



**BIG JOURNEYS  
BEGIN WITH  
SMALL STEPS**



Sarnia-Lambton  
**REBOUND**

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## 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 33 years 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 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, Brockville, Chippewas of the Thames 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, 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

It's so hard to believe that it's that time of year again! As I reflect on the last year, I'm full of pride as I think about each and every staff, volunteer, donor, community partner, youth and family who truly made this another amazing year here at Rebound! With new programs like Rebound Rocks, Summer Choices, the three year ACT II expansion (thanks to a three year grant from the Ontario Trillium Foundation) and the new and improved Parent/Caregiver lounge, the halls of Rebound continue to buzz with activity and excitement!

To add to this excitement, Rebound was thrilled to receive the Social Profit of the Year award at the Chamber of Commerce Outstanding Business Achievement Awards in June. What an honor for Rebound to be recognized by the local business community!

With so much excitement, comes some challenges and this past year the HUB had the challenge of sustaining and keeping the doors open past the March 31st pilot project end date. We realized in December that sustainable funding for the HUB was not an imminent reality and we made the difficult decision to reach out to the community for help. We are so very fortunate to belong to a community that recognizes the need to help one another in tough times and recognizes the need to keep the HUB doors open. We saw many third party fund raising initiatives brought forth by community members; and many donations from the community and local businesses. Together, with the support of our tireless staff, volunteers, community members, donors and youth, the doors stayed open past the pilot project's end date of March 31, 2018! With the help of the youth who utilize services at the HUB, we continue to seek out and advocate for annualized funds to permanently keep the doors of the HUB open to the youth in our community.

I want to take this opportunity to thank each and every staff member, board member, volunteer, supporter, donor and community partner for all of their hard work and commitment over the past year.

You are all AMAZING and I am so proud to be part of TEAM AWESOME!

Carrie McEachran  
Executive Director, Sarnia-Lambton Rebound

## BOARD PRESIDENT'S MESSAGE

As I reflect on Rebound's accomplishments over this past year in preparation for our Annual General Meeting, I can't help but be drawn back to our Mission Statement. "Rebound is a caring partner in the successful development of youth". Every initiative we undertake ties back into our Mission, Vision and Value statements. We have worked very hard to bring these statements to life and to have them form the backbone of our Strategic Plan and our daily work.

Rebound continues to forge partnerships to better address the needs of youth and their families. The HUB is a perfect example where this has been accomplished on a larger scale. Over thirty-five agencies sit on the HUB Advisory Committee, offering resources and supports to assist youth in need. At St. Luke's, as at Rebound itself, we have been able to create a safe and welcoming space for youth where they can network with peers and mentors. We also have been very blessed this year to have been able to partner with both Tim Horton's and McDonalds in support of our programs. We truly value the relationships we have established with our local unions, businesses, financial institutions, churches, community partners and volunteers.

Rebound continues to extend its reach across Lambton County. We are very pleased to have been able to bring our Spectrum program out into the county. We also offered our "Reaching Out" program in North Lambton, as well as in Sarnia. These have also included sessions for parents and family members. Agencies have joined with us to bring the youth they serve into Rebound. We continue to explore creative ways to support youth and their families across our county.

Rebound is working to continually develop our image as a positive, essential community resource. Our programs are innovative and respond to the ever-changing needs and interests of youth. Through a partnership with the County of Lambton, Rebound has been able to develop a

Housing Support Coordinator position to address youth homelessness. This evolved from our work at The HUB. Rebound Rocks evolved from feedback from The HUB and the r.Lounge. Youth can learn about music, have fun and get to play in a band! Our ACT II program has expanded to include smaller sessions to further develop principles focused on in ACT II with input from the youth. Through evidence-based and responsive programming, Rebound works to impact attitudes and behaviours in a positive, safe environment.

Rebound's success has been built through the efforts of great staff and volunteers. The dreams and beliefs of its three founders - Terry Fitzgerald, Dee Cox and Barry Symington - have continued to guide our programs and practices. It was both our honour and our privilege this year to be able to pay homage to their wisdom and leadership by naming each one of our program rooms after them. They are always in our hearts, minds and sight!

The voice of youth is very important to all that we do at Rebound. We have incorporated it through program feedback, groups such as G.P.S. and through our Youth Advisor mentorship at The HUB. Rebound is now in the process of adding the voice of youth to our Board of Directors. We look forward to welcoming these youth and hearing from them first hand at the Board level.

I would like to take this opportunity to thank our Executive Director, our staff, our Board of Directors our volunteers, our partners, our sponsors and our youth for all their involvement with Rebound this year. We could not do it without you!

Respectfully submitted,

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, goal-setting, 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.

