



Sarnia-Lambton Rebound Annual Report **2016-2017**

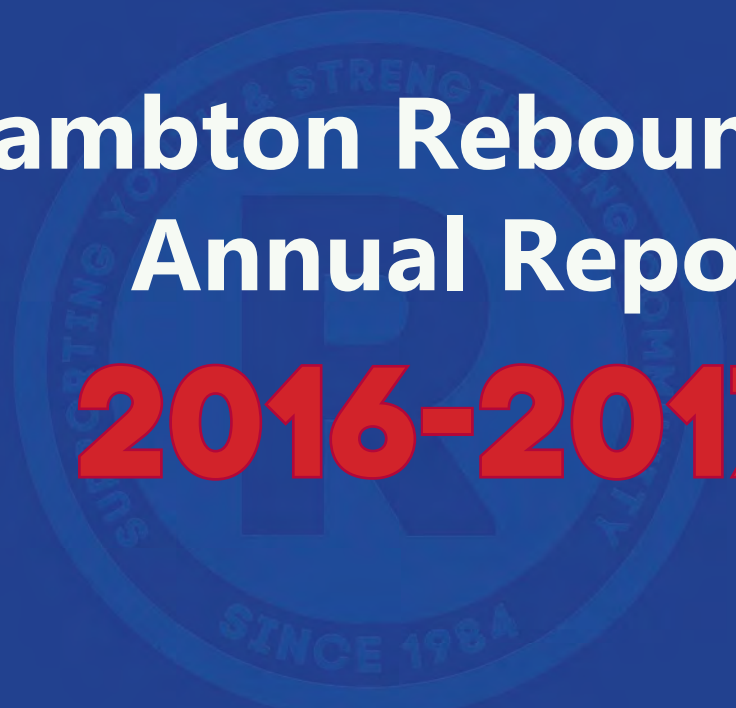


TABLE OF CONTENTS

About Us	2
Executive Directors Message	3
Board President Message	4
Programming & Evaluation	5
The HUB & In-School CYW's	6
T2 Classroom	7
In-School Detention	7
GPS	7
Section 23	7
Spectrum	8
R.Lounge	8
Stand	9
Youth in Transition	9
Tag	10
County Programs	10
Choices	10
Life	11
Thrive	11
Stage	11
PASS in Chatham	12
Girls Mentoring	12
Choices JR	13
ACT 22	13
Pass	13
Volunteers	14
Feedback	15-16
The Team	17
Choices Provincial	18
Fundraising	19
In Their Own Words	20
Financials	21-22

WELCOME

Within this Annual Report you will find the story of an agency with humble beginnings, great expectations, and some of the most heart-warming success stories you can imagine. For 32 years now Sarnia-Lambton Rebound has been focussed on serving the Youth in our Community through various programs and services, helping them find their way in through the turbulent teenage years while recognizing and embracing their greatness.

ABOUT US

So what is all the buzz about Sarnia-Lambton Rebound?

Rebound is a grassroots agency that started right here in Sarnia-Lambton in 1984 to support young people.

Today, Rebound serves youth between the ages of 7-24 through 19 programs and services. We recognize the challenges and opportunities that present in a young person's development. Rebound continues to offer responsive, evidence-informed, services based on the needs identified in our community.

Recent themes or trends in service requests have led the agency to focus on issues including mental health, stigma, identity issues, homophobia and bullying. Pressures resulting from technology and the constant access to the world via social media leave many youth feeling exposed and vulnerable. Youth tell us they want and need a safe place to explore their feelings and find some caring guidance to help them learn strategies to make better informed, more positive decisions. In response, Rebound serves as lead agency on two supportive drop-in services; r.LOUNGE and The Hub. We are also working hard to boost rural services to provide more access for county residents.

Research shows that the brain doesn't fully develop until about the age of 25, thus a strong reason to support young people to that age. The last area of the brain to develop is the frontal lobe, which consists of the areas that govern emotions, planning, organizing, judgment, problem solving, impulse inhibition, analysis, self-awareness, self-concept and identity. There are extraordinary changes that occur during adolescence; socially, physically and cognitively. Dramatic changes that occur during adolescence allow for new opportunities for the young person to grow, learn and adjust their relationship patterns to allow for more informed decision-making.

We have found that with the effective delivery of evidence informed prevention and early-intervention programs, we can succeed in strengthening youth before behaviours and issues escalate into the potentially devastating

events. Rebound has created programming that ensures that support is accessible for any youth needing service. We have created a program model that alleviates lengthy wait times and customizes support based on the unique needs of each youth that we see.

All programs are open to any youth in the community. Referrals come from a variety of sources, with youth self-referral our most rapidly growing source. We are actively promoting Rebound services as appropriate for any young person in our community who would benefit from support along their developmental journey.

Since 1984, Sarnia-Lambton Rebound has successfully served more than 40,000 young people from across Lambton County in community-based programs. We've come a long way. From meetings in a church basement that first year, to national accreditation, three Lambton County offices, and seven satellite locations across Ontario: Sault Ste. Marie, Kingston, Chatham-Kent, Brockville, Chippewas of the Thames, Kettle and Stoney Point and Windsor.

Additionally, Rebound's Choices program is provided at the Thunder Bay Counselling Centre, RNJ Youth Services in Smith Falls, Chatham-Kent Community Health Centre, Shkagamik-Kwe Health Centre in Sudbury, Algoma Family Services in Sault Ste. Marie, Canadian Mental Health Association's York Region Branch in Newmarket, Lake of the Woods District Hospital in Kenora, and in Mississauga at the Taibu Community Health Centre, Malvern Family Resources Centre and the Hong Fook Mental Health Association.

While our capacity has skyrocketed our mandate remains the same – being a caring partner in the successful development of youth.



OUR MISSION

Rebound is a caring partner in the successful development of youth.

OUR VALUES

SUPPORT Every youth has the right to support in their developmental journey.

COMMUNITY That youth are equal and valued partners in the framework of the organization and our larger community.

COLLABORATION We are committed to ongoing program evaluation, knowledge exchange and community collaboration.

SUCCESS That every volunteer, staff and board member is vital to the success of our organization and equally valued for their contribution.

OUR VISION

We will maintain our focus on the well-being of young people and their families.

