

# ANNUAL REPORT

## 2018-2019



Sarnia-Lambton  
**REBOUND**

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

# ABOUT US

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

We're a grassroots agency that started right here in Sarnia-Lambton in 1984. Born from three caring community members, Barry Symington, Dee Cox and Terry Fitzgerald who came together to respond to the needs being identified by youth. Beginning with one program in a church basement, today Rebound serves youth between the ages of 7-24 through 19 programs and services. At Rebound, we recognize the challenges and opportunities that present in a young person's development. We continue to offer responsive, evidence-informed services that are 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 and wellness, stigma, identity issues, isolation, homophobia, bullying, family relationships and pressures resulting from technology and the constant access to the world via social media that leave many youth feeling exposed and vulnerable.

Youth also tell us that they need safe spaces to go to when they need caring guidance from someone who cares. A space to explore their feelings and learn strategies to make better informed, more positive decisions. In response, Rebound serves as lead agency on two supportive drop-in services; the r.LOUNGE and The HUB. We are also working hard to boost rural services to provide more access and safe spaces to youth living in the county, specifically in isolated areas where transportation is a challenge.

Research shows that the brain does not fully develop until about the age of 25, thus a strong reason to support young people up 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 social, physical and cognitive changes

that occur during adolescence. These changes allow new opportunities for the young person to grow, learn and adjust their relationship patterns to allow for more informed decision-making.

We have found 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 and circumstances. 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 supports based on the unique needs of each youth.

Programs are open to ANY youth in the community (no matter what their background and circumstances) and referrals come from a variety of sources, with self-referral being our most rapidly growing source. ALL youth are welcome at Rebound!

Since 1984, Sarnia-Lambton Rebound has successfully served more than 40,000 youth from across Lambton County in community-based programs and services. We've come a long way from the initial meeting in a church basement, to national accreditation, three Lambton County offices, and 17 satellite locations that provide Rebound programming across Ontario.

# 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 35 years Sarnia-Lambton Rebound has been focussed on serving the youth in our community through various programs and services, helping them find their way through the turbulent teenage years while recognizing and embracing their greatness.

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## EXECUTIVE DIRECTOR'S MESSAGE

2018-2019 was another successful year for Rebound, and as I celebrate my third year with Team Awesome, I reflect back to my first week when a long-time Rebound supporter described the organization as a "glorious whirlwind"... a statement that couldn't be any truer. As I think back to the past year and each and every person who truly makes Rebound such a unique organization, I am filled with pride!

In this report, you will read how our long-time programs continue to successfully serve youth, along with our new programs, such as Housing Supports (provided through Municipal Home for good funding) and the pass over of the Cinderella Project, a program that was established in our community ten years ago that needed a new home. You will read about the success of familiar and new fundraisers, new member sites across Ontario, the generosity of our community and the flurry of activity at the HUB with the planning of a youth-lead social enterprise!

These pages are full of excitement and success stories which would not be possible without the amazing staff, volunteers, board members, supporters and community partners. I want to personally thank each and every one of you for your time, commitment, dedication and support over the past year. You are all AMAZING and I am so proud to be in this glorious whirlwind of awesomeness with each and every one of you!

Carrie McEachran,  
Executive Director

## BOARD PRESIDENT'S MESSAGE

2018-2019 has been another exciting year of milestones for Rebound. We are celebrating the 35th anniversary of our existence. While we have come a long way from our initial mandate of providing youth an alternative to involvement with the youth justice system, we have maintained the underlying core beliefs of our founders: Rebound is a caring, responsive partner in the successful development of youth. We remain committed to providing youth with guidance and support in a safe space where their voices can be heard. As an agency, we continue to adapt our programming to address the evolving needs of youth within our community, always ensuring that our practices are well-researched and evidence-based, with outcome and accountability measures.

In February, we celebrated the 20th anniversary of our Hearts for Youth Gala and a celebration it was! With Eric Ethridge headlining, the gala sold out in record time! Rebound Rocks was our opening act, and they certainly "rocked" it! They set the stage for an outstanding evening of talent! As I looked around the room, I saw pride and joy on the faces of the youth performers, pride and awe on the faces of their parents and friends, and thorough enjoyment and amazement on the faces of the crowd. What a wonderful opportunity to view our programming in action and to see the impact it has on the lives of the youth involved.

The ACT II Program turns 10 this year. Hundreds of youth have been involved in many different aspects of theater over the last ten years. We really had no idea how successful this program would be when it first started out. The program has expanded not only with growing numbers of youth being involved, but also through the content and goals of the programming. The smaller, specific skills workshops that are now

offered came from discussions with youth within the program and from observations and input from staff. As a Board, we have had another busy year. We have continued to keep Rebound's foundation strong by reviewing and revising our Policies and Procedures. We have worked on our recruitment efforts with staff, volunteers, and Board members. We have continued to look for opportunities to partner with other community groups to further enhance the services we are able to offer to youth and their families. The Cinderella Project is a perfect example of this. The shoe was a perfect fit and we were off and running! The Cinderella Project was able to continue its terrific work; the youth took part in the program in a familiar setting right at Rebound; youth got to experience authentic leadership opportunities through their involvement in the organizational aspects of the program; youth, both males and females, were able to obtain outfits for prom and graduation at no cost to themselves. It was a win-win all around. The smiles on the faces of all involved – staff, volunteers, youth, their families - said it all.

