



CHOICES
FOR YOUTH

ANNUAL REPORT

2019/20

TOGETHER, WE CAN END YOUTH HOMELESSNESS.



HOUSING

Choices for Youth focuses first and foremost on finding stable housing for youth, as a critical step to reduce crises and as an important springboard for accessing additional supports.



EDUCATION & EMPLOYMENT

Meaningful employment is a key part of helping young people succeed and build independence.

Whether they want to work at a CFY social enterprise or within the private job market, we give them the support, resources and training they need to meet their goals.

Through innovative programming and social enterprises, we help young people to secure stable housing, education, and employment, while working toward family stability and better health.



FAMILY

Strengthening families and connecting them with the support they need to create healthy homes and a stable future for their kids is vital to building thriving communities.



HEALTH & OUTREACH

The Outreach and Youth Engagement Centre is the front door of CFY. It is a place where young people can have a hot meal, feel safe, and build trusting relationships. Outreach offers a broad array of programs and services, and it is here that youth can access many of our mental and physical health supports.

11,828

visits to youth
at home

90,230

kms driven in
support of youth

15,353

housing
actions

1,174

donations
made to CFY

1,531

hours contributed
by volunteers

21,424

meals
served

33,983

hours of youth
employment created

2,186

employment
actions

5,232

family
actions

9,660

mental & physical
health actions

77,045

visits to the
CFY website

805

education
actions

1,149
youth

served in
the last year

A YEAR IN

NUMBERS

**SHELDON
POLLETT**

Executive Director

**AYON
SHAHED**

Director of Strategic
Development

**CHELSEY
MACNEIL**

Director of Education,
Employment and Social
Enterprise

**JONATHAN
MOORE**

Director of Finance
and Administration

**ADAM
HISCOCK**

Manager of
Social Enterprise

**JILL
DOYLE**

Manager of Family
Programming and
Support Services

**PAULA
SOPER**

Manager of Supportive
Housing Programs

**ANGELA
PICCO**

Fund Development
and Communications
Coordinator

**JEN
CROWE**

Strategic Initiatives
Coordinator

**LUCAS
GEARY**

Senior Human
Resources Specialist

**LYNN
ZUREL**

Board Chair
Chartered Accountant,
Stonebridge Capital Inc.

**ANDREW
WOODLAND**

Board Secretary
Legal Counsel,
City of St. John's

**ROBYN
LUNDRIGAN**

Board Treasurer
Financial Controller,
Radient360 Solutions Inc.

**STEVE
POWER**

Past Board Chair
Partner, KPMG LLP

**CHRIS
PEDDIGREW**

Board Member
Partner, Wadden
Peddigrew Hogan Law

**COLIN
KRULICKI**

Board Member
Regional Vice President,
Royal Bank of Canada

**DR. JILL
ALLISON**

Board Member
Faculty of Medicine,
Memorial University

**DR. KIMBERLY
ST. JOHN**

Board Member
Chair of Psychiatry,
Janeway Hospital

**GEOFF
DAVIS**

Board Member

**NICOLE
PARSONS**

Board Member
Director of Corporate
Services, NL Hydro

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CFY LEADERSHIP TEAM

GREETINGS FROM THE

YOUTH LEADERSHIP COUNCIL

The Youth Leadership Council, also known as the YLC, values youth voice and lived experience as a main part of our mandate. We have proven this over the last year through our dedication and self-reflection as an advocacy council.

For the first time ever we have a full-time Coordinator hired exclusively to our program. This is a major milestone for the YLC and for Choices for Youth (CFY) that came about through a process we had proposed, designed and implemented into an official position within the organization. With a focus on lived experience as youth, we uphold that value for our work when we reach out into the community. For example, we met with youth in CFY programming to talk about what their idea of youth voice is. After collecting the feedback and

perspectives of local youth, we planned and hosted our very first organically formed event called 'Youth for Youth Voice'. It was a great success!

As peers, we stay connected with one another. The YLC is a peer-based, supportive social space for many of our members. During the pandemic we are operating virtually to give voice and perspective to CFY via video calls. We've learned to thrive in this new normal and it has also opened us up to have members across the province.

