



For over 25 years, Choices for Youth has been changing the landscape of support services in Newfoundland and Labrador. Through innovative programming and social enterprises we help at-risk youth secure stable housing, education, and employment, while working toward family stability and better health.

With a focus on prevention, intervention, and support, our hope is to help youth make a healthy and stable transition to independent living.











# A YEAR IN NUMBERS

1,235

**YOUTH SERVED** 

4,595

HOUSING

1,585

**EDUCATION** 

**782** 

**EMPLOYMENT** 

5,147

Actions taken to support youth with

**MENTAL &** PHYSICAL HEALTH

20,448

**HOURS** 

of youth

16,777

**MEALS** 

served to youth

118,053

**KMS** 

driven in support of youth 8,129

**VISITS** 

to youth at home

3,231

**ADDITIONAL ACTIONS** 

taken to support youth

3,736

**HOURS** 

by volunteers

16

**ENGAGEMENTS** 

with local and national media 1,004

**DONATIONS** 

made in support of CFY 45,366

**VISITS** 

to CFY websites

7,775

**MEMBERS** 

of our online community

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there is more to this council than just challenging the systems and norms that face at-risk and street-entrenched youth. The YLC is also about "Youth Giving Back to Youth," and we try to convey that as a group through each of our actions and activities as the YLC.

We now operate on a shared leadership model, and projects are run with flexibility and current realities of members taken into account. This project-based support model has been very empowering, and our council is now stronger than ever; at a round-table meeting when sharing our thoughts about the current council, words that were put to the group were "inclusive," "progressive," "comfortable," "safe," and "family." We have an open door policy, and encourage any youth who is interested to join us at a meeting.

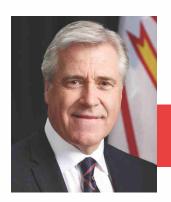
This year was busy for our group. The YLC was featured in a toolkit from the Canadian Observatory on Homelessness as a replicable model for youth leadership councils, which we are very proud of. The YLC was also heavily involved in You Matter, the first ever youth-specific Point-in-Time (PiT) count of people experiencing homelessness in St. John's. We helped shape the count, and also hosted a magnet event that attracted over 100 young people to Outreach on a cold November night. This magnet event work is also being featured in another national toolkit so that other agencies can execute their own events.

The YLC has done great advocacy and educational outreach work this year, including a presentation and panel discussion for provincial Community Youth Networks. We have also been in discussion with the Child Youth Advocate and hope to continue this conversation and help shape recommendations and policy change centered on young people in Newfoundland and Labrador.

Looking to the future, we are excited to continue to create exciting and relevant events and workshops for young people, with a focus on mental and physical wellness. We hope to be able to continue to inform others – CFY staff and board, other youth serving agencies, and the public – and to help build better opportunities and support services for young people across Newfoundland and Labrador.

### Sincerely,

Amy Flemming	Colton Purchase	<b>I</b> saiah Haggerman	Nick Ings	Pamela Budden
Ask Wen	Emily Wadden	Jess Wall	Nik Drover	Sarah Prior
Cody Melindy	George Bowman	Mike Bishop	Ocean-Dawn Ga <b>l</b> e	Zac Kavanagh



### **MESSAGE FROM THE PREMIER**

On behalf of the Government of Newfoundland and Labrador it is my pleasure to congratulate Choices for Youth on another successful year!

Our government recognizes Choices for Youth as a partner in advancing the safety, development and overall well-being of at-risk and homeless youth. Strong community partnerships have helped advance the organization's goals and ensure a brighter future for our province and we look forward to continued collaborative work with Choices for Youth.

I would like to take this opportunity to thank the staff, volunteers and Board of Choices for Youth for your commitment and leadership. Your passion and dedication in working with vulnerable youth and providing them with support they need to help them achieve their goals is to be commended.

I look forward to our continued partnership and wish you every success in the coming year.

