

ANNUAL REPORT

2020-2021



Sarnia-Lambton
REBOUND

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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 37 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 pre-teen, teen and young adult years while recognizing and embracing their greatness and full potential.

You will also find the story of how this small but mighty organization met their biggest challenge with strength and resilience. You will hear all about how they sailed the unchartered, often very turbulent waters of a global pandemic

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

We're a grassroots agency that started right 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 and the community. Beginning with one program in a church basement, today Rebound serves youth between the ages of 7-24 through 21 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 prevention and early intervention services that are based on the needs identified in our community.

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.

What made this year so different?

The global pandemic forced everyone in the world to pivot, change directions and learn a whole new way of life and no one was impacted as much as children and youth. This year has seen a significant increase in service requests that led the agency to focus on topics such as isolation, mental health and wellness, virtual burn out, family relationships, homophobia, identity issues and pressures resulting from technology and the new way of living and learning on a virtual basis that leave many youth feeling exposed and vulnerable.

Youth continually tell us that they need safe spaces to go to when they need guidance from someone who cares. A non-judgemental space to explore their feelings and learn strategies to make better-informed decisions with adults who care and understand. This year was no different; in fact, youth needed this space more than ever. While the pandemic closed our physical doors, the Rebound team never stopped coming up with creative ways to connect with youth in safe, virtual spaces or one-on-one in person while abiding by public health measures. While we have always been working hard to boost our rural services, the new virtual way of supports has allowed us to provide services to rural youth who otherwise were not been able to access many of our programs and services in the past due to transportation challenges.

FROM OUR EXECUTIVE DIRECTOR

I wrote last years message from my home office in week #7 of our pandemic closure.....and this year, I write my message in my home office while in the third wave pandemic closure. What a year it has been!

When I think about the past year, the first word that pops into my mind is "RESILIENT". While 2020-21 has brought many challenges and pain to so many, it has also brought opportunities to adapt, learn and grow. In true Rebound fashion that is exactly what Team Awesome did! They continued to persevere and never stopped creating ways to support youth when they needed it the most. Whether they were piloting and testing out new virtual ways of supports OR seeing youth safely in person while abiding by public health measures, the Rebound team never stopped going. It was quite evident over the past year that "stop" and "quit" are two words that don't belong in the Rebound dictionary.

As I celebrate my fifth year with this amazing organization, I have come to realize that there is never a "norm" at Rebound. We are constantly evolving with the changing needs of youth and our community and the 2020-21 year was no different. We saw some of our highest number of referrals, which truly shows the prevalence of mental health and the needs for supports. This year also saw our social enterprise journey expand with two successful grant applications that allowed us to do some business planning and research (stay tuned for more exciting news on this front over the next year). It saw Rebound being awarded the IODE National Anniversary grant for the creation of our new Transparent program and a partnership with the local OPP, Sexual Assault Survivor's Centre and Youth Justice in creating our new Project 1 in 3 program. It also brought new and innovative ways of fundraising, with the creation of the Twelve Days of Christmas virtual fundraiser and the current SOLD OUT Camaro raffle. A global pandemic won't stop this team from going above and beyond in ensuring that youth are receiving the supports they need to thrive and be resilient.

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! Thank you to each and every staff member, volunteer, youth, donor and community partner for everything you do....we truly wouldn't be able to do it with you! We can't WAIT to see you all very soon in person....the walls of Rebound haven't been the same without you!

Carrie McEachran, Executive Director

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 on partnerships with local youth. Sarnia-Lambton Rebound is committed to supporting young people in realizing and 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.

EVALUATION

Rebound understands the importance of program evaluation and research for the development of existing and new programs. Erin Doyle has been with us since 2016 in the role of Evaluation and Research Consultant and she is committed to continually coming up with new and creative ways of evaluation for the betterment of our programs and youth services. This year we increased our commitment to providing evidence-informed best practice program development with the creation of a new position, Program Development and Research Coordinator. We welcomed Kayla Williams into this new position and the Rebound family.

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

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

measures are used to support our Program Coordinators and Evaluation Consultant. Upon intake, a Headspace 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.



IN TRIBUTE TO BARRY SYMINGTON

Barry grew up in a family with two older brothers who were police officers. He followed in their footsteps as he served in our municipal police force in various areas but his long-term position and favorite was as the Sergeant of the Youth Bureau. It was an enduring passion for him. When the Alternative Measures Act was passed in 1984, he was trying to find the most meaningful, helpful way to serve our youth.

When Barry met with friends Dee Cox and Terry Fitzgerald 37 years ago to daydream about a Life Skills program for youth, they would ultimately form 'Rebound - A Program for Youth. As Co-Founder with Dee and Terry, I wonder if Barry could ever have imagined that their dreams would have had such a great impact on our local young people, our community and beyond.

They began with just one paid employee in 1984, a small Board of Directors, their very first meeting held in a school room of a local high school, then into rented rooms at the Kiwanis Lochiel Centre and finally into the beautiful building Rebound now occupies on the donated property of St. Luke's Church.

