

2018-19 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,

The approach of our annual general meeting is always a time of reflection, providing me with an opportunity to survey the achievements of the previous year, re-calibrate, adjust the course, and move forward with enthusiasm towards the future of Rebound Child & Youth Services. We continue to operationalize our 2018-2021 Strategic Plan with several notable achievements in the last fiscal year. One of the most significant of which was the expansion and renovation of our facility at 700 D'Arcy Street. The demand for service has escalated significantly over the last 4 years, and space to serve our clients was becoming a barrier to service. With the support of our Board of Directors, and the engagement of our landlord, donors, and funding partners, we were able to expand our offices by 1500 square feet – giving us close to double our original space! We are thrilled that we now have 3 dedicated counselling and meeting rooms, a dedicated program area, as well as sufficient work stations and space for our terrific staff team!

As part of our strategic commitment to providing the 'Highest Quality Programs and Services', we have been delighted to partner with the Northumberland Hills Hospital Community Mental Health Team, to provide counselling services to children and youth at the Mental Health Walk-in Clinic at NHH's Elgin Street clinic location. By partnering with the NHH team and co-locating at the clinic, we are helping to provide a service to children and youth that is responsive, timely and available in a central location – in other words meeting family needs in a flexible and adaptable manner. We, of course, continue to meet with the majority of our clients through pre-arranged appointments, at our offices, and at hub offices throughout Northumberland County.

The Trusteeship Program which was a pilot project in partnership with Northumberland County has been extremely successful and has been renewed for a second year. This program provides much-needed funding for young people under 18, that are currently attending school, and that are at risk of homelessness. In addition to the financial support, the 43 young people engaged in this program have a dedicated Rebound staff member who acts as their Trustee; advocates, case manages and refers for additional supports as needed. The Trustee meets with clients at school or in the community, and provides resources and assistance for young people as they navigate job hunting, college applications, finding accommodation and other supports as needed.

The CUIP Program that we have developed and piloted in partnership with the Cobourg Police Service, is now in its second year. On the recommendation of the CUIP Steering Committee, which includes program partners from Cornerstone, the Northumberland YMCA, Kawartha Pine Ridge District School Board, Highland Shores Children's Aid, we will be looking at funding opportunities to expand this program throughout Northumberland County. This potential expansion has met with great enthusiasm by the Northumberland detachment of the OPP and the Port Hope Police Service, as well as other partners who are fundamental to the success of this important program that takes an holistic approach to young people under the age of 12 who are experiencing significant and complex challenges.

And finally, I reflect on the many tremendous partnerships and stakeholder relationships that help Rebound make a positive difference in the lives of the children, youth, and families that we have the privilege to work with. We are incredibly fortunate to belong to a community that genuinely cares, and with organizations and leaders that understand the value of collaboration and partnership to serve our community effectively.

Thank you to our wonderful partners which include:

Kawartha Pine Ridge District School Board

The Cobourg Police Service

Highland Shores Children's Aid

The Port Hope Police Service

Cornerstone Family Violence Prevention Centre

The Northumberland Detachment of the OPP

Northumberland YMCA

Northumberland Hills Hospital Community Mental Health Clinic

Kinark Child & Family Services

Therapeutic Family Care

The Peterborough, Victoria, Northumberland, and Clarington

Catholic District School Board

A special thank you to our wonderful volunteers who provide their time, talent, and skill to enhance the work we do as tutors, Board members, guitar coaches, program coaches, youth justice committee members, and last but not least as members of our Youth4Youth advisory committee, who, in addition to meeting regularly and volunteering with programs, this year independently organized a book sale and raised over \$900.00!

It goes without saying that we could not do the work we do without the support of our very generous donors, and our funders which include the Ministry of Children, Community and Social Services, The Ministry of Health, Northumberland United Way, and Northumberland County.

I would also like to say a special thank you to our wonderful staff team – a group of dedicated and talented people who go the extra mile for our clients every day!

I write with anticipation and excitement for what next year has in store for us.

