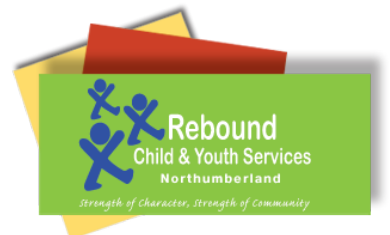




annual report 2016-2017

rebound child & youth services





from the executive director

Carol Beauchamp

All our programs have one goal in mind – improving the lives of children and youth. We are thrilled to now extend our support to parents and caregivers with the Triple P Positive Parenting Program. The success of the Triple P Northumberland Positive Parenting Network over the last year is the result of the collaboration of multiple community partners and funders. In just one year the network has served over 350 families across the county. Special thanks go to Mark Kartusch of Highland Shores Children’s Aid, Lesley Patterson at the County of Northumberland, the Northumberland United Way and the Ontario Trillium Foundation.

How do we do what we do? With the commitment of a dedicated professional staff team of 10, and with the phenomenal support of over 70 volunteers who provide their time, skill and expertise to our Board of Directors, Youth Justice Committee, Readbound tutoring program, homework club and guitar lessons. With the wonderful partnerships we have in the community with organizations like the Cobourg Yacht Club and the Northumberland Players, with the collaborative relationships we have with our community partners like Highland Shores Children’s Aid, Cornerstone Family Violence Prevention Centre, YMCA Early Years, Five Counties, Kinark, MCYS – probation services, NCCC, Wraparound, NCDC, the Cobourg, Port Hope and OPP police services, the KPR and PVNCC district school boards, Northumberland County, Haliburton, Kawartha, Pine Ridge District Health Unit, the Crown Attorney’s office, and many other partners that are important part of the work we do.

Our annual report is a time for reflection, and also a time for looking to the future. This year we are celebrating the 20th anniversary of Rebound Child & Youth Services Northumberland – but more importantly 20 years of helping the children, youth and families of Northumberland. Our services have expanded tremendously over the last 20 years, and so have the number of people that we help. In 2013/14 we worked with 443 people – by the end of 2016/17 we had the privilege of working with 862 children and youth – an enormous increase over a 3 year period.

But what does this really mean?

It means that 862 young people were provided with the skills, support, counselling, resources and connections to help them move forward with their lives and succeed. It means that young people received timely tutoring to help improve their literacy and outcomes at school; it means they received support when they were anxious, stressed, depressed, suicidal or coping with unexpected life changes; it means young people got a second chance when they came into conflict with the law; it means they were provided with food, programming, resources and timely referrals. In short we “had the backs” of 862 young people when they needed our help the most.

Our integrated service model is aimed at prevention and early intervention, supports young people with literacy and learning help, mental health supportive and bridging services as well as youth justice diversion programs.

It goes without saying that it would be impossible to do what we do without the support of our funders, sponsors, donors and corporate partners. A big thank you to our funders which include: Ministry of Children & Youth Services, Ministry of the Attorney General, Ontario Trillium Foundation, United Way of Northumberland, and Northumberland County, to our partner donors and sponsors including: McDonalds of Northumberland, Sarah Jacob and SMM Law, Port Hope Knights of Columbus, Investors Group Cobourg and James Burton, Jones DesLauries and Tracy Drew, Third Street Law, Cobourg Police Service, the Brighton Rotary Club, Port Hope Police Association, Sam Majic and many other individual donors and sponsors.

This year we look forward to our 2nd annual fundraising concert at the Cameco Capitol Theatre in Port Hope on October 12th, our 3rd annual Red Run supporting the On-TRAC program at Presqu’ile Provincial Park on October 15th and our 20th anniversary celebration dinner on November 10th.

As we look to the future, Rebound is forging new partnerships and solidifying existing partnerships as we work on larger service system initiatives such as “Moving on Mental Health” with our lead agency Children’s Mental Health Belleville, and with Youth Justice Ontario to develop a strong community of practice for youth justice programs. Our new FASD (Fetal Alcohol Spectrum Disorder) caregiver support group which will be starting next month, is a direct result of the “Moving on Mental Health” initiative.

The first meeting will be held on October 3rd at Rebound’s D’Arcy Street office, and on the last Wednesday of each month thereafter.

Plans are currently underway to expand our Youth Outreach program, drop-in services and our programs for children under 11 – watch this space as they say...

Here’s to the next 20 years of helping children and youth across Northumberland County.

from the board president



Stefanie Rudd-President

President's Report 2017

Rebound Child and Youth Services does incredible work in our community every day and I am honoured to provide my first report as the Board President of Rebound. A sincere thank you to our past President, Jon Tondeur, for his dedication to the Board and unwavering commitment to Rebound.