We hope you enjoy reading the updates and stories throughout this year's Annual Report. We look forward to continuing to amplify youth voices in our community.

Ask Spirest, Cody Byrne, Evelina Swinton, Faith Clarke, Sarah Dawe, Sylvia White, Timothy Langmead, Tristian King





A MESSAGE FROM
THE HONOURABLE

LISA
DEMPSTER

It is my pleasure to congratulate Choices for Youth on another successful year of supporting and empowering youth in Newfoundland and Labrador. Our government is pleased to partner with Choices for Youth to work toward a shared goal of helping youth overcome challenges and realize their full potential.

At-risk and homeless youth in our province depend on Choices for Youth's range of programs to address their needs for support, housing, training, employment and health services. These initiatives are made possible through the commitment and dedication of the staff, volunteers and Board of Directors, who continue to demonstrate leadership in providing youth with a safe and inclusive environment.

Choices for Youth's approach is adaptive and responsive to the experiences of today's youth, identifying the individual strengths and needs of each young person and providing them with the specific supports and services they need to succeed.

In particular, during the COVID-19 global pandemic, Choices for Youth has risen to the challenge to continue supporting youth throughout this unprecedented time. Staff have been reaching out by phone, text or email, delivering food and working with the Department of Children, Seniors and Social Development to help coordinate visits between children and their families.

With the support of Choices for Youth, and through their own hard work and determination, the young people being served have achieved many successes over the past year. The work that is being done is nothing short of life changing, and in some cases, life saving. These accomplishments will serve as their foundation to a brighter future.

Best wishes for another successful year.

A handwritten signature in black ink, reading "Lisa Dempster".

Hon. Lisa Dempster
Minister of Children, Seniors and Social Development (2019-20)

gov.nl.ca





LETTER FROM
**THE CHAIR
OF THE
BOARD AND
EXECUTIVE
DIRECTOR**

We are pleased to release the 2019-20 Choices for Youth Annual Report and are proud of the celebration of resiliency that it represents!

At CFY, we have long known that resiliency comes in many different forms. As tempting as it might be to focus on the challenges posed by a State of Emergency and a global health crisis, we instead see and celebrate the lives of youth and young families every day. The reason is simple: at CFY we believe everyone deserves to be celebrated and is capable of achieving their dreams and aspirations.

This belief in and support of youth is made possible through the strength, determination, and commitment of our wonderful staff, volunteers, and our dedicated Board of Directors. Along with tremendous skills and expertise, every one of them brings a commitment to social justice to our organization and to our community.

We are so appreciative of our partnerships with federal, provincial, and municipal governments and their commitment, like ours, to social innovation. We also wish to acknowledge the support of a broad range of community and business partners throughout Newfoundland and Labrador whose commitment allows CFY and the young people it serves the opportunity to thrive. All of this support enables a significant investment in effective program delivery and innovation and allows us to provide a broad range of supports to youth and vulnerable families.

To the youth of this province, we want to express our gratitude for the trust you place in Choices for Youth and the lessons in resiliency you teach us each and every day.

Sheldon Pollett, Executive Director

Lynn Zurel, Chair of the Board of Directors

REPORT ON

HEALTH & OUTREACH

Doorway to Opportunity

The Outreach and Youth Engagement Centre is 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, and where young people can work with staff to identify and pursue their goals.

Summer Recreation

The 2019 summer recreation program at Outreach saw the highest levels of attendance and engagement in years! Ten weeks of recreational activities were offered — from go-karting to kayaking, berry picking to tie-dying clothing — young people really enjoyed the variety of fun summer events.

Summer recreation gives youth the opportunity to participate in new activities that they may not have otherwise had the chance to immerse themselves in, and to attend in an environment that they know is safe and supportive. These activities have played a large role in connecting young people to activities and hobbies that not only promote physical wellness, but also can create lasting positive effects on their overall mental well-being.