Dwight Ball Premier







Choices for Youth (CFY) is an organization which operates with a single principle: to act in the best interest of youth as we design and implement innovative programming to meet their needs. Prioritizing this goal throughout our latest Strategic Plan (launched in June 2016) was key, and ensuring we meet that goal through the efficient use of valuable resources for the biggest impact is our responsibility. As a result, CFY now focuses all operations on five core life areas: housing; education; employment; mental and physical health; and family stability.

This year we began implementing our strategic plan, which started with a full organizational review which allowed an outside consultant to delve into the overall working mechanisms at CFY. Through this process we were able to pinpoint ways to work more efficiently and manage our continued growth, while ensuring we deliver on our organizational principle on a daily basis. We believe this restructuring has created a more sustainable organization overall, one that is better positioned to handle the growth that is already underway.

As innovation is a part of our organizational DNA, it is no surprise that social enterprise has become a big part of who we are. This work is infused with a Housing First approach, framed around an employment model, to ensure the employment created works for all youth — especially those who need it the most. We have also begun preparing for a greatly enhanced capacity to make a difference in the lives of vulnerable families. In all of this, we continue to demonstrate our organizational capacity to find new ways to support at-risk and homeless youth who come to us from every corner of Newfoundland and Labrador.

Looking across CFY we see young people finding safe housing, gaining meaningful employment, and building healthier lives. For some youth this means daily incremental change, which makes the organization's commitment to harm reduction and recovery such important tools. As an emblem of what is possible, the Youth Leadership Council was featured in two national toolkits for empowering youth through their council model, and they continue to break down barriers for young people in our province.

There are countless moments of pride and positivity that have resonated throughout our organization over the past 12 months. As Executive Director and Chair of the Board, we encourage you to read through this Annual Report to learn more about the great work that occurred within the walls of CFY this year, and we look forward to another year of creating change and starting dialogue across our province and nation.

Sincerely

Steve Power

CHAIR OF THE BOARD

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EXECUTIVE DIRECTOR

### Expecting at-risk youth to get themselves to work, school, or programming of any kind is unreasonable as long as they are lacking the basic necessity of safe and secure shelter. This is why Choices for Youth applies a Housing First framework, focusing on finding stable housing for youth. Once housing is secured, additional supports can be put in place to help youth move forward and develop the skills and experiences needed for healthy and independent living. We operate multiple programs to provide a range of housing options with varying levels of support, allowing us to better meet the unique needs of each young person we interact with. Across these programs, the goal remains the same; securing stable housing from which young people can focus on meeting their goals and working toward a healthy and happy adulthood. THE CHOICES SHELTER THE LILLY There for people when they need us most. A stepping stone to independent, community living. 16 available units 9 available beds 14 apartment style units Youth can stay for up to 30 days Transitional and supportive home Supportive living with house mates 24hr staffing and access to supports **24hr** staffing and individual case workers Regular check-ins & individual case workers THIS YEAR THIS YEAR: 2.782 Youth Transitioned Youth Housed Total Stays to Independent Living CHOICES FOR YOUTH | ANNUAL REPORT 2016/17

## A NEW NAME

Our shelter has always been a safe and inclusive space for youth to access emergency housing, but its original name, 'Shelter for Young Men,' did not actively capture and reflect our values.

Over the last year we collected feedback from youth and staff to help us address this. Together, we selected a new name that more accurately reflects our values, and lets youth know CFY is an accepting, safe space.

We are incredibly excited and proud to give our shelter its new name: **The Choices Shelter I For Young Men and Gender Non-Conforming Youth**.

## **BUILDING MORE HOMES**

This past year we built a new 6-unit property to increase the capacity of our RallyHaven program. Away from busier parts of town, these units equip CFY to better meet the needs of youth who may be more introverted or socially anxious, and may appreciate a quieter, more independent environment.

We are particularly proud of these units because they were built by Impact Construction, our social enterprise construction company which trains and employs at-risk and homeless youth in the community.

## <u>A STRONGER COMMUNITY</u>

In partnership with Stella's Circle and End Homelessness St. John's, we operate the Front Step program. It supports 65 individuals—10 of whom are youth—who are experiencing chronic or episodic homelessness, and helps them maintain housing. Program participants can also access a range of supports specific to their needs.