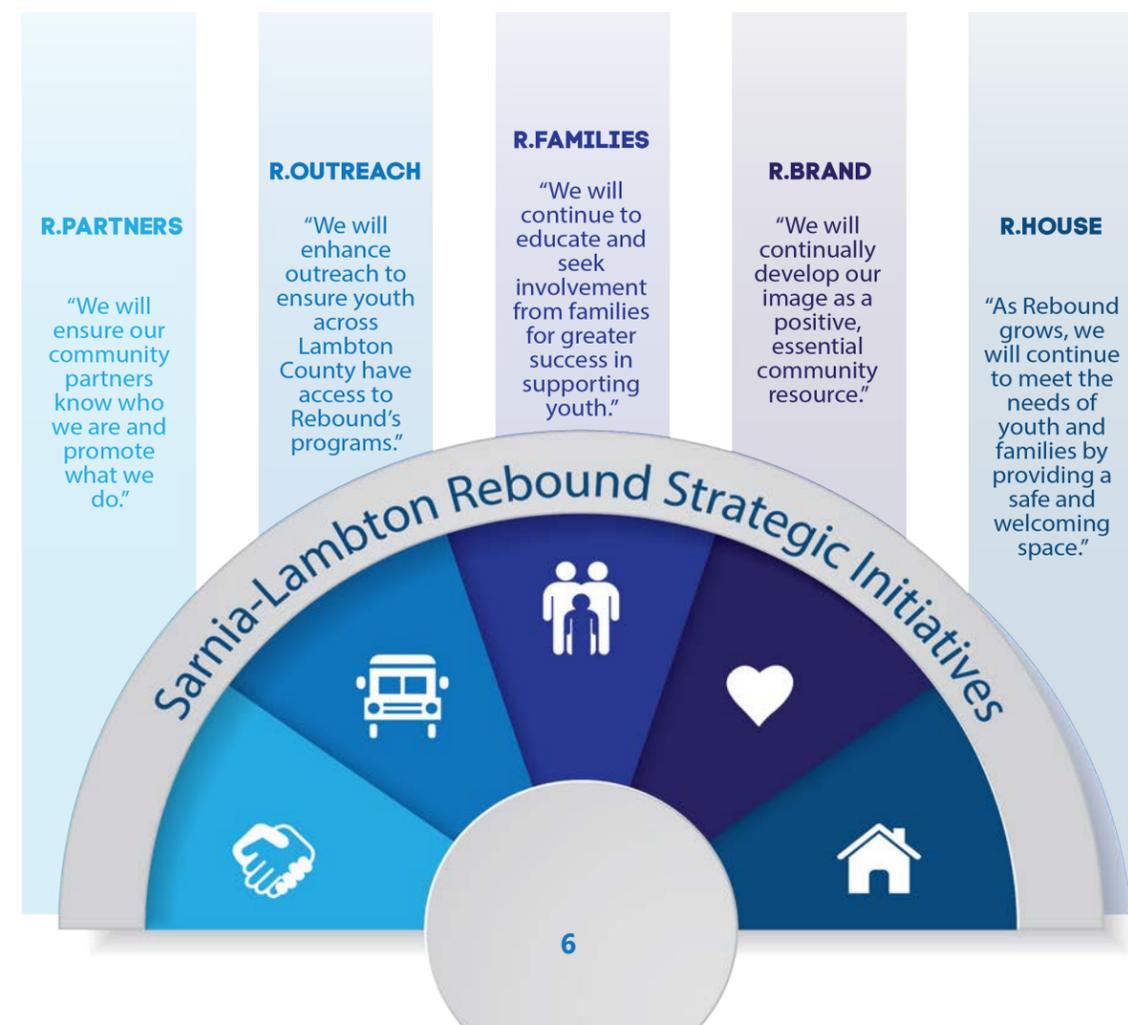
This year at Rebound, existing evaluation frameworks have been built upon, thus an increased confidence has been demonstrated. Crucial to our programming is the weekly documenting of youth satisfaction with a program. With this measure, youth are offered an opportunity to articulate their enjoyment of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

# PROGRAMS & SERVICES

**5773**  
VISITS  
*from*  
**271**  
YOUTH

## THE HUB

The HUB is a multi-service location that serves youth aged 16-24. We have approximately 35 community partners that all bring their services to the HUB so youth do not have to navigate the system on their own. Each night youth are served a hot meal, which they are encouraged to help cook, and have access to amenities, emergency food supplies, laundry, shower and community services. We also have housing services on-site twice a week and a Nurse Practitioner weekly, for primary health care. Each night for an hour, we offer programming which always looks different from the day before. Some nights we have community partners come in to plan activities for the youth and talk about their services, or we do fun activities that the youth wouldn't otherwise be exposed to.