We will promote changed attitudes and behaviours that assist young people in achieving their full potential.

We will network young people and mentors to create meaningful opportunities for discovery and purpose.

We will strive for excellence in all areas of our organization through competency and commitment to youth and families.

EXECUTIVE DIRECTOR'S MESSAGE

Our 2016-17 year has been full of exciting changes, and I have had the privilege to work with a dedicated Board of Directors, staff team, volunteers and youth who have all worked so hard and have been exceptionally supportive. Being very new to Rebound, my immediate observation was that the language used to discuss the work is very accurate, it is supportive, collaborative, inclusive and engaged. The actions and support with the children, youth and families in our community are carefully considered with staff and volunteers who are always prepared to challenge themselves and empower youth to be fully engaged in the organization and their community.

Working with David Hartely from NonProfitHelps, the organization developed a 2017-20 strategic plan. The dedication of the board, staff, volunteers and youth who participated in the several sessions and meetings (one occurring on Super Bowl Sunday- now that's dedication) confirmed the commitment to a shared vision of offering a safe, engaged and intentional space for youth in Sarnia and Lambton County.

As Helen Keller once said, alone we can do so little, but together we can do so much, and I would like to take this opportunity to thank all staff, board members, volunteers, partners and community members for their endless support and collaboration over the past year. You have truly made my first year a memorable one, and I look forward to many more!

Carrie McEachran
Executive Director



A little over a year ago, our Board of Directors was approached about having Rebound become the Lead Agency for a grassroots initiative that was looking to address the growing needs of transitional aged youth in our community. At that time, nineteen agencies had come to the table to discuss how best to do so. Because of our strong youth engagement model, our research-driven programming, and our track record for community responsiveness, Rebound was seen as the logical choice. There was no formalized action plan, no funding, and no program to follow. However, there was a vision, research to support it, and a strong commitment to work together as community partners. We were being asked to take a leap of faith as a Board, albeit an informed leap of faith, to become the face of what would become known as, "The Hub". And we are very happy to report that we jumped in with both feet! In a few short months, this vision began to become a reality. St. Luke's stepped forward to offer a home for The Hub. Grant proposals were written. Fund raising throughout the community began. Youth were there to offer their input and ideas. Programming started to take shape. Staff were hired. This was happening! In late February, the doors to The Hub opened. It was almost like a scene out of the movie, Field of Dreams. "Build it and they will come"! Youth were lined up to come in on day one and this trend has continued ever since.

The Hub continues to be a work in progress. Thirty-six agencies now sit at the Working Group table. Never before in our community have so many agencies come together to work towards the same goal! It is amazing to see the synergy around that table. Rebound values its partnership with each and every one of them. We may be the Lead Agency but it truly takes a village! Having the Hub at St. Luke's allows us to maximize the use of both of our facilities. Regular Hub programming can occur at St. Luke's while Rebound can be used for things such as laundry facilities and a mental health Walk-In clinic.

While the response has been amazing, we still have much to do. We continue to seek out sustainable funding and develop programming. We are currently working on a governance structure. However, seeing the pride and enthusiasm of the youth at the Grand Opening as they were conducting tours of "their" space and answering questions makes it all worthwhile. We are truly servicing a great need for youth in our community! Thanks to all who have helped make this dream a reality!

Our new executive Director, Carrie McEachran, has just completed her first year with Rebound and has stepped in with grace and enthusiasm. Her calm, steadfast manner has allowed her to guide the agency and staff through some very busy times. We are very pleased to have her leading Rebound forward!

Under Carrie's leadership, Rebound has just completed the first stages of Strategic Planning, which will result in a new three-to-five year plan. It was great to see staff members, volunteers, youth, and Board members come

together to offer input and direction on next steps for Rebound. As an agency, we have continued to grow in size and capacity while still maintaining Rebound's core values and principles.

In an effort to maintain our quality of service and transparency, the Board and staff have re-initiated the Standards Accreditation process through Imagine Canada. This is a voluntary process open to all Not-For-Profit and charitable organizations across the country. While this is a significant undertaking for Rebound, we want to demonstrate to our clients, partners and the community, the on-going efforts of our organization to ensure public confidence in our work. Our Board and staff continue to use this exercise to strengthen Rebound through self-reflection and policy and protocol reviews.

Volunteers continue to be a mainstay of Rebound. A concerted effort has been made this year to recruit, train, retain and appreciate our volunteers. Their voices were greatly appreciated during the strategic planning process. They provided helpful, responsive feedback. On behalf of the Board, I would like to extend our heartfelt thanks to our volunteers without whom Rebound could not operate.

Our staff have continued to go above and beyond the call of duty. They are truly committed to serving youth. A great testament to their efforts are the number of youth who continuously return to Rebound to touch base with staff who have helped them. The youth do not want to lose touch with them. The staff build caring, supportive relationships with youth, truly modelling and leading by example. As an agency, we are very blessed to have such terrific staff! Thanks for all you do!

My thanks also go out to my fellow Board members. I have appreciated your input, advice and support as we have worked together over the past year. Your commitment to Rebound has helped make us the successful agency we are.

Again, I extend my thanks to Executive Director Carrie McEachran, our staff, our volunteers and the Board of Directors as we move forward into another busy year. As well, my thanks go out to the Youth who have utilized our programs, shared their thoughts, and have helped guide us forward. We could not do it without any of you!

I am Pam Graham and "I am Rebound"!

Pam Graham, Board President



PROGRAMMING

We are on an incredible journey. We have fostered new relationships with youth serving organizations across the province, across the county and most importantly, refocused our partnerships with local youth.

Sarnia-Lambton Rebound is committed to supporting young people in reaching their full potential in life. Adolescence is an essential developmental stage in which interpersonal skills are honed and youth learn how to successfully manage the challenges and responsibilities of adulthood.

It is a time of transitioning from the family unit to the peer group. A teen's skill at negotiating relationship issues, particularly with parents, peers and dating partners, most often determines whether or not a young person engages in risky behaviours. Research

tells us that relationships with family, peers and community are at critical levels during this period and that these relationships have the power to act as strong protective factors against upcoming challenges (Wolfe, Jaffe and Crooks, 2006). It is a time of tremendous peer pressure and expectations. Prevention and early intervention strategies that aim to prepare youth for adolescent experimentation and engagement in risky behaviours must take this stage of development into account and focus on building strong relationship skills, and other social skills such as communication, goalsetting, respect for self and responsibility. At Sarnia-Lambton Rebound we view the tween and teen years as a potential time of risk for any young person. We recognize that youth will be faced with many challenging decisions.