The leadership of our Executive Director, Carol Beauchamp, has continued to guide the organization towards ongoing success while adhering to our mission, vision and values.

Our staff are equipped and well-positioned to deliver the outcomes that our organization is known for. Through the efforts of Rebound's dedicated staff, many young people and their families have the confidence and tools to contemplate a better future, regardless of what services they have accessed. One of our notable success stories this year is Rebound's commitment to improving our external communication and visibility in the community. You may have noticed consistent social media interaction, frequently changing website content and increased presence in the community.

This has led to increased community engagement and opportunities for diversified funding. We have grown our reputation as a client-focused agency and as a trusted community partner. Moving forward, the Board will continue to support efforts to deliver on our strategic plan.

I appreciate the skill, commitment, and passion each member of our Board of Directors bring to their roles. I look forward to another great year with Rebound and thank you for the opportunity to be part of such an important organization.

about our guest speaker



Kristina Nairn-Public Health Nurse

Kristina Nairn is presenting today at our 20th Anniversary Annual General Meeting to discuss her work in the community regarding the Social Determinants of Health and she hopes to give us some new and interesting information as well as challenge our notions around fairness.

Kristina Nairn is a public health nurse at the Haliburton, Kawartha, Pine Ridge District Health Unit. Her work focuses on the social and economic impacts on health – the Social Determinants of Health

as they're known. She has had an interesting nursing career which focused on individual mental health for about 10 years. During the past 10 years she has worked in public health addressing population health, advocacy and policy development.

Kristina is a leader and an advocate in our community in the fight to eliminate homelessness in Northumberland County.

Kristina, her husband and 2 teenagers moved to Cobourg in 2012. Having grown up in Cobourg, it was interesting for her to return after more than 20 years to see first-hand the economic and social changes that occurred and to better understand how social and economic issues impact the well-being of the community as a whole.



20 amazing years and counting...

By Rosemary Orendt

Time has flown by and has taken us on an amazing journey! As the school year fast approaches I take a minute to reflect on my last 16 years at Rebound and the many changes that have happened during that time. "Let's take a quick look back at Rebound over the decades."

REBOUND circa 1997: Lynn Faris & Bill Crosier: CHOICES

REBOUND circa 2001: Lynn Faris, Nancy Bedford and Rosemary Orendt: PASS (Positive Alternative to School Suspension), PLANS (Positive Learning and A New Start), CHOICES and READBound.

REBOUND circa 2017: Carol Beauchamp, Michele Leggette, Angela Hearn, Pam Powell, Sibyl Quigley, Rachel Edwards, Shannon McKinnon, Brandy Samis Moore, Sam Majic and Rosemary Orendt: CHOICES, On-TRAC, Triple P, YOURS, READBound, Homework Club, I Shine, Be You!, Youth Justice Diversion, Youth Mental Court Worker, Extra Judicial Sanctions, Anger Management/Violence Program, Employment/Life Skills Program, Substance Abuse Education Program, PLANS-Positive Learning

and a New Start, Guitar lessons, Facebook, Twitter, Instagram, and a Rebound website...phew! What will the next 10 years bring to Rebound? The possibilities are endless. Will you be part of our growth? Come on along, it's going to be great!

When I think about the youth that Rebound has worked with in the past, I imagine they are doing well and that we were able to support them at a time when they needed Rebound the most. Some have gone on to college, university or into the trades, some are working locally, and some are parents with children of their own.

Our clients have ALL in their own way risen to the challenge of our "Vision" statement: "All children and youth have the opportunity to grow to their fullest potential."

Not too long ago I received a happy surprise, a Facebook message from a former client, (he is 28 years old now), and I want to share his message with you:

"Hey Rosemary! It's been many years. I hope you are doing well, seeing you on Facebook made me think of our chats upstairs at Rebound."

I don't know if I ever thanked you for treating me like an adult during my few years there at Rebound. I think a lot of youth do things that aren't exactly the smartest decisions but it's people like you who see through the teen angst and still try to encourage people to give it their all. And that just because you make some bad decisions doesn't make you a BAD kid. I would like to thank Shannon as well. Best regards."

This is a note from another Rebound youth. When this youth first came to Rebound, she was withdrawn and disengaged.

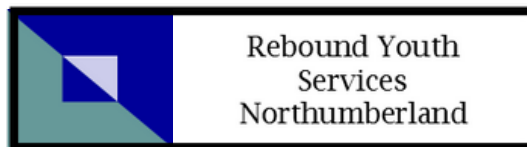
Happily we connected in the best way with a positive result.