My thanks go out to the Board Members, Executive Director Carrie McEachran, our staff, and our volunteers in making this past year a success! Thanks to the youth who keep it real for us and let us into their world. Most of all, I would like to thank Barry Symington, along with his compatriots Dee Cox, and Terry Fitzgerald, who believed they could make a difference in the lives of youth.....and they sure did! Because of them, WE ARE REBOUND!

Respectfully submitted,  
Pam Graham, Board President

## PROGRAMMING

We are on an incredible journey!! We have fostered new relationships with youth serving organizations locally, across the province, across the country and most importantly, continue to focus 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, caring 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 referral sources to our programs such as:

- Parents/caregivers who are 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 who are wishing to gain skills in resisting peer pressures and in working through family issues.
- Community partners (other social service agencies)
- Local policing partners

## EVALUATION

If you happen to read about the progress of and barriers to program evaluation at any 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.

How is program success measured at Rebound? Standardized measures are used to support our Program Coordinators and Evaluation Consultant. Upon intake, a Head-space Assessment is completed to determine the young person's strengths and needs. Pre and post General Self-Efficacy Scale, Gain-SS, Child & Youth Resiliency Measure are completed, as well as an in-house created retrospective tool is completed at the ten week graduation. Crucial to our programming is the weekly documenting of youth satisfaction with a program. With this weekly measure, youth are offered an opportunity to articulate their enjoyment of a program and the extent to which they met the session's goals. This allows us the assurance that the program is up to date and on top of trends and themes. Parents/Caregiver feedback is also completed at the end of the ten week programs. It is our belief that by allowing youth and their families a voice in their programming, then we 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. By investing in program evaluation, we can be confident that these programs promote youth well-being, equipping them with the tools that will lead to happier and productive lives beyond their time at Rebound.

# REBOUND

## The HUB

**4995 visits, 371 youth served**

Program Coordinator: Ryan Mitchell for Jaylene Poirier (maternity leave)

The HUB is an integrated youth service for youth ages 16-24. With Rebound as the lead agency for this collaborative (opened in February 2017) of 35 community partners, essential services are uniquely wrapped around each youth. At the HUB, we ensure that youth are not alone in navigating the community and the services that they need. With a hot meal being prepared and served each evening with the help of youth, the HUB also offers an on-site laundry facility, shower facility, primary health clinic and nightly programming provided by community partners. Nightly programming includes: employment supports, housing supports, mental and addiction supports, educational supports and many, many more. At the HUB, youth are not only receiving these services and supports in one convenient location (located at St. Luke's church), they are gaining the knowledge and experience needed for independent, successful living within their community.

The HUB opened its doors in February 2017 as a one year pilot project. We are so proud of the staff, partners and the Sarnia-Lambton community who have worked so hard in ensuring that the doors remain open. While the HUB does not receive sustainable funding, we continue to source out grants and donations, while advocating alongside our partners and youth for the resources needed to keep this service open.

The HUB was successful in receiving a two year RBC Future Launch grant, a Libro Prosperity grant and a SHELL community grant that have given us a kick-start in planning a social enterprise with the youth. Stay tuned for some exciting announcements as we work through the social enterprise planning process.



## The r.LOUNGE

**1009 visits, 216 youth served**

Program Coordinator: Sami Kameka

The r.LOUNGE is a warm, welcoming, inclusive, safe space for youth ages 12-15. Open Monday to Friday from 3-6pm (including PD Days, March Break and summer months), youth that attend the r.LOUNGE are guaranteed to meet new friends, a friendly face to check in with, have a nutritious meal and participate in a variety of daily programming provided by community partners and Rebound staff. Programming last year included: Healthy Relationships with The Sexual Assault Survivor Centre, Harm Reduction with Lambton Public Health, career discussions with Goodwill, Substance use information with Withdrawal Management, pet therapy with St. John's Ambulance therapy dogs, crafts with Debbie, cooking with Chef Melissa, art therapy with Barb, games nights with Kaylee and Nick and many many others!

The HUB was created as an expansion to the r.LOUNGE in order to meet the needs of older youth. The r.LOUNGE staff continue to work closely with the HUB in transitioning youth to the HUB services.

When asked why they attend the r.LOUNGE, youth said:

- "The r.LOUNGE is my safe space that I come to after school to see my friends and hang out".
- "The r.LOUNGE is a space where everyone are friends and happy".
- "The people in the r.LOUNGE care about you and ask how your day was".
- "This is a really good place to hang out if you don't want to be home".