## HUB facts since opening in February 2017

YOUTH INTAKES	271
ABORIGINAL/NEW IMMIGRANT	61
TOTAL VISITS	5,773
COUNTY YOUTH	32
SERVICES ACCESSED	633
MEALS SERVED	4,917
EMERGENCY FOOD BANK ACCESSED	3,724
ACCESSED NURSE PRACTITIONER	65
STABLE EDUCATION OR EMPLOYMENT FOUND	37
STABLE HOUSING SECURED	29
YOUTH COMPLETED PROBATION WITH US	4

**1234**  
VISITS  
*from*  
**124**  
YOUTH

## R.LOUNGE

The r.LOUNGE is a safe open space for youth 12-15 years old to meet new friends, hang out and have fun! The r.LOUNGE is open Monday to Friday from 3-6pm, as well on P.A. Days, March break and during the summer. The r.LOUNGE offers youth much more than just a safe space, the r.LOUNGE offers a daily meal, wifi access and programming each night. The r.LOUNGE offers a variety of programming for youth such as crafts, games nights, physical activity and life skills. The r.LOUNGE partners with community agencies to provide harm reduction tools that the youth can use in their daily lives. Within the last year the r.LOUNGE took their first field trip to the YMCA Learning & Career Centre. The youth were able to participate in team building exercises through this experience while having fun! The r.LOUNGE is currently servicing 124 youth within the past year and has had 1234 visits. There are many new ideas that are on the horizon for the upcoming year in the r.LOUNGE!

## GPS

Getting Possibilities Started, better known as GPS is a youth action committee for youth 13-24. GPS follows the youth engagement model that gives the youth opportunity to have their voices heard with support of an adult ally. GPS partnered with CPRI and created a video for children's mental health week that was posted across Ontario on YouTube. GPS also attended the New Mentality's Disable the Label youth conference over the summer. As a result of this, GPS facilitator Zoe Grasse created a two part workshop, and presented information to staff. The GPS youth also planned, and brought to life a haunted house that was offered to the community. Another youth-lead event that GPS held was a First Friday fundraiser. GPS is currently in partnership with YourTV to start a youth lead television series that will air in September 2018. GPS works hard to promote removing the stigma of mental health. This year GPS hosted a kick back room for the Reaching Out conference that provided a safe space that youth were able to de-stress and express. GPS also took a few field trips within the year, with the most popular being a trip to the YMCA Learning and Career Center that focused on team building. GPS has a variety of youth lead initiatives that are in the works, so stay tuned!

**40**  
YOUTH  
SERVED



## IN-SCHOOL DETENTION

For the past eleven years, Rebound has been proud to provide staff at high schools in both Sarnia and Chatham to coordinate on-site PASS programs 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.

**2206**  
VISITS

**798**  
YOUTH  
SERVED

## SPECTRUM

Spectrum is a positive drop-in space open to all Lesbian, Gay, Bisexual, Transgender, Two Spirit and Questioning (LGBT2SQ)+ youth ages 12 to 24 in Sarnia and Lambton County. Rebound's Spectrum is celebrating yet another fantastic year of growth. This year we've made some positive changes in regards to our drop-in and as a result, Spectrum has had more than 340 visits to the drop-in this past year.

This past year, with much consideration we decided to split our Spectrum drop-in space into two appropriate age groups. Our Spectrum Junior drop-in is now set for ages 12 to 16 and our Spectrum Senior drop-in is now set for ages 16-24. Since our Spectrum drop-in is now accommodating a closer age range, our youth have found it easier to communicate and relate to one another.

Spectrum has been very active in the community. Our Spectrum Coordinator had the pleasure of guest speaking at various local events this year including: Petrolia Pride, Walpole Island LGBTQ workshop and Sarnia-Lambton Public Health Safe Space Policy talk. Also, our Spectrum Coordinator was asked to speak at the Health and Wellness Conference on Gender and Sexual Diversity held by Sarnia-Lambton Public Health. As a result of the conferences success, Spectrum was invited to be a part of the Sarnia-Lambton Rainbow Health Ontario Working Group: Community Network of Practice. Our

Spectrum coordinator continues to be a part of the working group as well as a voice for local LGBTQ+ youth.

Spectrum has also formed some wonderful partnerships this year. We've been very fortunate to have been given the opportunity to collaborate with our local First Nations communities in order to advocate for our two-spirit and LGBTQ+ indigenous youth. Spectrum also had the opportunity to make connections with the Sarnia Pride Alliance. Spectrum youth and coordinators attended a LGBTQ+ family dinner hosted by Sarnia Pride and Grace United Church. The dinner was an excellent opportunity for our youth to branch out and make connections with local allies. We're looking forward to continuing these amazing partnerships and to forming new ones.