"Thank you for making me laugh on my worst days. Thank you for making me smile when I thought the world was over. Thank you for making me realize I don't need to ever grow out of my craziness."

Thank you for being you."

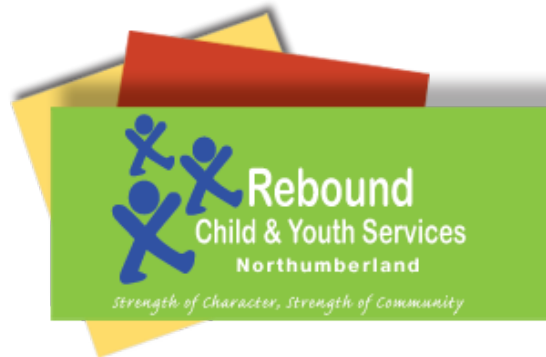
**There it is...the real reason we do what we do, because...
"Their success is our priority".**

1997



2001

2005



2017

vision

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

Their success is our priority.

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.

values

We believe children and youth 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.



financial reports

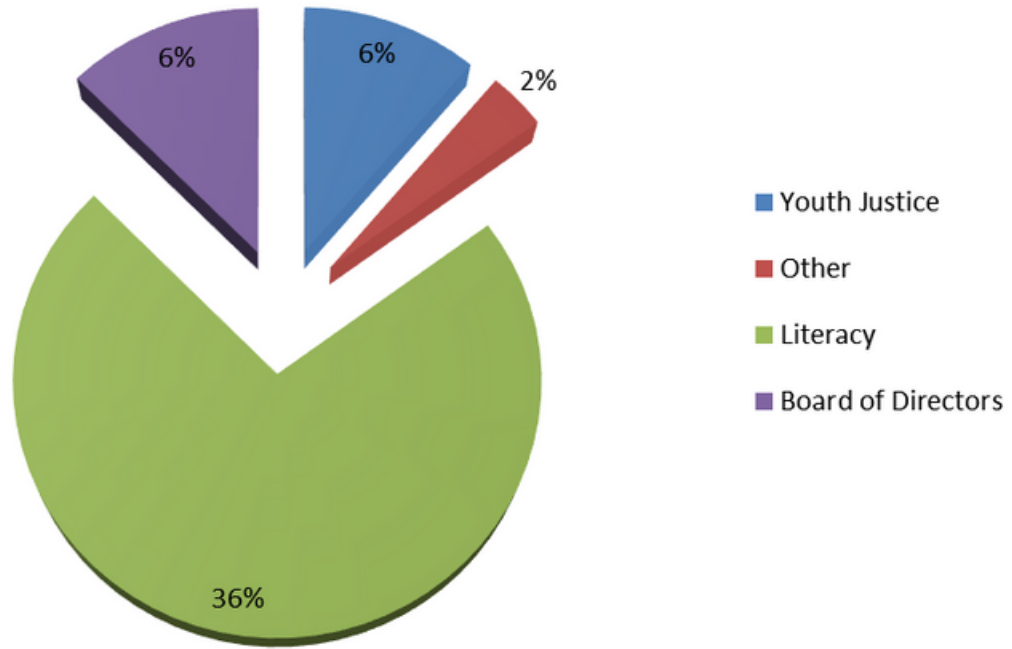
**REBOUND CHILD & YOUTH SERVICES INC.
STATEMENT OF FINANCIAL POSITION
AS OF MARCH 31, 2017**

| | 2017 | 2016 |
|--|-------------------|-------------------|
| ASSETS | | |
| CURRENT | | |
| Cash | \$ 131,669 | \$ 105,224 |
| Cash deferred contribution (Note 4) | 52,573 | 52,552 |
| Accounts receivable | 23,088 | 5,193 |
| HST receivable | 4,218 | 2,898 |
| Prepaid expense | 9,313 | 9,188 |
| | 220,861 | 175,055 |
| INVESTMENTS (Note 2) | 110,005 | 82,395 |
| | \$ 330,866 | \$ 257,450 |
| LIABILITIES | | |
| CURRENT | | |
| Accounts payable and accrued liabilities | \$ 41,286 | \$ 23,163 |
| Deferred revenue (Note 3) | 70,431 | 27,100 |
| | 111,717 | 50,263 |
| DEFERRED CONTRIBUTION (Note 4) | 52,573 | 52,552 |
| | 164,290 | 102,815 |
| FUND BALANCES | | |
| UNRESTRICTED | 166,576 | 154,635 |
| | \$ 330,866 | 257,450 |