## TAG

**42 youth served (in house and in school)**

Program Coordinator: Kelly Jubenville

TAG is dedicated to helping young males ages 8 to 11 learn positive life skills to assist them as they get older. This year we were able to provide the TAG program "in-school" for one of our local elementary schools! It is always so wonderful to connect with new schools and provide young males in our community with positive life skills. Over the past year, we ran a total of 5 TAG groups (including in-school). Youth 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.

**When asked what they learned during the TAG program, youth said:**

*"I learned that everyone has to participate to get something done as a team".*

*"I learned to always be kind to others".*

*"Teamwork is good but it's a challenge".*

## GPS (Getting Possibilities Started)

### 120 visits, 45 youth participants

Adult Ally: Sami Kameka  
Youth Advisors: Zoe Grasse & Tabi Dupuis

Getting Possibilities Started, better known as GPS is a youth action committee powered by the ideas and voices of passionate and creative youth between the ages of 13 and 24. Their ideas are put into action through community events that they plan with the leadership of two Youth Facilitators and one adult ally. GPS meets at Rebound every Monday at 6:30pm-8pm.

Over the past year, GPS partnered with YourTV (previously TV Cogeco) to create a local television show with several episodes. As with many of Rebound's programs, the youth planned the episodes and played all of the roles (with support of adult allies from Rebound and YourTV). From behind the scene planning, operating the camera, roving reporters at community events and on air interviews with community members and friends of Rebound, they did it all and created a very successful television series that promoted Sarnia-Lambton and Rebound. The group also planned special events for the community, such as: pumpkin carving, exam drop in (donut stress over exams), assistance with the Reaching Out conference and many more. GPS continues to be driven by youth and has many plans for the upcoming year!

## The Transitions II Classroom

### 19 Youth Served

Classroom Therapist: Sara Pyke

A partnership with the Lambton Kent District School Board, The Children's Aid Society, Youth Probation and Rebound, The Transitions II Classroom continues to support youth to reconnect with their schooling while successfully transitioning back into their high school. Referrals to the classroom are made through the Children's Aid Society and Youth Probation. With a full-time LKDSB Teacher in the classroom who provides educational supports, the youth also receive therapeutic supports offered by a Rebound classroom therapist.

Over the past year, the youth have participated in guided lessons from the teacher as well as life skills/social skills programming such as: cooking classes, guest speakers, life skills, cultural studies, financial literacy, 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.

## Spectrum

### 280 visits, 65 youth served

Program Coordinator(s): Ky Nahmabin & Julie Claeys

Spectrum is a safe, 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. It's been an amazing year for Spectrum! This past year, we were contacted by the Chatham-Kent Community Health Centre to provide some help and guidance in creating a similar safe space on Walpole Island. One of our Spectrum Coordinators spent some time helping with this, and we are happy to report that the space is successfully being utilized by youth on Walpole Island.

On top of our regular games, movies, crafts and education nights, we have started to identify and map out LBGT2SQ+ services that are located within Sarnia. This has created several partnerships and guest speakers, such as The Women's Interval Home and Lambton Public Health.

Thanks to a generous donation from a community member, the youth had the pleasure of taking a trip to London to see Program Queen the Musical. Everyone had an AMAZING time and we look forward to planning more trips over the next year!

The most exciting venture for Spectrum over the past year has been the development of a Spectrum Community Action Committee. A group of youth from both Junior and Senior Spectrum made the decision to gather every other week to work on projects throughout the community. They are currently advocating for GSA's (Gay Straight Alliance) to be set up in the local high schools. They are also working on a proposal to have a rainbow crosswalk installed in downtown Sarnia. Stay tuned for more!!

## The Section 23 Classroom

### 17 Youth Served

Classroom Therapist: Julie Claeys

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 a specialized setting. Students in the Section 23 program are clients of local agencies and community, taught by a Lambton Kent District School Board teacher following the Ontario Ministry of Education curriculum. The classroom, located within the YMCA Learning Centre, is supported by a Rebound staff and an LKDSB Educational Assistant. The goal of the Section 23 program is to provide a therapeutic setting for students to complete their educational needs at a pace designed to meet their individual needs, all while working towards being transitioned back into the mainstream school system.

## Life Choices

### 48 youth served

Program Coordinator: Kaylee Potts

This 10 week social skills program is offered to youth 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 (belief in your own ability to achieve goals), improve relationships and encourage pro-social skills.

2018-19 measures indicate:

91% of youth reported an increase in self-efficacy

94% of youth reported an increase in their decision-making skills

71% of parents reported an improvement in their relationship with their youth

## STAGE JR.

### 24 Youth Served

Program Coordinator: Kaylee Potts

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. What they learn to accept during early development becomes a "training ground" for future adult relationships.