"They may come from a family home, but that doesn't mean it was safe. We've had many youth who, after a few nights living at the Lilly, have said, 'This is the first place I've felt safe.' It opens your eyes to the realities of other people's lives and just shows how these young people can rise above and keep going despite having so much chaos and trauma in their lives—it makes you thankful that these young people are still willing to let you be a part of their life."

From a short stint of homelessness in Toronto, to experiences with foster care and boarding houses in St. John's, Sarah was finding her adolescence marred by situations unconducive to a safe and happy life.

Through some friends, and an old connection to the former Child, Youth and Family Services site (located in the same building as CFY), Sarah became acquainted—and eventually quite familiar—with Choices for Youth.

At first, CFY's programs and supports felt like a mismatch for Sarah. Short of getting formally involved, she instead built a slow rapport with staff and clients. Sarah and her dog, PJ, could often be found outside of the Outreach Centre, and staff reached out to and supported them both as needed—whether with dog food, or a friendly hello.

As her comfort and involvement grew, some of CFY's services and programs started to make more sense for Sarah. These days, Sarah is incredibly active in the CFY community: she volunteers in the Outreach kitchen with Chef Lois, she is a recent Jumpstart program graduate (and received an award for perfect attendance), she is a client of the Moving Forward program, and she works part-time in the Your Turn Boutique.

Sarah recognizes the changes she has gone through since becoming part of CFY, saying:

"I'm becoming more mindful ... I come at things with a different attitude than I used to. I'm trying to help others and help myself."

In addition to all of her great achievements, Sarah is also working towards completing her General Education Development through Thrive. She is incredibly ambitious and has no plans to slow down after that, with dreams of pursuing post-secondary education and a career that gives her a creative outlet.

Sarah's energy is contagious, and despite life's ups-and-downs it is obvious that she has no problem fighting for her happiness:

"Me and my social worker are looking at college applications now. I'm building relationships and opening doors."



# COLDEST NIGHT OF THE YEAR

Coldest Night of the Year raises funds for our Outreach and Youth Engagement Centre while bringing together caring community members to raise awareness about the realities at-risk and homeless youth face. This year was our biggest year yet and we are so grateful for the many generous walkers, sponsors, and community partners who made the day, and our continued work, a success.

50 TEAMS **489**WALKERS

\* Uldh

50,000 DOLLARS

CHOICES FOR YOUTH | ANNUAL REPORT 2016/17

Once safe and adequate housing has been secured, a critical step to maintaining it and building additional stability is a young person's ability to find meaningful employment.

For many at-risk youth, barriers like education level, mental health and addictions issues, a lack of prior employment experience, or involvement in the criminal justice system can often stand in the way. While there are many traditional employment support programs in our community, they are typically not suitable for at-risk and homeless youth, leaving them without options for moving forward.

This past year CFY has been able to address this gap directly. Through the creation of the Centralized Employment Support Program (CESP), and an expansion of our social enterprise work, we have brought to life a dedicated employment strategy focused on supporting at-risk youth in building skills and accessing sustainable employment.

# SUPPORTING YOUTH & CREATING EMPLOYMENT

Centralized Employment Support Program acts as the hub for all pre-employment, employment, and educational supports for young people at CFY. Responding to various needs and complexities, CESP offers direct support to at-risk and homeless youth who are not yet ready for traditional employment, who are seeking to work, or are currently working with, a CFY social enterprise, or who are seeking employment with a private employer.

Together with CESP, the expansion of our social enterprise work is in direct support of the Employment First strategy. These enterprises provide meaningful opportunities to youth who are not yet ready to access the traditional employment market. CFY has a diverse portfolio of enterprises across a range of sectors and skill sets, allowing us to better connect youth with work that matches their interests and abilities. Working closely with CESP, the social enterprises are also able to create positions with scaling difficulty and responsibility, allowing youth to make meaningful progressions over time.



