

ANNUAL REPORT 2023



Rebound
Child & Youth Services
Northumberland

Strength of Character, Strength of Community



<https://www.rcys.ca/>



rebound@rcys.ca



905-372-0007

OUR MISSION

To ensure children and youth throughout Northumberland County have the opportunity to develop a positive social and emotional foundation through accessible mental health, youth justice, and prosocial programs and services.



OUR VISION

All children and youth have the opportunity to reach their fullest potential.

OUR 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.

FROM OUR BOARD PRESIDENT

The past year has brought many changes to Rebound Child and Youth Services (RYCS). We've said goodbye to departing staff and volunteers, welcomed others, and wished success to the many who graduated from Rebound programs.

The Rebound Board of Directors has been on a learning curve. We implemented our new bylaws as adopted at last year's annual meeting, as per the integration of the Ontario Not-for-profit Corporations Act (ONCA) into the existing RYCS bylaws. Its purpose is to provide a modern legal framework to meet the needs of today's not-for-profit sector. How we conduct ourselves and our work has a semblance of previous bylaws, but we need to be ever so mindful that we are now bound by changes in how we work and conduct our work for Rebound.

Staff members and the Board have been working toward preparedness to commence an accreditation review of its programs and services. Accreditation is an ongoing process of assessing social services organizations against standards of excellence to identify what is being done well and what needs improvement. Accreditation will ensure that RYCS provides the highest attainable service and programs to its clientele, their families, and the community.

The Board has dedicated itself to the review of its work, its policies and the implementation of working frameworks that will ensure success for all its working committees while continuing to enshrine RYCS strategic directions.



Committees of the board ensure the operational success of RCYS. Whether it be fundraising, governance, finance, or the approval of new and developing programs and techniques to service clientele, families and or the community at large.

The Board of Directors is incredibly proud of the RCYS dedicated staff, and volunteers and all that you do for Northumberland families. We are indebted to you.

As we collectively move forward, staff, volunteers, and board members in all things good for Rebound, we know that sound planning today will make safe passage tomorrow for Rebound Child and Youth Services.

Charlotte Monardo

PRESIDENT, BOARD OF DIRECTORS

FROM OUR EXECUTIVE DIRECTOR

I'm thrilled to have the chance to connect with you as the new Executive Director of Rebound. It's an exciting time for us, and I can't wait to share some incredible news about what we've been up to over the past year, all thanks to the remarkable leadership of Carol Beauchamp, our retired Executive Director.

This past year, Rebound has been on quite a journey. We introduced something we're really proud of – the Family Wellness Hub. It's a collection of programs that compliments and enhances the services we offer to children and youth. It's also a testament to how much we've grown and solidified our role as a mental health service provider in Northumberland County. We're committed to delivering exceptional care, and we're about to prove it as we set out on our Accreditation journey, showcasing the incredible work our talented staff does.

One thing that's become crystal clear is the growing need for services for children, youth, and families. We've stepped up to that challenge in a big way. This year, we provided mental health support to 810 young people, helped 443 families through the Family Wellness Hub, engaged 140 youth in restorative justice practices and prevention programs, and offered wellness programs and services to 567 youth. These numbers far exceed those of previous years, and we expect this trend to continue as we all grapple with the aftermath of the pandemic.

As we navigate the complexities of the year ahead, marked by numerous changes, Rebound remains committed to upholding our mission, vision, and values. We will focus on stabilizing our growth and preparing for our Accreditation in 2025. Advocating for what we do and spreading the word about the increasing demand for our services will be a big part of our work in the coming year. The team here at Rebound is fully dedicated to ensuring that every child, youth, and family in Northumberland County has the chance to reach their full potential.

None of this would be possible without the dedication of our supporters, volunteers, staff, and community partners. We're endlessly grateful for all they do and their unwavering support of Rebound's mission.

So, here's to a bright and exciting new year for Rebound, and I can't wait to see what we can achieve together.