Over the years, from very humble beginnings, Rebound has grown to a staff of 30 full and part-time employees, with countless numbers of dedicated volunteers serving more than 40,000 youth and families, offering more than 20 different programs, spreading beyond Sarnia into the County of Lambton, as well as 12 other communities in Ontario.

When you consider the numerous National Awards that have been won by Rebound over the years and the accolades Rebound has earned, it is easy to say "What a dream!".

Barry acted as the "go-to-guy" for many years, serving as a Lead Coach, Table Coach, a skilled mentor for parents, a fundraiser, a Board member, a community ambassador and guest speaker at countless numbers of engagements to promote this organization he loved. When people speak of Rebound today, Barry is remembered as its heart and soul.

On February 25, 2021, Barry passed away after a decade-long series of serious medical conditions, and a hard-fought courageous battle with cancer. He lived his life as a model to the adage "Live Well, Love Much, Laugh Often, Leave a Legacy. We thank him for the example his life has been to all of us and we know he will be sadly missed.

The three Founders of Rebound are once again together, no doubt still watching over Rebound from Heaven. Their legacy has been life-changing for so many!

The HUB & r.Lounge

The pandemic brought the amalgamation of the r.Lounge (ages 12-16) drop in and the HUB in December 2020. This model has proven to better support all youth that require wrap around services in one location and to meet the age mandate of the best practice wellness hubs. We continue to pilot this model throughout the pandemic and will be revisiting its success in the near future.

We are an integrated youth service for youth ages 12-24. 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 to thrive and be successful in life within our 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 and r.Lounge in pandemic mode: Even though the global pandemic forced The HUB/r.Lounge to close it's physical doors, the team jumped into action and never once stopped supporting the youth that needed supports more then ever. There was always a staff on site to offer urgent supports such as: emergency groceries and essential items, connections to community partners (CMHA, Inn, NLCHC, Public Health, laundry, Ontario Works, Lambton College, Children's Aid Society etc.) and just a caring professional to check in with. We offered regular phone and virtual check in's through Facebook and Instagram messaging with quite a few youth asking for this service.

This past year has also seen a higher number of new referrals to the HUB and r.Lounge with many seeking emergency housing, educational supports, mental health, harm reduction and support around healthy relationships. We were also successful in receiving a United Way of Sarnia-Lambton emergency grant to provide self-care and wellness bags, full of activities, resources and emergency food items to any youth who needed this engagement.

38 Youth accessed services at the HUB via 1,054 youth interactions (both virtually, via telephone and in person)
37 Youth we served through the r.Lounge via 626 youth interactions (both virtually, via telephone and in person),
Program Coordinator: Kristen Clendenning



LIFE CHOICES

This 10 week social skills program is offered to youth ages 12 to 17 annually three times throughout the year. The Life Choices group focuses on topics including Communication, Decision Making, Goal Setting and Leadership. Throughout the session the Program Coordinator selects material that will best service the uniqueness of each youth. Staff and volunteers develop interactive activities, conversation starters, behavior 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. This year we have ran our programs on a virtual platform to accommodate the needs of the youth in our community and to ensure they are getting the supports they need, even throughout a pandemic.

Quote from a parent

"My daughter loved your sessions and is sad it is over. Hope to have more sessions with you. Thanks for giving your time to help boost these kids!! Life is so odd for kids sometimes and it's sessions like these that help them out along the way and connect with others"

30 Youth served, Program Coordinator: Sami Kameka

SECTION 23

What is 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 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 is located in Northern Collegiate Institute & Vocational School and continues to be supported by a Rebound staff, LKDSB Teacher and 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 also meet their individual needs, all while working towards being transitioned back into the mainstream school system.

Due to the pandemic, the Section 23 classroom has remained dedicated to the youth they support. This has meant developing ways to stay connected on a virtual platform, as well as maintaining the strong relationships that have been created throughout the year. Due to this being a specialized program, the classroom has also been able to maintain face-to-face learning for most of the year.

11 Youth Served, Classroom Therapist: Julie Claeys

IN-SCHOOL SUSPENSION & DETENTION

What is the In School Suspension and Detention program? For the past fifteen 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 and 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.

This past year, due to the pandemic, and the new safety measures at the schools, the role of the staff changed to best accommodate the pandemic. The Program Coordinators jumped into action to help support the supervision of students as they navigated through the school both in person and virtually. This gave them an opportunity to make connections with students that they may not normally encounter. Program Coordinators also had more opportunities this year to enhance their resources and research new and innovative ways in which they can support youth.