"Social enterprise has the potential to be a catalyst for major change; to transform the way we tackle pervasive social issues through economic empowerment. It allows us to achieve our mandate in a socially innovative way, providing sustainable opportunities for young people to live and work in a thriving and supportive environment that prepares them to transition into private employment. It also allows us to invest revenue back into the enterprises, and into CESP."



This past year marked Impact's first full year of operation as a social enterprise! The venture added new lines of work, including bidding on and accepting public contracts, securing certification in asbestos removal and abatement, and completing ground-up construction of a new RallyHaven housing property.

\$628,298
in revenue

18,832 hours of youth employment



As the sole manufacturing partner of Enactus Memorial's Project Sucseed, we're incredibly proud of this work and the new ground it continues to break in the realms of both food security and youth employment. Youth were taught to use power tools, worked semi-independently to manufacture hydroponic units, and learned about food security challenges around the country.

600 units sold

1,266

hours of youth employment



Your Turn Boutique, a high-end secondhand retailer, opened its doors this past year! With a number of youth trained, they are now operating the store, working on the sales system, managing inventory, building interpersonal skills, and learning about the retail sector. With a baseline set of operations and an established training program in place, the boutique has found its stride and is ready to evolve in the coming year.

\$4,428 in sales

350

hours of youth employment

# UNDERSTANDING YOUTH HOMELESSNESS IN OUR CITY

### **DEMOGRAPHIC**

Male
Female
LGBTQ2S
Indigenous
Other Gender Identity

Youth PH Count	National foutil Homelessness Survey
50%	57.6%
40.6%	36.4%
32.4%	29.5%
<b>21</b> %	30.6%
9.4%	6.1%

LGBTQ2S youth are **over represented** in the youth homelessness population in St. John's, when compared to the national percentage.

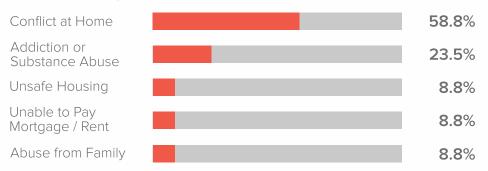
### **HOMELESSNESS STARTS AT A YOUNG AGE**

Valuth Dit Calunt

The average age youth reported first becoming homeless.

The percentage of St. John's homeless population who had their first experience with homelessness before turning 24.

Causes of first experience with homelessness:



### A CHALLENGING SYSTEM

Responding to crises is not enough.

National Vouth Homologenoes Survey

63%

of the young people we work with have been involved with the Department of Children, Seniors and Social Development.

Of the PiT Count Respondents:

80%

reported feeling that Child Protection Services was not helpful in their transition to independence.

43%

reported that they became homeless within one year of leaving Child Protection Services.

It is clear that **prevention** and **supportive housing** need to be a strategic focus alongside crisis response measures.

In November 2016, End Homelessness St. John's and Choices for Youth (CFY) conducted St. John's first biennial homelessness Point-in-Time (PiT) Count in partnership with the City of St. John's, Government of Canada, Memorial University and the United Way Newfoundland and Labrador. The data shown here highlights some of the findings from the youth portion of the PiT Count and provides insights on the unique challenges faced by at-risk and homeless youth in St. John's.

Youth Homelessness: Young people aged 16-24 years who "do not have the means or ability to acquire a stable, safe or consistent residence".

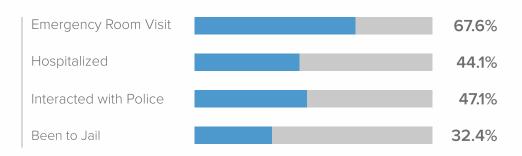
### THE NEED FOR A COLLECTIVE APPROACH

91.2%

of respondents of the Youth PiT Count interacted with public systems over the past year. Most of these youth had multiple service needs.