At Spectrum, we continue to provide a causal safe space for our youth as well as provide opportunities to expand their knowledge on LGBTQ+ related challenges and successes. 2017 has been a positive year for our Spectrum youth, coordinators and allies. We're looking forward to whatever 2018 has in store for us!

**340** VISITS

# 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, how to keep calm in stressful situations, bullying, unhealthy relationships, substance use, sexual and gender identity and coping strategies.

47

YOUTH SERVED

178

VISITS

"Coming to STAND has helped me to be more honest with others. It's also helping because I can get how I'm feeling out instead of holding everything in all the time. I feel safe in this environment".  
-Youth age 18

## 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 Leadership. 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-efficacy, improve relationships and encourage pro-social skills.

This summer the agency piloted a condensed Summer Life Choices session where we served two smaller groups, changing the program layout to fit into a full day program that ran for five consecutive days. The pilot was met with resounding success and will be continued in future Summer sessions.

39  
YOUTH SERVED

94% of youth reported an increase in self-efficacy.  
100% of youth reported an increase in their decision making skills.  
57% of parents reported an improvement in their relationship with their youth.

## TAG (Tools for Achieving Growth)

TAG 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 were able to provide the TAG program "in-school" for one of our local elementary schools! 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 4 TAG groups this year and served a total of 37 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!

37  
YOUTH SERVED

## THE PASS PROGRAM

The PASS Program (Positive Alternative to School Suspension) is offered as an alternative to home suspension in both Sarnia and Chatham. 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 aligning with the foundational principals of community safety and well-being.

157  
YOUTH SERVED

95% of youth reported that they felt staff were helpful in supporting their academic success.  
97% of youth reported that the program helped them to build skills in order to return to school successfully.

## CHOICES

Sarnia-Lambton Rebound's Choices Program is a provincially recognized substance use, prevention and intervention program; while also building on a range of life-skills important to the development of youth in our community. We received many referrals from a variety of sources including Sarnia Police Department, parents/caregivers, Probation, Children's Aid Society, local schools and other community partners. During the program, youth focus on making more positive decisions through engaging interactive activities, guest speakers and building on their strengths. This year we supported 33 youth and watched them grow and learn in a safe encouraging environment. Staff and our fantastic volunteers support the youth while they navigate through the difficult moments in their lives.

33  
YOUTH SERVED



BIG JOURNEYS  
BEGIN WITH  
SMALL STEPS

To make a referral to one of our programs, or for more information about program availability in your school or community, contact Rebound at 519-344-2841.

# PROGRAMS & SERVICES

## 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.

## THRIVE

Since the Fall of 2012, this resiliency based program, 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.

## 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. Girls Mentoring all about connecting, inspiring and believing. The program is offered bi-weekly for a year long duration. This year, Girls Mentoring was provided in three locations including two in Sarnia and one in Petrolia, serving a total of 33 girls.

**23** YOUTH SERVED

**38** YOUTH SERVED

**33** YOUTH SERVED

# PROGRAMS & SERVICES

## COUNTY PROGRAMS

This year has been a positive one for the county. We have been able to extend our reach and provide services to multiple schools and new areas. We have also switched locations in Petrolia and are excited about our newly renovated space. We were also able to continue with our Cyber Safety presentations to multiple after school programs across the county. North Lambton High School in Forest held Rebounds first County Reaching Out event and it was a large success! With great support from youth and community members, we had over 75 participants! Through the different county programs offered this year we served 120 youth.

**120** YOUTH SERVED

## TRANSITIONS II CLASSROOM

The Transitions II Classroom continues to support youth to reconnect with their schooling. Youth receive therapeutic supports offered by a classroom therapist. This year the classroom has served 22 youth, all from Children's Aid Society and Probation. These youth participate in guided lessons from the teacher, programming such as: cooking classes, guest speakers, life skills, cultural studies, community trips, and expressive art. While engaging in these programs, they are also working towards high school credits. It has been an incredible year to watch many youth successfully transition back into high school and pick up some valuable life skills and a new outlook for the future. Many thanks to the community and all the partners involved with the Transitions II Classroom.

**22** YOUTH SERVED



# PROGRAMS & SERVICES

## YOUTH IN TRANSITION

The Youth In Transition program has had a busy year; with 34 youth served overall. The goal of the Youth In Transition program is to connect youth, aged 16-24, transition out of the child welfare system into adulthood with community supports. Accessing these supports with the Youth In Transition Worker allows the youth to learn independence skills needed whether it's phone calls, traveling to a community agency or an appointment on time or advocating for what they need – in the hopes that they will begin to comfortably access these services on their own. Within this past year, youth have sought supports from the Youth In Transition Worker with food security, apartment searching, attending appointments, applying for college and general life support.