Our goal is to ensure that youth

know that they are not alone in this decision making process and that there are many concerned adults who are happy to offer their support and experiences. Ultimately, we strive to foster an environment where youth feel empowered to make choices that are right for them and that they are resilient in the face of challenging times. We see a wide variety of children and adolescents at our agency.

Referrals to our programs come from a variety of sources such as:

- Parents/caregivers concerned about the pressures facing their child
- Teachers and school administrators working with young people who are struggling in one or more aspects of their school life
- Young people themselves wishing to gain skills in resisting peer pressures and in working through family issues

EVALUATION

If you happen to read about the progress of and barriers to program evaluation at the community agency level, the phrase "staff buy-in" is often highlighted as a common obstacle. Thankfully, this is not accurate when describing Sarnia-Lambton Rebound. So why is this agency so committed to its evaluative mission? It could be because staff confidently and consistently administer a variety of sophisticated standardized measures. Or, it could be because various funders require proof of a program's impact through the delivery and analysis of survey measures. Or, and this reason is the most likely, the staff recognize that program data is used to measure impact in ways that drive change and improves youth wellbeing.

Sarnia-Lambton Rebound continues to improve the way it gathers and uses evidence from research and practice in order to make informed decisions about programming. So we are "all-in" for program evaluation here at Sarnia-Lambton Rebound.

This year at Rebound, existing evaluation frameworks have been built upon, thus an increased confidence has been demonstrated. Crucial to our programming is the weekly documenting of youth satisfaction with a program. With this measure, youth are offered an opportunity articulate their enjoyment of a program and the extent to which they met the session's goal.

It is our belief that by allowing youth a voice in their programming, then we, as an organization, are better able

to direct our programming toward the wants and needs of the youth. By measuring the extent to which each Rebound program achieves its short-term goals, we steer youth toward a path that leads to their full potential.

By taking these important first steps toward achieving intended long-term outcomes, youth are on track to increase their empathy, their relationships, and their community contributions.

We can be confident that these programs promote youth well-being, in addition to equipping youth with tools to lead happier and productive lives beyond their time at Rebound.

PROGRAMS & SERVICES

New!

SCHOOL BASED CHILD & YOUTH WORKERS

In partnership with the LKDSB, new to Rebound this past year has been the addition of six school based CYWs. The primary focus of these Child and Youth Workers is social skills development and competency in the areas of conflict resolution, anger management, positive interpersonal relationships, problem solving, goal setting, communication and personal self-improvement.

Program delivery may take the form of individual or group support and may be provided to students, parents or caregivers as well as acting as a resource to school and community.

The following schools are being supported by CYWs: Lansdowne in Sarnia, AA Wright and WDSS in Wallaceburg, Queen Elizabeth in Chatham, Brook Central in Alvinston and Bosanquet in Thedford.

THE HUB

542

youth visits

75

youth served

The HUB is a community collaborative project, providing wrap-around services to youth aged 16-24. The Hub has 35 plus partnering agencies, who bring their services directly to The Hub, so youth don't have to navigate "the system" on their own.

We are a drop-in space open Mon-Fri from 3-8pm and Saturdays from 1-9pm. A hot meal is served all every day that the youth are encouraged to help with. Every evening, some form of programming is offered, whether that be one of our partners, or something recreational, like boxing or art. The Hub also has a shower and laundry facility and emergency food bank. We encourage and support youth to learn all the basic life skills, to help them be successful on their own. All services are FREE to the youth.

As we opened the door to The Hub on February 13th, we've experienced staggering numbers walk through our door. **Just from Feb. 13th to the 28th, we had 198 youth visits, served supper to 153 and helped 13 youth to access outside services.** For the month of March we had 347 visits from youth, served supper to 316, and helped 21 access outside services.

We're seeing new intakes almost daily and look forward to the growth of The Hub and the potential it has to better the lives of youth.



PROGRAMS & SERVICES

T2 CLASSROOM

This year the Transitions II classroom has served a total of 16 youth. This classroom continues to be a positive space for youth to reconnect with their schooling and receive some therapeutic support. In the classroom, youth are connected with a teacher as well as a Classroom Therapist to assist them with moving forward in life and in their education. Youth participate in programming such as foods class, Life skills, cultural studies, and expressive arts. Alongside these programs they are also working towards high school credits by completing booklets and online learning. We are very proud of the steps our youth have taken to be positive and reach for continued success! We thank the community for the support they have provided us and are excited for another year in the Transitions II Classroom!

youth served
16

IN SCHOOL DETENTION

For the past ten years, the St. Clair Catholic District School Board has contracted Rebound to provide staff at the high schools in Sarnia and Chatham to coordinate an on-site PASS program for youth who would normally be suspended for 1-2 days from school. In this program, the students are referred through school administration and instead of being sent home, they participate in the on-site detention program held in a classroom within the school. While in the program, the students complete their schoolwork with support from the staff and participate in social skills development activities. The aim is to offer a progressive discipline response and early intervention with the young people to prevent further detentions and /or suspensions.

3325

youth visits

G.P.S.

GETTING POSSIBILITIES STARTED

G.P.S. is a Youth Action committee that is powered by the ideas and voices of passionate and creative young people between the ages of 13 and 24. Their ideas are put into action through community events that the group puts on with the leadership of two youth facilitators, and one adult ally. The group also fights to break the stigma around Mental Health, and raise awareness to its importance. This past year, the G.P.S. Youth Action Committee has taken on the planning of a room for the Reaching Out conference held by Sarnia Lambton Rebound. They also put together a mental health video in partnership with CPRI, which was dropped during Children's Mental Health Week. G.P.S. planned and ran an out door "Catch G.P.S. Here" Bake sale, where they raised profits to go back to Rebound. G.P.S. has also been taking on "Peer to peer" conversations with the R.Lounge. They have planned, and ran chats around things such as what the transition to high school is like, and "debunked" high school myths. As well as conversations around parties, and safe planning when attending places where underage drinking may take place. G.P.S. continues to be driven and has many plans for the upcoming year.