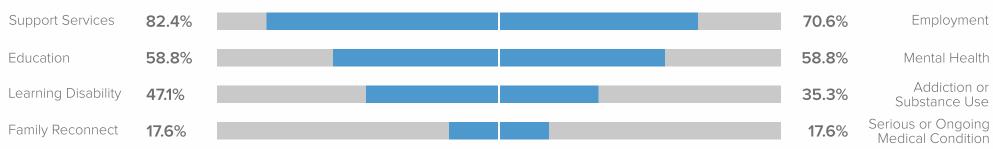
**65%** 

of respondents identified a need for 4 or more services from public systems



The issues faced by at-risk and homeless youth are complex and challenging. A collective approach that relies on **collaboration**, **coordination**, and **youth informed service delivery** is critical to helping youth move towards safe, stable, and independent adulthoods.

### The PiT Count sheds light on the particular service needs of youth in St. John's who have current or past experience with homelessness:



ig Gladney Krista, Project Coordinator 'Everyone Counts', End Homelessness St. John's, "Everyone Counts: St. John's Homelessness Point-In-Time Count 2016", http://homelesshub.ca/sites/default/files/Everyone%20Counts%20full%20report%20%20EHSJ%20May%202%202017\_2.pdf2017

gaetz Stephen, Canadian Observatory on Homelessness, "Canadian definition of homelessness", http://homelesshub.ca/resource/canadian-definition-youth-homelessness, 2016

Gaetz Stephen, Canadian Observatory on Homelessness, "Without a Home: The National Youth Homelessness Survey", http://homelesshub.ca/YouthWithoutHome, 2016



Approximately 63% of the young people we work with have had past or current involvement with the child welfare system, and results from the 2016 Youth PiT Count reveal that the average age of a young person's first experience with homelessness is just 16.

It is clear that supporting families is a crucial step in breaking inter-generational cycles of poverty and homelessness, and in changing the trajectory of young parents and their children.

46
Moms supported

61
Children supported

2,900
Meals served

# IT TAKES A VILLAGE

The Momma Moments program increased its overall capacity this past year, supporting even more young mothers and children. The wrap-around support model involves more than just weekly group sessions; between regular texts with moms and the program staff, advocacy work, individual interventions, personal and skill development, group outings and retreats – all components come together to help build happier and healthier families.

Through partnerships with organizations like the Rotary Club of Northeast Avalon, Sequence Bio, and Ladies Learning Code, Momma Moments has been able to provide moms with a range of supports; from 28 backpacks for fall studies, to 1300 snack bags for school, and even workshops to build skills for innovative employment in STEM industries.



Giving young people safe and empowering opportunities to share their stories of resilience is something we strive to do at CFY. At our 2nd Annual Fundraising Gala, three young mothers from the Momma Moments program were able to speak to the audience about the challenges they have overcome, the successes they have had, and the relationships they have built with the support of CFY staff, and of one another.

## MAKING HEALTHY CONNECTIONS

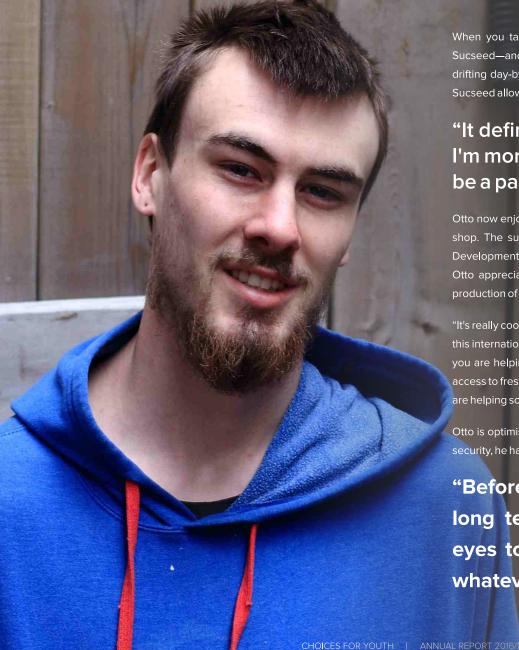
We are proud to have launched our new Family Reconnect Program in February 2017. This new initiative is filling a critical gap in services available to at-risk and homeless youth. The program seeks to support and facilitate the reconnection of youth with a family member — a cousin, a parent, an uncle or aunt, or a grandparent.

