John's, NL, and feature the finest fabrics, reclaimed wood, and upcycled denim. The Shop is also a space for Choices for Youth to troubleshoot ideas, create prototypes, and incubate new social enterprise ideas before bringing them to market.



#### Neighbourhood

Neighbourhood is a Choices for Youth retail social enterprise which sells gently used clothing for children, youth, and adults. From sorting donations and managing inventory to customer service and merchandising, every purchase made is an investment in youth employment and directly supports the at-risk and homeless youth.



#### **Crust Craft Bakery**

Crust Craft Bakery is a Choices for Youth Social Enterprise. The team at Crust Craft Bakery is dedicated to training and empowering local youth who may be experiencing barriers to entering post-secondary or the workforce. Crust Craft Bakery offers meaningful work in a supportive environment for youth who are building their careers in the food industry. The idea is to teach traditional, transferable techniques and introduce bold flavours while producing Crust Craft Bakery's take on comforting, rustic baked goods.

## YOUTH LEADERSHIP

#### **Youth Leadership and Advisory Council**

Choices for Youth strives to put young people at the center of all we do. This includes involving youth in operations decisions wherever suitable and possible. In the last few years, we launched a new version of our Youth Leadership and Advisory Council (YLAC). This is a group of up to 12 dedicated young people who are either current or past CFY program participants. The YLAC has several purposes and functions, all of which seek to involve youth in the organization's decision making and encourage youth advocacy and engagement. These are:

- Represent the voices of youth and young families at Choices for Youth
- Provide recommendations to Choices for Youth's Board of Directors and Senior Leadership Team around policies, service design and delivery, training, and other strategic initiatives
- Inform local, provincial, and national work from the perspective of youth with lived and living experience
- Advocate for matters that are important to youth at a community, provincial and national level.

#### **Provincial Youth Advisory Council**

The Provincial Youth Advisory Council (YAC) plays a central role in shaping the Integrated Youth Services vision, priorities, and service design. Comprising 13 youth from across Newfoundland and Labrador, YAC brings lived experience, community insight, and creative leadership to every stage of Integrated Youth Services development. The focus for the YAC in the roll out of the Provincial Integrated Youth Services Network is to contribute to the naming and branding of the network and to participate in design chariots for new hubs, as well as contribute to the development of youth engagement strategies for new hubs. YAC's leadership ensures the Provincial Integrated Youth Services Network will remain a youth-driven initiative built on equity, belonging, and meaning, while keeping the network grounded in what matters most: dignity, accessibility, and real support for young people.



#### IMPACT SURVEYS AND DATA TRENDS



Choices for Youth implemented our first Impact Survey in 2023-24, and we now have more than a full year of outcome data collection across Choices for Youth's Housing, Family, and Employment & Training programs. The data, captured from 774 surveys (290 unique youth participants), provides robust, youth-reported insights into well-being, stability, and personal growth across nine domains: Life Skills, Housing, Health, Food Security, Family Relationships, Education, Employment, Justice Involvement, and Young Parent Outcomes.

#### **Housing Stability**

**NOTE:** Housing outcomes were assessed for 189 youth respondents that were deemed as engaged participants: completing two or more quarterly surveys.

Youth with a documented history of homelessness demonstrated marked improvement in their housing status once engaged with Choices for Youth programming.

Key Success Indicators	Outcomes
Exceptional Stability Maintenance	77% of engaged youth maintain stable housing with minimal mobility
Low Housing Loss	Only 1.6% lose housing stability after achieving stability
Strong Recovery Rates	81% of youth with homelessness history achieve stability
Effective Supportive Housing	86% of supportive housing participants maintain stable housing
Prevention Excellence	93% never experience high mobility (2+ moves per quarter)

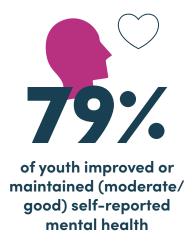
#### **Mental Health**

NOTE: Mental health outcomes were assessed for 179 youth respondents that were deemed as engaged participants: completing two or more quarterly surveys.

DATA TREND! The data indicates a fundamental role of stable housing in mental health recovery, as youth connected to supportive housing programs demonstrated the strongest mental health improvements. The longer that youth were connected with CFY services, the greater the chances they would move from having poor or moderate self-rated mental health to good self-rated mental

health.			
Mental Health Reference Point	Observed Changes		
Starting with moderate or poor mental health	48% achieved meaningful improvement in their mental health scores		
Recovery from poor mental health	62% showed improvement during their CFY		

engagement

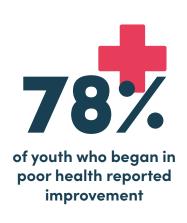


#### **Physical Health**

NOTE: Physical health outcomes came from 168 youth respondents that were deemed as engaged participants: completing two or more quarterly surveys and had complete health data.

Significant declines were also seen in Emergency Services:

Service Type	Baseline Users	Change
<b>Emergency Room</b>	16.4%	19% reduction
Ambulance	9.5%	39% reduction
Inpatient Stay	6.9%	19% reduction
Walk-in Clinic	3.7%	46% reduction





of youth who began food-insecure improved their food security levels, showing strong progress among the highest-need participants

#### **Food Security**

**NOTE:** Food security status came from 178 youth respondents that were deemed as engaged participants: completing two or more quarterly surveys.

55.6% of youth achieved high food security, indicating positive progress.

**DATA TREND!** The data shows food security is still a major concern. 20.2% of youth remained food insecure, and 24.2% of clients with moderate food security showed a slight decline, suggesting this group may be vulnerable and at risk of worsening food insecurity.

#### **Justice Involvement**

**NOTE:** Key measures for youth justice involvement, which assessed 189 youth with 2+ surveys, were justice involvement, housing stability, and change patterns.

46% of youth showed improvements within the first 6 months of engagement with Choices for Youth programming.

**DATA TREND!** The data shows a strong correlation was observed between housing instability and justice involvement.

4		6/

of youth showed improvements by 12 months of engagement with Choices for Youth programming

Housing Status	Ever Justice-Involved	Currently Involved
Stable	17.6%	7.4%
Moderate/At-Risk	19.6%	9.8%
Unstable	55.6%	44.4%

#### **Overall Impact**

Choices for Youth's integrated, youth-centered approach produces strong, multi-domain outcomes. The impact survey provides strong support for the efficacy of the integrated services approach at Choices for Youth. The data, which assesses youth in a non-program specific way, demonstrates youth progress in multiple domains; showing that growth in certain domains is not limited to programs that target those skills.

Across all programs, the data shows a consistent pattern of stability, recovery, and growth. Choices for Youth demonstrates sector-leading success in converting crisis interventions into long-term independence, reducing reliance on emergency, justice, and welfare systems while improving well-being and self-sufficiency among vulnerable youth.

## STRATEGIC PLAN UPDATE / ACCOMPLISHMENTS

Published in 2023, Choices for Youth's 5-Year Strategic Plan is centred around 4 major pillars to guide and inform our decision-making, strategy planning, and future vision of the organization.