Sincerely,



Carol Beauchamp

EXECUTIVE DIRECTOR



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FROM OUR BOARD PRESIDENT

I am thankful for the opportunity to again address you as President of the Board of Directors of Rebound Child & Youth Services. In last year's remarks, I spoke about the culture shift in our organization and the focus on our relationships in the community. Our relationships within the community continue to grow and we are proud that we now have partnerships with many community organizations, including Cornerstone Family Violence Prevention Centre, the Cobourg Police Service, Northumberland County, and Northumberland Hills Hospital. We also gratefully acknowledge the financial support we received from the Cobourg Rotary Club and individual donors this year to assist us with a much needed expansion and renovation of our physical space. Our physical expansion has allowed us to continue to provide the highest quality programs and services while rapidly expanding the number of clients we serve.

I would like to acknowledge the tireless leadership of our Executive Director, Carol Beauchamp, and the dedication and contribution of Rebound staff, as their efforts were and continue to be instrumental in our success. It truly makes the role of President a pleasure when working with such a committed team. I would like to thank the Board, committee members, and volunteers for their efforts and valuable contribution over the years. Our organization delivers services that are vital to the health of our community. As our community grows, we must grow with it. Moving forward, the Board will continue to support efforts to deliver on our strategic plan, particularly investing in organizational capacity and pursuing financial sustainability. I look forward to another exciting year with Rebound.



Stefanie Rudd

PRESIDENT, BOARD OF DIRECTORS

ABOUT OUR KEYNOTE SPEAKER

Jennifer is the Integrated Director for the Community Mental Health Program at Northumberland Hills Hospital and Campbellford Memorial Hospital. Jennifer's role is part of an integrated partnership with Ontario Shores Centre for Mental Health Sciences; this partnership represents a coordinated effort among hospitals in the North East cluster to coordinate services and ensure clients have access to mental health supports in their communities where they reside. Jennifer has an Honour's Bachelor of Arts in Psychology and Master of Social Work degree; both from Wilfrid Laurier University. Jennifer has completed additional training in marriage and family therapy through the University of Guelph; she has completed the Management and Leadership Certificate through Wilfrid Laurier University; Leadership Excellence Certificate from the University of Ontario Institute of Technology and the LEADS Learning Series from LEADS Canada. Jennifer is a Master Level Applied Suicide Intervention Skills Training (A.S.I.S.T.) with Living Works Canada and has provided many workshops on suicide intervention skills training. Jennifer has worked in community mental health for 21 years; she has a strong dedication to removing barriers to service for individuals with mental illness and addiction and believes that the job of navigating the mental health system should fall to the service providers and not on clients or their family members.



Jennifer Cox

M.S.W., R.S.W.

**INTEGRATED DIRECTOR, MENTAL HEALTH,
COMMUNITY PROGRAMS & SERVICES**


**NORTHUMBERLAND HILLS
HOSPITAL**

REBOUND | ANNUAL REPORT 2019

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 18/19

GROUP & OTHER SUPPORTIVE SERVICES

435 children & youth participated in group mental health skill building programs, camp days, CUIP & the Trusteeship program