2018-19 youth measures indicate:

100% reported improved communication skills

92% reported improved relationships with other girls

77% reported improved awareness of community resources

## County Programs

### 85 Youth Served

County Coordinator: Dustin Windsor

This past year has seen great success in Petrolia, Forest and surrounding areas. Several programs were held, including: TAG (Tools for Achieving Growth), Life Choices, GPS (Getting Possibilities Started) and STAND. In collaboration with local schools, social services, businesses, community members, volunteers and the OPP, we are committed to offering continual support for youth in these areas. Rebound receives regular feedback from youth, caregivers and the community that our services are needed in the county, specifically the isolated areas where transportation to programs is a challenge. We look forward to continuing to look at ways to expand services to ensure that EVERY youth within Lambton County has equal opportunity to our programs.

## The Girls Mentoring Program

### 32 Youth Served

Program Coordinator: Katlyn Britton

The Girls Mentoring Program is a tri-mentoring program that matches girls ages 9-13 with Junior Mentors (ages 14 to 17) and Adult Mentors (ages 18 and older). The program focuses on relationship building, self-identity, life skills, forming therapeutic relationships, celebrating gender and cultural diversity. 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 32 girls. Highlights from the past year include: a collaboration with Lambton College, volunteering at McHappy Day, a visit with a female firefighter with the Sarnia fire department, visit to the Humane Society, open dialogue about our thoughts and feelings around feminism and much more.

**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.

## The Youth in Transition program

### 63 Youth Served (Sarnia and Chatham)

Youth in Transition Worker: Jordan Wright

The Youth in Transition program connects youth to community supports while they are transitioning out of the child welfare system (ages 16-24). The YIT Worker connects youth with their housing and education needs, mental health and addiction supports, food security, travel to appointments and any other general support that they need to navigate an unfamiliar "adult world". The YIT Worker will always meet the youth where they are at, meaning through person to person, voice to voice, email, text messages and/or at a location easily accessible to the youth. Utilizing these supports with the YIT Worker allows the youth to learn independent living skills needed to live a productive life, in the hopes that they will begin to comfortably access these services on their own.

Over the past year, Rebound has partnered with Children's Services of Chatham-Kent to provide the youth in transition supports to the youth within their community. The Youth in Transition Worker spends one day a week in Chatham where they are providing the same services as here in Sarnia-Lambton.

## Housing Supports

### 26 youth served

Housing Support Worker: Kelly Jubenville

In early 2018, Rebound was the successful proponent in our proposal to the County of Lambton's RFP for the development of supportive housing for youth under the Home for Good program. The objectives of this program are to: identify and engage youth that experience chronic or episodic homelessness and to provide long term stable housing to youth ages 16 to 24 that meet the criteria for chronic or episodic homelessness.

Over the past year, the Housing Support Worker has helped 10 youth secure stable housing and delivered the following life skills programming: cooking, housekeeping, budgeting, goal setting, decision making, communication, grocery shopping and income tax returns. Connecting youth to their community supports is also an important role. Over the past year, connections and collaborations were made with: local food banks, St. Vincent de Paul, North Lambton Community Health Centre, Community Legal Aid, Inn of the Good Shepherd, Service Canada, Service Ontario and Public Health.

This program is connected to the Home for Good capital project (previous ABC Childcare building, London Road). The Housing Support Worker will be supporting the youth living at this location once when it is complete in summer 2019.

## ACT II

### 72 Youth Served

Program Coordinator: Kristen Clendenning

In 2018, the ACT II program performed "Willy Wonka Jr" at the Imperial Theatre. Everyone involved put countless hours into creating a stunning production. This would not have been possible without the dedication of the production team, adult allies, volunteers, cast and parents/caregivers.

Throughout the summer the ACT II youth participated in several promotions, such as: story time at the Book Keeper, speaking on air at the local radio stations and a sneak peak downtown at First Friday. This years working group 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 upcoming year. They also 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. We are so excited for what 2019-2020 holds for youth in the ACT II program!

## Expressive Arts (ACT II Expansion)

### 62 Youth Served

Program Expansion Lead: Leslie Skolly

In 2017, Rebound was successful in an application to the Ontario Trillium Foundation (OTF) to expand the ACT II program to a year round expressive arts program for a three year term. Four expressive arts programs ran over the past year (dance, music, set design and documentary). Both the dance and music program assisted in creating the opener piece for Willy Wonka Jr. and the set design program worked long and hard on creating the beautiful Willy Wonka Jr. set. The documentary participants captured pictures and videos that resulted in a wonderful documentary about ACT II. This documentary was showcased at the Imperial Theatre before every show.

Earlier this year, we ran an expressive arts program where youth rehearsed and performed "Always Bella" for their families. This short play discussed themes of friendship and fitting in and was enjoyed by everyone.

The working group has been imperative as we work to create youth centered intensives that are better than ever! We are so proud of all the youth who have made ACT II and the Expressive Arts expansion so successful.



## PROGRAMS & SERVICES

### Rebound Rocks

**25 youth served**

Program Coordinator: Stephanie Hyde

The mission of Rebound Rocks is to help youth achieve their full potential in both music and life. By introducing youth to their potential in music, they receive a clear message that they are capable of anything if they work hard enough...a lesson that will support them as they navigate their way through high school and beyond.