This past year, **113** young people attended summer recreation

Health and Wellness Support

Community partnerships are essential to ensuring youth have access to services and information that they need to live their most stable and healthy lives. Representatives from community agencies regularly visit during drop-in hours to make themselves available for conversations and questions from young people. This includes representatives from the Office of the Child and Youth Advocate; Department of Immigration, Skill and Labour; and the Department of Children, Seniors and Social Development.

"It really is a team approach to supporting the overall wellbeing of a young person. As health care providers, being on site and integrated into services means we're accessible when a young person is ready to engage with support." Dr. Guigne, on-site physician

Thanks to continued partnerships with Eastern Health and the Downtown Healthcare Collaborative, CFY has a team of six on-site medical professionals that are able to directly support the mental and physical wellness of young people. This includes Physicians, Nurse Practitioners, a Public Health Nurse, and an Addictions Counsellor who all offer regular services to youth at CFY and within the community.

As well, young people had **624** engagements with our medical care team



**SNAP
SHOT**

8,079
meals
served

342
SWAP
engagements

77
people trained
in Naloxone

MY STORY

CHRIS

Chris became connected to Choices for Youth in his teenage years, when he was facing some big challenges in his life and needed to stay at The Choices Shelter. After leaving The Shelter he spent time refocusing and setting new personal goals. During his search for employment, Chris was reintroduced to CFY and our Education, Employment and Social Enterprise (ESEE) program.

Since becoming reconnected, Chris has completed multiple Jumpstart (pre-employment) programs, including sessions on agriculture, culinary skills, and the Youth Ventures entrepreneurial program. He's been able to access training opportunities and build up his resume with meaningful experience.

**"I was homeless when I came here to begin with.
Now I have an apartment, I'm in school, I'm feeling good."**

Chris was able to secure a part-time position for one year working in the CFY Outreach and Youth Engagement Centre kitchen alongside Chef Lois. He helped her prepare and cook the daily meal for youth coming to CFY during drop-in hours, and he has come to learn that his passion is in the kitchen.

Chris is now attending post-secondary to complete a cooking program, and hopes to eventually get his Ship's Cook Certificate. He's appreciative of the CFY staff for helping him with his education and employment goals, and grateful for his family for supporting him through life's ups and downs.

**"I can only imagine what would happen if I didn't have a supportive family.
They're happy with me now, for sure."**



THINKING WELL

Conversations about mental health that once happened in whispers are now happening on playgrounds and digital platforms, and around board tables and campfires. While these changes are dramatically challenging the taboo that has historically hindered our collective awareness of mental health issues and the complex ways in which these issues effect our lives, the stigma of speaking openly about personal mental health challenges is far from being eliminated.

Additionally, the encouragement for individuals to seek help and to celebrate self-care have yet to be matched with proportional increases in the availability of services, or in the ways we collectively approach designing workplaces, public institutions, and spaces that inspire mental well-being.

This reality is especially evident within post-secondary institutions, where students, staff, and faculty are all grappling with how mental

health and wellness fit into their lives, their academic pursuits, and into their careers. As students transition into the workforce, it is also clear that their mental wellness is the foundation of a successful journey through a competitive labour market that is also in the midst of profound change.

To help guide investments to improve the mental wellness of post-secondary students, CFY and RBC Future Launch came together in 2019 to explore the mental health challenges that post-secondary students were facing, and to identify opportunities for a brighter future.

Over six months staff organized a series of province-wide consultations, reaching over 600 students, faculty and administrators, on the topic of mental wellness for post-secondary students in Newfoundland and Labrador.

This work culminated in the publication of our Thinking Well report on supporting post-secondary student mental wellness in Newfoundland & Labrador.

Take a look at our findings and recommendations for improvements at www.choicesforyouth.ca/thinkingwell.

REPORT ON

HOUSING

Housing Choice

Choices for Youth offers three housing options for young people to meet their immediate and long-term needs: The Choices Shelter, The Lilly and RallyForward.



The Choices Shelter — Emergency shelter for male-identifying and gender non-conforming youth. Young people can stay at The Shelter for up to 30 days, all while working with support staff to create a housing and support plan for when they leave The Shelter.