#### These 4 pillars consist of

- Stabilizing, Communicating, & Sustaining Core Program Delivery
- 2. Investing in our Staff & Culture
- 3. Prioritizing Equity, Diversity & Inclusion across Choices for Youth
- 4. Investing in Program & Service Innovation to meet Youth Needs

This fiscal year, we have delivered on the following key outcomes, as outlined in our strategic plan:

- Secured funding for an additional therapist role & expanded therapy services
  to other parts of the agency. See here to learn more about the Youth Mental
  Health Team.
- Secured new funding for additional family program offerings through our Momma Moments program.
- Continued to invest in the Choices for Youth Leadership and Advisory Council to inform key programs, policy and advocacy decisions.
- Increased philanthropic investment by 25% through various foundations.
- Engaged regularly with the Youth Leadership & Advisory Council (YLAC) to help identify opportunities for program enhancement and growth.
- Developed and implemented regular impact surveys across all programs to support high-quality, outcome-oriented data collection.
- Completed a thorough review and update of internal workplace policies and procedures, leading to the implementation of Choices for Youth's Workplace Policies and Procedures manual.
- Collaborated with other non-profit organizations to tell a provincial story of need and impact. Learn about the Child and Youth Poverty Report Card here.
- Opened and gained occupancy of Choices for Youth-owned Social Enterprise & Innovation Hub, acting as a home for multiple social enterprises in St. John's. Learn more here.



The 2024–25 fiscal year brought many great milestones for Choices for Youth's 5-year Strategic Plan, and we continue to use this plan as a roadmap as we work towards the future of the organization.

#### **ANNOUNCEMENT FROM**

#### GOVERNMENT OF NEWFOUNDLAND AND LABRADOR'S DEPARTMENT OF EDUCATION

In January 2025, the provincial government's Department of Education visited our Integrated Youth Services Hub to announce its plan to give Choices for Youth \$260,500 to help with our Momma Moments program.

This one-time relief was in response to the federal funding cut that Choices for Youth experienced earlier in the summer, which had a deep impact on our Momma Moments programs. Momma Moments is committed to supporting pre-natal and post-natal young mothers and their children navigate the many challenges of motherhood and offer wrap-around supports, including meals, healthcare, activities, and socialization.



When speaking on behalf of Choices for Youth on the gratitude towards this funding, Executive Director Jen Crowe said the following:



"The Momma Moments program breaks the cycle of poverty and homelessness for over 120 young mothers and their children annually while helping young moms achieve their goals of education and employment. Through connection to housing, primary care, mental health supports, and other wraparound services, this program has proven outcomes of increasing high school graduation rates, decreasing emergency healthcare utilization, and improving housing stability. We are incredibly grateful for the **Government of Newfoundland** and Labrador's investment in this impactful and innovative program, which is transforming the lives of hundreds of children and youth every year."



#### NEW OPPORTUNITIES AT THE SOCIAL ENTERPRISE HUB



#### **Reduced Funding Causes Scale Back**

On June 20th, 2024, Choices for Youth learned that we would be facing a 75% funding reduction in our multi-year investment with the federal government. As a consequence, in August 2024, Choices for Youth was forced to scale back services, programs, housing supports, and staff.

The Education, Employment, & Social Enterprises program, dedicated to supporting young people in skill-building and entering the job market, was significantly impacted by this unexpected shortfall in funding, as it experienced the elimination of training and educational supports for 35 young people, and ultimately had to lay off 16 full-time employees and 15 youth trainees.

The impacts of this reduced funding were vast across Choices for Youth programs and operations, including the eviction of 8 young

people, reduced housing support for 70 young people, and a significant cutback on supportive services to 25 young mothers and 40 children. Programs, supports, and the workforce of Choices for Youth all felt the devastation of this federal funding cut.

#### **Hub Occupancy**

On November 19th, 2024, Choices for Youth's Education, Employment, and Social Enterprise (EESE) operations took occupancy of our newly designed, permanent Social Enterprise & Innovation Hub on LeMarchant Road. Following many years of planning and construction, it was a dream come true for Choices for Youth to gain occupancy of this new permanent social enterprise and innovation hub!

This new Social Enterprise hub was a purposefully built space, with the needs of Choices for Youth's various social enterprises and training classes, and the youth who avail

of them, in mind. Notable features of the new Hub's design include:

- · Classroom for training sessions
- Lecture theatre for workshops and training
- Large, open space for hands-on training for Impact Construction
- Large kitchen and workspace for Crust Craft Bakery
- · Screen-Printing room for The Shop
- Textiles room for The Shop
- Separate fridge for Crust Craft Bakery participants

Another major feature of this new Hub is the open youth space – designed for the young people involved in the EESE programs to have their own space to relax and socialize. This space includes a book library, phone chargers, and snacks to encourage peer-to-peer support.

Improving accessibility was also a major focus for the new Hub space, with accessible entry, three accessible washrooms, an elevator, and even an accessible shower in the Impact space for use after a day spent training.

The driving force behind venturing into this new Hub was the goal to have all Choices for Youth social enterprises and their adjacent training classes under one roof, with adequate space for all the necessary activities involved.

The move into the new Social Enterprise and Innovation Hub was a very exciting and rewarding day for Choices for Youth staff and program participants – it marked a milestone in the journey to uniting all social enterprises under one location and amplifying the community and peer-to-peer support created among the team as we hope to continue expanding the EESE programs moving forward.

#### **Continued Partnership with SmartICE**

In tandem with the excitement from our EESE programs regarding the occupancy of our new Social Enterprise and Innovation Hub, the community-oriented organization SmartICE also benefited from this big move.

SmartICE began its incubation with Choices for Youth back at our previous Social Enterprise and Innovation Hub on Ropewalk Lane. From the start, Choices for Youth and SmartICE held an amazing partnership while cohabiting the space. Eventually, however, SmartICE expanded and outgrew the minimal workspace that hub offered, and ventured elsewhere to accommodate their growing operations.

When Choices for Youth jumpstarted the plan to move into the new Social Enterprise and Innovation Hub on LeMarchant Road, SmartICE and Choices for Youth immediately discussed SmartICE moving back in to cohabitate with Choices for Youth's EESE programs once again, as the synergy among organizations is incredibly rewarding. Therefore, the new hub was co-designed with SmartICE input, ensuring the top half of the building was designed to cater to their needs and fulfill their operational duties alongside Choices for Youth.

Thus, on November 19th, 2024, SmartICE joined Choices for Youth in occupying this new hub, and the benefits of this partnership were tangible once again. This newly designed and functional shared space allows for greater collaboration between our Social Enterprises and SmartICE, including The Shop designing SmartICE's buoy flags and Impact constructing their buoy boxes. This hands-on partnership with the youth who participate in our EESE programs, training, and social enterprises is invaluable – allowing for the development of skills and networking opportunities to help advance their repertoires.

The ongoing partnership between Choices for Youth and SmartICE in the new Social Enterprise and Innovation Hub continues to bring great benefits for both parties, and we look forward to watching this collaboration continue to thrive in the future.

#### Crust Craft Bakery Prepares for New Location

During mid-February of 2025, Crust Craft Bakery closed on Pearson Street, to make the move to their new location within the Social Enterprise and Innovation Hub.

The benefits of bringing Crust Craft Bakery into the newly designed hub are plentiful, with the availability for Choices for Youth's EESE staff to be on-site at all times for support as a major factor. This will define a great shift for Crust Craft Bakery operations from the support systems lens, transforming it from a crisis model to a prevention model.

This move will also bring greater peer-to-peer support and relationships among all EESE program participants, as all social enterprises will be brought together in the same space. The training classroom and lecture theatres being under the same roof as the Crust Craft Bakery kitchen is also a definitive advantage for this move, creating better access for training for youth involved in the culinary training sessions and Crust Craft Bakery and allowing the difficulties of transporting and shuttling young people from various sites to be nullified.

Crust Craft Bakery's new home is sure to bring greater experiences and tastier treats for everyone – we look forward to this new chapter for our Bakery!

Read more about the future opening of Crust Craft Bakery in its new location on LeMarchant Road.



