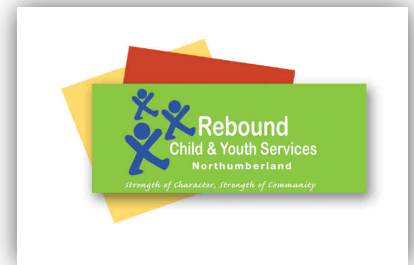
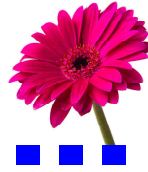


# REBOUND...

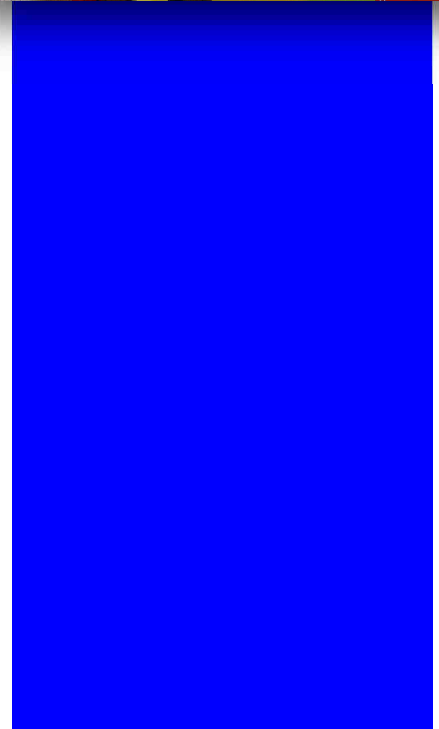


**2014-2015**

**ANNUAL REPORT**

**Rebound Child & Youth Services  
Northumberland**

**700 D'Arcy Street  
Unit 20  
Cobourg, Ontario  
K9A 5T3  
905-372-0007**



## Mission, Vision, Values & Service Philosophy

### OUR VALUES AND SERVICE PHILOSOPHY:

**At Rebound Child & Youth Services Northumberland**, we believe children and youth in Northumberland County are our priority. For our community to prosper in the future, children and youth must have opportunities to grow and develop. Sometimes they need support and assistance so that they have the best possible opportunity to reach their fullest potential.

We believe that strong communities are built with volunteer commitment together with community partnerships and collaboration, all of which strengthen children, youth and their families. Our services focus on the strengths of the children, youth and families we serve, and we respect their confidentiality.

We believe in addressing community and individual needs through high quality programs and services, which provide **strength of character and strength of community** for the purposes of positive change and success. We believe in the importance of prevention, early intervention, and bridging service gaps to provide seamless access to supportive services for children and youth.

We believe that our most important resource is our people and as an agency we work together at all levels with respect, honesty and integrity.

### OUR MISSION :

To provide children, youth and their families with programs and supportive services that build strength of character and strength of community for the purposes of positive change.

### OUR VISION :

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

## Message from the Board President

Jon Tondeur

This past year has been an active, and challenging one for our **Rebound** family. In October, 2014, it was with great sadness that our Executive Director, Laurie Thompson, left us after a terminal battle with cancer. Although Laurie's time with our organization was relatively brief, her leadership, and passion for serving Northumberland's youth, will continue to be remembered by those who were privileged to share her company.

After a comprehensive recruiting exercise, we were delighted to welcome aboard our new Executive Director, Carol Beauchamp. Carol brings a wealth of managerial experience to the position, and results of her expertise are already evident in the day to day operation of our organization. We hope that she will find her time with **Rebound** to be both enjoyable, and satisfying. Thanks go to Lynn MacMillan, a past board member at the time, who rose to the occasion, and served as an interim Executive Director until our new Administrator was appointed.

Among others whose valuable contribution to the well-being of our organization is recognized with deep appreciation, include our board of directors who give freely of their time, and talent keeping **Rebound** a vibrant, important, and sustaining community service.

Our legion of volunteers without whom our service to upwards of five to seven hundred youth each year, would become an impossible task.