youth served
77

SECTION 23

The Section 23 Program serves students who, for a variety of reasons, require their educational needs to be met outside of the regular school system in specialized settings. Students in Section 23 programs are clients of local agencies and community, taught by a Lambton Kent District School Board teacher following the Ontario Ministry of Education curriculum. An important part of this program is the development of personal life management skills. Individual education and treatment plans are created for each student to address his or her strengths and needs.

youth served
21

PROGRAMS & SERVICES

SPECTRUM

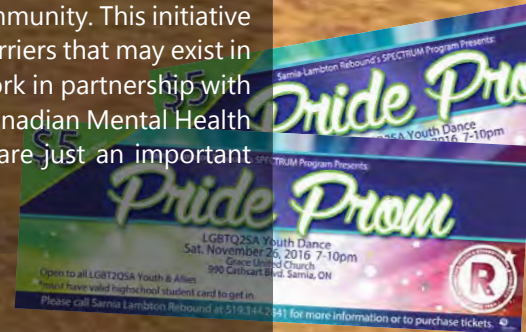
Spectrum is a positive drop-in space open to all Lesbian, Gay, Bisexual, Transgender, Two-Spirited and Questioning (LGBT2SQ)+ youth ages 14 to 24 in Sarnia and Lambton County. Rebound's Spectrum is celebrating yet another amazing year. More than 200 youth have visited the drop in this past year, a new record for our proud agency. Part of this growth has included an increase in Transgender youth accessing support. Sarnia-Lambton Rebound and the Spectrum group is pleased provide support to these young people as well as their parents and caregivers as they work through their medical and social transitions.

This past year we hosted 25 high school aged youth at Sarnia's first ever Pride Prom at Grace United Church which is in the process of becoming an "Affirming Ministry". We were happy to support them on their journey to be inclusive to the LGBTQ2S community.

Spectrum continued to reach out to our community by attending the Town of Petrolia's Pride event in October and along with the leadership of Spectrum, the youth attended a vigil at Sarnia City Hall in support and memory of those killed in the Orlando shooting.

Spectrum has continued to build strong partnerships with Lambton Kent District School Board by providing support to both faculty and students. We have facilitated training to teachers at three schools this past year and continue to provide one to one support to students at all schools in the district. Spectrum has also developed a resource guide for LGBT support services in Sarnia Lambton and has provided LKDSB with twenty copies of this important resource.

Spectrum has been active with Lambton Public Health and helped to develop the "Share your voice" campaign to help improve health care services to LGBTQ2S individuals in our community. This initiative will help to educate health care providers on LGBTQ2S issues and break down barriers that may exist in our community. The Spectrum group continues to support, train, consult and work in partnership with St. Clair Child and Youth, The Organization for Literacy, Sarnia Lambton C.A.S., Canadian Mental Health Association and North Lambton Community Health Centre. Our partnerships are just an important piece of what makes Rebound great.



200

youth visits

r.LOUNGE

The r LOUNGE officially celebrated its 1st Birthday on September 21 2016! So many changes have taken place, fun new things on the monthly calendar and also some old favorites we are still enjoying. One of the biggest differences to note is our age change; the r LOUNGE used to be 12-24, and now we serve all youth ages 12-15. With Rebound's newest addition, The HUB now serves all youth from 16-24. One fun new calendar events is 'Boxing with Wade' from Bluewater Boxing. Wade has joined us on a few occasions and has been a huge hit! We are also ready to welcome in June, Bluewater Taekwondo, we are excited to have them join us and teach some cool Taekwondo skills. We also have 'Craft Corner with Debbie. Debbie is a longtime volunteer of Rebound and loves to organize and host fun craft nights. She comes fully loaded with a fun night of creating cool take home crafts. Our cooking group is a huge success, and we are happy to welcome Chef Melissa Lumley who has joined Rebound as one of our volunteers. She brings amazing culinary experience and offers youth a chance to be her Sous Chef and work alongside her during the group. Some favorites we still love to have in our program are St. Johns Therapy Dogs, Drama Nights, Friday night pizza & a movie, substance education with Brittany. We are very excited for the upcoming year at r.LOUNGE.

2262

youth visits

203

youth served

8

PROGRAMS & SERVICES

STAND

To meet the various needs of the youth being referred to us for service, Sarnia-Lambton Rebound offers a program called STAND. Support through the STAND program is offered to youth on a one on one basis. This program is in response to an identified need to provide alternative support and brief intervention for youth who require a different type of supportive environment. STAND empowers young people to use strategies that help them better cope with life situations and make positive, informed decisions for themselves.

Alternatively, the STAND program can be used to provide immediate service for young people waiting for the next available group program to begin. In this way, Rebound staff can ensure that each youth and their caregivers can receive immediate service without having to be placed on a waiting list.

For young people for whom a group program is deemed to not be in their best interest, we are able to accommodate them in this one-on-one service with a trained professional.

Recent sessions have included discussions about family breakdown, anger management/ emotion regulation, bullying, unhealthy relationships, substance use, sexual and gender identity, and coping strategies.

youth served
74

YOUTH IN TRANSITION

in their successful transition out of the child welfare system into adulthood. The YITW helps youth to develop their goals, and will support youth to identify, access, and navigate adult service systems relevant to their specific and individualized needs in order to pursue their goals. It is important to support youth to connect to existing supports and resources within their communities, as this paves the way for these youth to access these supports when CAS or the YITW is no longer available to them.

The Youth In Transition Worker meets with youth through person-to-person, voice-to-voice, email, text message and other interactions, which may occur in the community locations or settings.

Some of the areas of support that these youth require include: food security, safe and affordable housing, education and employment assistance, medical and mental health services, developing life skills and positive social supports.

youth served
31

PROGRAMS & SERVICES

T.A.G.

TAG stands for Tools Attaining Growth and is dedicated to helping young males ages 8 to 11 learn positive life skills to assist them as they get older. The TAG program is continuing to grow and expand to new areas! This year we serviced 2 schools in Sarnia for the first time! It was great to continue to connect with new schools and provide young males in our community with positive life skills. We ran a total of 5 TAG groups this year and graduated a total of 40 youth. Youth have participated in topics such as Communication, Decision Making, Impulse Control, Anger Management, Peer Pressure, Healthy Relationships, Respect, Bullying and Teamwork. Youth have responded positively to these topics and have supported each other in learning new skills. Youth have also been learning about the 7 Grand Father Teachings as they have newly been incorporated into our lessons. Our volunteers continue to be a very supportive group and have taught the youth a lot about life. We thank them and wish all of our grads the best!