157
youth supported

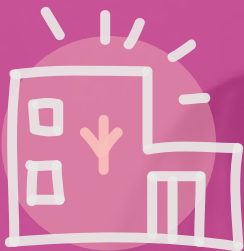
8,424
meals served

2,808
shelter nights stayed

26
youth housed

550
meals served

1,860
kms driven in support of youth



The Lilly — A 14-unit affordable housing complex for young people. Staff are on-site 24 hours a day, 7 days a week to support youth in their journey to independent living. Young people at The Lilly can attend recreational programming, cooking groups, and are enrolled in school or employed.



RallyForward — 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 supports for mental health and addictions for its residents.

45
youth housed

11,828
visits to youth at home

12,790
actions taken to support youth with housing

Transformational Thursdays

Each week at The Lilly, residents are invited to take part in Transformational Thursdays. These sessions bring in an external speaker to share information and resources on a particular topic such as sexual health, healthy relationships, financial health and budgeting, mental health, and social media safety. Youth who live at The Lilly are also encouraged to present on something that interests them or a special talent they have. Residents are also able to take part in regular on-site group programming including cooking groups, birthday parties and special celebrations, paint nights, and pet therapy.

In all, **481**
group-based activities
offered to youth at The Lilly

CASHIN AVE. PROJECT

AFFORDABLE HOUSING FOR YOUNG FAMILIIES

Across our community there is a clear lack of affordable housing for young families. For quite some time this has been identified as a gap by both service providers and youth. Through an innovative Social Finance Investment from the R. Howard Webster Foundation and support from local businesses and community agencies, Choices for Youth's Impact Construction social enterprise has been working to renovate five new units of affordable housing which, once complete, will be made available to young families connected to CFY.

Over the last year, this project has made huge progress! The team started by tearing down the structure all the way to the foundation, and then worked to rebuild a new home. Foundation repairs, framing, roof, windows —

Every bit of work was completed by Impact Construction and an incredible team of community contractors.

Youth trainees learned so much about constructing a building from the foundation up, and the completed project will have positive effects in our community for years to come. The units will be move-in ready for Fall 2020.

The young people who move into these units will continue to be connected to CFY programming. With the ongoing support of CFY's wrap-around services, these young families are able to move forward with their goals while living in community in safe, affordable housing.

MY STORY

BRITTANY

Brittany became connected with the Momma Moments program after having her first child. She was able to find help, guidance and trust in the other moms and CFY staff, which provided a supportive environment when Brittany's daughter was placed into care and adopted by another family. Though this was hard, Brittany is now able to reflect on the experience and knows that it was the right decision for her daughter.

Brittany's involvement with Momma Moments has been valuable. She's built connections and personal relationships, and found a close friend in another mom in the group. Now she has two small boys, Lincoln and Casey, and is happy that she can surround them with a positive support system.

"I worked really hard to make sure I could provide a safe and supportive home [for my boys]."

Brittany enjoys the activities that Momma Moments offers for the moms and kids in the group, like visits to the Petty Harbour Mini Aquarium and a yearly camping trip each summer. The social aspect of the group has helped her oldest boy to thrive in social situations, and has also empowered her to be confident in her role as a mom.

"Momma Moments give us more opportunities to get outdoors and explore the city that we normally wouldn't get to enjoy."

Brittany often shares her story and experiences to support other moms, and has found new coping mechanisms and positive outlets. Her two boys are her priority right now, but the future is bright for Brittany.

"I've got a lot of work to do — I'm planning to go to school next year, and I'll definitely need Momma Moments support through that."





COMMUNITY SUPPORT IN THE FACE OF UNPRECEDENTED CHALLENGES

At Choices for Youth we are no stranger to challenges — from facing evolving economies, to advocating for policy change, to helping youth overcome some huge barriers — there is never a challenge that we **aren't willing to face head on and work to overcome.** The 2019-20 fiscal year had some bumps along the way that weren't anticipated, including the "Snowmageddon" snowstorm and the resulting 8-day State of Emergency, and a global pandemic.