#### **MARCUS PENNEY**

#### **VOLUNTEER FROM RBC**



RBC has been heavily involved in Choices for Youth's Outreach Garden since its inception, providing generous grants to the project through their Communities Together Fund, where funding is accessed by having at least three RBC team members volunteer for a minimum of two hours. Choices for Youth has been honoured to be on the receiving end of the grant for several years now, as RBC focuses heavily on community giving and food security, aligning perfectly with the purpose of our garden.

Marcus Penney has been one of the key volunteers on behalf of RBC with Choices for Youth's Outreach Garden for three years now. Marcus finds himself drawn to the Outreach Garden as an engaging volunteer opportunity because the dedication to supporting local vulnerable youth dealing with food insecurity is a central focus on both an individual level and as a representation of RBC's values.

While recounting his time as an RBC volunteer with Choices for Youth's Outreach Garden, Marcus deemed the entire experience as rewarding in both his professional and personal life.

#### "It has energized me over the last few years."

Marcus noted that helping youth get the opportunity to receive the help they deserve is a motivational factor deeply important to him and RBC, as focusing on the future of our communities is necessary to building a better tomorrow.

### "If we don't support youth, how can we expect a better future and economy?"

Marcus has been invested in helping his community since he began with RBC and has found great synergy between his desire to give back and RBC's commitment to giving back. The Communities Together Fund, which allows Marcus and fellow RBC members to volunteer with and provide funding to the Outreach Garden, is a great source of pride and revitalization for all parties, as it unites everyone towards making a difference in the lives of local youth in need. With RBC's community focus and Marcus's drive to give back, how better to exercise RBC's community fund commitment than volunteer with an organization like Choices for Youth dedicated to serving the vulnerable youth sector.

On the importance of giving back to one's community, Marcus looks toward the progress of Choices for Youth's Outreach Garden that he has personally witnessed over the last 3 years. Watching it develop from a small collection of plants into a flourishing source of ingredients for Chef Dave's Outreach's meals for youth is tangible evidence of the success to be found in dedicating your time and efforts to helping the community and the difference it can make to so many lives.

Marcus took the time to mention the positive impact this volunteering venture has had on his mental health, as well as his fellow RBC volunteers. The effect of knowing you are helping young people who benefit greatly from the garden – those who may struggle to know where their next meal will come from – provides motivation and gratitude in all aspects of life. Volunteering is a practice that benefits everyone involved, no matter how big or small one's role is.

The success of this collaboration between RBC and Choices for Youth, as highlighted by Marcus, is a constant reminder of why we do what we do; everything comes back to the importance of giving back and helping the young people of our province.

When asked to comment on the future of Choices for Youth's Outreach Garden and the role of RBC's generous volunteers, Marcus acknowledged the team's excitement and hope towards continuing to be involved to support the project's flourishing into the future.

"The work is never done... we all hope this project continues to grow."

## ADDRESSING FOOD INSECURITY



#### **Outreach Garden**

Choices for Youth's Garden grows produce and herbs that are used in meals served during the Drop-In component of our Outreach and Youth Engagement program. Types of meals served generally contain produce such as potatoes, carrots, turnip, and other fruits and vegetables, which are grown in the garden at the request of Chef Dave who has a grasp on what will be move beneficial over the season, but generally plants that will thrive in our climate are chosen.

This year, the Garden benefitted from significant support from both corporate and community volunteers. Dedicated teams from The Home Depot and RBC, as well as several other individual volunteers, helped transform the space by replacing raised beds, spreading gravel, tackling persistent weeds, and keeping everything well-watered – with both hoses and hearts. While the garden is overseen by several Choices for Youth staff members, youth involved in our Shelter, Upstream NL, and Outreach programs also played an important role in maintaining it throughout the season. We would like to recognize and extend our sincere thanks to our lead garden volunteer, Ed, whose green thumb and ongoing dedication help keep the garden in exceptional shape. Ed's kindness and hard work were recognized with a \$300 honorarium, made possible through a private donation in support of the garden's continued success.

#### **Embedded in Programming**

Choices for Youth knows that vulnerable youth and young families in our community need supports and systems that are proactive, rather than reactive, and that they need them more than ever. We also recognize that while we work to scale our services, now more than ever we are seeing young people needing extra support to meet basic needs, such as housing and food security. This is why we continue to expand our horizons, grow our programming, and engage with government and community agencies to drive systematic change. Through this work we support youth to live healthy, stable, and independent lives.

We have always embedded food security into our programs. Depending on the program, the food access may vary - it could be offering youth a homecooked meal, access to nonperishable food items, or healthy snacks within program recreation activities. Food security was a primary focus area the Youth Leadership and Advisory Council (YLAC)'s work recently with a variety of research, advocacy, and learning, including two lived expertise focus groups as well as a training session on food prep, perseveration and reusing scraps. YLAC selected this topic because they, and their peers, have experienced the realities of food insecurity and we are committed to supporting how we can address food security within our programs and community.



# CHOICES FOR YOUTH WELCOMES NEW EXECUTIVE DIRECTOR AND BOARD CHAIR



#### Thank you, Sheldon Pollett

On May 31st, Choices for Youth said see you soon to our beloved Executive Director, Sheldon Pollett, as he moves into his new role as Executive Director of Raising the Roof, a national organization dedicated to addressing homelessness. Sheldon had been an incredible, innovative leader for Choices for Youth for 23 years. Under his leadership, we had grown from supporting 45 youth in 2001 to providing wrap-around services for 1347 children, youth, and families in 2023. We are so grateful for Sheldon's dedication and commitment to creating positive change for young people. While it was sad to see him go, we are excited to see the impact he will make in his new role. We thank Sheldon, for his years of incredible service and we wish him all the best in your new chapter!

#### Congratulations & Welcome to Jen

In early July 2024, Choices for Youth officially announced that our Senior Director of Strategy, Fund Development, and External Relations, Jen Crowe, had been chosen as our new Executive Director!

Jen brings a wealth of experience in program and policy development to this new role. A graduate of both Memorial University and Western University, Jen holds an Honours degree in Political Silence, a Certification in Public Policy, and a Master of Public Administration. Jen's previous experience in youth program development includes roles with MUN and Conversation Corps NL. Jen also represents Newfoundland and Labrador as a member of the Board of Directors of the Canadian Housing Renewal Association.

Jen joined the Choices for Youth team as the Coordinator of Strategic Initiatives in March 2020, using her expertise to spearhead the development of a provincial Integrated Youth Services (IYS) model. In 2022, Jen's role was reclassified to

Manager of Strategic Initiatives. She led the development of CFY's first pan-organization data and evaluation strategy and helped implement our inaugural comprehensive cross-organization client management system. Jen was promoted to Senior Director of Strategy, Fund Development, and External Relations in 2023, providing strategic direction for Choices for Youth's fund development initiatives, communication needs, impact measurement strategies, and integrated youth services efforts.

#### **Dedication to Geoff Davis**

Choices for Youth hosted our Annual General Meeting (AGM) for the 2023-2024 fiscal year on December 2nd, 2024. One highlight from this event was the announcement of the departure of Geoff Davis as Chair of Choices for Youth's Board of Directors following a maximum term of six years.

We are deeply grateful to Geoff for his immeasurable contributions to Choices for Youth over the years and his invaluable leadership and strategic oversight, including recent contributions to the development of 19 units of supportive housing for young moms and their children, the development of our Social Enterprise and Innovation Hub, and the development of our first five-year strategic plan. Thankfully Geoff has remained on the CFY Board of Directors as *Member Emeritus*.