Nicole Wood

BSCN, RN, MHS
EXECUTIVE DIRECTOR



REBOUND'S STRATEGIC PLAN

2021-2025

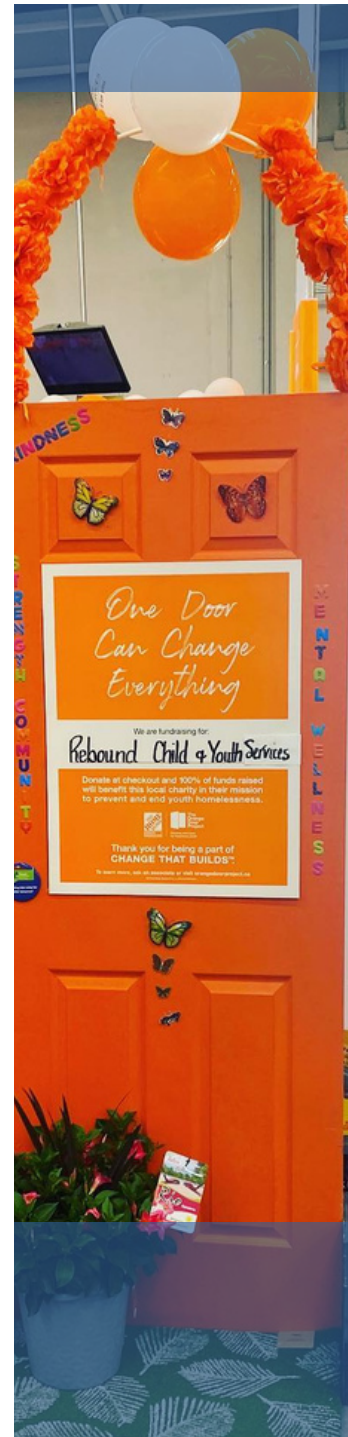
Strategic Directions

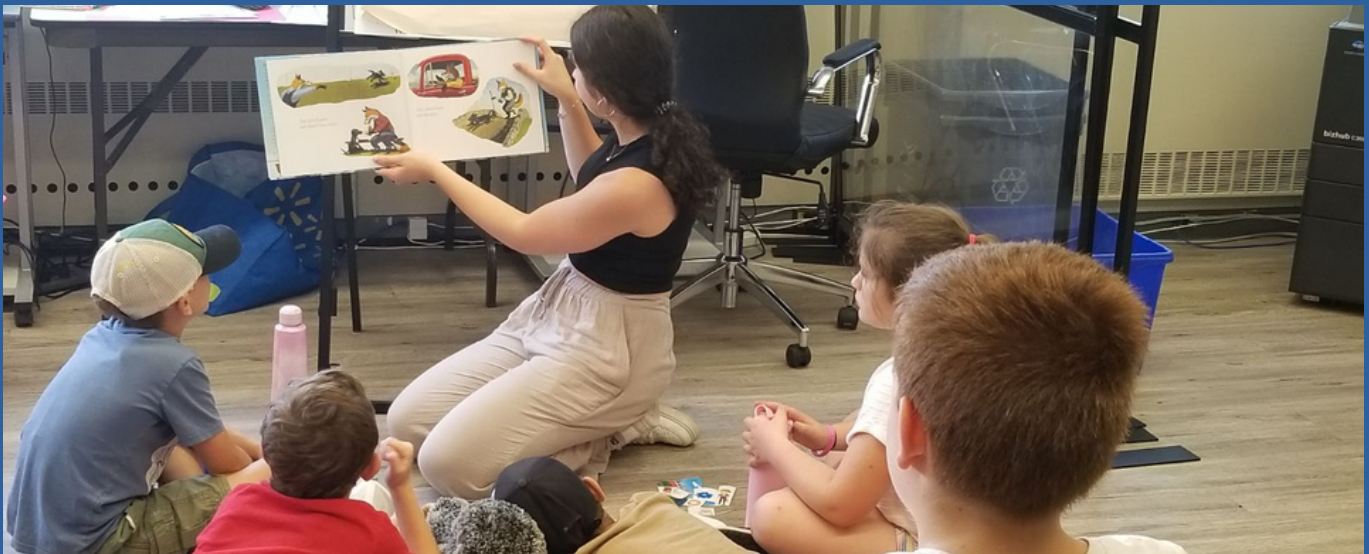
Strengthening Our Culture,
Diversity, and Succession

Leveraging Our Collective
Impact

Extending Our
Communications Reach

Elevating Our Decision Making
Through Effective Use of Data





810

young people received mental health support.

Mental Health Services:

To support 7-18-year-olds experiencing social, emotional, & behavioural challenges utilizing a brief services model, offering 4-6 counselling & therapy sessions and skills-based support.

Supported by community hubs throughout Northumberland, in addition to our Cobourg office.

140

youth participated in restorative justice practices and prevention programs.

Youth Justice Services:

Provided in partnership with local Police Services, and the Office of the Crown Attorney, to support 12-17-year-olds who have been in conflict with the law.

Based on restorative principles and seek to balance accountability with support for young people to move forward proactively in the future.

567

youth participated in wellness programs and services.

Child & Youth Services:

In partnership with the County, trusteeship supports 16-18-year-olds with: support with application, housing, financial literacy/distribution of funds, and advocacy.

Literacy & learning, as well as supplemental programming (PA Day/Summer, and music/art lessons), providing barrier-free opportunities for tailored academic support to support positive learning habits and skills.