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

**34 YOUTH SERVED**

# PROGRAMS & SERVICES

## ACT II

In 2017 the ACT II program performed "Into the Woods Jr" at the Imperial Theatre with the help of the Production Team, Adult Ally's and volunteers who gave so much time and energy bringing out the best in the youth involved to create a stunning, accomplished performance. There were numerous community events that ACT II youth participated in to promote the production, including participating in Sarnia's Canada Day Parade, First Friday, a reading at The Book Keeper and time spent at Vision Nursing Home. Some of the youth from the production were given the opportunity to speak on the air at community radio stations and convey what the ACT II program is all about, and what it has meant to them in their own words. There is so much hard work and commitment that goes into our summer production, and none of it could happen without the amazing youth, adult ally's and volunteers in our program. Our working group this year has been vital in helping to provide a youth-centered focus to the programs and services that will be offered to the community in the following year. They look back on what has been done during the summer program and give their ideas and voice to what will continue to help the ACT II program be one that meets their needs and encourages their creative side to shine. During the fall of 2017, the ACT II program applied for and was approved with a community grant that will help us to expand the program in order to meet the needs of more youth over the course of a full year and build upon the foundation of the ACT II summer program. We are so excited for what 2018 holds for the youth in the ACT II program!

**69 YOUTH PARTICIPATED**



## REBOUND ROCKS

Rebound Rocks is a new program offered this year at Sarnia Lambton Rebound that officially got underway in January 2018. Rebound Rocks is a program designed for youth to learn music, life skills, increase their self-confidence, respect for themselves and others while becoming more engaged in their community.

Rebound Rocks will provide youth with skilled volunteer mentors who will help guide them in creating a rock band, assisting and encouraging them to achieve their full potential. By introducing them to their potential in music they receive a clear message that they are capable of anything if they work hard enough.

With the help of the volunteers, the youth will expand and hone their music skills by learning some of the greatest songs in rock and roll history.

The youth will get the full experience of being part of a rock band including weekly rehearsals and opportunities to play live concerts in the community. The youth will learn performance skills, live sound production, song writing and event management.

Sarnia Lambton Rebound received a grant from TD Music Counts and was able to purchase all of the necessary music equipment to run the program. The program was also fortunate to receive another grant from the County of Lambton (Creative County Grant) to help support the operation of the program.

In December 2018 a call went out to the public for volunteer mentors to work with the youth and the program received an overwhelming support from the community with almost twenty local musicians responding to the call.

An Open House was held on January 27, 2018 to welcome the community to this new program. Twenty two youth were registered for auditions and subsequently sixteen have now been registered for the program.

Rebound Rocks has partnered with the City of Sarnia and will be participating in the "Get Out of the Garage" concert series in June 2018.

We look forward to an exciting first season of Rebound Rocks!



**16 YOUTH PARTICIPATED**

## STAGE JR.

This ten week program is geared to meet the developmental needs relevant to young girls in our society. The focus is on ages 8-11 and weekly topics include Relational Aggression, Unhealthy Media Messages, Self-Esteem, Safety, Family Relationships, Healthy Body Image, Bullying and Positive Relationships. Research shows that children and adolescents need support to establish and maintain healthy relationships as what they learn to accept during early development becomes a "training ground" for future adult relationships.

**37 YOUTH SERVED**

**100%** of youth reported improved communication skills.

**100%** of youth reported improved relationships with other girls.

**86%** of youth reported improved awareness of community resources

## CHATHAM PASS

Chatham PASS Program services youth grades 4-8. Our services are provided within Indian Creek Public School located in Chatham Kent. The PASS program continues to support youth with their academic progress and focuses on developing positive social and cognitive 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 who have attended Chatham PASS have stated they are thankful for this program and often leave the PASS Program feeling pride and achievement and catching up on overdue assignments. In the 2017-2018 academic year, the Chatham PASS Program serviced and supported 24 youth by the end of March. 95% of youth stated that PASS allows them to have the one on one help that they need to be successful in the classroom.

**24 YOUTH SERVED**

**92%** of the youth that attended PASS found that Chatham PASS provides a safe, quiet and non judgemental environment for youth. Chatham PASS continues to grow and improve based on our student's needs.

# VOLUNTEERS

*How wonderful it is that nobody need wait a single moment before starting to improve the world.*  
- Anne Frank

It's no secret that the volunteers here at Rebound are part of what make us all Team Awesome. This past year, volunteers at Rebound have donated 14,516 hours of their time and energy to helping youth in the community. The Rebound volunteers continue to inspire and impress us in so many ways as they go above and beyond their roles to be caring partners in the successful development of youth. This year we saw an amazing response in local talent teaching youth to play instruments and different songs in our newest program, Rebound Rocks. The volunteers in the Girls' Mentoring Program continue to find creative ways to engage the young ladies in their program to become leaders. All of the volunteers at Rebound display tremendous dedication and passion through serving as members of the Board of Directors, committing to our ten-week programs, helping out with general agency needs, events and much, much more. Thank you, to our volunteers, for all that you do.