#### **Welcome to Bruce Belbin**

With the departure of Geoff from the Board Chair role, we were thrilled to introduce Bruce Belbin as our new Board Chair. Bruce brings a wealth of experience in Post-Secondary education, with a passion for team development. Committed to effective, strategic, efficient business services, public policy development and delivery, Bruce applies an evidence-based, data-driven decision-making with a balance of intuition and common sense. As Director of Student Residences & Ancillary Operations at Memorial University, Bruce has a proven track record of overseeing the development and management of 1700 student housing options in St. John's. Bruce has extensive experience in other senior policy and leadership roles, including as former Deputy Minister of Post-secondary Education with the Government of Newfoundland and Labrador, and the former Associate Vice President of the North Alberta Institute of Technology.



# ADVANCEMENT OF INTEGRATED YOUTH SERVICES ACROSS THE PROVINCE



Youth supported have moved to St. John's in the last 5 years

The past year marked a turning point for the Integrated Youth Services (IYS) initiative in Newfoundland and Labrador, as Choices for Youth and our partners moved from vision to action in creating a province-wide network of youth-centered supports. Together with Newfoundland and Labrador Health Services, government partners, funders, and youth themselves, we advanced IYS from a planning framework to confirmed sites, a strong provincial identity, and a roadmap toward launch.

#### **Choices for Youth's IYS Hub**

Choices for Youth has been operating an Integrated Youth Services hub since 2004. Often referred to as the Outreach and Youth Engagement Centre, this IYS hub has been a proven model of success. We know that at-risk young people need targeted and strategic support in a low-barrier environment. To achieve this, our Outreach and Youth Engagement program offers a drop-in component, where a meal is served, staff are onsite, and many partner organizations are available to offer information and resources. Through a safe space, a shared meal, or a meaningful conversation, staff can rapidly build trust and offer individualized supports. These relationships are critical to helping youth take steps towards a healthier life. Staff support youth by developing individual support plans, work with them as they access other supports within Choices for Youth or connecting them to services throughout the broader community.

Through this IYS Hub, staff act as facilitators between youth and support systems, while helping youth maintain their goals with interventions, one-on-one support, and on-going preventative and harm reduction planning. Through the delivery of individualized and intensive supports, the team is able to help youth move beyond a crisis-driven lifestyle, identify personal goals, and begin transitioning towards stability, safety and a more positive life trajectory. This work allows youth to set and achieve goals for a healthy transition into adulthood. As the

"front door" of our organization, the Outreach program at our IYS Hub is also the primary source of referrals to our suite of programs – all of which focus on helping youth move towards improved housing, employment, health, and family stability. The work at our IYS Hub is about empathetic and youth-focused interventions to halt further entrenchment in crisis-driven lifestyles, and to redirect their lives away from adult homelessness.

## **Launching RFP Process**

In September 2024, Choices for Youth, Newfoundland and Labrador (NL) Health Services, and the Government of Newfoundland and Labrador were pleased to announce the launch of a Request for Proposals for two additional IYS hubs. This initiative marked a significant milestone in the implementation of a provincial IYS model, by scaling from one hub in St. John's to three connected IYS hubs across the province. IYS is an international best practice, with over 100 IYS hubs operational across the country, and 50 additional sites in development.

After five years of extensive community engagement and developmental work, paired with building from the successful model within Choices of Youth's existing IYS Hub, Choices for Youth and NL Health Services are thrilled to advance with the establishment of a provincial model of mental health and wrap-around support services for youth and young families in Newfoundland and Labrador. This model has been shaped by the input of eight steering committees and over 65 community partners since 2019, with invaluable support from philanthropic contributors.

The investment will establish two additional IYS hubs in the province. These hubs, expected to be announced Fall 2025, will provide a comprehensive range of services including mental health support, housing, food security, primary care, public health, and family and natural supports. These hubs will provide low-barrier mental health and social services and ensure that youth and young families receive the support they need closer to home.

## **New Name and Brand Coming Soon**

As we work with our partners to bring more IYS Hubs to the province, creating a provincial network, Choices for Youth, in partnership with Newfoundland and Labrador Health Services and DC Design House, has begun the process to build a unique brand for Newfoundland and Labrador's Integrated Youth





# OUR COMMITMENT TO YOUTH MENTAL HEALTH

Choices for Youth has an extensive track record of providing innovative and impactful programming for youth who are experiencing homelessness. Through both our own experience and national research, we know that mental health challenges and youth homelessness are strongly linked. The National Youth Homelessness Survey showed that 85.4% of homeless youth were experiencing a mental health crisis and 42% reported at least one suicide attempt (Schwan et al., 2017). Within the NL context, between 2008 and 2018, hospitalizations for mental health reasons for children and youth in NL went up by 65% while hospitalization for all other reasons dropped by 24%. In 2020, Choices for Youth surveyed 486 youth across NL. We found that 67% of young people surveyed were struggling with their mental health. In 2022, that number rose to 72%. More recently, 44% of youth who entered our housing programs rated their mental health as "poor" or "very poor". Through our programming, 43% of youth within our housing programs have since received support with their mental health through Choices for Youth. Recognizing the connection between homelessness and mental health challenges, we have grounded our work in several key areas, including dedicated mental health supports, on-site primary care, a family and natural supports and trauma informed approach, opportunities to gain income, skills training and labour market attachment through social enterprise training and employment, a housing first philosophy, and a strong foundation of evidence-informed program development and growth.



of youth who entered our housing programs rated their mental health as "poor" or "very poor



Choices for Youth engagement supports positive outcomes in youth mental health, with

**79%** 

of youth either improving their self-reported mental health or maintaining moderate to good levels

# JOANNE TURNER

## STAFF ADVISORY COMMITTEE MEMBER



Joanne Turner is a long-term - 13 years and counting - frontline staff member here at Choices for Youth. Joanne is one of our team members who is directly helping so many young people in our community who seek out support from Choices for Youth.

Around three months ago, Joanne joined Choices for Youth's Advisory Committee as a member representing RallyForward and their team of frontline staff. When discussing her experience so far on this committee, Joanne noted the positive impact this Advisory Committee brings to Choices for Youth, particularly from the perspective of a frontline worker.

Emphasizing the highly distributed nature of Choices for Youth, with locations littered all over the city, she points to the Advisory Committee as a key tool in connecting all members of the organization.

"We're so scattered as an organization – we have different pieces all over the city. So, to be able to sit and hold space with different folks across the organization for the betterment of all has been wonderful. For me, it has strengthened my relationship with [the Choices for Youth team]."

The collaborative nature of the committee, amplified by the monthly meeting with Executive Director Jen Crowe, opens the door for all employees of Choices for Youth to have their voices heard and inspire the change they wish to see. Joanne found great influence in the committee, as during her first few meetings, a concern closely related to her and her team was raised.

Joanne spoke at the meeting, from the perspective of a frontline staff member, about how their team rely heavily on their vehicles throughout their job. She notes that in many cases, their cars act as their "mobile offices." Due to this, concern was raised around damage to vehicles during work, specifically if damage is caused by youth clientele, whether on purpose or not. This issue was voiced, and Joanne notes how she felt truly heard by everyone at the table, supported by Jen, and was thankful to see action taken towards building a solution. It was witnessing this tangible impact of Choices for Youth's Advisory Committee that cemented it as a positive and necessary implementation into the organization's working structure.

Between bringing staff members from all corners of the organization together and acting as a starting ground to voice concerns and inspire change that benefits employees, the Choices for Youth Advisory Committee has shepherded a new era for Choices for Youth and brought new motivation for staff.

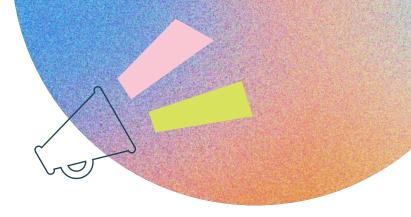
"It's an anchor point. It brings us all together, it's solution-focused, and that only makes us better as an organization. We are walking away as stronger leaders."