Reconnecting with family, when safe and appropriate to do so, can have a powerful impact on vulnerable youth who would otherwise be left to navigate an adult world on their own. Applying a Family First philosophy, the team supports young people and their families, facilitating the process of reconnection, offering counselling, and continuously working with the young person to help them achieve their goals.



"The impact of Momma Moments is felt far beyond the peer-to-peer group support sessions. Utilizing a range of unique programming we are keeping kids out of foster care. helping families stay together, and supporting the pursuit of education and employment. Collaborative work across numerous systems allows us to ensure that families' needs are being met, and positions healthy moms to support healthy kids, creating stronger families and enhancing our communities."

# 2



When you talk to Otto about his life a year ago—before getting involved with Project Sucseed—and how it has changed since, the difference is stark. Before Sucseed, Otto was drifting day-by-day; both motivation and thoughts about the future were hard to come by. Sucseed allowed Otto to put things in sharper focus.

"It definitely changed my life in a lot of aspects." I'm more motivated to get up in the morning and be a part of something."

Otto now enjoys the routine of going to work each day, and the atmosphere of being in the shop. The support staff at CFY have connected him to an in-house General Education Development program, and in addition to the workplace experience and training courses, Otto appreciates the unique opportunity to be a part of something bigger, through the production of hydroponic units.

"It's really cool to be a part of something that started off as just another idea and evolved in to this international business where we are making units and it opens your eyes to the fact that you are helping people all over, people in less fortunate places where people don't have access to fresh produce. It's crazy to think that we are just sitting in this little workshop but we are helping so many others across Canada and other places."

Otto is optimistic about what lies ahead. Now sober, and thinking about long term financial security, he has a newfound optimism and motivation.

"Before I got involved I wasn't thinking about long term goals ... Sucseed has opened my eyes to what the future might hold. I can do whatever I want with my life."

# MOMMA MOMENTS LEARN TO CAMP

In July 2016 young moms and children boarded a bus to Castle Hill National Historic Site to take part in Parks Canada's Learn to Camp program. Families learned a variety of new skills and took part in a range of activities, including nature hikes, bee tours, music on the hill, and more.

The Momma Moments group made new memories, solidified close bonds, and were able to enjoy a wonderful outing with their families.

"Coming from a mom of two children, who were both aged 2 and under at the time, it was an amazing opportunity to be able to adventure and explore with them both. It impacted me and my family because we got to get in touch with nature in a way that I did as a kid. Now I get to pass that on to both of my kids because of the parks Canada opportunity. So thank you from a single mom who loves nature!"

**Brittany B** 

**23**MOMS

**29** KIDS

Housing, employment, and education are the pillars of a healthy and stable transition into independent living, but mental and physical health are the foundation on which it is built.

Through a variety of targeted and individualized support offerings, Choices for Youth is able to break down barriers to accessing health care services, increasing engagement with health care professionals and improving overall health outcomes for youth.

## **OUTREACH & YOUTH ENGAGEMENT**

For many at-risk and homeless youth, Outreach is their first point of contact with CFY. It is our front door—the hub to which all other spokes connect and come together, in a safe and supportive community space.

For youth new to CFY, engagement at Outreach often begins with a plate of food served up by Chef Lois and her team of incredible volunteers. The 10,987 meals served at Outreach over the last year play a critical role in building relationships with the 60-70 young people who visit Outreach each day.

Once youth are comfortable and ready they can connect with CFY's other services, or access personal care items and social workers, in a safe and positive space. As part of our commitment to mental and physical health, Outreach works closely with the Downtown Health Care Collaborative to:

- Operate an on-site medical clinic
- Operate as an official Safe Works Access Program (SWAP) site
- Offer in-house counselling services
- Host a Public Health Nurse and Nurse Practitioner

In 2016 the **Downtown Health Care Collaborative [DHCC]** launched in St. John's. The primary aim of the DHCC was to build primary health care teams at various community locations and touch points throughout the downtown St. John's area.