We are proud of every member of our CFY team and community for stepping up in so many different ways to not only help us persevere through these challenges, but to come out even stronger than before as we work towards operating and supporting young people in the "new normal".

Stepping up during Snowmageddon

In addition to providing contract snow clearing services for businesses and organizations in the city, Impact Construction also operates SnowBusters in partnership with the City of St. John's, which clears walkways for seniors and individuals with disabilities in our community. When Impact Construction was in need of additional equipment in the wake of Snowmageddon, The Home Depot Canada Foundation quickly stepped up to ensure they had everything they needed to get the job done.

We are also so proud of our Impact Construction team for the critical role they played in helping keep other community services running and staffed. The team took on the additional work of clearing snow for other community agencies and offering rides for staff working at other shelter

and housing providers in the city, while ensuring that our own staff were able to safely get to and from work.

During the 8-day State of Emergency meals were in high demand as many programs, services and retail outlets in the city were closed. Our friends at McDonalds (Freedom Foods) donated meals to our Outreach Centre to help, which was a relief as we were also starting to run low on supplies. We were also able to partner with Hungry Heart Café to coordinate meals for young people in multiple programs while many roads were not safe to drive and retailers remained closed.

COVID-19

The COVID-19 global pandemic is poised to have huge impacts on our community for years to come. Since the start of the public health emergency, our teams have worked closely with medical professionals to ensure our practices, programs and policies could quickly adapt with evolving safety protocols and measures, while still providing the highest level of support to young people. Community partners have only bolstered their efforts with their generosity, and we are so grateful for the continued support as we find our way to a new normal.

The pandemic has created many organizational challenges, and many of the youth and young families we serve have been greatly impacted. While we have taken care to ensure that our programs and services have expanded appropriately, we have also been working hard to inform the broader community response and to ensure government policies are mindful of marginalized communities.



CFY team members assembled pandemic self-care kits which were delivered to youth and young families alongside meals and supplies to help them stay well at home. This project was made possible thanks to support from the Rotary Club of Northeast Avalon.

EMPLOYMENT & EDUCATION

Supportive Employment

Employment is a key part of helping young people succeed and build independence. The Education, Employment and Social Enterprise (EESE) team at CFY provides accessible, innovative and meaningful programming to help youth ready themselves for joining the workforce. Whether they want to work at a CFY social enterprise or within the private job market, the EESE team provides the support, resources, and training that young people need to meet their goals. This support takes place in the form of check-ins with a support worker; employment at a CFY social enterprise; or through the Jumpstart pre-employment program. Through all of these avenues, young people are able to identify their goals, access training opportunities, and learn new skills in a safe and supportive environment.



youth
supported
by the
EESE team



NL Boards & Youth Ventures

This year, CFY was able to partner with Community Business Development Corporations NL to offer the Youth Ventures program to young people at CFY. Youth Ventures (YV) introduces young people to the world of self-employment and entrepreneurship, from idea generation all the way to selling a product or service. Our first YV cohort involved 10 young people at CFY, who created a group-based business: NL Boards. This business idea was to create one-of-a-kind skateboard decks, designed and created completely by the participants, and sell them through CFY's Neighbourhood retail store. Young people created a

business plan, learned about marketing and distribution, sourced materials, and were able to each design and create a unique skateboard deck. The finale of the YV session was an open house at Neighbourhood to showcase the boards and make some sales — and they sold out! At request of the YV participants, proceeds from sales of the skateboard decks were donated to a local charity of their choice: Nevaeh's Lemonade Stand.



Creating Art in the Kitchen and Beyond

Our Jumpstart program had great success this year, offering a range of pre-employment programming in the areas of culinary skills, creative arts, and textiles. Youth were able to self-refer into a Jumpstart program of their choice, giving them opportunities to gain real-life experience in an area that they were personally interested in. The Yes Chef! Jumpstart session focused on building skills in the kitchen and included training in Food Safety. Multiple youth in the Yes Chef! Jumpstart session now have their sights set on working in a professional kitchen one day. Jumpstart also hosted sessions that focused on creative arts and textiles, both of which were very popular and showcased how youth could harness their creative minds to find success in their employment.