Youth build their confidence through learning an instrument, building interpersonal skills through cooperation and team work, and being part of a community. Commitment and dedication is learned through structured rehearsals and the responsibilities of being part of a band. With the help of musically experienced volunteer mentors, youth expand and hone their music skills and build social connections as they get the full experience of being part of a rock band. The youth are provided an opportunity to engage with other musicians and the larger community through their activity in the local music scene.

The inaugural year was a successful one with 25 youth participants, 47 rehearsals, and 8 local concerts. The band performed at Bluewater Borderfest and were surprised with back stage passes to meet the Arkel's! They also played at ArtWalk, local fall fairs and the Rebound Hearts for Youth Gala, where they met and performed with Sarnia's very own Eric Ethridge! There were some local battle of the bands and many local musical guests.

Rebound Rocks would not be possible without the dedication of the volunteer mentors who give so much of their time and talents to ensure the youth have an amazing experience!

2018-19 measures indicate:

100% indicate an increase in music skills

100% indicate an increase in self-confidence

100% indicate that they felt comfortable in expressing themselves

100% would recommend the program to others

## PROGRAMS & SERVICES

### Choices

**40 Youth Served (in house and in county)**

Program Coordinator: Sara Pyke

Sarnia-Lambton Rebound's Choices Program is a provincially recognized substance use, prevention and intervention program that builds on a range of life-skills that are important in the development of youth ages 12 to 17. We continue to receive referrals from a variety of sources including Sarnia Police, OPP, parents/caregivers, Probation, Children's Aid Society, local schools and other community partners. During the program, youth focus on making more positive decisions through their engagement in different activities, guest speakers and building on their own personal strengths.

The Choices program continues to be offered in several organizations throughout Ontario. We were honoured to be invited by our MPP, Bob Bailey, to speak to the Economic Committee of the Ontario government about the Choices program.

### Choices Jr.

**39 youth served (in house and in schools)**

Program Coordinator: Kristen Clendenning

This ten week program is offered to youth ages 8 to 12. The Choices Jr. program encourages youth to look at their actions, break them down and consider the consequences of their decisions. This program helps youth understand their natural body functions, such as anger and anxiety, and helps them recognize where these feelings are coming from, all while offering them a safe space to develop and strengthen their appropriate strategies for how to cope in difficult situations.

Over the past year, the Choices Jr. program was offered in house at Rebound and within schools. Topics covered were: communication, decision-making, impulse control, anger management, peer pressure, healthy relationships, respect, bullying and teamwork. Youth enjoyed making volcanos which helped them learn about anger and stress balls to help when they need some healthy coping skills.

# In-School Suspension & Detention

**2,951 Visits, 1,164 Youth Served**

Program Coordinator (Sarnia): Shirley Fraser  
 Program Coordinator (Chatham): Susan Thompson

For the past thirteen years, Rebound has been providing in school suspension and detention services to the secondary schools within the St. Clair Catholic District School Board (Sarnia & Chatham). The students are referred to this program through school administration and participate in the on-site detention program held in a classroom within the school (as an alternative to being sent home). While in the program, the students complete their schoolwork with support from the staff and participate in social skills development, allowing conversations with the students to reflect on why they are in the program what better/different choices could be made in the future. Students also utilize the program to get caught up on missed work in a quiet space or when a student just needs a break from their regular classrooms.

## The PASS Program

**153 youth served**

Program Coordinator (Sarnia): Kat Kenny  
 Program Coordinator (Chatham): Robyn Gore-Legue

The PASS Program (Positive Alternative to School Suspension) is offered as an alternative to home suspension in both Sarnia and Chatham. Referrals being made by school administration from both the St. Clair Catholic District School Board and the Lambton Kent District School Board (with some referrals from other smaller school boards), the program is offered to youth grades 4 through 12. PASS focuses on developing positive social and cognitive skills while ensuring that the student maintains academic progress. Over the past year, the Chatham PASS program has undergone some changes. The program location was relocated to a shared Learning Centre within the community and has proven to be a successful move.

When asked about their experience in the PASS program, youth said:

- “Thank you for helping me with my work and making me look forward to going back to school”.
- “I expected a bad experience, but the program was very helpful and supportive”.
- “I really like being able to come to PASS if I get suspended because I get more work done and chat with the staff about how to better myself”.
- “It’s nice to be able to talk about how to do better and talk about my struggles”.
- “I learned valuable life lessons”.
- “I just wanted to say thanks for helping me with my work and making me feel respected and welcome”.
- “I feel like this is a great program”.



## STAND

**60 Youth Served, 292 Visits**

Program Coordinators: Kaylee Potts, Stephanie Hyde

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 any of our other programs. With the STAND program, we are able to accommodate youth on a one-to-one basis for whom a group program is deemed to not be in their best interest. 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.