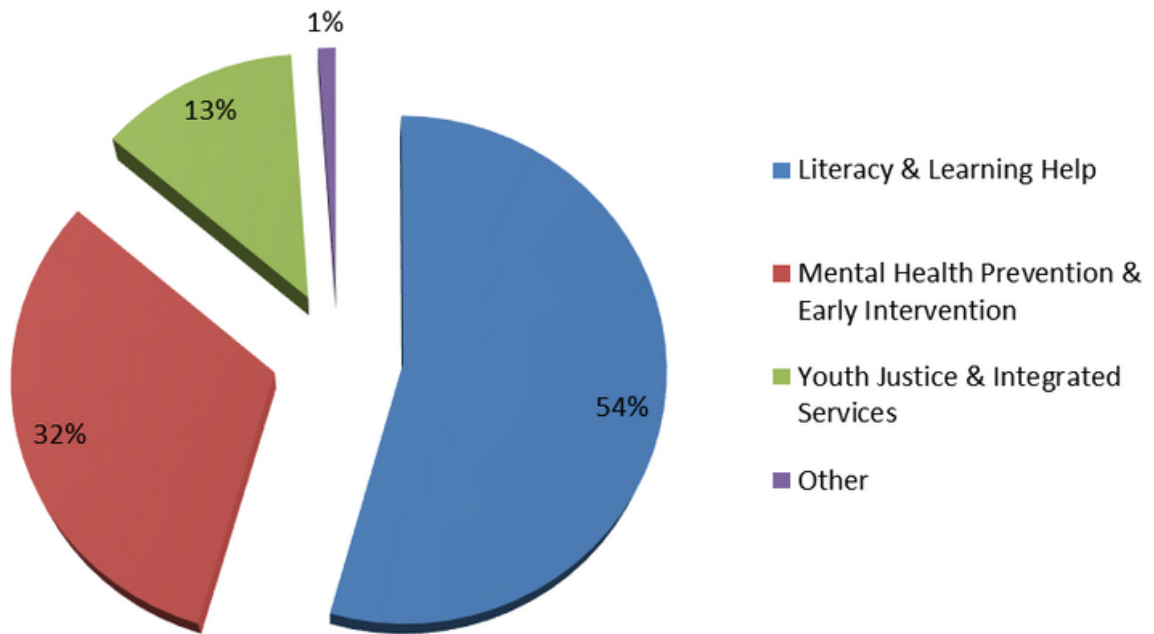
REBOUND CHILD & YOUTH SERVICES INC.
 STATEMENT OF OPERATIONS AND FUND BALANCES
 FOR THE YEAR ENDED MARCH 31, 2017

| | 2017 | 2016 |
|--|------------|------------|
| REVENUES | | |
| Ministry funding | \$ 414,398 | 419,898 |
| Municipal funding | 29,003 | - |
| Ontario Trillium Foundation | 81,372 | 98,608 |
| Other grants and revenue | 6,016 | 3,140 |
| Boards of education | 16,665 | 19,537 |
| Donations | 12,176 | 5,353 |
| Fundraising and sponsorship | 13,666 | 34,118 |
| Interest | 2,650 | 1,249 |
| | \$ 575,946 | 581,903 |
| EXPEDITURES | | |
| Allocated central administration | | |
| Administration wages & benefits | 23,531 | 25,351 |
| Building accommodation | 1,662 | 96 |
| Office | 12,650 | 14,113 |
| Purchased services | 9,239 | 10,364 |
| | 47,082 | 49,924 |
| STANDARD EXPENSES | | |
| Advertising and promotion | 7,560 | 2,048 |
| Building accommodation | 17,341 | 18,195 |
| Office | 7,938 | 11,577 |
| Other | 7,199 | 7,505 |
| Program supplies & costs | 23,164 | 7,263 |
| Purchased services | 17,851 | 11,655 |
| Salaries, wages & benefits | 380,462 | 370,338 |
| Subcontract | 44,627 | 63,208 |
| Staff training | 852 | 1,998 |
| Travel & vehicle | 9,929 | 9,432 |
| | 516,923 | 503,219 |
| | 564,005 | 553,143 |
| EXCESS OF REVENUE OVER EXPENDITURES | 11,941 | 28,760 |
| FUND BALANCE beginning of year | 154,635 | 125,875 |
| FUND BALANCE end of year | \$ 166,576 | \$ 154,635 |

