

# REBOUND CHILD & YOUTH SERVICES

## 2020 ANNUAL REPORT



**Rebound**  
Child & Youth Services  
Northumberland

*Strength of Character, Strength of Community*



# MISSION

We serve children, youth, and their families with accessible services throughout Northumberland County. We excel in programs and services that encourage mental wellness and positive growth through counselling, skills building, and restorative practices to ensure that children and youth are supported to reach their fullest potential.

# VISION

All children and youth have the opportunity to grow to their fullest potential. Their success is our priority.

# VALUES

**Respect:** We honour the diversity and dignity of children, youth, families, and the community.

**Resilience:** We mobilize the strengths, skills, and resources of our clients and community.

**Responsibility:** We demonstrate our commitment to the community through innovation, creativity, and collaboration.

**Ripple-Effect:** We believe that positive growth in individuals fosters community well-being.

## TO OUR STAKEHOLDERS,

Each year as we approach our Annual General Meeting we have a wonderful opportunity to consider the successes and challenges of the previous year, and to adjust our strategic and operational goals for our current fiscal year. It is impossible to reflect in 2020 without acknowledging how the COVID-19 pandemic has dwarfed our memory of the previous year. Rebound as an organization has swiftly adapted our services, programs, and staffing models to respond to the rapidly evolving health protocols and recommendations from the province, public health, and our local municipalities.

On March 13th, 2020 we closed our offices but remained “open for business” by ensuring that our entire team had the technology, materials, and platforms to work effectively and safely with our clients, community partners, and other stakeholders. Similar to the Ontario Provincial Government, Rebound has taken a phased-in approach to how we work. We have developed a well-articulated protocol that informs our virtual and in-office services. I cannot thank the Rebound Staff team enough for how they have worked throughout this extremely challenging time. We have not missed a beat. Our team have evaluated policies, procedures, developed new health and safety protocols, and adapted and learned new technologies. Put in a few short sentences it seems very simple, but in reality, this has been a huge undertaking, involving hours of extra work that our team has executed in way that has looked effortless. I would like to thank the Staff team for this, and our Board of Directors for their unflinching support throughout this time. This I believe has been an enormous success, albeit in our current fiscal year! However, we could not have adapted so seamlessly without building upon the successful foundation we have laid in previous years.

2019-20 was another banner year of progress and expansion for Rebound! We have again seen year-over-year growth in the number of unique clients we have served from 628 to 1,150, and clients served through our programs increased from 1,128 to 1,784. This means that each of our clients has benefitted from participating in at least two programs or services from Rebound Child & Youth Services in the last year. Our programs provide a continuum of service, that include literacy and learning help, group mental health and skills building prevention programs, as well as individualized one-to-one services through our mental health supportive services, our Trusteeship program, Triple P - Positive Parenting programs and our Youth Justice Diversion programs. Meeting the demands of this extraordinary level of growth would not be possible without our funders, and the increasing support from our incredible donors and sponsors. Without their support, we could not possibly meet this demand for service.

I would like to thank each person who has contributed financially in the last year to Rebound – without your contribution and generosity we would not have the agility to serve the children and youth of Northumberland County in a timely and accessible manner. I would also like to highlight our successful partnership with the Northumberland Hills Hospital Community Mental Health Walk-In Clinic. This partnership has given us the opportunity to meet the mental health needs of young people in a timely and accessible way, providing families with the opportunity to receive services at one location. We really appreciate the support of the entire team at the Walk-In, and their collaboration on this important service.



2019 saw Rebound join forces with the Ontario Health Team - Northumberland (OHT-N). This has been an incredible chance to develop relationships with new partners, and further the opportunities to serve families effectively throughout Northumberland. We are excited to be a part of this innovative group, and look forward to supporting the objectives of the OHT-N in the future. As we look forward, I am excited to announce the launch of our newly expanded Collaborative 12 and Under Intervention Program (CUIP), which will now be available to children and their families throughout Northumberland County. We have been fortunate to secure a 36-month grant from the Ontario Trillium Foundation to fund this program.

In closing, I would like to thank the many community partners with whom we have the privilege to work. Thank you all – your commitment to the families of Northumberland amazes me, I am proud that we at Rebound collaborate with each of you in the work we do. Thank you!