# VOLUNTEERS

Volunteer Coordinator: Amy Nazarewich

"Volunteering is the ultimate exercise in democracy. You vote in elections once a year, but when you volunteer, you vote every day about the kind of community you want to live in". – Author Unknown  
Each year we are so inspired and moved by the volunteers who choose to dedicate their free time and energy to Rebound. Our volunteers come from all walks of life and bring their own unique story and experiences with them. They also help to create a rich and inviting atmosphere that makes up Rebound's unique, supportive culture.

Our volunteers donated 13,011 hours of their time by helping youth in programs, providing insight, planning on committees, assisting with events and so much more! Over the past year our volunteers have worked hard at nurturing the creativity and passion in youth throughout the expressive arts programs, proudly working behind the scenes to ensure we are a well-oiled machine, and jumping in to help out anywhere they are needed.

With the newly acquired Cinderella Project, we gained some amazing volunteers who were not only new to the project, but also many long-serving volunteers of this wonderful program! We are so grateful to the veterans of this program who helped make the transition such a smooth one.

We are so thankful and proud to be surrounded by wonderful people who believe in the potential of all youth! Thank you for all you do!!

**13,011**  
volunteer hours donated in  
the 2018-19 year.



# 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
- Kettle Point & Stoney First Nation
- Yorktown Family Services
- Catholic District School Board of Eastern Ontario



# FUNDRAISING

Fund Development Coordinator: Anita Minielly

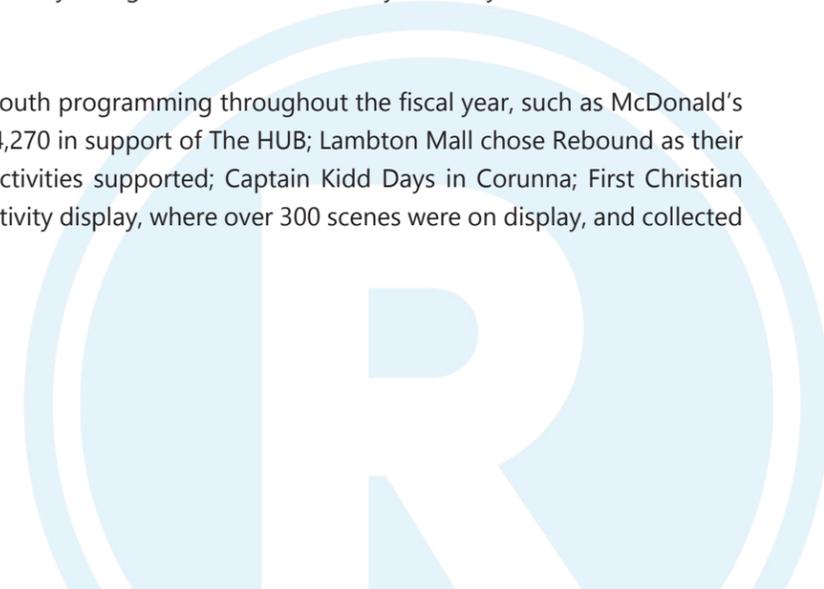
Fund Development is a key component in the delivery of Rebound's 19 Youth Programs and would not be possible without the amazing support of the Sarnia-Lambton community. Over the past fiscal year, Rebound hosted two Signature fundraisers, and raised over \$90,000 all in support of our youth programming.

The 4th Annual Dirty Dash, proudly presented by Assante Wealth Management, was held on Saturday, June 9th at Canatara Park and promised to be a muddy and challenging experience, mixed in with a lot of fun and laughter. And it delivered just that! The rain tried to dampen the festivities but the teams muscled through and completed the 5km mud run, raising in excess of \$20,000

Rebound's winter Signature Event, the 20th Annual Hearts for Youth Gala was held on February 9, 2019 at the Holiday Inn Sarnia. The Gala was a huge success, raising over \$70,000 by a sold-out crowd who gathered at the Holiday Inn to partake of the 'Lavish Country Carnival' themed evening. Guests enjoyed live music performed by Rebound Rocks who kicked off the evening and ended with Country heartthrob, Eric Ethridge who had the crowd on their feet. Throughout the evening there were plenty of opportunities for guests to indulge, from the candy station, and popcorn machine, to Live and Silent auctions items. A new twist was introduced for our Live Auction this year, where a maximum of 80 balloons were sold for \$50 each, with an opportunity to win your choice of a live auction item, prior to the auction. The evening saw a mix of attires, from 'Canadian tuxedos' of jeans, cowboy boots with a suit jacket, to more formal wear with a mix in between.

Rebound was fortunate to be the recipient of several corporate grants, including RBC's \$99,000 Future Launch grant for The HUB in support of life skills, job and leadership opportunities for youth ages 16-24. The long-term goal that this funding will support is helping the youth create a youth-led sustainable social enterprise that will help keep the doors of The HUB open on a long term basis. Along with the generosity of RBC, we were successful in our Prosperity fund application through Libro Credit Union. We received \$26,910 that is also being used to support leadership opportunities through the creation of The HUB social enterprise. Both RBC and Libro have also offered their services by doing some financial literacy for the youth at The HUB. We are so grateful to have such amazing support!