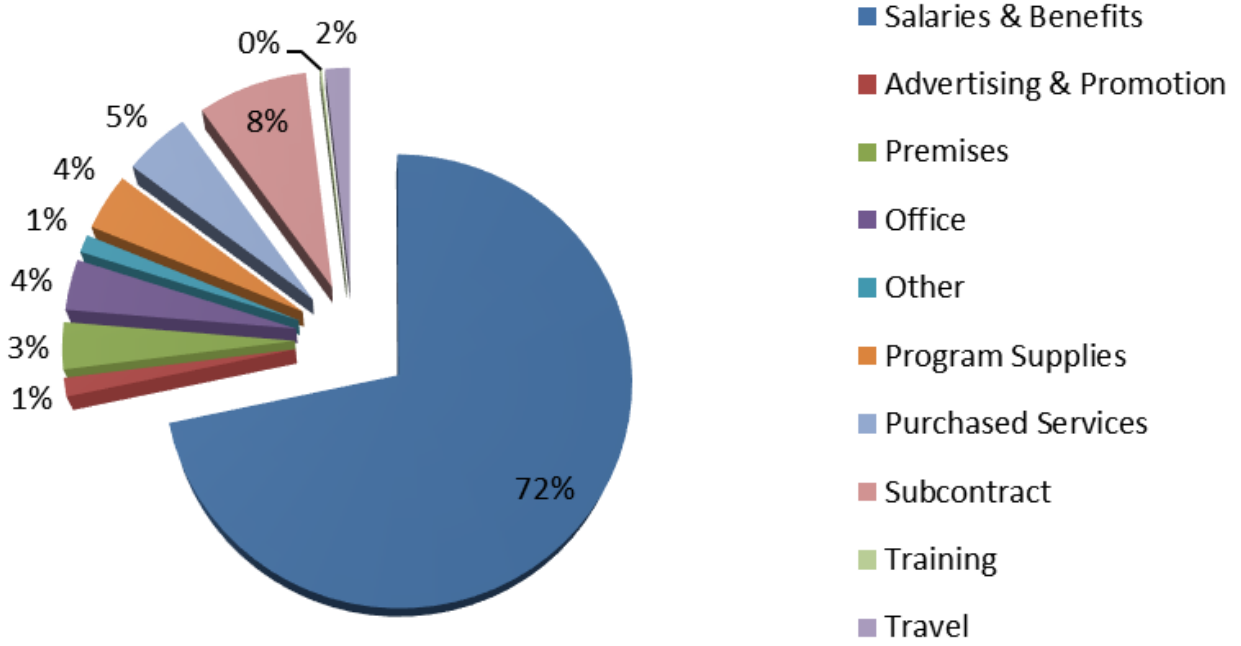
Program Volunteers



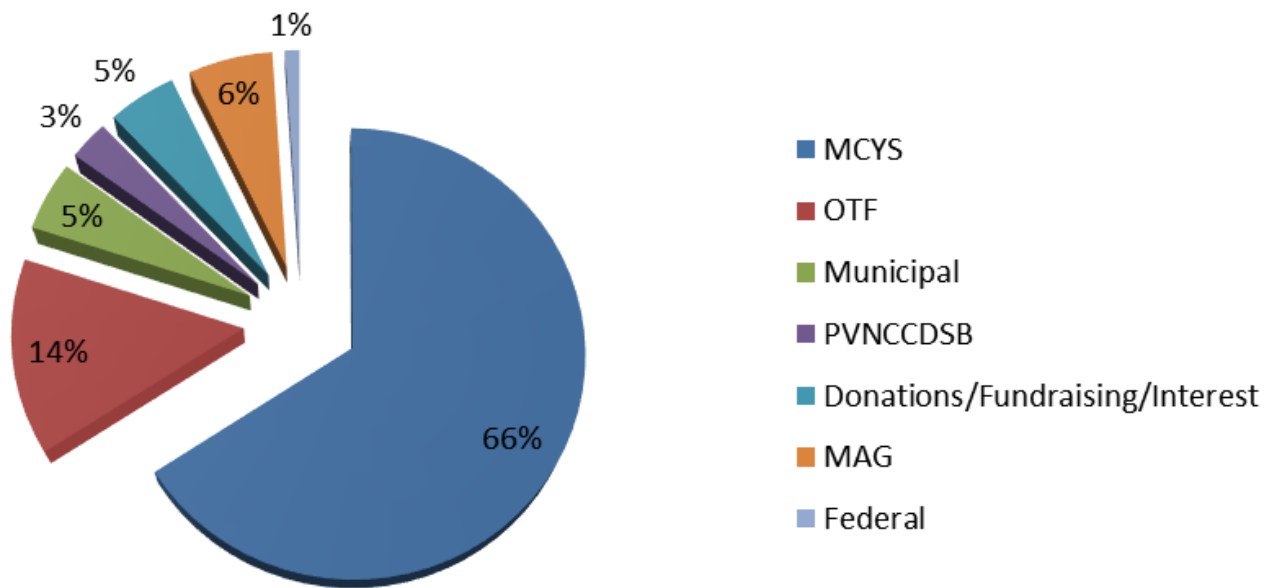
Youth Served by Category




Expenses



Revenue



programs by the numbers...