**14, 516**  
**HOURS DONATED**

# 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.

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

This past summer, all locations were invited to Rebound for a Bi-Annual Retreat. They experienced hands on learning through expressive arts, round table discussions, and some valuable guest speakers on Creative Evaluation and Harm Reduction. The participants were able to network with each other through some facilitated activities as well as dinner at Purdy's Fish Market on the water. It was a great two days spent by everyone involved.



# THE TEAM

## SARNIA LOCATION STAFF

Carrie McEachran, Executive Director  
 Sarah McCann, Office Manager  
 Andrew Thomas, CST Manager  
 Marian Gibbs, Administrative Assistant  
 Lori Girolametto, Stand/Special Projects Assistant  
 Andraya MacMillan, Youth in Transition Worker, Provincial Choices Lead, School Based Lead  
 Julie Claeys, Spectrum Program Coordinator  
 Katlyn Britton, Thrive Program Coordinator, In-School & Girls Mentoring Program Coordinator, r.Lounge Support  
 Kaylee Potts, PASS Program Coordinator, Life Choices Program Coordinator & STAGE Jr. Program Coordinator  
 Kelly Jubenville, TAG Program Coordinator, Housing Support Worker  
 Kristen Clendenning, Act II Program Assistant, Choices Jr. Coordinator  
 Ky Nahmabin, Aboriginal Liaison, Spectrum  
 Leslie Skolly, Act II Expansion Coordinator  
 Sami Kameka, r.Lounge Program Coordinator, GPS Adult Ally  
 Sara Ireland, Act II Program Assistant.  
 Sara Pyke, Transitions II Classroom Therapist, Choices Program Coordinator  
 Stephanie Hyde, Intake, Stand Program Facilitator, Rebound Rocks Program Coordinator  
 Tabi Dupuis, GPS Youth Facilitator  
 Warren Fitzgerald, County Program Coordinator  
 Zoe Grasse, GPS Youth Facilitator  
 Emma Mallon, Fundraising & Marketing Coordinator  
 Brook Freer-Wiles, Creative Design Lead  
 Paige Stokley, Fundraising Assistant  
 Amy Nazarewich, Volunteer Coordinator



## THE HUB

Jaylene Poirier, Program Coordinator  
 Catherine Traquair, Program Assistant  
 Ryan Mitchell, Program Assistant  
 Jordan Wright, Program Assistant  
 Kelly Jubenville, Program Assistant  
 Darryn Johnston, Youth Advisor  
 Shealynn Silvesteri, Youth Advisor  
 Lauren Miller, Youth Advisor  
 Shelby Griggs, Youth Advisor

## OFF-SITE STAFF

Becky Stewart, Section 23  
 Robyn Gore-Legue, Chatham PASS  
 Shirley Fraser, St. Pats In-School Suspension & Detention  
 Sue Thompson, Ursuline College In-School Suspension & Detention

## FIELD PLACEMENT STUDENTS

In the 2017-2018 year we had the privilege of placing 15 students from Lambton College through the summer months and academic school year. Students came from the Child and Youth Care, Social Service Worker and Recreational Therapy Program. They were Olivia Gogas, Nathan Holtz, Kiera Erikson-Simpson, Hope Vennell, Danielle Peterson, Holly Rogers, Shelby Dupee, Dustin Windsor, Emma Ikert, Vic Corbett, Alishia LaPratte, Ashley Smith, Calista Golden, Joanie Tyler and Meganne Robertson



## IN-SCHOOL CYW'S STAFF

In partnership with the LKDSB, Rebound supports eight school based CYWs. New this year was the addition of Queen Elizabeth in Sarnia and in Petrolia, John McGregor SS in Chatham and High Park in Sarnia. 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.