A variety of third party fundraisers were held in support of youth programming throughout the fiscal year, such as McDonald's Annual McHappy Day, held on May 2, 2018 which raised \$24,270 in support of The HUB; Lambton Mall chose Rebound as their designated charity to have all of their yearly fundraising activities supported; Captain Kidd Days in Corunna; First Christian Reformed Church (Exmouth St. and Murphy Rd.) hosted a nativity display, where over 300 scenes were on display, and collected donations on behalf of Rebound.





## THE TEAM 2018-19

Carrie McEachran, Executive Director  
 Sarah McCann, Business Manager  
 Andrew Thomas, Client Services Team Manager  
 Andraya MacMillan, Client Services Team Manager, Provincial Program Lead  
 Tara Anderson, Administrative Assistant  
 Julie Claeys, Spectrum Program Coordinator, Section 23 Classroom Therapist  
 Ky Nahmabin, Spectrum Program Coordinator, ACT II Program Support  
 Katlyn Britton, In-School programming & Girls Mentoring Program Coordinator, r.Lounge Support  
 Kaylee Potts, STAND & Intake Coordinator, Life Choices & STAGE Jr. Program Coordinator  
 Kelly Jubenville, TAG Program Coordinator, Housing Support Worker  
 Kristen Clendenning, Act II Program Coordinator, Choices Jr. Program Coordinator  
 Leslie Skolly, Act II Expansion Lead  
 Sami Kameka, r.Lounge Program Coordinator, GPS Adult Ally  
 Sara Pyke, Transitions II Classroom Therapist, Choices Program Coordinator  
 Stephanie Hyde, Stand Program Facilitator, Rebound Rocks Program Coordinator  
 Tabi Dupuis, GPS Youth Facilitator  
 Zoe Grasse, GPS Youth Facilitator  
 Dustin Windsor, County Program Coordinator  
 Anita Minielly, Fundraising & Marketing Coordinator  
 Brook Freer-Wiles, Creative Design Lead  
 Amy Nazarewich, Volunteer Coordinator  
 Jaylene Poirier, HUB Program Coordinator  
 Catherine Traquair, HUB Program Assistant  
 Ryan Mitchell, HUB Program Assistant  
 Jordan Wright, Youth in Transition Worker  
 Katleyn Landon-Carver, HUB Youth Advisor  
 Shealynn Silvesteri, HUB Youth Advisor  
 Robyn Gore-Legue, Chatham PASS  
 Shirley Fraser, St. Pats In-School Suspension & Detention  
 Sue Thompson, Ursuline College In-School Suspension & Detention  
 Kat Kenny, PASS Program Coordinator  
 Kiera Erickson-Simpson- Casual Support Worker

## FIELD PLACEMENT STUDENTS

In the 2018-19 year we had the privilege of placing 11 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 programs. They were: Molly Inkpen, Emma Lane, Sydnee Mathews, Brandon Tokely, Makayla Hdwyn, Brook Wallis, Tyson Rogers, Kendra Druiett, Cass Paridaen, Faith Hobden and Jordy Arsenault-Kivell.

**My name is Aaliyah** and I am 15 years of age and go to St. Patrick's. I am currently on my way to grade 11 where I am now feeling confident and ready to become a young adult and achieve my life goals of becoming a criminologist. I am a former Life Choices graduate from the Summer 2018 program and now have returned to volunteer at Rebound. I get to help in teaching young girls to feel confident in their own body.

Before summer 2018 I had friend and family issues happening which caused me to look down on myself and join the wrong crowd. I started getting into trouble and not caring what the people who cared about me had to say. Eventually that came to an end when I joined my program! I met amazing friends who I still communicate with today and created an amazing Rebound family. During my program, my leaders and peers had taught me how to handle myself in hard situations, understand more about the law, become more responsible, have pride in myself and gave me the ability as a young adult to show the world who I can truly be and what I am capable of doing for myself.

The Program Coordinator congratulated me for showing growth and responsibility and asked me to become a Stage Junior Coach. Working with these young girls and fellow leaders had brought me to a sense of peace in my life where I can now wake up every day with a smile on my face knowing I am helping others.

**Hello, my name is Cora.** I'm a 16 year old living in Sarnia, going to a local high school and I am one of the many kids that has been greatly helped by the programs and experiences Rebound has to offer.

Ever since joining Rebound I think it is safe to say that my life has greatly improved. When I was first introduced to the staff, I was going through a tough time with my confidence and self-esteem. I was afraid to try out for new things in and outside of school, afraid to express myself with my art or even just to my friends, and sometimes I didn't even want to leave the house because of how I felt like I was perceived. I was so scared I almost chickened out joining Rebound. What a mistake that would've been.

I was a part of the Life Choices program and I met some really amazing people that all helped me find the confidence and leadership skills that I needed. I looked forward to coming back every week in a way that I honestly haven't felt with any other group before. Now being a junior coach in the STAGE Jr. program I feel an even stronger connection to Rebound, the staff, volunteers, and kids here.