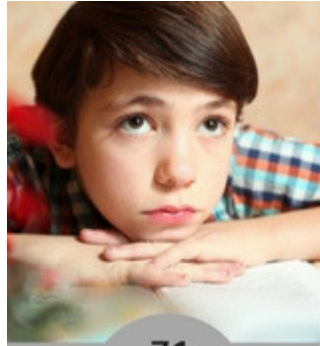


148
youth served

CHOICES is a pro-active life skills group program.

Children & youth work to develop positive life skills by exploring such topics as interpersonal & group communication, self awareness, positive decision making, teamwork and goal setting.

CHOICES programs are available as follows:
CHOICES Jr: Ages 6-11
CHOICES: Ages 12-18
 Program content is age appropriate



71
youth served

On-TRAC is a pro-active anger awareness & violence prevention group program.

Youth work to develop positive life skills by exploring such topics as positive communication, healthy relationships, bullying, positive/negative stereotypes, recognizing triggers for anxiety, stress and anger as well as providing coping skills and techniques.

On-TRAC is open to all youth ages 12 - 17.

WE  **VOLUNTEERS**

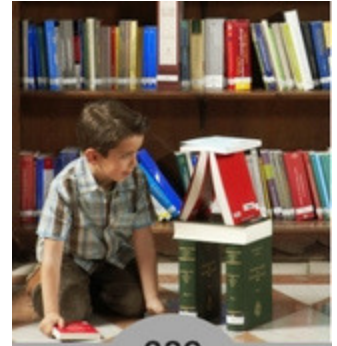
77
volunteers

VOLUNTEERS

How could we do it without you?
 Truth is...we couldn't!

Board members, program volunteers, justice volunteers, fundraising volunteers, library volunteers, committee volunteers, tutoring volunteers, guitar volunteers, guest speakers, event enhancement volunteers.

8
Placement Students from
 Gates, Fleming, Loyalist, Durham & Niagara Colleges



289
youth served

READbound is a positive skills based tutoring program.

Improving reading, comprehension, writing and math skills is the primary focus of this program.

Students work with their tutors to develop life-long learning habits and skills that support confident learner outcomes.

Developing a solid foundation in literacy helps to enrich the lives of young people now and in the future.

programs by the numbers...



**300
families
served**

The Triple P - Positive Parenting Program is an internationally-recognized program that gives parents the skills they need to build strong family relationships, manage misbehavior and prevent problems.

Rebound offers Triple P to all parents in Northumberland County, free of charge, as part of the Positive Parenting Northumberland network.



**74
youth
served**

Y.O.U.R.S

Our Youth Outreach Worker offers confidential counselling and support to youth experiencing social, emotional and behavioural challenges. The program provides skill development for improving communication, decision making and problem solving as well as managing anxiety, stress, and anger. Support is offered on an individual basis with flexible hours throughout Northumberland County.

Case management and coordination with community agencies is provided to assist in meeting both the short and long term needs of youth ages 12-18



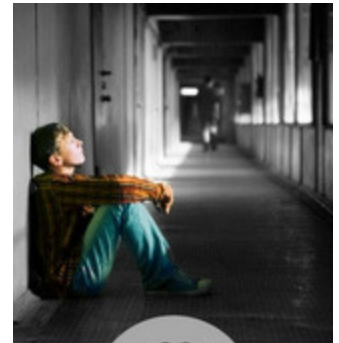
**81
youth
served**

Be YOU! Be the best YOU possible.

This 1-day self-esteem workshop introduces boys to leadership, teamwork skills and the power of positive thinking.

Team challenges, building positive self esteem and guest speakers are the foundation of our fun filled day.

Hang out with us for the day, meet new friends and enjoy yourself.



**99
youth
served**

Youth Justice Diversion

Programs are provided in partnership with the local Police Services, and the Office of the Crown Attorney.

Youth ages 12-17 who have been in conflict with the law in Northumberland County may be eligible to participate in our diversion programs.

Supportive interventions and community based sanctions provide youth the opportunity to be accountable for their actions through our constructive and supportive programs.

programs by the numbers...



11 youth served

Would you like to play the guitar?

If you are over 13, Rebound can help you by providing free individual lessons that include the use of a guitar.

Lessons take place in a safe supervised environment.