443

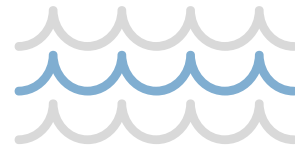
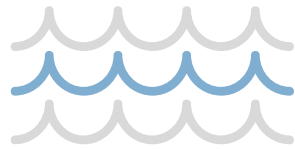
families benefited from support through the Family Wellness hub.

Family Wellness Hub:

Continuum of support for youth & families through: Family Connections Workshop, Triple-P - Positive Parenting Northumberland, Collaborative 14 & Under Intervention Program (CUIP), Family Check-Up, and Everyday Parenting.

These parallel services increase school engagement, build self-esteem, support self-regulation & resilience, build on parenting strengths, and provide early intervention to support positive interactions and behaviours.

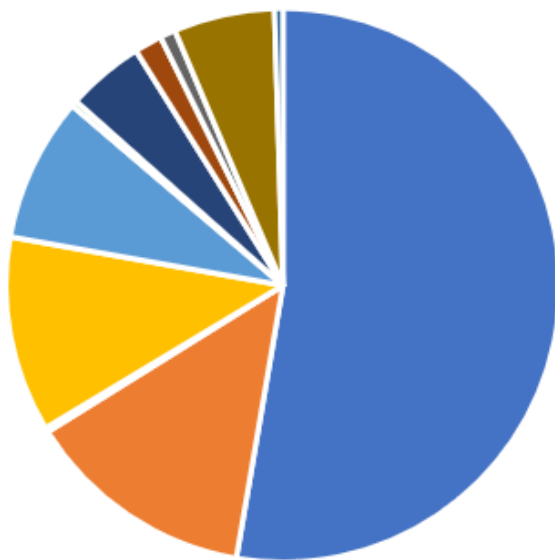
Our Impact Across The County



FISCAL YEAR 2022/23 IN COMPARISON

2021-22 Revenue

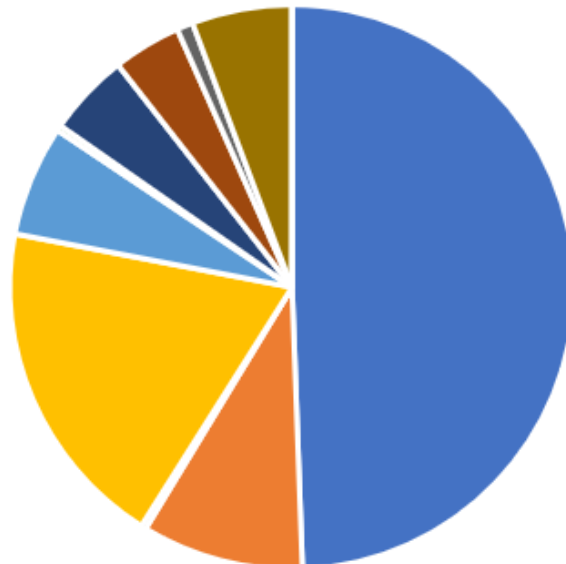
\$1,039,598



- Ministry Funding
- Children's Mental Health Services
- Other Grants and Revenue
- Donations
- Interests & Amortization
- Other

2022-23 Revenue

\$1,133,262



- Municipal Funding
- Ontario Trillium Foundation
- Boards of Education
- Fundraising & Sponsorship
- Northumberland County Trusteeship

FISCAL YEAR 2022/23 IN REVIEW

REVENUE

| | |
|--------------------------------------|--------------------|
| Ministry Funding | \$559,962 |
| Municipal Funding | \$105,000 |
| Children's Mental Health Services | \$3,277 |
| Ontario Trillium Foundation | \$216,062 |
| Other Grants & Revenue | \$71,992 |
| Boards of Education | \$3,500 |
| Donations, Sponsorship & Fundraising | \$97,939 |
| Northumberland County Trusteeship | \$64,999 |
| Interest & Amortization | \$10,531 |
| AUDITED TOTAL REVENUE | \$1,133,262 |

EXPENSES

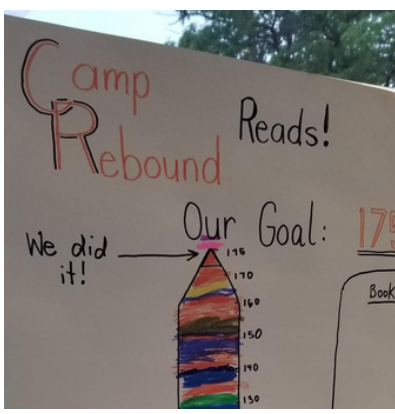
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| Salaries & Benefits | \$820,747 |
| Programs & Services | \$224,985 |
| Rent & Office Expenses | \$70,028 |
| AUDITED TOTAL EXPENSES | \$1,115,760 |