On reflection of her time as a frontline staff member, Joanne spoke about the nature of her role and her team's role in the company. How their job often doesn't afford them the time or opportunity to join tabletop meetings with other programs and staff – the chance to be an active voice at the table and be an agent for change gets sacrificed when focusing on offering hands-on support to the many young people seeking aid. However, since the introduction of the Advisory Committee, Joanne feels a greater sense of connection being built within the organization. The welcoming and open space crafted specifically for their voices to be heard and accounted for is a tide-shifter – unifying the organization in a way it hasn't experienced before.

"[The Choices for Youth Advisory Committee] is supportive, it is inclusive, it is welcoming. I encourage staff to put themselves out there; you won't regret it. It's an amazing opportunity for the organization, and for your own personal growth and development as well."

# ADVOCACY & REPRESENTATION

## **CHOICES FOR YOUTH AT CONFERENCES**



June, 2024

# Atlantic Mayors' Congress in Summerside, PEI

During this event, Executive Director (ED) Jen Crowe spoke at a panel on youth-focused housing solutions.





Fall, 2024

## The Canadian Alliance to End Homelessness conference

Choices for Youth Executive Director Jen Crowe & End Homelessness St. John's Executive Director Doug Pawson co-chaired the Atlantic Caucus meeting during this annual event.

Fall, 2024

## Housing on the Hill in Ottawa

Executive Director Jen Crowe met with multiple Members of Parliament during this event.

Introducing remarks were given by housing critic, MP Scott Aitchison.





## October 24, 2024

## IYS Learning Health Summit event in Winnipeg

Choices for Youth was joined by team members from Newfoundland and Labrador Health Services, Memorial University of Newfoundland and Labrador, and the Provincial Youth Advisory Committee (YAC) of Integrated Youth Services for Newfoundland and Labrador during this event.

Rosie (YAC member) spoke on a panel during this event.

## March, 2025

## International Conference on Youth Mental Health in Vancouver

Several Choices for Youth team members had the opportunity to attend this event including, Dave Banfield, Matt Piercey, Jen Crowe, and Krista Butler, as well as Dr. Kathy de Jong, School of Social Work with Memorial University.





## March 25 and 26, 2025

# A Way Home Canada (AWHC) Family and Natural Support training in Toronto

Heather Mallay and Paula Rodgers were selected to attend this event on behalf of Choices for Youth after receiving funding from AWHC to launch and offer Family and Natural Support services within our employment programs.

It was a wonderful experience filled with a lot of learning, connections, and inspiration.

# **2023 REPORT CARD**



17%

of youth between 15-29 are not in education or employment, which is the highest of any province in Canada.

While racialized children and youth account for

5%

of Newfoundland and Labrador's child and youth population,

31%

of them experience poverty.



The 2023 Report Card on Child Poverty in Newfoundland and Labrador was published in a partnership between Choices for Youth, the Jimmy Pratt Foundation, and the Community Sector Council Newfoundland and Labrador.

Based on information and data collected in 2021, this report card placed a spotlight on the rate of child poverty in the province and noted how it has increased during that time. 2020 saw a decrease in the rates of child poverty due to government benefits such as the CERB, which offered effective support to those on the poverty line. Once these benefits were dialled back, the rates once again shot up – signalling the dire need for support for many families in Newfoundland and Labrador struggling to overcome poverty.

Sharing this report was of utmost importance to both Choices for Youth and the Jimmy Pratt Foundation, and it underlines the importance of the support and services that we provide and amplifies the voices of those who are facing poverty in our communities.

# **EVENTS FOR YOUTH**

## **Youth Celebration**

Choices for Youth's 2024 Annual Youth Celebration took place on October 23rd.

This event celebrates the many young people who are connected with Choices for Youth, and various youth are presented with awards in recognition of their hard work, dedication, and achievements. During this year's celebration, 9 young people received awards – 4 Stepping Stone Awards, 3 River Awards, 1 Michael Walsh Award, and 1 Raymond Furlong Award.

Many members from different corners of Choices for Youth, such as team members, program participants, and supporters, were in attendance for this Youth Celebration at the CLB Armoury. Speeches were given by various Choices for Youth employees, including Executive Director Jen Crowe, who welcomed everyone to the event warmly and thanked everyone involved.

The event was rounded out with door prizes and a meal from Ches's for all attendees. This was a rewarding, exciting, and heart-warming celebration of the young people who make up the future of our community.







## **Family Fun Day**

July 31st, 2025, saw the excitement and joy of our annual Family Fun Day. Young people, children, families, and staff from the Choices for Youth community were all in attendance outdoors at the Integrated Youth Services Hub, where there were games, activities, prizes, music, and delicious food for any and all ages! Between ring toss, balloon animals, and a bouncy castle, there was no shortage of fun to be had in the summer sun.

There was even a dedicated quiet space in the Memory Garden for those who prefer solitude or simply needed a break from the heat. The end of the event invited a performance from Robin, a member of the OYE team, who performed a traditional Indigenous drum song of which doubled as a tribute to those we have lost in the Choices for Youth community.

With the dedication of the Momma Moments team, volunteers, and other Choices for Youth members, this event came together as an enjoyable and memorable day for all.



## **Youth Holiday Dinner**

To help spread cheer and warmth during the holiday season, Choices for Youth held our annual Youth Holiday Dinner at the CLB Armoury on December 18th, 2024.

With many attendees, including program participants, children, significant others, and family members, along with Choices for Youth staff and volunteers, this event was filled with a sense of community and joy as we shared a delicious holiday dinner, performances from various young people connected with Choices for Youth, and a visit from Santa Claus himself.

This festive evening offers a holiday celebration to vulnerable young people associated with Choices for Youth who may not have the means to enjoy such an occasion otherwise. Providing a satisfying meal along with entertainment and community to the youth in our province is a holiday blessing in and of itself.



# **COLDEST NIGHT OF THE YEAR 2025**

February 22nd, 2025, saw the 11th annual Coldest Night of the Year (CNOY) event in St. John's!

CNOY is a national fundraiser in awareness of hurt, hunger, and homelessness that takes place on the same day for all participating organizations across Canada, with 265 walks scheduled to take place in 2025. In St. John's, CNOY is hosted by Choices for Youth in partnership with the Blue Sea Foundation.

During Choices for Youth's CNOY walk in 2025, there were over 300 participants from 40 different teams, along with over 50 volunteers, who came out to support the event. Choices for Youth staff, board members, and program participants also joined in, as we had 11 Choices for Youth-related teams in attendance, with many young people walking or volunteering throughout. All participants added their names to the "Wall of Walkers" once they signed in, creating a tangible image of the community support felt in St. John's for vulnerable youth.









After enjoying some hot beverages at Jumping Bean, the walk kicked off at Atlantic Place in Downtown St. John's, led by Executive Director, Jen Crowe, and a youth from Choices for Youth's Youth and Leadership and Advisory Council. A rest stop was stationed at Choices for Youth's Duckworth Office, where Starbucks and volunteers offered hot chocolate to walkers. Completing the roughly 2.5km route at Atlantic Place once again, everyone took the time to socialize and enjoy delicious sandwiches catered by Jumping Bean.

The fundraising goal for the event was \$60,000 – Choices for Youth surpassed this goal by raising over \$85,000 in total. Of this \$85,000 raised, \$61,000 was taken in by Choices for Youth in support of our Outreach and Youth Engagement program, helping combat directly against youth hunger and homelessness in our communities. The event saw \$12,000 in sponsorship, which surpassed sponsorship levels from last year by 50%.