Cristina Young, Lansdowne PS, Sarnia  
 Janet Ireson, Queen Elizabeth PS, Chatham  
 Julie Claeys, High Park PS, Sarnia  
 Baylie Randall, Queen Elizabeth PS, Sarnia

Sara Ireland, Queen Elizabeth PS, Petrolia  
 Tammy Dubuque, A.A. Wright PS, Wallaceburg  
 Tiffany Vermast, John McGregor SS, Chatham  
 Kaiti Nichols, Brooke-Central PS, Alvinston  
 Jesse Short, On Call

## BOARD OF DIRECTORS

Pam Graham, President	Warren Kennedy, Secretary	Cam Gordon, Member At Large
John Ruffilli, Past President	Tamara Johnson, Member At Large	Tim Symington, Member At Large
Gigi Walent-Burke, Vice-President	Richard Teskey, Member At Large	Eric Smit, Member At Large
Dawn Azzolina, Treasurer	Dave Schoch, Member At Large	Barry Symington, Member At Large
Melissa Vandervies, Treasurer	Jason McMichael, Member At Large	



# FUNDRAISING

Rebound delivered three main fundraisers this year, raising a combined total of over \$130,000. In addition, a number of third party fundraisers were initiated by community groups and individuals wanting to support Rebound and the youth we serve.

In 2018, Rebound introduced a brand new fundraiser and something completely unique for Sarnia-Lambton, the Home Away from Home Playhouse Lottery. The Local Carpenters 1256 Union brought together a group of dedicated, retired carpenters who worked tirelessly to custom-build 8 adorable children's playhouses. The playhouses were on display for the public, for a period of 2 weeks over March break in the Lambton Mall. Thanks to the commitment of staff and volunteers, we were able to sell \$12,500 in raffle tickets. This event was an incredibly positive opportunity for Rebound to connect with the community and bring smiles to the faces of some very lucky children. It brought an amazing awareness to the people of Sarnia-Lambton about the services that Rebound offers.

The 2018 Hearts for Youth Gala was a Black and White Ball, bringing an extra level of elegance to the event and raising record-breaking funds. 'Yasgurs Farm' was the featured entertainment and the addition of a live band bought crowds to the dance floor and made for an exhilarating evening. The Holiday Inn Grand Ballroom and Venetian Ballroom were beautifully adorned with white flowers and sparkling features. Live and Silent Auction sales as well as ticket sales and Corporate Sponsorships for this sold-out event bought in just over \$70,000 in revenue, making it the most successful gala to date. Plans are already underway to make the 20th Annual Event even bigger and better.

Rebound built on the success of the 2nd Annual Assante Dirty Dash for Rebound, with the 3rd annual 5-km mud run this past June raising once again close to \$50,000. Expectations are high for our fourth annual Assante Dirty Dash for Rebound this summer, with more muddy mayhem planned. So far more than \$15,000 in Corporate Sponsorship has been offered, with Assante Wealth Management confirming as the lead sponsor once again. The Carpenters Union Local 1256 constructed many of the obstacles, with Preferred Towing pulling more than its weight and donating their obstacle course inflatable and Rotary After Hours re-working their mud walls to be muddier than ever. This event has been successful in many ways, not just financially. It has helped Rebound better engage the community, build partnerships and promote active living. This year there will be more youth involved than ever before as we look for opportunities to share all the great things our youth are capable of.

This past year also saw an increase in the number of third party fundraising events for the agency. The Carswell and MacDonald families once again supported 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. Rebound was the recipient of the 2017 Tim Horton's Smile Cookie Campaign. From September 11th through to 17th, the local campaign raised \$24,723 which was dedicated to the Rebound Rocks and Spectrum programs. The youth of the HUB also launched a number of fundraising events and helped spread the word within the community about the importance of supporting this great program.

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 organization and fundraising initiatives. Thank you for helping us make a positive difference in the lives of youth in our community!



# IN THEIR OWN WORDS

**When I was asked to write this, I was so honored and incredibly excited because there is nothing I love more than Rebound.** I was thinking how easy it was going to be because I have so much to say, then I found out I have to try and make it one page. Now I'm thinking about how hard its going be because I have so much to say!

I want to start with where it all began... I remember when I first got involved with Rebound it was March 8th 2017, and I was in the r.Lounge. I recall thinking about how scared I was despite the fact that I wasn't really talking to anyone, and nobody knew me. The staff were all so incredibly nice to me. Ever since that day, I knew that I've finally found the place where I belong. This year, and a half that I've spent with Rebound has been filled with many laughs, smiles, tears and so many amazing opportunities, experiences, and memories. I've struggled a lot mentally, emotionally, and at times even physically. (I'm very clumsy) but through it all, I've had an endless amount of support. I never have to wonder if I belong, or if I'm cared for. All the staff at rebound are so incredibly different, unique, and admirable in their own way and words can't even begin to explain how much I appreciate them all. Each and every one of them has taught me something, and inspired me in one way or another. But one thing that I've learned from all of them is that I would love to be a child and youth care worker one day. Their courage, and passion inspires me daily. I don't know where I'd would be without rebound, and I certainly don't want to find out. I've grown in ways I had never imagined, and I'm so grateful for absolutely everything that they do for me. I think it's pretty safe to say that **I AM REBOUND!**