113 youth served

I SHINE

Do you want to gain courage, self-respect and be who you are?

This 1-day self-esteem workshop connects, motivates and empowers you to let your confidence shine through!

Get a little crafty with us, challenge a few stereotypes and relax with some girl power yoga & mindfulness.

Together we will discover who you are, set goals and explore how to achieve them.



57 youth served

Beyond Books is an 8 week after school program encouraging the love of reading in boys and girls aged 9-12 through fun and engaging activities.

Each week, the program focuses on a different aspect of literacy with a consistent format that includes some physical activity, healthy snacks and story time.

Sample activities include science experiments, relays, treasure hunts and decoding.



7 youth served

Youth Mental Health Court Worker

This service is available to youth ages 12-17 with mental health concerns who are currently involved with youth court process.

The Youth Mental Health Court Worker engages with youth and their families to provide advocacy, support and mental health referrals as needed.



15 youth served

The Homework Club is available to all students who are registered with Rebound's READbound literacy and tutoring program.

The Homework Club is available throughout the school year in Cobourg and Port Hope

The Homework Club provides an opportunity for students to receive homework help in a safe, supervised environment.

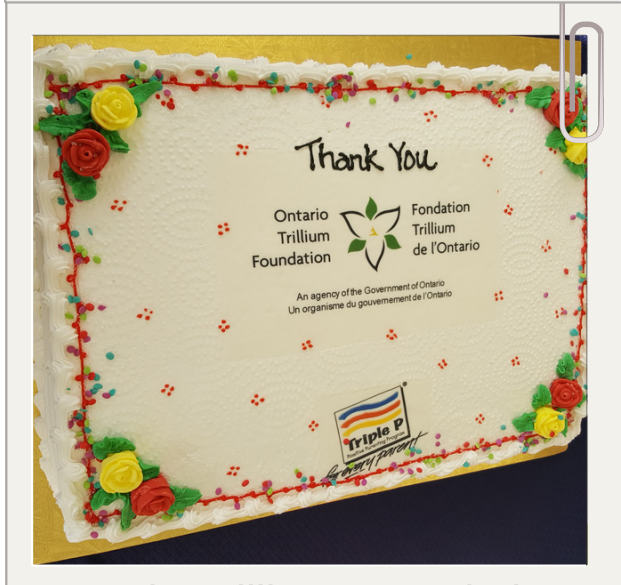
rebound events...



THANK YOU
McHappy Day !