Our staff whose skill, and commitment in providing guidance, direction, and encouragement to the youth they counsel, is both recognized, and largely responsible for the excellent reputation **Rebound** currently enjoys.

For the financial support from the Provincial Government, the Ontario Trillium Foundation, United Way, local service clubs, the business community, supplemented by the generosity of local donors, all of which, enables us to continue providing, and enhancing, a very important support service for challenged youth throughout Northumberland County.

However, change is in the air for provincially funded not-for-profit organizations, with amalgamation of providers offering similar services being one of the possibilities presently under discussion. Reporting relationships are also expected to under-go change, from direct contact with Provincial Ministries, to a local or regional surrogate appointed by the province. In any event, change is inevitable, and should not be considered inherently bad.

**Rebound** Child and Youth Services Inc. Northumberland, is a well-established, well respected organization operating efficiently and effectively, providing a necessary service in our community. It would appear that **Rebound** is well prepared, and well positioned to positively accommodate whatever changes it may be required to face in the future.

## Message from the Executive Director

Carol Beauchamp

As I reflect on the past year in Rebound's history, it has been a period of great change for myself and the organization. Last October saw the untimely passing of my predecessor Laurie Thompson. Laurie has been missed by colleagues and Board members alike, but her spirit and inspiration live on in the many innovations that she brought to Rebound. On September 17th we have an opportunity to remember and honour Laurie as we dedicate a tree to her memory in Grafton. Although I did not have the opportunity to meet Laurie personally, I feel as though I have come to know her through the many stories and anecdotes that have been shared with me – I would like to acknowledge Laurie Thompson for her contribution to Rebound.

I would be remiss if I did not acknowledge and thank Lynn McMillan for stepping into the breach as Interim Executive Director during a very sad and tumultuous time. Lynn's calm and steady hand brought confidence and balance to the organization as both staff and Board navigated a time of uncertainty. Lynn's extensive knowledge of Rebound as a long-time volunteer and Board member enabled her to step into this role on behalf of the Board, and is a testament to her long standing commitment to the sustainability of the organization – thank you Lynn. I would also like to say a personal thank you for your willingness to act as chief seer and oracle to the many questions I had for you during my early weeks at Rebound, and your continued support as you have returned to the Board.

I had the privilege to join Rebound Child & Youth Services in February of this year, and would like to sincerely thank the staff team and the Board for their warm welcome and unconditional support during this time. I am truly humbled to be a part of such a committed and passionate team. The work Rebound does to support and strengthen the lives of the children and youth of Northumberland astounds me, and I look forward to continuing to grow and strengthen our programs and services.

Rebound could not possibly do the amazing work that it does without the tremendous energy and enthusiasm of a strong and passionate group of volunteers who make many of our programs a reality for the young people we support across Northumberland with our literacy and learning help, supportive mental health programs and our youth justice diversion programs. Together we have provided service to over **550** children and youth with majority accessing multiple Rebound programs which illustrates the complexity of needs many of the young people we work with are facing.

## Message from the Executive Director

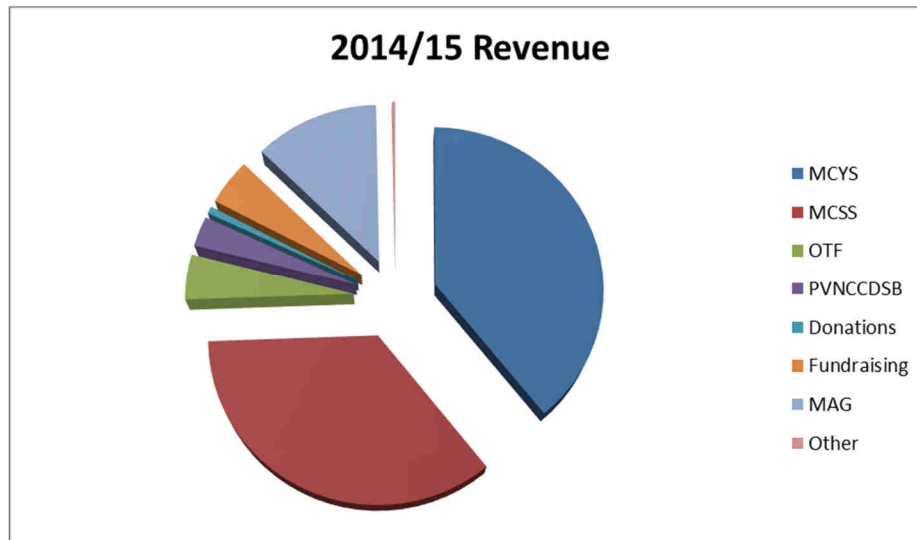
With this in mind, we are continuing to strengthen relationships and collaborative opportunities with community partners in order to enhance the smooth and seamless referral for our clients, many of whom have complex needs, and who may require the support of multiple agencies in order to provide them with the holistic supports they require.