	NUMBER OF YOUTH EMPLOYED	SOCIAL ENTERPRISE REVENUE	YOUTH EMPLOYMENT HOURS
IMPACT <small>BUILDING WHAT MATTERS</small>	28	\$442,792	20,394
NEIGHBOURHOOD	11	\$105,190	6,233
THE shop	18	\$30,727	7,356
TOTAL	57	\$578,709	33,983

Social Enterprise

CFY continues to operate three social enterprises to offer young people a variety of opportunities to access the labour market in a supportive environment. Social enterprise is a win-win for everyone: each of the companies' business lines are relevant to today's labour market needs, and youth trainees can get on-the-job experience with appropriate levels of support, with competitive wages.

TOGETHER IN PRIDE

Read CFY's full Inclusion Statement at
www.choicesforyouth.ca/how-we-work

At CFY we respect, value, and celebrate folks from all walks of life. Our work is rooted in supporting young people to be the person that they want to be, and that includes ensuring that young people see themselves and their peers in the spaces and conversations that affect their lives. Attending the annual St. John's Pride Parade is one of our most fun and well-attended CFY events — youth, staff, and their support networks are able to represent CFY and celebrate one another in a safe and encouraging atmosphere.

For the 2019 Parade, youth in our Education, Employment and Social Enterprise program decorated the Impact Construction truck as a unicorn to join the parade as the lead for our CFY group. Youth were proud to share their authentic selves and celebrate one another. The St. John's Pride Parade is a welcomed opportunity to show up as allies for the LGBTQ2S* community, and for the young people at CFY who identify as being a part of this community. It was a day full of smiles, respect, and love — and we can't wait to do it again!





MY STORY

JIMMY

Jimmy has found support from CFY many times over the years. When times were tough, Jimmy was able to stay at The Choices Shelter. He eventually moved in to The Lilly, and lived there for three years. In addition to supportive housing, Jimmy has accessed employment programming at CFY, including the former Train for Trades program (which is now Impact Construction), Jumpstart and more.

Jimmy is open and honest about the transformation he's undergone over the last few years. His struggle with addiction hasn't been easy, but his family supported him to get him the help he needed. He's been able to access treatment and has been sober for about a year now. When he looks back at the person he was just a couple of years ago, he can't believe the change he's undergone.

"I'm most proud of my sobriety. I would never do it now."

For the last year, Jimmy has been a part of the RallyForward program at CFY, and he has a newfound sense of independence as he works to stay sober and healthy in the community.

RallyForward offers support to youth living in the community, while also coordinating group activities including a cooking group and organized recreational activities.

When he thinks about the future, Jimmy can't help but be optimistic. He'd like to go back to school, and is considering pursuing a career in the trades. Jimmy has worked hard to get to this point, and he's appreciative of his family and support system for sticking by him every step of the way.

"They tried to help me before, but it didn't work. I had to be ready."



A VISION FOR INTEGRATED YOUTH SERVICES IN NL

Over the past three years, Choices for Youth has been working with the Department of Health and Community Services, national experts, philanthropy, community partners, young people, and Regional Health Authorities across the province towards the establishment of an **NL Integrated Service Delivery Initiative (NL-ISD) for Youth**. The goal is to build integrated hubs across the province with shared services under one roof; a one-stop shop where a young person can get a hot meal, visit a doctor, get help with employment, connect with housing programs, and have a safe, supportive conversation. This is a major project with many partners aimed at bringing integrated youth service models and service hubs to four regions of the province.

In 2019, with support and leadership from eight committees across the province, we established a comprehensive vision to guide the path forward on the NL-ISD Initiative. We are so excited to help lead this work and bring to life a reimagined approach to supporting youth and young families in our province.