Tenille

# STATEMENT OF REVENUE & EXPENSES

FOR THE YEAR ENDED MARCH 31, 2018

	2018	2017
<b>REVENUE</b>		
Grants	\$ 1,147,530	\$ 1,072,423
Donations	\$ 96,327	\$ 82,252
Client fees	\$ 2,938	\$ 2,100
Fundraising	\$ 261,268	\$ 179,958
Membership Fees	\$ 6,000	\$ 9,021
Other	\$ 14,220	\$ 5,588
Loss on Disposal of Capital Assets	\$ (1,123)	
Amortization of deferred Capital contribution	\$ 3,004	\$ 4,059
	<u>\$ 1,530,074</u>	<u>\$ 1,355,401</u>
<b>EXPENSE</b>		
Amortization	\$ 15,941	\$ 18,726
Bank charges	\$ 3,651	\$ 4,728
Dow Centre	\$ -	\$ 10,117
Insurance	\$ 8,644	\$ 9,614
Office and misc.	\$ 43,417	\$ 35,523
Fundraising	\$ 99,881	\$ 116,173
Professional fees	\$ 27,362	\$ 31,802
Programs	\$ 86,821	\$ 104,295
Public Relations	\$ 11,103	\$ 11,776
Rent (net)	\$ 52,499	\$ 49,376
Staff development	\$ 15,808	\$ 9,988
Telephone	\$ 13,585	\$ 9,419
Travel and promotion	\$ 9,206	\$ 7,060
Wages and benefits	\$ 1,147,022	\$ 943,049
	<u>\$ 1,534,940</u>	<u>\$ 1,361,646</u>
<b>EXCESS OF REVENUE OVER EXPENSE (EXPENSE OVER REVENUE)</b>	<b>\$ (4,866)</b>	<b>\$ (6,245)</b>

## 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 \$2490.00 on our investments.
3. Volunteer Contributions: This past year, volunteers donated a total of 14,516 hours or 8 full time equivalent staff positions valued at \$228,917.00 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 \$49,942 for a total of \$149,823 spent on raising a total of \$1,530,074 in revenues.

# CONSOLIDATED BALANCE SHEET

AS AT MARCH 31, 2018

	2 018	2 017
<b>ASSETS</b>		
<b>CURRENT</b>		
Cash	\$ 356,377	\$ 430,418
Short-term investments	\$ 256,005	\$ 328,515
Accounts receivable	\$ 193,029	\$ 58,530
Prepaid expenses	\$ 7,096	\$ 3,517
Deposits	\$ 10,000	
	<u>\$ 822,507</u>	<u>\$ 820,980</u>
Equip. & Improvements	\$ 62,866	\$ 72,394
	<u>\$ 885,373</u>	<u>\$ 893,374</u>
<b>LIABILITIES</b>		
<b>CURRENT</b>		
Accounts payable and Accrued charges	\$ 89,912	\$ 105,466
Deferred revenue (the HUB \$ 31,134)	\$ 416,742	\$ 399,487
	<u>\$ 506,654</u>	<u>\$ 504,953</u>
<b>DEFERRED CAPITAL CONTRIBUTION (THE HUB \$14,266)</b>	<b>\$ 24,797</b>	<b>\$ 32,123</b>
	<u>\$ 531,451</u>	<u>\$ 537,076</u>
<b>NET ASSETS</b>		
Internally restricted	\$ 285,055	\$ 342,565
Invested in equipment	\$ 38,069	\$ 40,272
Unrestricted (deficit)	\$ 30,798	\$ (26,539)
	<u>\$ 353,922</u>	<u>\$ 356,298</u>
	<u>\$ 885,373</u>	<u>\$ 893,374</u>

# STATEMENT OF REVENUE & EXPENSES -THE HUB

FOR THE YEAR ENDED MARCH 31, 2018

	2018	2017
<b>REVENUE</b>		
Grants & Donations	\$ 199,063	\$ 65,949
Amortization of deferred capital contribution	\$ 4,322	\$ 2,498
	<u>\$ 203,385</u>	<u>\$ 68,447</u>
<b>EXPENSES</b>		
Amortization	\$ 4,322	\$ 2,498
Office & Miscellaneous	\$ 857	\$ 872
Programs	\$ 34,841	\$ 20,432
Public Relations	\$ 156	\$ 253
Rent	\$ 3,600	\$ 4,000
Staff Development	\$ 132	\$ 106
Travel & promotion	\$ 380	\$ 62
Wages & Benefits	\$ 159,193	\$ 40,224
	<u>\$ 203,385</u>	<u>\$ 68,447</u>



EVERY KID  
*— is one —*  
CARING ADULT  
*away from being*  
A SUCCESS STORY

Josh Ship

**Sarnia-Lambton Rebound**

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