The success of the annual Coldest Night of the Year event is not possible without the dedication of all who participate – from Choices for Youth staff, board members, program participants, volunteers, sponsors, and community members who sign up to walk. We are grateful for the continuous support towards our partnership with Blue Sea Foundation to host CNOY here in St. John's, uniting our community towards ending youth homelessness and keeping hearts warm and spirits high, even out in the cold winter chill.





# **CHARLENE FARRELL**

## THIRD PARTY EVENT VOLUNTEER



Charlene Farrell grew up surrounded by generosity – her parents often hosting community dances to raise money for families going through hard times. Watching the impact that giving back to those in need has on a community lit a spark within Charlene, igniting her love for philanthropy.

# "That stuck with me – seeing how people could come together to make a difference."

Inspired by this desire to give back, Charlene led a raffle draw fundraiser in partnership with Churchill Park Music Festival (CPMF) and The Shania Twain Foundation, in support of Choices for Youth. This raffle package included many amazing items, such as two premium tickets to a Shania Twain show at CPMF and a Meet and Greet with Shania before the show, which drew a lot of attention and excitement towards the fundraiser.

Knowing how lucrative an event it was to have Shania performing in St. John's, Charlene realized that it was an ample opportunity to harness the anticipation and interest and transform it into an event for supporting local, vulnerable youth – a sector that the Shania Twain Foundation also focuses its efforts on. After contacting both CPMF and the Shania Twain Foundation, Charlene was met with amazing enthusiasm from both parties, with CPMF donating VIP tickets and the Shania Twain Foundation donating the lucrative raffle package. Shortly after, the Rafflebox lottery was launched online and garnered unprecedented success.

When deciding which charitable organization to donate the funds to, Charlene focused on the importance of "helping young people who, like Shania herself, may have faced difficult beginnings but are capable of building bright futures."

This criterion led Charlene to Choices for Youth. After meeting some of the team, receiving a tour, and learning all about Choices for Youth's programs and services for vulnerable youth in the community, Charlene decided that Choices for Youth represents the values and demographics that this fundraiser seeks to support.



## "[Choices for Youth's] programs are truly transformative – they give youth the tools, support, and stability they need to change their lives."

Charlene notes the seamless and supportive collaboration between herself, CPMF, the Shania Twain Foundation, and Choices for Youth. All parties were ready and willing to aid Charlene throughout the fundraising process and showed great enthusiasm towards the impact this special project would have on the community.

What started as a small idea skyrocketed into a truly successful fundraising endeavour. This raffle **raised over \$10,000** for youth in **Newfoundland**, a feat that positively impacted so many Choices for Youth programs dedicated to supporting local youth through meals, housing, education, and much more.

Here at Choices for Youth, we are incredibly grateful to Charlene, CPMF, and the Shania Twain Foundation for this incredible project. The impact their generosity and dedication had on the thousands of youth that we support through our various programs and services cannot be understated. Together, this team of committed and caring individuals directly influenced the lives of our community's young people, helping them get the support they need, achieve their goals, and strive towards a brighter future.

"It was a deeply rewarding experience to know the money raised would directly help youth in our community. It was a dream come true to be part of something so meaningful."

For Charlene, this philanthropic venture was a full-circle moment – a reminder of her parents' community dances and the tangible impact of how powerful community support can be.

### **ANNOUNCEMENT OF**

# INAUGURAL NL HOCKEY HELPS THE HOMELESS

During the 2024-2025 fiscal year, it was announced that the inaugural Hockey Helps the Homeless event in Newfoundland and Labrador would be hosted, in association with SaltWater Community Association, in support of Choices for Youth!

Hockey Helps the Homeless is a not-for-profit hockey charity with over 20,000 donors, 3,000 players, and 1,000 volunteers participating annually. 100% of net proceeds stay local and support over sixty local homeless support agencies across Canada, with Choices for Youth being the recipient in NL. Since 1996, HHTH has granted over \$28 million to "shut out" homelessness.





This event includes working with pro hockey players, who each lead teams of community and corporate members who sign up to join the event. An all-out hockey tournament takes place on the day of the event, where participants get to play alongside the pros, all in support of ending youth homelessness in our community. Other aspects of the event include breakfast, dinner with the pros, an award ceremony, and a silent auction with many incredible items up for grabs – including a signed jersey!

As the planning and logistics of the event kicked into high gear – looking toward May 8th, 2025, as the official event date – several Choices for Youth fund development staff, community volunteers, and HHTH organizers formed the official organizing committee.

With this being the inaugural HHTH for NL, Choices for Youth was excited and honoured to be the recipient charity to receive 100% of net proceeds in the name of combating youth homelessness in our local community. The synergy between Hockey Helps the Homeless, SaltWater Community Association, and Choices for Youth's commitment to helping vulnerable young people is seamless; stay tuned to the recap once we kick off NL's HHTH tournament in May 2025!

# ONE TEAM, REAL IMPACT

## **Investment in Staff**

Choices for Youth's Human Resources team gathered and recorded a plethora of valuable statistics regarding our staff and operations throughout this fiscal year. These stats help inform us about the activities and achievements our workforce completes and allow us to continue to invest in Choices for Youth employees and their success at the organization.

- Number of Choices for Youth Staff (average) 135
- Number of Internal Promotions in the last fiscal year 20
- Number of lateral moves in last fiscal year 8
- Number of (tracked by HR) training hours completed by Choices for Youth Staff – 162 hours of First Aid training

## Thank You to Choices for Youth Staff

The beating heart behind all the support and services offered by Choices for Youth is the hard-working, dedicated, and passionate staff who are devoted to helping the vulnerable young people in our communities.

Our staff are the reason that Choices for Youth is able to meet young people where they are and offer them a support system when they often have nowhere else to turn. The many moving parts of our organization, from the many different programs in several different locations, all come together to form one team making a real impact. Even when the days are long and the work gets tough, the Choices for Youth staff never stops showing up for the young people who need support.

From the frontline staff to the administrative staff, Choices for Youth is built upon a team of dedicated individuals who believe in the work we do – they believe in supporting the ambitious young people who will shape the future of our province for the better.



**Choices for Youth staff** 



**Internal Promotions** 



lateral moves



hours of First Aid training

Thank you to all the Choices for Youth staff and team members for guiding the organization through another rewarding year of helping those young people in our communities and offering a pathway to a brighter future.



## Success in Choices for Youth Staff Advisory Committee

The Choices for Youth Staff Advisory Committee exists to create a formal, structured avenue for frontline staff to share feedback, voice concerns, and contribute ideas related to workplace experiences. The committee strengthens communication between frontline employees and management, ensuring that staff voices inform decision-making and organizational development.

The committee is composed of frontline staff from various programs and service centres across the organization, ensuring representation from all corners of Choices for Youth. An anonymous survey is circulated monthly for anyone who prefers to share feedback anonymously.

Some key changes and milestones spearheaded by the Choices for Youth Advisory Committee include:

- Advocated for change in snow clearing and salting schedules for all Choices for Youth properties.
- Implemented a new cleaning schedule at our Duckworth
  Office to eliminate daytime cleaning and switch to an after-hours services model.
- Advocated for mental health services to be available for all Choices for Youth program participants.
- Addressed safety concerns at our Carter's Hill Place office by implementing a new lock at the entrance and installing a new security system.
- Informed in the preliminary dialogue regarding the structure and process of the ongoing Choices for Youth Compensation Review Process.