#### Our partners:

- Children's Mental Health Services - Hastings & Prince Edward
- Cobourg Police Service
- Cornerstone Family Violence Prevention Centre
- Five Counties Children's Services
- Highland Shores Children's Aid Society
- Kinark Child & Family Service
- Northumberland Child Development Centre
- Northumberland County
- Northumberland Hills Hospital Community Mental Health
- Northumberland United Way
- Northumberland YMCA
- Ontario Health Team - Northumberland
- Ontario Provincial Police - Northumberland Detachment
- Port Hope Police Service
- Therapeutic Family Care
- Wraparound Northumberland
- Youth Habilitation Quinte Inc. (Youthab)



Sincerely,

A handwritten signature in black ink, appearing to read 'Carol Beauchamp', written over a light grey background.

**Carol Beauchamp**

EXECUTIVE DIRECTOR

# FROM OUR BOARD PRESIDENT

Serving as the President of the Board for the last few years has been a very rewarding experience for me. I continue to be inspired by the dedicated staff, management, volunteers, and board team we have at Rebound. I am fortunate to hear stories from community members, about the great work we do with clients, and how our organization provides excellent, timely, and much needed service that helps children, youth and their families. The events of the past several months related to COVID-19 have been challenging, and the Rebound team has truly been outstanding in their ability to pivot and deliver services remotely. We have continued to meet the needs of our community head-on during a situation that has only increased the need for our services. Thank you to our Executive Director, Carol Beauchamp, and the staff team for their tireless work and commitment. Without doubt COVID-19 has created uncertainty regarding how we will work moving forward, however, one thing is clear: we have an amazing team, and together we will navigate these challenges and adapt to meet the needs of our community. In doing so, we will continue to provide high-quality, community-based programs and services to children, youth, and families in Northumberland County. I look forward to another exciting year with Rebound.