The Ministry of Children & Youth Services is continuing to make progress on its Moving on Mental Health transformation, and as such, Rebound Child & Youth Services has proactively engaged in an organizational review to ensure that we remain outcomes focused, and that we are working within the Mental health ecosystem of Northumberland County to provide seamless service delivery for our clients along the mental health continuum of services which range from: Targeted Prevention to Intensive Treatment Services.

Rebound is well positioned to comply with all the relevant policy directives, including privacy and consent requirements. We continue to deliver our programs and services in an evidence-informed manner, to support positive outcomes for children and youth. We have implemented the use of evaluation tools with all our programs in order to review our clients' progress on a regular basis and to adjust services, or make referrals as needed. We work with the children youth and families we serve from a strengths-based perspective, keeping our clients needs and preferences at the center of all we do.

We are grateful to our funders – The Ministry of Children & Youth Services, Youth Justice and Mental Health, as well as the Ministry of the Attorney General and the Ontario Trillium Foundation, without whose support and funding our programs would not exist. Additionally, we are appreciative of their support and guidance as we navigate many changes in the funding delivery models and program guidelines. I would also like to acknowledge the United Way for their interim funding support of our OnTRAC program, but also for the many programs for which our clients and the community as a whole benefit.

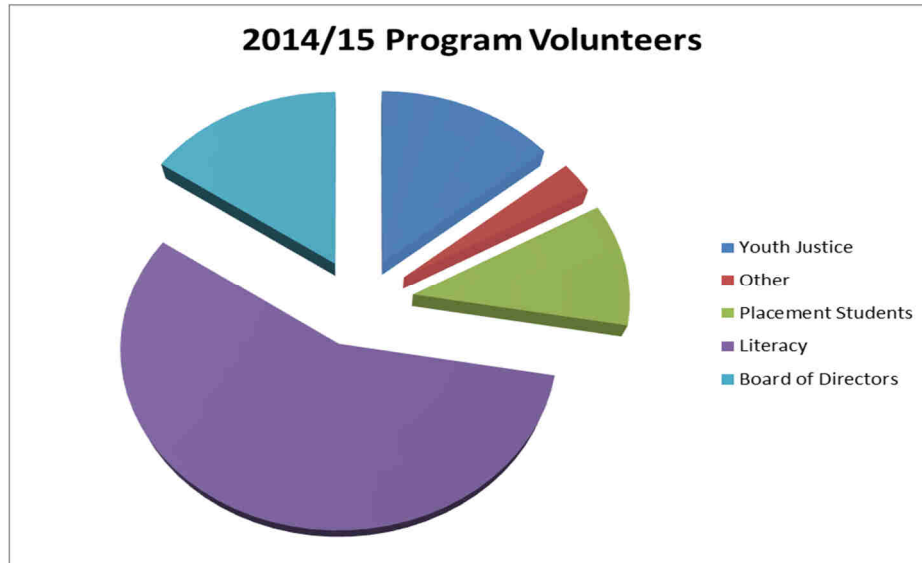
## Message from the Executive Director



Some highlights from the last year:

- ⇒ Volunteer appreciation evenings were held in the fall, and in the spring during volunteer appreciation week, to honour and bring together our volunteers and staff to celebrate, socialize and network.
- ⇒ Guitar lessons – this free program has proved to be so successful, that we have modified the Introductory Program so that more children can participate each year, and we are adding Acoustic Guitar Lessons and Theory for Teens.
- ⇒ We were fortunate to secure three years funding from the Ontario Trillium Foundation for OnTRAC, (our integrated and targeted violence prevention program that we provide collaboratively with the Northumberland Community Counselling Centre) after a successful two year pilot project, also funded by the OTF. This is an exciting program that has a research component being conducted under the supervision of Wendy Craig at Queen's University. We have completed year one of three years under this funding, and are currently working with a joint committee to develop a sustainable funding model for this program, which includes the first annual Red Run being held October 18, 2015 at Presqu'ile Provincial Park. We are continuing to look at ways to make the program accessible across the county in both schools and the community.

## Message from the Executive Director



- ⇒ We ran 6 Choices programs and 7 Self Esteem Programs in the last year, and our goal is to increase the number of programs and clients served by adding an additional six sessions in the coming year.
- ⇒ We upgraded our computers this year, and we are continuing to increase the information, links and resources that we place on our website for access by the community, clients and other agencies.
- ⇒ Our fundraising efforts are becoming more focussed, and we were selected to be a recipient of the Port Hope Knights of Columbus Annual Charities Fundraising Golf Tournament in 2014 and were fortunate to be selected as one of the recipients in 2015 – a big thank you to the Port Hope K of C, and the many partners, sponsors and volunteers that made it happen. We were also recipients of the Tim Hortons Smile Cookie Campaign in 2014, and have been privileged to be selected as recipients for the 2015 campaign too!. Thank you SEARS for your generous donation of \$ 2,500.00.
- ⇒ **Events:** Choose Your Ride Events in Port Hope & Brighton, Victim's Rights Round Table, East Northumberland Secondary School Health & Wellness Fair and a Wellness Fair at North Hope Public School to celebrate Mental Health Awareness Week, Safe Communities Fair in Baltimore, Northumberland Momentum Community Service Fair, Poverty Reduction Round Table.

## Message from the Executive Director

**Committees:** Northumberland Child and Youth Services Committee, Northumberland Community Mobilization Coalition, Human Services & Justice Coordinating Committee, Northumberland for Youth Committee, Service Coordination for Children & Youth, Northumberland Shared Services Committee, Local Courts Management Advisory Committee, Champions for Youth (Northumberland) Advisory Committee, Northumberland Drug Action Committee, Safe Communities, Moving Forward On Poverty Education & Awareness, Let's Open Our Minds, Healthy Schools, Northumberland Food For thought Steering Committee, Northumberland Literacy Committee, Northumberland Volunteer Coordinators Network, WrapAround Northumberland Advisory Committee.

- ⇒ Our partnership with the Kawartha Pine Ridge District School Board continues to be strong as we have delivered programs in 70 percent of the schools in Northumberland county over the last 12 months, and our partnership with the Peterborough Victoria, Northumberland and Clarington Catholic District School Board is also strong with New Leaf, PLANS as well as group programs taking place across the county.
- ⇒ We continue to look for opportunities to deepen our relationship with other partners, and have been delighted by the support of the Port Hope and Cobourg Police, United Way of Northumberland, the YMCA & NCDC.
- ⇒ Our application for amendment to our Letters of Patent was approved in June, and we are now able to serve children and youth from 4 – 23 years of age. This will enable us to ensure that clients move more fluidly between child/youth programs to adult programming.
- ⇒ We have had 6 college placement students work at Rebound over the last 12 months gaining practical hands on experience as they work towards their child and youth worker accreditation.

We continue to listen to our clients and the community so that we can proactively respond to the needs of children, youth and their families. To that end, we are currently exploring a multi-agency collaborative to provide evidence informed parenting programs to the families of Northumberland, so that we can better support parents support their children as they navigate many challenges.