40 youth served

COUNTY PROGRAMS

This year was a wonderful year in the County for Sarnia-Lambton Rebound! Not only did we run many programs for youth including five in-school Choices Jr. Programs, the County Choices Program and the County G.P.S. Program, we also facilitated three in-school presentations about digital safety for grade 7 and 8. Rebound was also able to run a few other one-time events that helped to raise awareness of our programming and services. All of this was done within a Youth Engagement model. Rebound's full time county coordinator made connections with various individuals and community partners. We are excited that Rebound received a Community Vibrancy Grant from the Lambton Shores Municipality so that we can run a County Reaching Out event in September 2017. This event will mirror the widely successful annual Reaching Out Conference held in Sarnia. Rebound was fortunate to work with more than 105 county youth this year!

40 youth served

CHOICES

The Choices In-House Program saw three successful sessions this past year. The Choices Program is a provincially recognized substance use and prevention program that also helps youth with a variety of life-skills. We had referrals from a variety of sources including the Sarnia Police Department, caregivers, the Lambton Kent District School Board and other community partners. The program focuses on helping youth to make positive choices. This year we worked with 27 youth as they navigated the various ups and downs of life. The most amazing part was not only seeing the youth thrive and grow, but also seeing the volunteers learn from the youth!

27 youth served

PROGRAMS & SERVICES

LIFE CHOICES

This 10 week social skills program is offered to ages 12 to 17. The Life Choices group focuses on topics including Communication, Decision Making, Goal Setting, and Teamwork. The remaining topics are selected to meet the needs that are relevant to the youth participating in the current session. Staff and volunteers utilize interactive activities, behaviour rehearsals and video clips to illustrate the weekly topics. The goal is to increase self-esteem, improve relationships and encourage pro-social skills.

32

youth served

THRIVE

Since the Fall of 2012, the resiliency based program, Thrive, has been supporting youth (ages 12-14) in the development of personal qualities of perseverance, confidence and courage. Thrive teaches youth how to turn their potentially negative coping mechanisms into positive ones when dealing with the challenges of everyday situations. Within this 10-week program youth openly discuss the different situations they have encountered, possible coping strategies, who their supports are and are encouraged with the tools necessary to navigate their adolescent lives. In September 2013, as a result of a grant received by the Ontario Trillium Foundation, Rebound was pleased to be able to offer the Thrive program to elementary schools within Lambton County. Rebound is in their fourth year of funding through the Ontario Trillium Foundation Grant. To date Rebound has serviced 33 schools totaling 561 youth with very positive outcomes. That is 86 more youth that Rebound has serviced through Thrive In-school since the end of March 2016.

81

youth served

STAGE SR. & JR.

This ten week program is offered to two specific age ranges to meet the developmental needs relevant to that age group. STAGE JR. focuses on girls 8 to 11, while STAGE SR. concentrates on aged 12 to 15. Weekly topics covered include Relational Aggression, Unhealthy Media Messages, Self-esteem, Safety, Healthy Body Image, Bullying, and Positive Relationships. Research shows that children and adolescents need support to establish and maintain healthy relationships as what learn to accept during their early development becomes a "training ground" for future adult relationships.

27

youth served

PASS IN CHATHAM

Chatham PASS services youth, Grades 4-8 serviced within Indian Creek Public School, located in Chatham-Kent. The PASS program continues to support youth with their school work and provide life skills to help them in their daily lives. Chatham PASS assists the youth to adopt a new positive attitude towards school and develop and improve their social skill and sense of self-worth. Youth often leave the PASS Program feeling pride and achievement and catching up on overdue assignments. At PASS 95% of students who attend state that they are embarrassed to ask for help within the classroom, they state that PASS allows them to have the one on one help that they may need to be successful in the classroom. Chatham PASS provides a safe, quiet and non judgmental environment for youth. Chatham PASS continues to grow and improve based on our student's needs.

youth served
13



youth served
57

GIRLS MENTORING

The Girls Mentoring Program matches girls aged 9-13 with Junior Mentors aged 14 to 17 and Adult Mentors aged 18 and older, focusing on relationship building and life skills. The objective of the program is to increase and assist to evolve the socio-emotional development, self-identity and cognitive awareness in pre-adolescent girls ages 9 – 13 utilizing mentor relationships. The program is all about connecting, inspiring and believing. The program is offered bi-weekly for a year long duration. Upon the program ending in June of 2016, Rebound applied to the 4 Year Girls Fund through the Canadian Women's Foundation. Rebound was successful in receiving the funding and is one of 22 organizations who have received the funding amongst 9 provinces and 2 territories.

The funding has been utilized to offer the Girls Mentoring Program for four years. Through this 12 month funding cycle, Rebound will be serving Girls in Sarnia-Lambton, Immigrant/ Newcomer/Second Generation girls and Anishinaabek girls in three different locations in Sarnia Lambton. This funding year will provide a Tri-Mentoring Model for the programs where Women Mentors (18 and older) guide and oversee Junior Mentors (ages 14 to 17) while in collaboration and supporting Young Mentees (ages 9 to 13).

PROGRAMS & SERVICES

CHOICES JR. (IN HOUSE)

youth served
38

Choices Jr. is a 10 week program for youth aged 8-12. During the program, the youth will be encouraged to look at their actions, break them down, and consider the consequences of their decisions. Choices Jr. looks at helping young people understand their natural body functions, such as anger and anxiety, and helps them look at where the feelings are coming from while offering them a safe space to develop or strengthen their appropriate strategies for how to cope in difficult situations.

The Choices Jr. program ran at two schools this winter session. It ran at Errol Road, as well as Lansdown Public School. Choices Jr. also ran in house at Sarnia Lambton Rebound. The program graduated 18 youth from those three programs. The Program Coordinator is bringing in more interactive ways to engage with youth in this program by using "Prezi" presentations, and interesting apps during the program sessions.