Offering a variety of services focused on mental and physical health, housing, employment, recreation, education, harm reduction, outreach, and access to meals — the NL Integrated Service Delivery Initiative for Youth is defined by a number of core elements:



A PROVINCIAL NETWORK

Operating as a provincial network of sites with a shared set of guiding principles and dedicated network leadership.

To learn more about this work, visit
www.choicesforyouth.ca/provincial-expansion.



INCLUSIVE ACCESS

Youth-friendly hours and locations, and the integration of virtual care and pop-up services.



LOCAL LEADERSHIP

Led by local agencies and leveraging local talent and expertise to meet the needs of community.



THE RIGHT DOOR

One-stop-shop centre for coordinated services designed for youth and young families.



GUIDED BY COMMUNITY

Voices of youth and young families embedded within the governance of locations and the network.

REPORT ON

FAMILY

CFY 19/20 · 21

Support Today, Positive Change Tomorrow

Working with young families has been a key part of our prevention work at CFY. By supporting young people and connecting them with the resources they need to create healthy homes and a stable future for their kids, we are helping foster positive outcomes for all family members. Our Momma Moments program and Family and Natural Supports program have supported youth and young families to overcome challenges, navigate systems, and access opportunities to create their own positive change.

76
moms
+
123
kids supported

4,375
actions taken to support
youth with family
819 =
hours contributed
by volunteers

Family and Natural Support

Many of the youth we work with have become disconnected from adult figures in their lives as a result of dislocation, childhood trauma, family breakdown, or family conflict. The Family and Natural Supports program is a redesigned component at CFY and provides support to vulnerable young people and their families or natural supports from a client-centered, prevention-based framework. The program has several components including our Momma Moments team, our Family & Natural Supports team as well as a Family and Youth Therapist. Collectively this team works from a "Family First" approach, providing young people with opportunities to work on relationships with their families despite any other barriers or challenges they are facing in their lives.

Saving for School

In partnership with RBC, Government of Newfoundland and Labrador's Poverty Reduction Strategy team and Service NL, the Momma Moments team was able to support 32 families this year in securing Canada Learning Bonds and Educational Grants for their young children. This is in addition to 31 families that had previously accessed this service last year, for a total of 62 families to-date! This wonderful service is an ongoing, committed partnership with dedicated support from all partner agencies and will help ensure that all children in the Momma Moments program have equal access to future educational opportunities. The Canada Learning Bonds and Educational Grants are a stepping stone to ensure kids in Momma Moments are able to access post-secondary opportunities later in their lives.

Cozy Holiday Season

The holidays can bring additional challenges to young families — the increased costs and activities can be a source of stress for many. This year we received a generous donation of over 200 pairs of pajamas from a dedicated community supporter, Christine Morgan. This donation was a part of a larger community initiative that Christine organized to give back to local agencies, all in memory of her father. This was a greatly appreciated gift for the young moms and children in Momma Moments, and every participant's holiday season was a little more cozy thanks to Christine and her community-minded group of family and friends.



SOCIAL INNOVATION

To address the issues that entrench youth in cycles of homelessness, poverty, and unemployment we must re-examine traditional approaches.

Such efforts have focused on providing emergency services and short-term answers — shelter, food, clothing, resume writing — without addressing the core issues affecting the lives of youth, including adverse childhood experiences and resulting trauma.

To drive transformative outcomes and help youth find stability in employment, housing, health, and family we must shift our thinking, resources, and energy. At CFY, bringing Social Innovation into this work revolves around five pillars:

- THINKING IN SYSTEMS
- BUILDING PARTNERSHIPS
- INTEGRATION AND COORDINATION
- FOCUSING ON OUTCOMES
- ADDRESSING BARRIERS TO SUCCESS

This approach resulted in Phase I of our Social Innovation Project in partnership with the Government of Canada, which ended in March 2020.