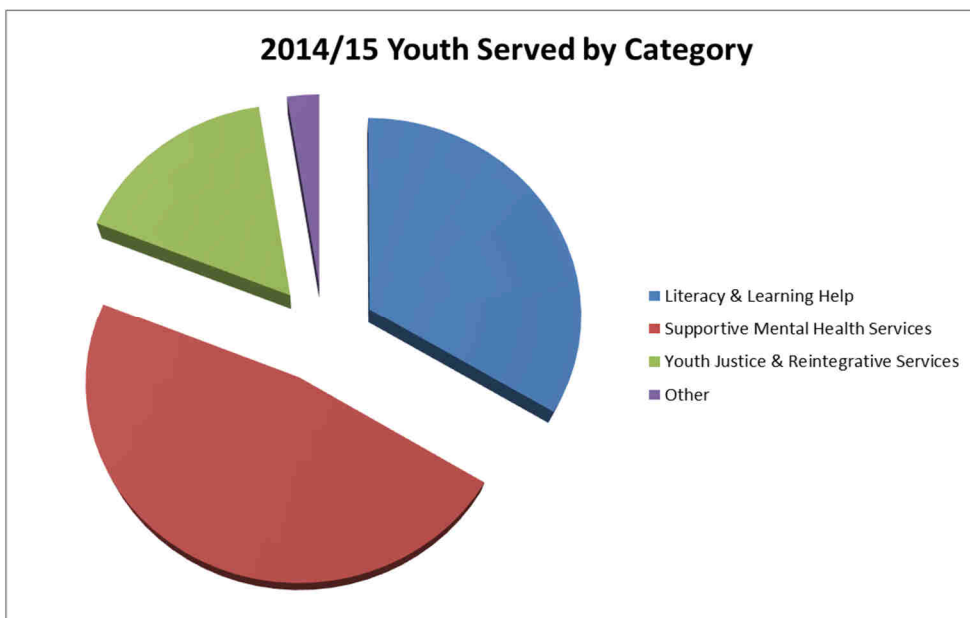
There is a huge amount of work going on in Northumberland to bring about change in the areas of health, poverty reduction, affordable housing, education, mental health and transportation – we at Rebound are proud to be part of a community that is implementing many best practices that will lead to positive change for the community. We are fortunate to have an MPP that is a passionate advocate for this community, and many agencies that are dedicated to the people of Northumberland County.

In closing, a big thank you to the staff team for your willingness to go the extra mile for our clients, and to our wonderful Board of Directors, for your time, commitment and dedication to Rebound.



# Overview of Services

**Rebound Child & Youth Services: Caring today for the children and youth of Northumberland to create a better tomorrow by providing a wide range of programs and services. Our prevention and early intervention programs and services fall into three service areas: literacy and learning, youth justice diversion and supportive mental health services.**



## Literacy & Learning Help

**READBound** – is a one to one tutoring program providing academic support and learning help to children and youth who require additional support with math, English and homework help. Our volunteer tutors work with students throughout Northumberland.

**GuysREAD** – An eight week in-class boy’s literacy skills development program for boys in grades 4 – 7. The program runs approximately 90 minutes per week, and provides fun and interactive ways to develop reading skills through group and individual activities.

**Guitar Lessons** – This free introductory program runs for 12 weeks, and is open to children and youth ages 8 – 16 years who would love to learn the guitar in an informal and fun environment. Guitars are provided for the duration of the session.

# Overview of Services

## Supportive Mental Health Services: Prevention & Early Intervention Programs

**Y.O.U.R.S.** – Youth Outreach Under 18 Responsive Services – one to one bridging support and service connection for children and youth 12 -18 years who are experiencing challenges with a variety of issues such as: stress, anxiety, family, school, judicial, mental health, and who are unattached or disengaged from community supports.