**Stefanie Rudd**

PRESIDENT, BOARD OF DIRECTORS

# STRATEGIC PLAN DIRECTIONS

2018-21

**ONE**



**TWO**



**THREE**

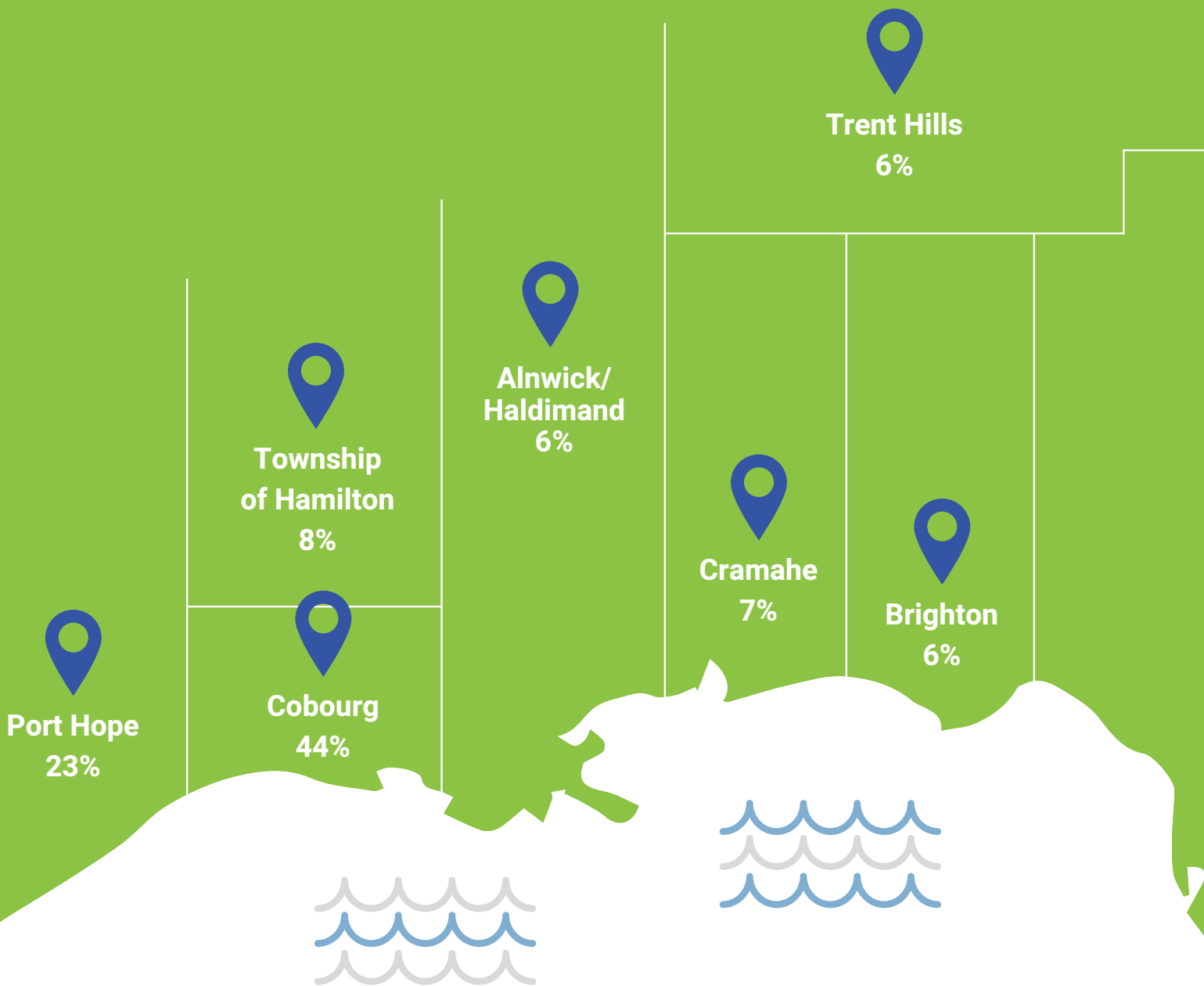


**FOUR**



Our strategic directions will serve to focus our work over the next 3-5 years. They are driven by our mission, and they speak directly to the challenges and opportunities before us. The Board believes these directions signal to all stakeholders invested in the success of Rebound that our organization is ready and able to meet its future head on.