SURPLUS

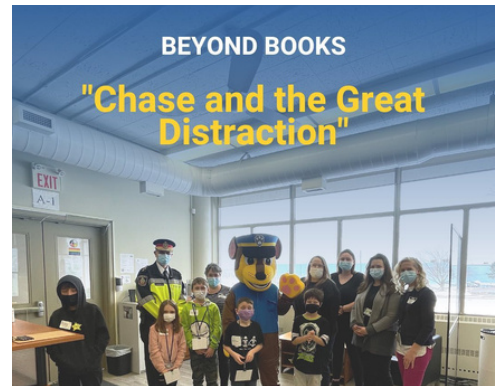
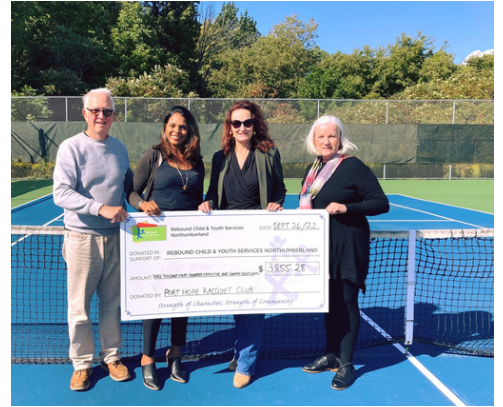
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|----------------------------------|----------|
| Excess of Revenues over Expenses | \$17,502 |
|----------------------------------|----------|



Memorable Moments



Memorable Moments



Rebound Child & Youth Services

Kilometers for Kids!

Building Mental & Emotional Wellness

Presented by

LiUNA! LOCAL
183

Feel the Power

Family & Pet Friendly

5KM Run/Walk and

1KM Fun Run!

Date: October 15th, 2023

Location: Donegan Park, Cobourg

Check-in opens at 8.30AM

**EARLY BIRD PRICING UNTIL
SEPTEMBER 30TH!**

www.rcys.ca or scan the QR code
to register!



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Child & Youth Services
Northumberland

Strength of Character, Strength of Community



FROM OUR CLIENTS

Starting this program, I was nervous in many ways. I knew that we needed to make some changes in our family, but I was worried about looking at our weaknesses as parents, what that would look like. My partner was even wondering if entering this program was necessary.

Our child was showing anger at school, having trouble learning, and we are having trouble communicating as a family. Everyone got into doing their own thing.

Rebound took a comprehensive approach to looking at our needs as a family, and educating us in a non-judgmental way. The process was easy for us to break down, and we all put in a lot of work. Some changes were uncomfortable at times, but it felt good to make steps toward building better relationships at home.

Rebound also got us in touch with a tutor to help get our child back on track.

In the end, we've all had better trust in each other at home, and we're taking steps to share roles and responsibilities. We are all kinder to each other, have a bit more space and patience, and less anxiety.

My child's teacher contacted me recently to let me know they noticed positive changes in learning and emotional growth.

I am so glad our family went through this process. I learned so much. We know what to do. I feel better equipped for the future. I would recommend this program to any family looking to build strong relationships and be the best they can be.

Thank you so much Rebound.

(Family Check-Up, parent)

“Thank you very much for coming in and running the sessions with the students. I think it was a very valuable learning experience for them and they took your words to heart. We appreciate and thank you!”

(On-Trac, East Northumberland Secondary School)

Thank you so much for working with C. - we were eating tacos last night and he looked up and said how much he loved his life right now (I do make a good taco).

I know that we still have a lot of work to do but I feel like we're finally heading in the right direction.

(Mental Health Services, parent)



OUR STAFF

Nicole Wood Executive Director
Lisa Myers Clinical Manager
Krystyne Gillespie Outreach and Fund Development Manager
Angela Hearn Mental Health Supervisor
Makeda Irving Child & Youth Counsellor
Leslie Noble Child & Youth Counsellor
Rachel Prout Child & Youth Counsellor
Nasha Haley Receptionist/Triple P Coordinator
Stacey Toste Client & Volunteer Coordinator
Brandy Samis-Moore Youth Justice Case Worker
Laurie Harvey Receptionist
Peter Warr Case Worker
Emanuele Bordonali Youth Mental Health Court Worker

BOARD OF DIRECTORS

Charlotte Monardo President
Margaret Kerr Vice-President
Rose Goodall Secretary
Anthony Galonski Acting Treasurer
Mary Ellen French Director
Danielle McKeen Director
Eric Austin Director
Rachel Edwards Director
Tim Farquharson Director

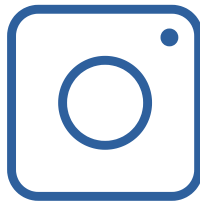
LETS STAY CONNECTED



@ReboundNorthumberland



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www.RCYS.ca



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