**On-TRAC** - violence prevention through anger awareness and interpersonal problem-solving (social skills development). This program is for youth age 12 -23 for whom anger has become a problem for themselves or others, at home, school or in the community. This fully integrated program has 10 weekly group sessions through Rebound, and individual counselling available upon referral through the Northumberland Community Counselling Centre.

**CHOICES** - a positive mentoring, skill-based program designed for youth aged 12-18 who may struggle with inter-personal relationships. CHOICES provides an opportunity to strengthen social skills in workshops such as: Communication, Conflict Resolution, Decision Making, Goal Setting, Freedom & Responsibility, Respect for Self & Others, Planning for the Future, & Drugs & Alcohol.

**Self Esteem Programs: UR OMG** (You Are One Magnificent Girl) and **BTW** (By The Way Guys Rock) are gender specific self-esteem programs for children and youth aged 11 – 15. These fast-paced one day workshops involve activities, and discussions surrounding themes such as self-esteem, body image, media awareness, nutrition as well as aspects of resiliency including: support systems, positive relationships, self-care, and coping with stress.

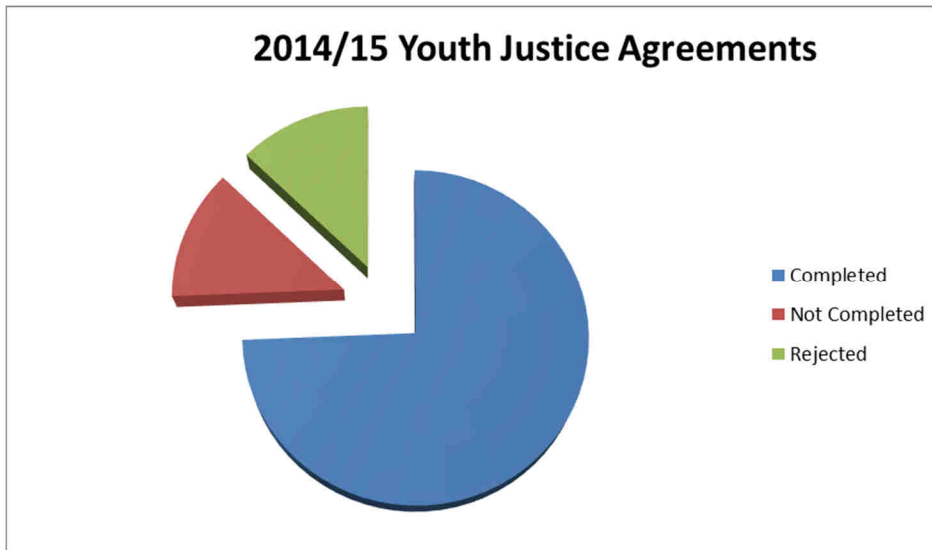
## Youth Justice

**Youth Mental Court Worker** – The YMHCW provides referral resources to the Youth Justice Court and establishes contacts with community-based services to divert the young person away from the Criminal Justice System to mental health resources and services within the community.

**Reintegration Services** – provides services to address the specific needs of youth aged 12 – 17, and to support their rehabilitation and reintegration back into their community by providing supportive services to build skills for success such as substance abuse education, life skills, resume building and job search preparation.

**Extra Judicial Measures** – this program provides community-based pre-charge measures for young people aged 12 – 17 who have received a police warning or caution for a low risk offense. This voluntary program provides young people with the opportunity to make restitution, and complete a contract where they are supported through a variety of measures which may include community service, letter of apology or payment for damage to property.

# Overview of Services



**Extra Judicial Sanctions** – provides community-based post-charge sanctions for young persons aged 12 - 17 who have committed a low risk offence– they are eligible for referral to this program by the police or the crown. This program works in tandem with our Reintegration Services.

**Northumberland Youth Justice Committee** – this community based program brings together youth aged 12 – 17 alleged to have committed a low risk offence, his/her parents, victim(s) and the trained community members of Youth Justice Committee to negotiate appropriate amends for his/her actions. This program helps young people to acknowledge and be accountable for their actions and develop positive skills and strategies for the future.