MENTAL HEALTH SUPPORT

191 young people received Mental Health Supportive Services

PARENTING SUPPORT

267 caregivers benefited from Triple P Positive Parenting Networks

YOUTH JUSTICE DIVERSION

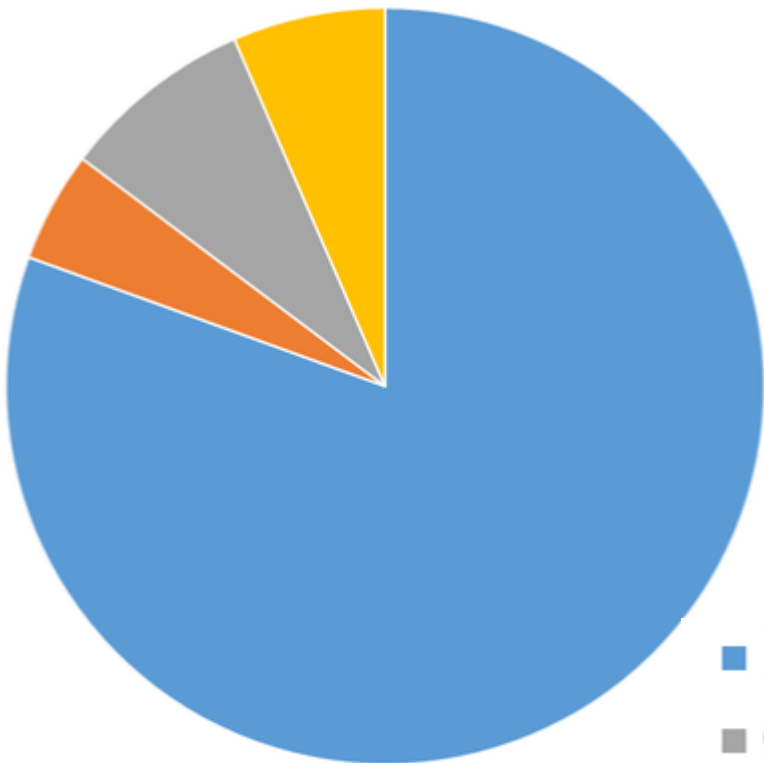
93 youth participated in restorative justice practices, shown to lower crime rates and recidivism

LITERACY & LEARNING

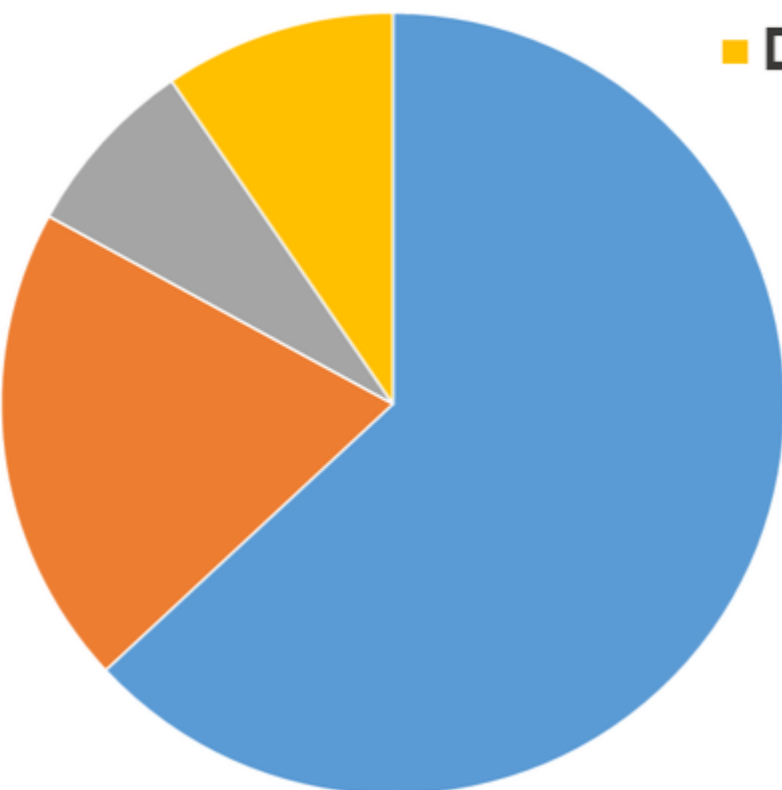
142 students received free literacy & learning help

FISCAL YEAR 18/19 IN COMPARISON

2017-18 Revenue



2018-19 Revenue



- Provincial Funding
- Other Grants & Revenue
- Municipal Funding
- Donations, Sponsorships & Fundraising