It's crazy realizing how many great things that are in this community that one might miss out on like I almost did. Rebound is like a second home to me and I never want to leave. It's inviting, friendly, and inclusive environment is something that I really think all kids in this community would benefit from, even if only once.

## BOARD OF DIRECTORS

Pam Graham, President  
 Gigi Walent-Burke, Vice-President  
 Melissa Vandervies, Treasurer  
 Eric Smit, Secretary

Tamara Johnson, Member At Large  
 Dave Schoch, Member At Large  
 Jason Mcmichael, Member At Large  
 Matt Jossee,, Member At Large  
 Ian Bruce, Member At Large

Cam Gordon, Member At Large  
 Tim Symington, Member At Large  
 Barry Symington, Member At Large  
 Leanne Kember, Member At Large

# STATEMENT OF OPERATIONS

FOR THE YEAR ENDED MARCH 31

	2019	2018
<b>REVENUE</b>		
Grants	\$ 1,429,893	\$ 1,296,251
Fundraising	178,486	261,268
Donations	123,894	146,669
Membership	17,950	6,000
Amortization of deferred Capital contribution	5,455	7,326
Client fees	1,075	2,938
Other	534	14,220
Loss on Disposal of Capital Assets	-	(1,123)
	<u>1,757,287</u>	<u>1,733,459</u>
<b>EXPENSES</b>		
Wages and benefits	1,266,981	1,306,215
Programs	212,651	121,282
Fundraising	106,744	99,881
Rent (net)	56,614	56,099
Office and misc.	30,254	43,417
Professional fees	24,065	27,362
Staff development	17,801	15,940
Amortization	17,217	20,263
Telephone	11,205	13,965
Insurance	10,283	9,501
Public Relations	9,771	11,259
Travel & Promotion	9,012	9,490
Bank charges	2,352	3,651
	<u>\$ 1,774,950</u>	<u>\$ 1,738,325</u>
Deficiency of revenues over expenses	<u>\$ (17,663)</u>	<u>\$ (4,866)</u>

## 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 \$3,550 on our investments.

3. Volunteer Contributions: This past year, volunteers donated a total of 13,011 hours or 7 full time equivalent staff positions valued at \$209,347. 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 \$50,632 for a total of \$157,406 spent on raising a total of \$1,757,287 in revenues.

# STATEMENT OF FINANCIAL POSITION

AS AT MARCH 31

	2 019	2 018
<b>ASSETS</b>		
<b>CURRENT</b>		
Cash	\$ 498,926	\$ 356,377
Short-term investments	259,556	256,005
Accounts receivable	44,374	193,029
Prepaid expenses	2,690	7,096
Deposits	10,000	10,000
	<u>815,546</u>	<u>822,507</u>
Equip. & Improvements	<u>48,282</u>	<u>62,866</u>
	<u>\$ 863,828</u>	<u>\$ 885,373</u>
<b>LIABILITIES</b>		
<b>CURRENT</b>		
Accounts payable and Accrued charges	\$ 77,615	\$ 89,912
Deferred revenue (the HUB \$ 112,037)	427,062	416,742
	<u>504,677</u>	<u>506,654</u>
DEFERRED CAPITAL CONTRIBUTION (THE HUB \$14,266)	19,342	24,797
	<u>524,019</u>	<u>531,451</u>
<b>NET ASSETS</b>		
Contingency reserve fund	288,605	285,055
Invested in equipment	28,940	38,069
Unrestricted surplus	22,264	30,798
	<u>339,809</u>	<u>353,922</u>
	<u>\$ 863,828</u>	<u>\$ 885,373</u>

## STATEMENT OF REVENUE & EXPENSES -THE HUB

FOR THE YEAR ENDED MARCH 31

	2019	2018
<b>REVENUE</b>		
Grants	\$ 176,885	\$ 148,721
Donations	30,504	50,342
Amortization of deferred Capital contribution	3,186	4,322
	<u>\$ 210,575</u>	<u>\$203,385</u>
<b>EXPENSES</b>		
Wages & Benefits	\$ 158,882	\$ 159,193
Programs	40,844	34,461
Rent	3,600	3,600
Amortization	3,186	4,322
Professional Fees	2,339	-
Insurance	700	857
Telephone	535	380
Staff Development	400	132
Office & Miscellaneous	89	-
Travel & promotion	-	284
Public Relations	-	156
	<u>\$ 210,575</u>	<u>\$ 203,385</u>
Excess of revenues over expenses	<u>\$ -</u>	<u>\$ -</u>

## 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.

### **Sarnia-Lambton Rebound**

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

### **Petrolia Rebound**

431 King 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

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

Charitable No.  
13205 7100 RR0001

[www.reboundonline.com](http://www.reboundonline.com)



**As Rebound gears up to celebrate the 35th Anniversary of our grass-roots agency, there will be various activities planned to celebrate this significant milestone, and an opportunity to recognize and celebrate our three founding members and fulfilling their mission for Rebound to be a caring partner in the successful development of youth**