CFY is a proudly a leader in this collaborative effort, opening the first DHCC clinic. Two family physicians operate out of the Outreach and Youth Engagement Centre, offering clinics twice per week. This gives young people the opportunity to access physicians in a location that was close by, familiar, and safe

1,100

Sessions with the Public Health Nurse

**270** 

SWAP service engagements

215

In-house counselling sessions

**147** 

Youth visits to the DHCC

# ADDRESSING COMPLEX NEEDS

The Moving Forward program provides daily, unique and individualized support to young people with complex mental health challenges. Often the young people who access this program need the daily support from Moving Forward in order to live a stable life outside of a medical care facility.

Staff members help young people with daily tasks: from buying groceries and cooking meals, to attending appointments and ensuring that the young person is taking their prescribed medications.

Of the 14 youth in the Moving Forward program this past year, we are incredibly proud to report that:

11

Connected with psychiatry services

8

Connected with employment / training

5

Attended high school or educational programming

2

Attended post-secondary

1

Graduated high school



"A lot of times we are their fighters, their cheerleaders, going to those meetings with their health care provider to make sure their voice is heard, and a lot of times things would look a lot differently for many of these youth if we weren't there."

# BETTER TOGETHER

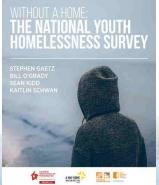


## **DRIVING SOCIAL INNOVATION**

With change-makers across Canada we are making a difference in communities from coast to coast to coast. As a founding member of the A Way Home Coalition and a partner with the Canadian Observatory on Homelessness and End Homelessness St. John's, we are proud of the work we have been able to accomplish this past year.

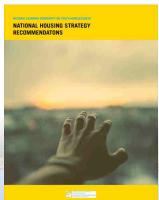
### Without A Home:

#### THE NATIONAL YOUTH HOMELESSNESS SURVEY



Engaging youth from coast to coast, the 2016 Youth Homelessness Survey included participation by clients of Choices for Youth. Over 71 young people from the CFY community contributed to this study, providing a strong baseline of data to help drive innovative actions and policy around youth homelessness.

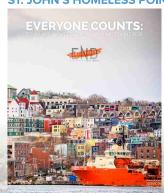
### National Learning Community on Youth Homelessness: NATIONAL HOUSING STRATEGY RECOMMENDATIONS



Working with other member agencies, CFY helped developed a set of recommendations for a National Housing Strategy in Canada. The recommendations stem from defining housing as a human right and calls for distinct approaches to homeless youth and homeless adults, for rural and urban settings, and for Indigenous communities.

Everyone Counts:

### ST. JOHN'S HOMELESS POINT-IN-TIME COUNT 2016



Together with the federal government and End Homelessness St. John's, CFY helped conduct the 2016 Homeless Point-in-Time (PiT) Count.

In addition to supporting the general PIT Count, youth and staff from CFY took the lead on the youth-specific portion of the count, spearheading everything from the development of overall strategy, to planning engagement events, and operationalizing the count.

# PROVINCIAL EXPANSION

We are an organization committed to ending youth homelessness in our province and we continue to work with all levels of government to lead the development of innovative public policy. Our hope is to inspire a common vision among provincial leaders and policy makers, one that focuses on the prevention of youth homelessness through the implementation of housing supports, alongside traditional emergency response measures.

As part of our commitment, we are also actively exploring opportunities to build programming capacity in communities across the province. Over the next 3 years we will be acting as a convener, accelerator, and knowledge hub to bring much needed supportive programming for at-risk and homeless youth to regions beyond the Avalon Peninsula.









































































































St. Johns' Lodge #245 Of The Elks of Canada Inc.

Moksha Yoga St. John's

MAZON Canada



McInnes Cooper

**Grant Thornton** 

**Browning Harvey** 

Penney Group Inc.

Allstar Rebar

French & Associates

Canadian Federation of University Women, St. John's

Steers Insurance

Insurance Bureau of Canada

Timemasters Inc.

CI Investments

Stewart McKelvey















# CHOICES FOR YOUTH



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