ACT II

This year, Act II took on the production of "A Little Princess". The Production team, which consisted of many Act II alumni took on many leadership roles within the production. The youth, adult ally's and volunteers all worked tirelessly over the summer months rehearsing, and perfecting lines, songs and dance moves.

Act II put on presentations in promotion of the play throughout the summer. Cast members and Production Team members were a part of Sarnia's Canada Day parade. They also put on an A Little Princess reading at the book keeper, played songs and performed at Music In The Garden, put on a show at Vision Nursing home, promoted the play in Imperial Theater for a First Friday event and attended the Festival of Good Things to talk about the play. Youth in the play had the opportunity to talk about their experience through the summer on Sarnia's local radio station as well. The youth put on a brilliant performance at the imperial, which showed off all of their hard work and dedication spectacularly in the three day, four performance event. It was a summer to be remembered.

Act II has been working hard through the winter months, with the help of The Working Group. The team of youth, made up of driven and hardworking cast members from the previous show, Into the Woods, has been meeting once a month to discuss how this year's production will go. During the meetings, the youth talked about anything from what went well, what we should keep doing, to deciding the production and running the interviews for this year's Production Team roles. The Working Group team is now done with their role, and they patiently await the audition process to get started for another summer of Act II!



youth served
77

PASS PROGRAM

The PASS Program (Positive Alternative to School Suspension) is offered as an alternative to home suspension.

The program is offered to youth grades 4 through 12, focusing on developing positive social and cognitive skills while ensuring that the student maintains academic progress. The Ministry of Community Safety and Corrections has indicated the PASS Program as aligning with the foundational principals of community safety and well-being.

In the 2016-2017 academic year, the PASS Program has serviced and supported 130 youth by the end of April. 95% of youth reported that they felt that the staff were helpful with homework that they were asked to complete. 95% of youth reported that staff helped them work out their struggles by presenting possible solutions. 92% of youth found it useful participating in the PASS program rather than being sent home.

Youth reported words to describe the PASS Program: respectful, understanding, supportive, helpful, success, productive, positive.

3

youth served
148

VOLUNTEERS

Where would we be without the many volunteers who donate countless hours and energy here at Rebound. Whether it be mentoring the youth in programs, picking up groceries for the r. Lounge and the HUB, creating beautiful costumes for the ACT II theatre program, or assisting with our special events the volunteers are a shining example of what it means to be Rebound Awesome. Since the opening The HUB back in February there has been an outpouring of requests to volunteer in Sarnia newest youth drop-in space. We've been lucky to have many community members donate their services through offering haircuts to the youth, cooking groups, boxing, and more. Rebound volunteers help out in so many areas of the organization. This includes the youth in the G.P.S. program, our amazing Board of Directors, volunteers that help to pick up auction items for the Hearts for Youth Gala, and many more. Thank you to all the volunteers for your passion and dedication to the youth in our community.



14,898
heartfelt
volunteer
hours donated
in the
2016-17
year.



"I ENJOYED TALKING
ABOUT HOW TO CONTROL
MY ANGER".

-TAG PARTICIPANT

3325

Youth visits to in-
school detention
programs.

When we didn't have this, I
wasn't able to ask for help,
now I can.

-Thrive Participant

"Spectrum is a valuable program for
Sarnia and Lambton County because it is
one of the few safe places for LGBTQ
youth in Sarnia. Before Spectrum I
was friendless and unsure about myself.
Spectrum helped me to figure out who I
was and helped me develop into a greater
person. I now know who I am and what
I want to be and how to be a supportive
person to those who may not know
themselves who they are."

"SPECTRUM IS A VALUABLE PROGRAM BECAUSE IT IS
VERY INCLUSIVE, FUN AND IS A SAFE PLACE TO TALK
ABOUT ANYTHING."

-SPECTRUM PARTICIPANT

"I most enjoyed
connecting with the
wonderful youth. They
are lovely people with
inspiring stories. I also
enjoyed connecting and
working with the other
volunteers"





1244
 Sarnia-Lambton
 youth served in
 the 2016/17 year
 (count does not include
 in school-detention pro-
 gram)

I have learned that some people
 are different then us but can
 still be their friends or
BEST FRIENDS!
 -Girls Mentoring
 Participant

This program teaches me
 how I can handle situations
 here at school and at
 home.
 -Thrive Participant

"I loved learning from the kids! I
 gained a lot of perspective and
 loved watching them grow!"
 -Stage Program Volunteer

" I'M GLAD I HAVE SOMEONE TO
 TALK TO THAT IS WELL INFORMED
 ABOUT THINGS I NEED TO TALK
 ABOUT!"

"I like coming in and
 talking to someone
 who understands what
 I'm going through. It
 has helped me to get
 to know myself bet-
 ter and bring a smile to
 my face when I didn't
 have one."



THE TEAM

SARNIA LOCATION STAFF

Carrie McEachran, Executive Director

Sarah McCann, Office Manager

Lori Girolametto, CST Manager

Marian Gibbs, Administrative Assistant

Jaylene Poirier, HUB Program Coordinator

Kaylee Potts, PASS, Life Choices & Stage Jr.

Lucas Roberts, County Coordinator & Program Assistant

Lyric Allin, G.P.S. Youth Facilitator

Megan Lee Nahmabin, Aboriginal Liaison

Paige Van Praet –Gauthier, Thrive, In-School & Girls Mentor

Sara Pyke, r. Lounge Coordinator

Jack Poirier, Fundraiser/Marketing

Brook Freer-Wiles, Creative Design Lead

Amy Nazarewich, Volunteer Coordinator

Warren Fitzgerald, Transitions II & TAG Coordrinator

Zoe Grasse, G.P.S. Youth Facilitator

Jonathan Lawrence, Youth Advisor

Shelby Rose, Youth Advisor

Shaelynn Silvesteri, Youth Advisor

Andraya MacMillan, YITW, Choices Program & School Based Lead

Stephanie Hyde, Intake, Spectrum Coordinator, Stand & Parents Support

Sara Ireland, Act II, Choices JR, G.P.S. Adult Ally & Program Support

OFF-SITE STAFF

Becky Stewart, Section 23

Robyn Gore-Legue, Chatham PASS

Shirley Fraser, St. Pats

Sue Thompson, Ursuline College

IN-SCHOOL CYW'S

Cristina Young, Lansdowne Public School

Kristie Wilbur, Queen Elizabeth, Chatham

Lorraine Royal, Bosanquet, Thedford

Sarah Charbonneau, Wallaceburg District SS

Tammy Dubuque, A.A. Wright, Wallaceburg

Tiffany Vermast, Brooke-Central, Alvinston

Ciara Ross, On Call

FIELD PLACEMENT STUDENTS

Together we have learned from each other and shared the experience of helping youth. This is always a powerful endeavor and one of growth and reflection. It was a pleasure working with these excellent team of students and we wish them all the best as they continue their careers!