## **New Programs In The Works for 2016:**

**Homework Club** – A drop-in homework club on Monday's from 3 pm – 4 pm – for students ages 4 – 18. Staff and/or volunteers will be on hand to help with challenging homework assignments.

**Girls Love To Read** - An eight week in-class girls literacy skills development program for girls in grades 4 – 7. The program will run approximately 90 minutes per week, and will provide fun and interactive ways to develop reading skills through group and individual activities.

**Acoustic Guitar Lessons for Teens – Acoustic & Theory:** Due to the enormous success of our first program of guitar lessons introducing children and youth to the joy of music, we are excited to be offering an additional guitar program for youth between the ages of 12 -18 who have not had the opportunity to participate in formal guitar lessons.

## Board of Directors 2014-2015

### Executive:

Jon Tondeur, President

Louise Balaam, Vice President and Treasurer

Jon Ed, Secretary

Stefanie Rudd, Executive Member At Large

### Members:

Mona Attard

Stacey McIvor

Lynn McMillan

Paul VandeGraaf

## Staff

Carol Beauchamp - Executive Director

Angela Hearn - YOURS - Child and Youth Worker

Brandy Samis Moore - Case Worker Youth Justice Diversion

Danielle McKeen - Case Worker EJS/Program Facilitator

Michele Arthurs - On-TRAC Program Lead Case Manager

Pam Powell - Volunteer & Tutoring Facilitator

Rosemary Orendt - Services & Communications Coordinator

Shannon McKinnon - Case Worker Youth Mental Health Court Worker

Sibyl Getz - Financial Administrator

# NEWS & EVENTS



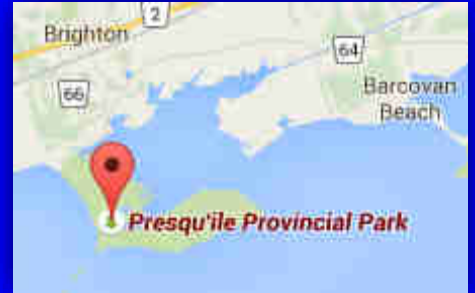
\$ 736.70 raised

Rotary Club of Northumberland  
Sunrise Harvest Hike 2014



Welcome  
Carol Beauchamp

1st Annual RED RUN  
October 18, 2015



Sunday October 18, 2015  
**PRESQU'ILE PROVINCIAL PARK**  
**1km-5km-10km**

Race day registration starts at 9:00 am

Rebound Child & Youth Services Northumberland &  
Northumberland Community Counselling Centre's

**Run to Support On-TRAC Anger  
Awareness & Violence Prevention  
Programming for Youth**

To register: [www.runningroom.ca](http://www.runningroom.ca) and search RED RUN or  
[www.rcys.ca](http://www.rcys.ca) or Rebound @ 905-372-0007

Registration fee: adults \$30, students & seniors \$20



*Smile Cookie*  
making a difference starts with a smile :)

What an honor to be chosen to partner with local Tim Hortons owners for the Annual SMILE cookie campaign. From September 14th to the 20th all proceeds from the purchase of the SMILE Cookie Campaign will go to support our "New Program" fundraising campaign. We are so delighted, as this campaign will help us achieve our goal to implement a new positive parenting program: a program that will help educate and support the parents of youth we serve as they navigate challenges with literacy and learning, mental health issues, as well as those young people who have been referred to our Youth Diversion program by either court or local police services. Your generosity WILL help us make a difference in the lives of many young people from across Northumberland County. You have given us thousands of reasons to SMILE!