Throughout Phase I, CFY partnered with SAMETRICA to develop a Social Return on Investment tool to better understand the impact of our work. Specific to Phase 1 of our Social Innovation Project we are excited to share that for every \$1 spent on:

Employment and family programming at CFY, \$5.67 was created through positive social impact and system-wide economic savings.*

Social enterprise business development at CFY, \$2.61 was created through positive social impact and system-wide economic savings.*

*Numbers represent SROI data as of March 31st 2020

We are incredibly proud of the work that has been achieved in Phase I, the policy innovations we've been able to drive forward, and the learnings we have been able to capture and catalogue for our partners across the province and the country.

As we look ahead, we are thrilled to continue our partnership with the Government of Canada for Phase II of this project, which will run from 2020-2023. Building on the successes to date, Phase II focuses on:

- 1. Prevention & Early Intervention:** Reduce risk factors leading to poor educational outcomes, unstable home environments, homelessness, and low labour market participation amongst at-risk children, youth, and vulnerable families.
- 2. Building Independence & Labour Market Success:** Create sustainable, low-barrier, and high-support educational, training, employment, and leadership development opportunities to improve labour market attachment amongst at-risk youth and emerging adults.
- 3. Systems Evolution & Project Sustainability:** Improve overall access to, and coordination of, support services available to at-risk children, youth, and emerging adults to reduce trauma, isolation, and escalation of challenges that can lead to further entrenchment in homelessness and other difficult circumstances. The project will also embed an evaluation strategy and pilot initiatives to sustain project activities beyond 2023.

2019-20

FINANCIALS

CFY's funders, supporters and donors are at the heart of what makes our work possible.

Revenues

Government of Newfoundland and Labrador	\$ 3,398,851	44%	●
Government of Canada	2,582,600	33%	●
Fundraising & Foundations	549,442	7%	●
Social Enterprises	499,799	6%	●
Rent	310,446	4%	●
Other Income	262,807	3%	●
City of St. John's	204,566	3%	●
Total Revenues	\$ 7,808,511		



The information shown in these tables and illustrations are prepared by management on the basis of figures reported in our audited financial statements. Due to rounding, some totals may not correspond to the sum of the separate figures.

Every year, CFY publishes audited financials. For a detailed view of our Audited Financial Statements and the Independent Auditor's Report prepared by MNP LLP, please visit www.choicesforyouth.ca/resources.

Expenditures



PROGRAM EXPENSES 76%

● Social Enterprises & Youth Employment	\$ 2,032,988	26%
● Housing Programs & Services	1,708,890	22%
● Outreach & Youth Engagements	782,790	10%
● The Choices Shelter	634,183	8%
● Family Programs & Services	437,706	6%
● Other Programs	208,068	3%

\$ 5,804,625

OTHER EXPENSES 24%

● Administration	\$ 1,310,460	17%
● Amortization of Capital Assets	318,167	4%
● Fundraising	176,758	2%
● Communications	123,337	2%
● Strategic Initiatives	118,986	2%

\$ 2,047,708

Total Expenses

\$ 7,852,333

THANK
YOU

TO OUR
GENEROUS
PARTNERS



Atlantic Canada
Opportunities
Agency





RNC Graduating Class of 2019



Miceal O'Leary



Redpoll Foundation

MCINNES COOPER



Jill Morris & Patti Hamilton



Lynn Zurel

VERAFIN

MEDAVIE



Brendan Barrett



Antonio & E Gail Simoes Re



Hindu Temple St. John's

Deloitte.



Juleah Lunden



The Telegram

Linda Barrett



RBC Foundation

Mount Pearl Senior High School



Take-a-Break Group



Taryn Hearn



Cathy Russell



Cheryl Jefford



Gary Murray



Geoff & Karen Williams

TERRA NOVA

James & Susan Adams



Mary O'Keefe



Sharron Snook



Wayde Butler



Bruce Penney



Jillian Penney



Liana Li



Robert Bishop



Freedom Foods



**Donate to
Choices
for Youth**

Your support can help transform the life of a young person in our community. Make a gift to Choices for Youth, and make a difference right here at home.

**How
to
Give**



www.choicesforyouth.ca/donate

709.754.0446

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



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ENGAGEMENT CENTRE**

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**THE CHOICES
SHELTER**

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**THE
LILLY**

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