Port Hope Knights of Columbus
2017 Golf Tournament



Ontario Trillium Foundation
funding for On-TRAC

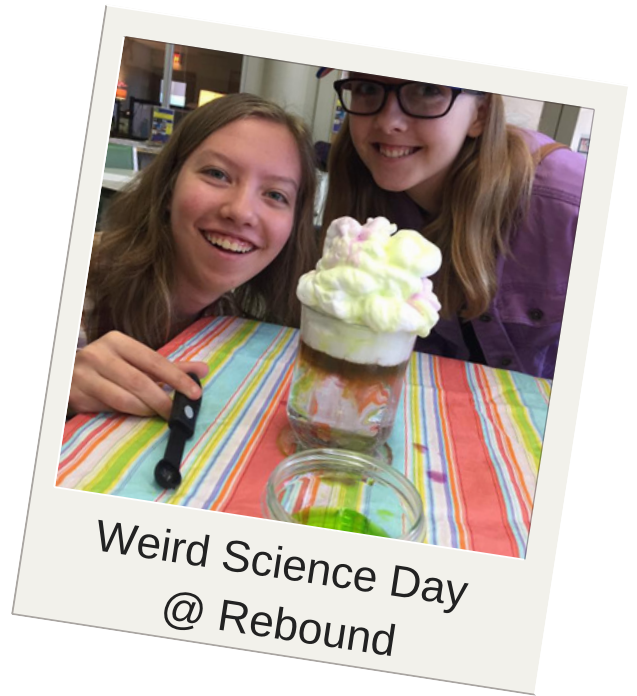


2nd Annual RED RUN @
Presqu'ile Provincial Park

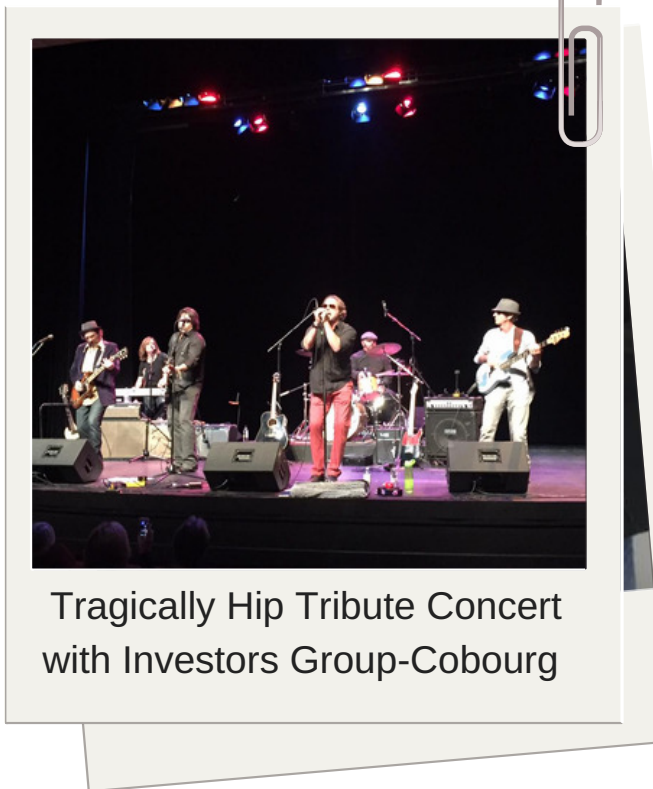
rebound events...



Get Out on The Water Day @ The Cobourg Yacht Club



Weird Science Day @ Rebound



Tragically Hip Tribute Concert with Investors Group-Cobourg



Happy 20th Anniversary Rebound!!!! (we love cake)

rebound staff

Carol Beauchamp
Executive Director

Angela Hearn
YOURS Youth Outreach
Case Worker

Brandy Samis Moore
Case Worker YJ Diversion

Michele Leggette
Triple P Coordinator/On-TRAC
Facilitator

Pam Powell
Volunteer & Tutoring
Facilitator/Case Manager

Rachel Edwards
Community Relations & Fund
Development Coordinator

Shannon McKinnon
Case Worker YJ Diversion/
Youth Mental Health Court Worker

Sibyl Quigley
Financial Administrator

Rosemary Orendt
Services Coordinator

Sam Majic
Positive Learning and a New Start

board of directors 2016-2017

Stefanie Rudd
President

Kerri-Sue Lang
Vice President

Jon Ed
Secretary

Lynn McMillan
Treasurer

Stacey McIvor
Member of the Board

Katie Foley
Member of the Board

Brent Allison
Member of the Board

Mona Attard
Member of the Board

Louise Balaam
Member of the Board

THE FLOWER IN THE SIDEWALK

Once upon a time a flower seed blew in the wind, and, as things would have it, the seed landed on a sidewalk. The wind blew more and the little seed fell between the cracks of the sidewalk, into the earth. Then the rain came and the little seed started to grow.

It grew very well until its tip reached the top of the sidewalk, but whenever the little flower tried to grow taller, someone would stomp on it. When this happened a part of the little flower would break off, or its top would be crushed. The little plant tried and tried to grow leaves and a flower, but each time it got a good start, someone would step on it or ride a bike over it or crush it in some way. Finally the little plant just gave up trying to grow any taller. It just concentrated on surviving and staying the same, and that was hard because it had very little sunlight and food.

One day a gardener came along and looked down at the little plant. “Why, you’re not in the right place”, she remarked. “You belong where you can grow and thrive”. The gardener went home and returned with a shovel and pail. She dug up the little plant, making sure to get all of the root system. She took it home to her garden, planted it outside in the rich earth, and then carefully put water and fertilizer all around its roots.

“Now you are in the right place, Little Plant”, she said. “You are free to grow and develop as nature intended you to do. And since you have taken so much effort to survive, you shall grow to be the most beautiful flower in the whole garden”.

The little plant was scared. It had been in the same place for so long that it was afraid to take a chance and be different. The gardener noticed the little plants' fear, and spoke out to the plant once more. “Fear should be noticed but not obeyed, when it keeps you from growing”, she counseled the little plant. “To be all that you can be, you must find the strength within yourself, to open yourself up to the sun. Only then will you be able to see yourself in a true light”.

The plant was still afraid, but decided to take a chance, and found the power deep within to open itself to the light. Soon a leaf popped out and a blossom appeared, followed by another and another. As this happened, the plant could feel itself become stronger and braver. Soon the plant was covered with big, beautiful flowers. The gardener told all her friends about the new, magnificent plant in her garden. Before long, many people came to the garden to admire the flowers on this special plant. As the plant heard each visitor comment on its beauty, it realized just how much it had grown. The healthy plant had come to understand that to grow to your full potential, you must trust and open yourself up to the sun.

By Nancy Davis