Rebound gets a facelift ...Thanks to Keep on Rollin!  
and Beyond Signs and Design





# FUNDRAISING & EVENTS



Rebound at the Port Hope Knights of Columbus Northumberland Charities Golf Tournament



Rebound at the Cobourg Shout Sister Event



Angela at the launch of the Summer Reading Club @ the Cobourg Library



Angela & Brandy @ the Service Fair in Cobourg

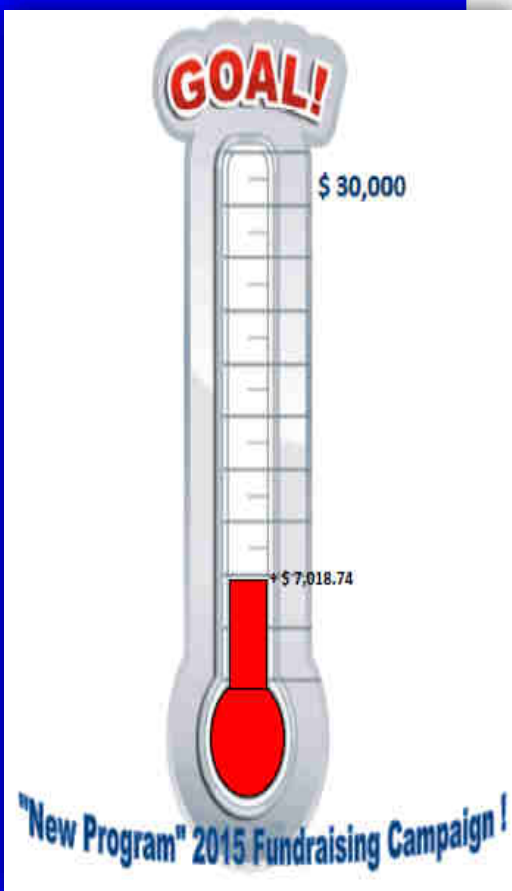
## A Special Thank You to ....

Thank you to the students of Wright House at Trinity College School for the proceeds from their annual cake auction and the donation of \$ 860.00. Thank you .

Thank you to the Port Hope Knights of Columbus and the 4th Annual Northumberland Charities Golf Tournament and your amazing donation of \$ 3,387.39. It was a wonderful day, lots of fun, great prizes. Thank you Port Hope Knights of Columbus.

Thank you to Shout Sister for a wonderful evening of music and fellowship. The bake table was a huge success. The evening raised a total of \$ 2,146.35. Thank you Shout Sister for the opportunity to collaborate on this special event.

Thank You SEARS Cobourg for the generous donation of \$ 2,500.00 in celebration of your 25th anniversary at Northumberland Mall.



Brandy & Shannon @ Fishing Day in Port Hope



Danielle & Shannon participated in the "Choose Your Ride" event in Brighton

## Laurie Thompson

January 26, 1950 - October 1, 2014



**Executive Director**  
**April 2013-October 2014**

September 18, 2015, Rebound and the family and friends of Laurie will join in a celebration of life, in Grafton at the Haldimand Memorial Arena at the entrance to the nature trail. A flowering crab apple tree was chosen to make a bright and welcoming entrance to the nature trail, as a reflection of Laurie's enduring spirit.

**Christine Stewart**  
Volunteer

October 2008 to April 2015



Christine led a life of service. First to her family, her community then to her country. Christine will always be remembered at Rebound for kindness and non judgemental approach to the youth in our various programs. She was a wonderfully kind woman who was inspiration to the young women who looked to her as a positive role model. She will be missed by all those who knew her and by all those who were helped by her gentle guidance.

## Did You Know ?

**Did You Know...**Rebound Child & Youth Services Northumberland and our dedicated volunteers served, supported and diverted 563 youth and their families in Northumberland County in 2014-2015 and has been serving Northumberland county since 1997.

**Did You Know...**Please consider Rebound as your charity of choice, we are a charitable non-profit organization. Rebound will provide a tax receipt to you for your financial contributions. You can specifically request Rebound when making your donation in memory, honour or in celebration of someone's life.

## Contact Us

Call for more information about our services and how you can participate.

**Rebound**  
**Child & Youth Services**  
**Northumberland**

**700 D'Arcy Street**  
**Cobourg On K9A 5T3**  
**t. 905-372-0007**  
**f. 905-372-0070**

[www.rcys.ca](http://www.rcys.ca)

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Business Number

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