Julie Claeys, Ashley Grendel, Kaitlyn Walsh, Chantel Roland, Kathryn Kenny, Kaiti Nichols, Katlyn Brittan, Kaitlin Atkin, Kyle Kernohan, Micaela Durocher, Nicole Elliott, Ryan Mitchell



BOARD OF DIRECTORS

Pam Graham, President

John Ruffilli, Past President

Gigi Walent-Burke, Vice-President

Dawn Azzolina, Treasurer

Warren Kennedy, Secretary

Tamara Johnson, Member At Large

Richard Teskey, Member At Large

Dave Schoch, Member At Large

Jason Mcmichael, Member At Large

Cam Gordon, Member At Large

Diana Pearson, Member At Large

Eric Smit, Member At Large

Barry Symington, Member At Large

CHOICES PROVINCIAL & MEMBER SITES

The Choices program is funded by the Ministry of Health to provide a Best Practice program within nine locations across Ontario:

- Thunder Bay Counselling Center in Thunder Bay
- Algoma Family Services in Sault Ste. Marie
- RNJ Youth Services in Lanark, Leeds & Grenville
- Chatham Kent Community Health Center in Chatham
- Lake of the Woods District Hospital in Kenora
- Shkagamik-kwe Health Center in Sudbury
- Hong Fook Mental Health Association in Scarborough
- Malvern Family Resource Center in Scarborough
- Canadian Mental Health Association in York Region

Sarnia Lambton Rebound provides consultation and support through monthly conference calls, email/phone support, an online communication tool and a bi-annual retreat.

Evaluation of the cross province program is overseen by the Center of Mental Health and Addiction.

The Choices program and its unique cross-province data collection and outcomes was represented at the Canadian Evaluation Society's National Conference in June 2016 in St. Johns Newfoundland.

There are five Member Sites who have purchased Sarnia Lambton Rebound programming to facilitate within their organizations. The locations are:

- RNJ Youth Services in Lanark, Leeds & Grenville
- Algoma Family Services in Sault Ste. Marie
- Youth Diversion Program in Kingston
- Chippewas of the Thames First Nation
- Essex County Diversion in Windsor

FUNDRAISING

Where else but Rebound could you get muddy, slimed, entertained by a princess, dance the night away, and live the lifestyle of the rich and famous all for a good cause. The agency's two main fundraisers raised a combined \$105,000 this past year.

Rebound built on the success of the inaugural Assante Dirty Dash for Rebound, with the 2nd annual 5-km mud run this past June raising in excess of \$50,000.

Expectations are high for our third annual Assante Dirty Dash for Rebound this summer, with more muddy mayhem planned. Having sold out two consecutive years, the event was opened up to even more people and generated more than \$20,000 in sponsorships, led by Assante Wealth Management as lead sponsor. The community buy-in and in-kind support exceeded expectations, with the Carpenters Union Local 1256 once again taking on many of the obstacles, Preferred Towing pulling more than its weight once again, and Rotary After Hours crafting one of the premiere mud obstacles for the Assante Dirty Dash.

The groups and businesses not only created our cornerstone obstacles, they provided numerous volunteers for the event. The City of Sarnia's Park and Recreation Department were on board the entire way, providing a number of services to ensure the event ran without a hitch. Support is also provided by Sarnia Fire and Rescue, the Village of Point Edward and the Point Edward Fire Department.

Rebound was supported by a fantastic volunteer event committee, whose members leveraged a wealth of support from the local business community. The community at large provided more than 100 volunteers for event day, succeeding in introducing our agency and its services to a new group of community residents and supporters.

The Assante Dirty Dash for Rebound has been successful in many ways, not just financially. It has helped us better engage the community, build partnerships, promote active living and create a new community destination event. Joining us at the park this year is the K106.3 Birthday Beach Bash, providing a whole new level of entertainment, including all-ages festivities, a licensed beach bash, a free rock concert, prizes, giveaways and so much more. We are pumped to see just how far this event will grow.

This past year also raised the bar for our annual Hearts for Youth Gala, which featured a first-ever space theme. The Dante Club was aglow with large planets and lighted globes for the fine dining affair, topping \$50,000 for the second consecutive year.

Scotiabank and the Carpenters Union Local 1256 served as Legend level lead sponsors for the sold out event held at the Dante Club, with LiUNA Local 1089 returning and UA Local 663 coming aboard as our Champion Sponsors. In total, more than \$39,000 alone was raised through business sponsorships, a record high for the event. Once again, Brian Davis Jewellers brought some sparkle to the Gala, providing a dazzling diamond pendant that added that shining star touch to the evening.

This past year also saw an increase in the number of third party fundraising events for the agency, lead by the Carswell and MacDonald families once again supporting Rebound through the annual Tristan Carswell Memorial Golf Tournament. Other businesses and community groups brought forward a number of initiatives in support of the agency and the newly opened Hub.

The financial stability organization relies on accessing as many sources of income as possible. This is vitally important to the agency, as it helps reduce the impact of any unexpected loss in funding through any of our revenue sources. Agency management sets a goal each year to ensure a minimum of 75% of the next fiscal year's operating budget is already contracted through various funding sources, such as government, the United Way of Sarnia-Lambton, school boards and foundations. This past year we achieved that goal, leaving less than 25% to raise through fundraising, donations, special events, corporate gifts, client fees and bingos. The community once again came through, supporting our various fundraising initiatives. We are inspired by the generosity of our community who maintain their commitment to our organization.

These events would not be possible without the fantastic support of our business community and the more than 200 volunteers who support our fundraising initiatives. Thank you for helping us make a positive difference in the lives of youth in our community!