This committee remains dedicated to bettering Choices for Youth and amplifying the voices of staff to address concerns and challenges faced throughout the organization. In the coming fiscal year, the Choices for Youth committee is focused on many topics, such as:

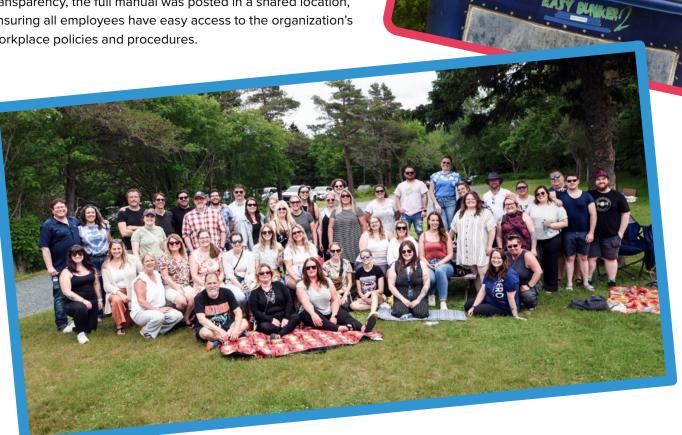
- Furthering professional development opportunities for committee members.
- Improving security enhancements at all Choices for Youth facilities.
- Providing education to staff on benefits packages and RRSP programs.

We are grateful for all the amazing work our Choices for Youth Advisory Committee members have completed during this fiscal year and will continue to do moving forward in the betterment of the organization on behalf of our staff.

# Rollout of New Workplace Policies and Procedures Manual

As outlined in Choices for Youth's Strategic Plan, we initiated a full update of our workplace policies in early 2023 to ensure our practices remain modern, transparent, and supportive of staff. A human resources consultant conducted an indepth review of the existing policy framework and provided recommendations for revisions and new policy areas. Building on this guidance, the human resource leadership team drafted updated policies and developed new ones to address current organizational needs and best practices. These policies underwent a thorough review process, including feedback from the Senior Leadership Team and the Staff Advisory Committee, approval from the Board of Directors, and legal oversight to confirm compliance. The updated Workplace Policies and Procedures Manual was rolled out to staff in summer 2024 through a structured communications plan, allowing several weeks for review and questions before the policies came into effect. All policies meet or exceed labour standards to ensure fair and consistent treatment of staff. To promote accessibility and transparency, the full manual was posted in a shared location, ensuring all employees have easy access to the organization's workplace policies and procedures.





# STAFF QUOTES

"The biggest benefit to the committee has been the ability to sit down with the executive director on a regular basis to discuss how staff are feeling about what's going on in the organization. Previously, staff felt their concerns were either not reaching upper management or being dismissed on many occasions. Being able to sit down and communicate and explain the frontline staff perspective has been extremely helpful in staff feeling "heard".

- TOM CLARKE, TEAM LEAD, THE LILLY PROGRAM

"I have been a part of the Choices for Youth Advisory Committee for 2 years now. I think it offers a unique experience as front-line staff to be a part of decision-making and have your voice heard at a senior leadership level in a large organization. I believe front-line staff have really valuable insight to offer, and that is validated through this committee. From my experience, it has really helped to improve rapport and break down the power hierarchy throughout Choices for Youth. I always feel heard and supported during meetings, and am proud to be a part of the Advisory Committee, and an organization that really appreciates and utilizes the leadership strengths of all staff."

- EMILY BRENT, TEAM LEAD, UPSTREAM NL

"Having been an employee of Choices for Youth since 2004 and a member of the Advisory Committee since its inception in 2022, I appreciate the value of an open direct line of communication between front-line staff and our Executive Director. It provides an opportunity for all Choices for Youth Programs/Services to have a voice, whether that be to bring forward concerns, provide positive feedback and creative solutions or just be heard."

- NICOLE TILLEY, TEAM LEAD, THE SHELTER

"I have been a part of the Advisory Committee since June 2024. Through my experience, I have found the advisory committee to be empowering and solution-focused. I am grateful to have the opportunity to share ideas and collaborate with organization-wide employees. This committee truly embodies confidence and benefits not only our coworkers but the youth we serve every day."

- MEGAN ROSE. MOMMA MOMENTS PROGRAM FACILITATOR

"With the introduction of the Advisory Committee, front-line staff now feel their voice is being heard at the Senior Management Level. Tangible action has been taken to address the staff concerns, including compensation and benefit review."

- TOM CLARKE, TEAM LEAD, THE LILLY PROGRAM

# **BETH POLLETT**

## STAFF ADVISORY COMMITTEE MEMBER



Beth Pollett started her journey with Choices for Youth back in 2021. Over the years, Beth has ventured into several different corners of Choices for Youth, including our Momma Moments program, Upstream NL program, and will be transitioning to our newest team, the Youth Mental Health program, in the new fiscal year. Through these various experiences, Beth gained a great perspective and understanding of the many different facets, operations, successes, and challenges of many different areas of the organization.

Thus, once the implementation of the team began, these perspectives and experiences combined made Beth an incredible candidate to become a member of Choices for Youth's Advisory Committee.

Given a welcoming and open-minded space to discuss various organizational ideas, matters, and challenges with other staff members and the Executive Director, was an incredibly appealing prospect for Beth. She joined the committee and engaged with fellow staff in raising, discussing, and exploring solutions to ideas and challenges brought up in committee meetings. Working together to create this welcoming and inclusive environment has been extremely rewarding, according to Beth. She notes that the positive impacts of this Advisory Committee on the organization are clear, as every discussion, no matter how big or small, is met with open minds, receptive communication, and action towards solutions.

"It's a really nice collaborative space that dismantles any hierarchy and really allows for shared power and collaborative discussion. There is always a follow-through — it's rewarding and fulfilling to be able to express thoughts in an open environment and be heard."

The Advisory Committee also has positive impacts on both the staff and organization, as she notes that amplifying the voices of front-line staff, who connect with youth regularly, leads to better communications, relationships, and support for the young people who reach out to Choices for Youth. The knowledge that your voice is valued and heard by the Senior Leadership Team at Choices for Youth is motivation for all committee members and the teams they represent, which feeds right back into the mission statement and values of the organization as a whole, building a stronger and unifying goal for everyone dedicated to helping better our community.

When reflecting on the positive impact of Choices for Youth's Advisory Committee, Beth highlights the Wellness Wall and Staff Kudos found in our Integrated Youth Services Hub. This started as an idea that emerged from one of our committee's leadership training sessions on the impact of positive peer reinforcement on workplace culture and transformed into a major source of motivation and encouragement for staff and youth alike.

The Wellness Wall is a space where staff can post anonymous thank-you messages, shout-outs, positive affirmations, and kind words to each other. Engagement with the wall is high, with lots of positive feedback and staff often adding 'Would You Rather' polls and mindfulness activities.

"Myself and a couple of colleagues fostered up ideas of how to give staff space to shout each other out and lift each other up. And [The Wellness Wall] is so well-received, the wall is always full."

Beth has gained great experience in many aspects of Choices for Youth's operations and programs, and bringing her voice to Choices for Youth's Advisory Committee offers representation for so many other front-line staff, ensuring that everyone has the opportunity to be heard by our Leadership Team as we work towards bettering the organization every day. This committee's discussions translate into real change, including in what we prioritize and what we focus funding towards, thanks to the input and guidance of the front-line staff who build relationships with the youth we seek to support.

"With the size of the organization, there are logistical barriers to collaboration. We have so many staff across so many sites, and with the Advisory Committee, it really allows the opportunity to know the Executive Director, build a relationship with them, and feel seen and heard."