# OUR IMPACT ACROSS NORTHUMBERLAND



# OUR PROGRAMS BY CATEGORY

## FISCAL YEAR 19/20

### MENTAL HEALTH GROUP AND PREVENTION PROGRAMMING

**740** children & youth participated in group mental health skill building programs, camp days & prevention services

### MENTAL HEALTH SUPPORT AND INTERVENTION

**501** young people received Mental Health Support and Intervention Services

### PARENTING SUPPORT, DROP- IN & TRUSTEESHIP

**254** clients benefited from Positive Parenting Northumberland, the youth drop-in, and the Trusteeship program

### YOUTH JUSTICE DIVERSION & INTEGRATED SERVICES

**151** youth participated in restorative justice practices, shown to lower crime rates and recidivism

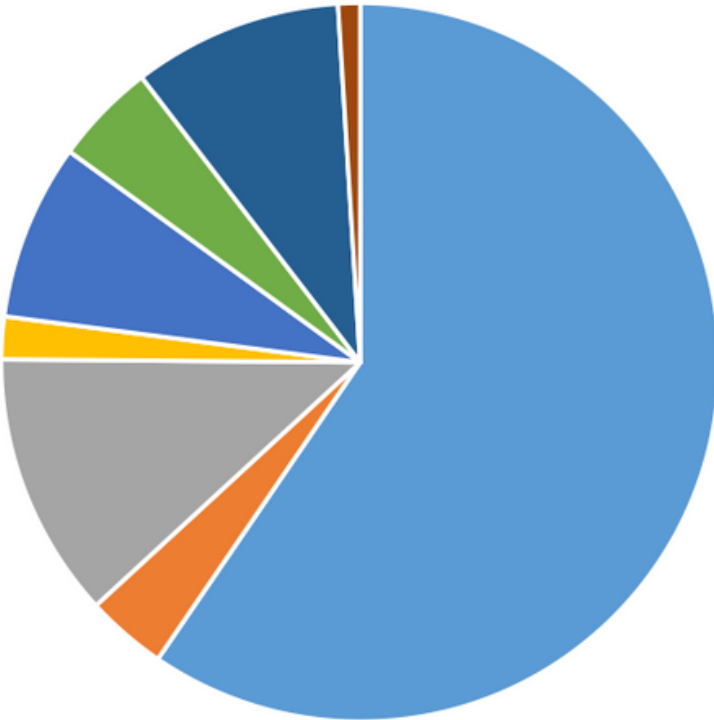
### LITERACY & LEARNING

**138** students received free literacy & learning help

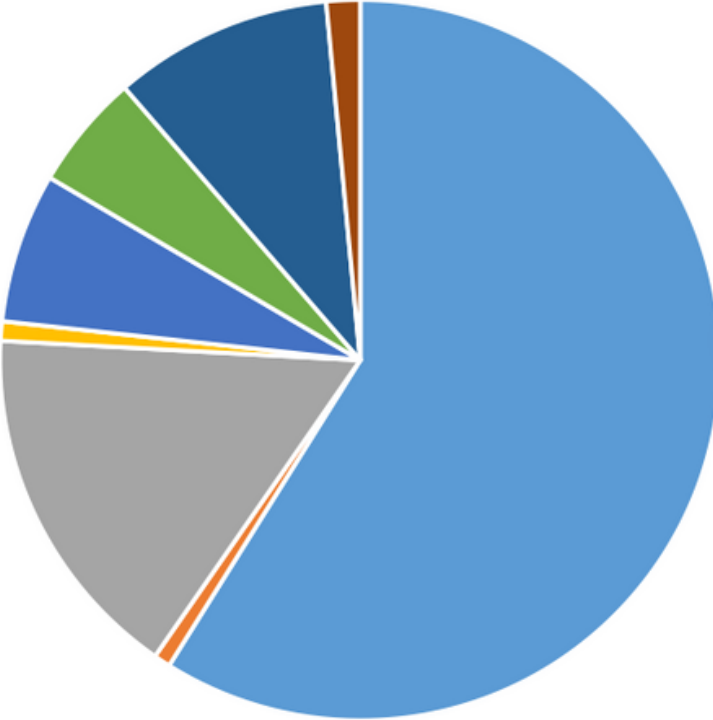


# FISCAL YEAR 19/20 IN COMPARISON

2018-19 Revenue



2019-20 Revenue



- Ministry Funding
- Municipal Funding
- Northumberland County Trusteeship
- Donations, Sponsorships & Fundraising

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

# FISCAL YEAR 19/20

## IN REVIEW

### Revenue

Ministry Funding	\$481,402
Provincial Funding	\$6,106
Municipal Funding	\$132,513
Boards of Education	\$7,084
Northumberland County Trusteeship	\$55,000
Grants & Other Revenue	\$42,421
Donations, Sponsorships & Fundraising	\$80,408
Interest & Amortization	\$12,366
<b>Audited Total Revenue</b>	<b>\$817,300</b>

### Expenses

Salaries & Benefits	\$603,221
Programs & Services	\$145,151
Rent & Office Expenses	\$67,274
<b>Audited Total Expenses</b>	<b>\$815,646</b>

### Surplus

Excess of Revenues over Expenses	\$1,654
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Thank you to the funders, donors, and community supporters who contributed to this year's success at Rebound Child & Youth Services Northumberland. It is because of you that our clients are able to receive timely and responsive programs and services.

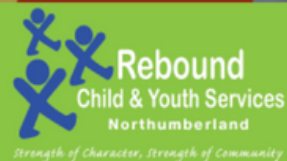
# CAPTURING THE MOMENTS





# KILOMETERS FOR KIDS 2020

Building Mental Wellness



5K | 10K

or Choose Your Own Challenge

**VIRTUAL**

In support of  
**Rebound Child & Youth Services Northumberland**

**October 11-18, 2020**

**Registration is FREE!**

REGISTER NOW: [KILOMETERSFORKIDS.CA](http://KILOMETERSFORKIDS.CA)

#K4KVIRTUAL2020

for **KILOMETERS**  
**KIDS** building mental wellness



# STAFF

Carol Beauchamp Executive Director

Julia Wood Program Manager

Rachel Edwards Outreach & Fund Development Manager

Angela Hearn Mental Health Supportive Services Supervisor

Madisyn Brownlee Child & Youth Counsellor

Linda Gillberry Client Services Representative

Krystyne Gillespie Trusteeship Case Worker

Jennifer Hibbert Mental Health Court Worker

Gavin Hinton Communications Coordinator

Michele Leggette OnTRAC Case Manager/PPN Network Coordinator

Amanda Mohammed Child & Youth Counsellor

Pam Powell Volunteering & Tutoring Facilitator (EJS)/Reintegrative & Supporting Services

Brandy Samis-Moore Youth Justice Diversion Case Worker

Stacey Toste CUIP Program Coordinator

# BOARD OF DIRECTORS

Stefanie Rudd President

Kerri-Sue Lang Vice-President

Laura Garton Treasurer

Sally Wade Secretary

Brent Allison Director

Mary Ellen French Director

Rose Goodall Director

Neil Jilesen Director

Emily McCarthy Youth Member

Mandy Stoneman Director

Valerie Thompson Director

Neil Torrie Director

# HIGHLIGHTS

This year has been busy and exciting. From introducing new programs, developing a new website for RCYS.ca, and continuing to implement the 2018-2021 Strategic Plan, Rebound has a list of encouraging highlights to share.