FISCAL YEAR 18/19

IN REVIEW

Revenue

Ministry Funding	\$450,355
Provincial Funding	\$27,500
Municipal Funding	\$90,550
Boards of Education	\$14,446
Northumberland County Trusteeship	\$60,000
Grants & Other Revenue	\$34,809
Donations, Sponsorships & Fundraising	\$72,311
Interest & Amortization	\$7,495
Audited Total Revenue	\$757,446

Expenses

Salaries & Benefits	\$559,251
Programs & Services	\$98,364
Rent & Office Expenses	\$84,069
Audited Total Expenses	\$741,684

Surplus

Excess of Revenues over Expenses	\$15,782
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Thank you so much to our funders, donors, and community supporters for helping to ensure that we can continue to provide timely and responsive programs and services to the children, youth, and families of Northumberland.



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wellness



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Youth Services
Northumberland

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Rebound
Child & Youth Services
Northumberland

Strength of Character, Strength of Community

STAFF

Carol Beauchamp Executive Director

Julia Wood Program Manager

Rachel Edwards Outreach & Fund Development Manager

Angela Hearn Mental Health Supportive Services Supervisor

Linda Gillberry Client Services Representative

Krystyne Gillespie Trusteeship Case Worker

Jennifer Hibbert Mental Health Court Worker

Malorie Knoester Child & Youth Mental Health Worker

Michele Leggette OnTRAC Case Manager/Positive Parenting Northumberland Network Coordinator

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

Brandy Samis-Moore Youth Justice Diversion Case Worker

Stacey Toste Cobourg Under-12 Intersectoral Partnership Program Coordinator

Roslynd Tullett Child & Youth Counsellor

BOARD OF DIRECTORS

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Neil Jilesen Director

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Valerie Thompson Director

Neil Torrie Director

*Outgoing

**Commencing term in Sept. 2019

TESTIMONIALS

"As a parent of a teen who is currently accessing your services, I just wanted to take a moment to express my sincere gratitude for the amazing work you do with children and youth in our community. Having been dealing with my teen's emerging mental health issues for about 18 months now, I feel such relief that we discovered your agency and, particularly, that we had the great fortune to connect with Angela Hearn. From our very first meeting, the people and physical environment at Rebound made us both feel welcome and safe. After trying many different approaches, including other counselors (social workers, EAP program providers, psychiatrist, family doctor), my teen has finally made a positive, therapeutic connection with Angela and not only looks forward to appointments with her, but also wishes appointments could be more frequent! Angela has normalized my teen's experiences of anxiety and depression while encouraging my teen to challenge his "anxiety brain" with a variety of tools, all while providing a safe, caring and trusting environment. I can't tell you how thankful I am for what you've done for my family. Your impact has been invaluable; you've provided us with hope that things can and will get better and reminded us to look for our strengths in the midst of the struggle."

Parent of a 16 year old youth (Mental Health Supportive Services)

"I was absolutely thrilled when I heard about the very first Triple P Positive Parenting seminars. After reading everything that they were about I knew it was a perfect match for my family and I. They had the tools that I needed to build on the parenting style that my husband and I have already adopted. I have 3 kids that are all 5 and under and was in need of finding ways to adequately parent my children in a way that would satisfy all the different ages and developmental stages. With the wonderful guidance of the incredible Rachel and the Triple P Program I was able to find a way to resonate with all 3 children in regards to sibling rivalry and aggression mostly. It took a few weeks and it was not easy but it was well worth the time and effort that I put in as the results we're incredible. My husband and I have both been very consistent with the teachings and due to that, the results have stuck! It has been months and we're not dealing with any of the same issues as we were before. I am grateful in knowing that if there are any other issues that come up on the way we can go back to those trustee orange handbooks or call Rachel and be able to get the guidance and support that you need. Thank you very much for all your time and effort, it is greatly appreciated and I hope that other people will get the opportunity that we have to nurture and support their little kiddos the way they deserve to be loved, nurtured and supported! You guys rock!"

Parent of 3 children (Triple P Positive Parenting)

BE IN-TOUCH



@ReboundNorthumberland



@ReboundCYS



@ReboundCYS



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RCYS.ca



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