# DONORS/FUNDERS/ PARTNERS



## **Individual/Group Donors**

Branson Landon
Brendan Barrett
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Caitlin Charman
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Cindy Roma
Debbie O`Reilly
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Emily Friedrich

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Gloria Newhook

Fran Willoughby

**Grand Banks Social Club** 

**Ian Barrett** 

**James and Susan Adams** 

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Kathryn Winsor
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Madonna Shapter
Margaret Pelly
Mary O'Keeffe
Maxwell Parsons
Mike and Laura Ryan

**MUN Engineering Society B** 

Parish of St. Lawrence

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**Rotary Club Of St. John's Northwest** 

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**United Way Of Newfoundland and Labrador Inc.** 

**Vancouver Foundation** 

# **FINANCIALS**

V F III I M	2225	2024	
Year End March 31	2025	2024	
Revenue			
Government of Newfoundland and Labrador	\$ 3,140,798	\$ 3,140,800	
Employment and Social Development Canada	\$ 1,223,605	\$ 4,107,782	
NL Integrated Youth Services	\$ 1,205,440	\$ 580,404	
Donations, fundraising, and miscellaneous income	\$ 1,167,587	\$ 1,210,532	
Upstream	\$ 757,992	\$ 443,679	
Social enterprise	\$ 477,913	\$ 645,225	
Amortization of deferred contributions	\$ 461,445	\$ 385,719	
Employment Stability Program	\$ 384,118	\$ 137,614	
Rental income - Youth	\$ 322,920	\$ 352,231	
Bridging Futures	\$ 295,753	_	
Health Canada - YMHF	\$ 264,919	_	
NL Health Services	\$ 233,954	\$ 233,954	
End Homelessness St. John's	\$ 127,690	\$ 131,276	
Momma moments	\$ 116,805	_	
Housing initiatives	\$ 114,099	\$ 257,949	
Education & employment programming	\$ 108,618	\$ 16,130	
Interest	\$ 90,335	\$ 136,323	
Upstream expansion	\$ 60,067	\$ 281,013	
Youth leadership council	\$ 57,881	\$ 67,826	
YPRC Operations	\$ 38,998	_	
Janeway pilot program	\$ 34,874	\$ 40,126	
Rental income - LeMarchant Road	\$ 21,000	_	
	\$ 10,706,811	\$ 12,152,453	

Statement of Operations continued on next page ▶

Program Expenses		
Social Enterprise and Employment Programming	\$ 2,019,592	\$ 3,074,414
NL Integrated Youth Services	\$ 1,205,440	\$ 580,404
The Lilly	\$ 870,922	\$ 828,686
Shelter operations	\$ 860,665	\$ 795,656
RallyForward	\$ 817,791	\$ 979,807
Upstream	\$ 757,992	\$ 443,679
Youth engagement and outreach	\$ 737,555	\$ 737,555
Employment Stability Program	\$ 384,118	\$ 137,614
Bridging Futures	\$ 295,753	_
Health Canada - YMHF	\$ 264,919	_
Family First Programming	\$ 263,924	\$ 524,940
Housing initiatives	\$ 177,315	\$ 264,157
End Homelessness St. John's	\$ 127,689	\$ 131,276
Soft Landing	\$ 116,314	\$ 284,046
Upstream expansion	\$ 60,067	\$ 281,013
Youth leadership council	\$ 57,881	\$ 67,826
Janeway pilot program	\$ 34,874	\$ 40,126
Education & employment program	\$ 18,690	\$ 16,202
	\$ 9,027,215	\$ 9,184,401
Other Expenses		
Amortization of capital assets	\$ 583,061	\$ 493,109
Administration	\$ 637,838	\$ 1,486,380
Impact measurement and engagement	\$ 31,193	\$ 278,583
Fund development	\$ 170,366	\$ 249,097
YPRC operations	\$ 90,433	\$ 76,771
Communications	\$ 30,661	\$ 129,246
	\$ 1,543,552	\$ 2,636,415
Total Expenses	\$ 10,570,767	\$ 11,820,816
Excess of revenue over expenses	\$ 136,044	\$ 331,637

Choices for Youth Inc. Statement of Financial Position			
March 31	2025	2024	
Assets			
Current			
Cash	\$ 2,940,605	\$ 2,644,732	
Accounts receivable	\$ 110,253	\$ 106,887	
Harmonized sales tax receivable	\$ 340,815	\$ 475,241	
Prepaid expenses	\$ 45,540	\$ 32,104	
	\$ 3,437,213	\$ 3,258,964	
Long Term			
Property and equipment	\$ 13,413,857	\$ 12,385,880	
	\$ 16,851,070	\$ 15,644,844	
Liabilities			
Current			
Accounts payable and accrued liabilities	\$ 603,494	\$ 948,418	
Deferred revenue	\$ 2,962,898	\$ 1,095,145	
Current portion of long-term debt	\$ 79,375	\$ 77,198	
	\$ 3,645,767	\$ 2,120,761	
Long Term			
Long-term debt	\$ 1,000,743	\$ 1,079,889	
Deferred contributions related to depreciable capital assets	\$ 8,806,743	\$ 9,182,421	
	\$ 13,453,253	\$ 12,383,071	
Fund balances			
General Fund	-\$ 872,965.00	\$ 607,660	
Restricted Fund	\$ 4,270,782	\$ 2,654,113	
	\$ 3,397,817	\$ 3,261,773	
	\$ 16,851,070	\$ 15,644,844	

## **LOOKING FORWARD**

### STRATEGIC REVIEW



- Implementation of the findings from the compensation review
- · Roll out of the Youth Mental Health commitment
- Continuing to develop more Integrated Youth Services hubs, with a goal of 4 total
- · Strategic review of programs and services
- Performance management strategy review

We also recognize the challenges we continue to face in the pursuit of addressing and implementing many aspects of our Strategic Plan. Two notable difficulties are the housing crisis in our province, as well as the ongoing struggle to secure adequate, long-term funding in lieu of the federal funding cut we faced last summer.

Looking forward, we are dedicated to finding avenues to overcome these challenges and continue passing milestones in our journey towards the 5-year plan and Choices for Youth's future.

## **Introduction to our Family Resource Centre**

Choices for Youth will be introducing some new programming in the 2025-26 fiscal year to align with recently being recognized as a Family Resource Centre. While much of this work already happens at Choices for Youth, we are excited to expand our program from supporting pregnant or parenting mothers to other parents in the community.

## **Centralized Youth Mental Health Team**

Choices for Youth has always been committed to youth mental health, and with some recent funding that will be announced in fiscal year 2025-26, we are excited to be expanding our youth mental health services from select Choices for Youth's programs to an organization-wide centralized Youth Mental Health Team.



## IYS Brand & Hub Announcement

We are planning for a formal announcement for the Integrated Youth Services new brand and selected hub locations, that will consist of remarks from key partners, youth, and stakeholders, with speaker availability for media. The provincial Integrated Youth Services Network is a collaborative model of care designed to better meet the needs of young people across our province. After five years of extensive community engagement and developmental work, paired with building from the successful model within Choices for Youth's existing IYS Hub, we are thrilled to advance the establishment of a provincial model of mental health and wrap-around support services for youth and young families in NL. This announcement will mark an important milestone in transforming our we support youth in our province!

## **Crust Craft Bakery Opening**

The upcoming move for Crust Craft Bakery is one highly anticipated by Choices for Youth staff, youth trainees, and the public alike.

With the promise of mouth-watering pizzas and delicious baked goods on the horizon, we are so excited to integrate Crust Craft Bakery into its new home at our Social Enterprise and Innovation Hub on LeMarchant Road, begin operations once again, and celebrate a grand opening in the upcoming year. Stay tuned!



## **MAIN OFFICE**

**261 Duckworth Street** St. John's, NL A1C 1G9

**E**: info@choicesforyouth.ca