IN THEIR OWN WORDS



For all my life, I've felt like an outcast and a pushover, always being bullied for my differences no matter what I did or who I told. I always wished I was more like everyone else, but then I got sent to Rebound. At first I was confused, I didn't know what would happen to me, and I was angry at the school for "sending me away". When I got to Rebound I admit I was a bit cautious, but Kaylee and the volunteers were really nice and encouraging. They helped me a lot, especially when I found out I couldn't go back to school until the end of the year, which was very hard on me. They would always talk about the good qualities I had, and how I make their day when I walked in the building. In my time at Rebound, I've gotten better at my schoolwork, feel a lot better physically and emotionally, and have a better perception of the world around me. I've also have been taught how to deal with difficult people and situations easier and so many other skills I never would have learned on my own (or learned properly for that matter). My future looks bright, I'll move on to a new school, make new friends and have a clean slate. I'll be finally be happy. The PASS Program is for students that are struggling in school and their personal life. I was afraid it would be a punishment, and it wasn't that at all. I wouldn't change my experience and memories of this place for the world.

- Alexandra, Age 12

STATEMENT OF REVENUE & EXPENSES

FOR THE YEAR ENDED MARCH 31, 2017

	2017	2016
REVENUE		
Grants	\$ 1,072,423	\$ 922,876
Donations	\$ 82,252	\$ 94,680
Client fees	\$ 2,100	\$ 1,385
Fundraising	\$ 179,958	\$ 163,637
Membership Fees	\$ 9,021	\$ 29,000
Other	\$ 5,588	\$ 6,548
Amortization of deferred Capital contribution	\$ 4,059	\$ 5,625
	<u>\$ 1,355,401</u>	<u>\$ 1,223,751</u>
EXPENSE		
Amortization	\$ 18,726	\$ 19,973
Bank charges	\$ 4,728	\$ 5,366
Dow Centre	\$ 10,117	
Insurance	\$ 9,614	\$ 9,863
Office and misc.	\$ 35,523	\$ 38,396
Fundraising	\$ 116,173	\$ 71,428
Professional fees	\$ 31,802	\$ 37,564
Programs	\$ 104,295	\$ 85,998
Public Relations	\$ 11,776	\$ 10,842
Rent (net)	\$ 49,376	\$ 45,788
Staff development	\$ 9,988	\$ 18,581
Telephone	\$ 9,419	\$ 10,290
Travel and promotion	\$ 7,060	\$ 8,618
Wages and benefits	\$ 943,049	\$ 866,714
	<u>\$ 1,361,646</u>	<u>\$ 1,229,421</u>
EXCESS OF REVENUE OVER EXPENSE (EXPENSE OVER REVENUE)	\$(6,245)	\$ (5,670)

Management Notes to the Financial Statements

1. Cost allocation notes: In terms of our expenses, each expense (with the exception of the three noted below) is allocated to the program for which the monies were expended. Each department is able to keep an accurate accounting of their expenditures.
2. Investment Notes: All investments are placed into interest-bearing, money market funds to ensure minimal risk of financial losses. The past year we earned a total of \$2565.00 on our investments.
3. Volunteer Contributions: This past year, volunteers donated a total of 14,898 hours or 8.19 full time equivalent staff positions valued at \$234,941.00 These numbers are not reflected in the financial statements.
4. Fundraising Expenses: Through policy direction from the Board of Directors, Sarnia Lambton Rebound details full disclosure of all gross fundraising costs of the agency. No fundraising expenses are allocated to other functions. The fundraising expenses that are detailed in the financial statements include the gross expenses of producing special events. The actual costs of salaries and benefits of our fundraiser are \$54,121 for a total of \$170,294 spent on raising a total of \$1,355,401 in revenues.

CONSOLIDATED BALANCE SHEET

AS AT MARCH 31, 2017

	2 0 1 7	2 0 1 6
ASSETS		
CURRENT		
Cash	\$ 430,418	\$ 219,332
Short-term investments	\$ 328,515	\$ 387,598
Accounts receivable	\$ 58,530	\$ 57,863
Prepaid expenses	\$ 3,517	\$ 3,424
	\$ 820,980	\$ 668,217
Equip. & Improvements	\$ 72,394	\$ 63,362
	<u>\$ 893,374</u>	<u>\$ 731,579</u>
LIABILITIES		
CURRENT		
Accounts payable and Accrued charges	\$105,466	\$ 58,320
Deferred revenue (the hub \$ 86,694)	\$399,487	\$295,688
	\$ 504,953	\$ 354,008
DEFERRED CAPITAL CONTRIBUTION (THE HUB \$18,588)	\$ 32,123	\$ 17,594
	<u>\$ 537,076</u>	<u>\$ 371,602</u>
NET ASSETS		
Internally restricted	\$ 342,565	\$ 288,199
Invested in equipment	\$ 40,272	\$ 45,768
Unrestricted (deficit)	\$ (26,539)	\$ 26,010
	<u>\$ 356,298</u>	<u>\$ 359,977</u>
	<u>\$ 893,374</u>	<u>\$ 731,579</u>

To find full audited financial statements, please visit our website at www.reboundonline.com.

STATEMENT OF REVENUE & EXPENSES -THE HUB

FOR THE YEAR ENDED MARCH 31, 2017

	2017
REVENUE	
Grants & Donations	\$ 65,949
Amortization of deferred capital contribution	\$ 2,498
	<u>\$ 68,447</u>
EXPENSES	
Amortization	\$ 2,498
Office & Miscellaneous	\$ 872
Programs	\$ 20,432
Public Relations	\$ 253
Rent	\$ 4,000
Staff Development	\$ 106
Travel & promotion	\$ 62
Wages & Benefits	\$ 40,224
	<u>\$ 68,447</u>

Sarnia-Lambton Rebound

c/o DOW Centre for Youth
10 Lorne Cres. , Sarnia, ON
N7S 1H8

phone: 1-519-344-2841 fax:1-519-344-8024
email: info@reboundonline.com

Charitable No.
13205 7100 RR0001

Petrolia Rebound

Unit 1, 411 Wingfield Street
Petrolia, ON
N0N 1R0
1-519-466-3396

Rebound Forest

North Lambton Community Health
Unit 45
59 King St W. , Forest, ON
N0N 1J0
1-519-466-3396

www.reboundonline.com