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**Kilometers for Kids 2019** was our biggest fundraising event to date. The Run garnered over 250 participants and raised over \$17,000 for mental health programs at Rebound!

**Youth Walk-In Counselling Clinic** was developed in partnership with the Northumberland Hills Hospital and is serving children and youth as well as adults. So far, 239 clients have been supported with mental health services through the Youth Walk-In Counselling Clinic.

Rebound is part of the new **Northumberland Ontario Health Team (OHT-T)**. Together, along with other local organizations, Rebound is committed to these four pillars of service to end hallway health care: prevention and health promotion, providing the right care in the right place, integration and improved patient flow, and building capacity.

**Rebound's website got a fresh new look** this year and its taking advantage of features that will help Rebound's programs and services be accessible to everyone in Northumberland County who needs them. Visit [rcys.ca](http://rcys.ca) to see the changes.

**Introducing The New Normal** is Rebound's campaign to inform its key stakeholders about our reopening plan. Increased safety precautions have been implemented and comprehensive policies have been developed. Introducing The New Normal is here to support our clients, volunteers, and staff by outlining the plan in a simple and accessible way. Take a look by visiting [rcys.ca/covid-19](http://rcys.ca/covid-19).



# OUR IMPACT FROM FRONTLINE STAFF AND CLIENT PERSPECTIVES

## **Mental Health Supportive Services**

"A youth came to Rebound because anxiety was interfering with their ability to attend school, or even leave the house. They worked hard, as did the family. They are now engaged in their education, working part-time and enjoying travel!"

-Rebound Team Member

## **Client Services**

"Clients continually point out how grateful they are for Rebound and how welcoming our office is. One mom shared that waiting at Rebound for her son while he received services was actually therapeutic for her – an hour when she could escape from her problems."

-Rebound Team Member

## **Northumberland FASD Caregiver Support Group**

"The FASD support group provides an opportunity for caregivers to meet, share and learn in a caring and safe space. One caregiver explained that the support group gives her the opportunity to be with people who understand what she is going through and to learn from them. Children also benefit from their time together, and parents tell us how much their children look forward to the monthly meetings."

-Rebound Team Member

## **CUIP**

"An 8-year-old child came to the Mental Health Walk-In Clinic with their mom. Mom described escalating behaviours by the child which included physical aggression towards mom and running away from home which required police intervention.

After only four months of intensive involvement in CUIP, this family confidently completed service. Mom says that her child now views the police as friends and protectors. She says that the program connected her family with services and community events and has allowed her son to make positive social connections."

-Rebound Team Member

# OUR IMPACT FROM FRONTLINE STAFF AND CLIENT PERSPECTIVES

## Literacy & Learning Help

"Literacy and Learning Help improves self-esteem and helps students to gain confidence in their own abilities with one-to-one observation and support from a caring and attentive mentor/tutor. Tutors are able to see the improvements in their student's self-confidence, school performance and genuine gratefulness for their help by the huge smiles they receive every week."

-Rebound Team Member

## Youth Walk-In Counselling Clinic

"At the walk-in clinic, young people and their families have a safe space to express their feelings and moments of hardship. It gives families an opportunity to turn to a responsive service during difficult days, and address problems like suicidal thoughts, family conflict, anxiety, sadness, and more. The walk-in clinic embraces these moments and has contributed to creating a future with moments of rejoicing and restoring trust and love in the community."

-Rebound Team Member

## Trusteeship

"The program offers help with life stabilization, whether that means help with money management, food/housing stability, or working in partnership with the local high schools to support a student to graduation. Within the first 2 years of this program, several students have achieved their diploma's and have gone on to post-secondary education. Couch-surfer to college student, quite the achievement!"

-Rebound Team Member

## Youth Justice Diversion

"I wish I was able to tell you in person how grateful I am. I have no words at how amazing your organization is and how I am so unbelievably thankful that I have this opportunity with some amazing people. You are making this whole situation light, and I feel in very good hands. I have so much respect for you and your volunteers and so much gratitude to everyone who is helping me out."

-Youth Justice Client

## Youth Mental Health Court Services

"One youth's mother entered an initial meeting very teary and emotional but, by the end of the meeting, stated that she felt she was armed with all the information she needed to proceed."

-Rebound Team Member

# BE IN-TOUCH



[@ReboundNorthumberland](#)



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