Program Coordinator (Sarnia): Shirley Fraser, Program Coordinator (Chatham): Kurt White

GPS (GETTING POSSIBILITIES STARTED)

Getting Possibilities Started, better known as GPS, is Rebound's youth engagement group at Rebound. This amazing group is open to all youth aged 12-18, and takes place bi-weekly on Monday evenings throughout the year. GPS was originally created to provide a space for youth to share their thoughts, feelings, and have input on decisions that impact them at Rebound and in our community. Over the years, GPS has taken on new approaches, and has changed in many ways, all while keeping our mandate consistent.

We have taken a new approach with GPS this past year while we surfed the "Zoom Wave". The group created the initiative to provide their community with positive messages in the form of art. The GPS youth painted various rocks with inspiring quotes and placed them locally throughout the community. Those who find these rocks were encouraged to share it on social media and tag GPS on their social media accounts!

GPS is again looking to evolve. The GPS Youth Facilitators, and adult ally are creating some new content to be launched in 2021! Stay tuned!! We can't wait!

10 Youth Participants, Youth Advisors: Vanessa Anderson & Jess Vegh, Adult Ally: Sami Kameka

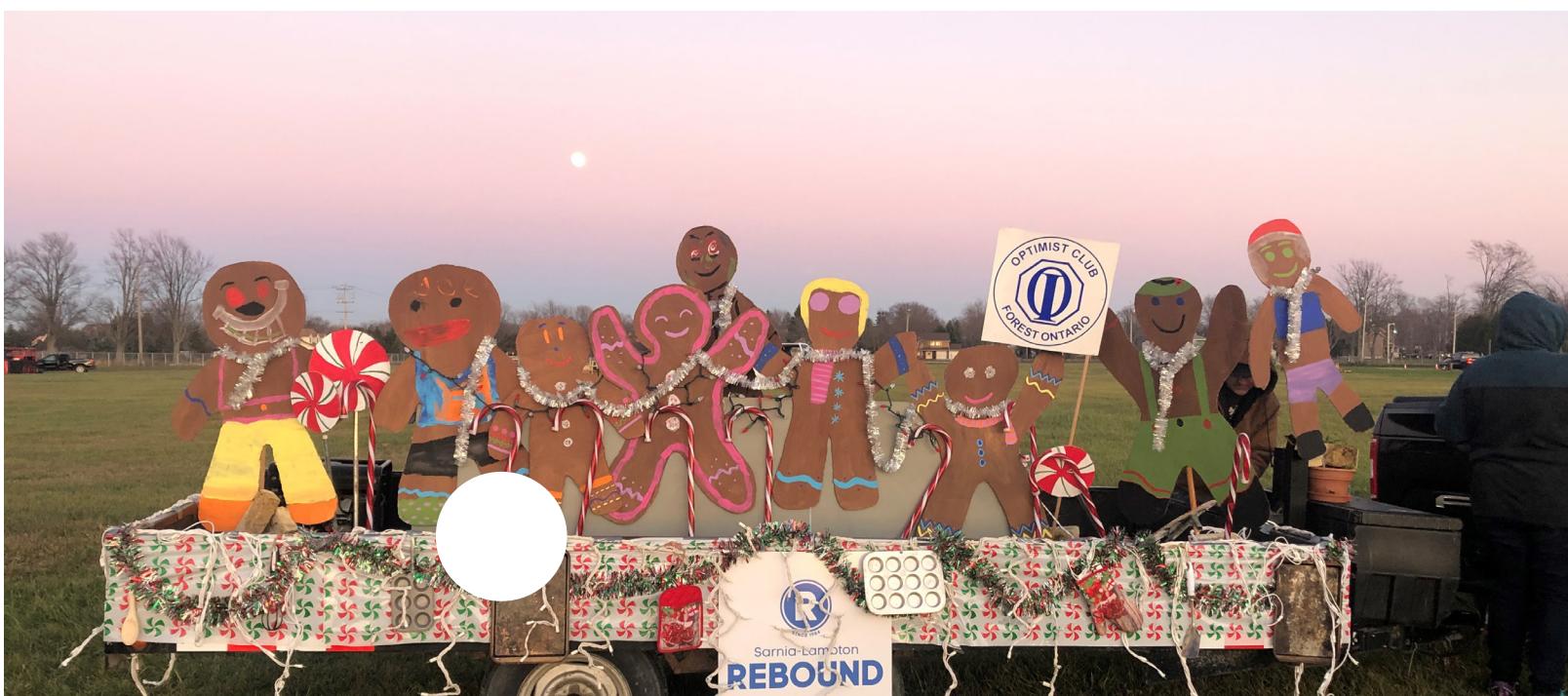
COUNTY PROGRAMS

This year has been one of growth and improved community connections for the County, and a year full of change. Due to COVID-19 our GPS (Getting Possibilities Started) program at NLSS had to come to a halt, however we were able to provide programs in 4 local elementary schools: Brooke Central, East Lambton, Lambton Centennial and Mooretown-Courtright to run in-school STAND and our new Choices Jr/Thrive Hybrid program.

Additionally, a youth drop-in program was started in Forest through a partnership with Forest Optimist. We had consistent attendance while we were able to run the drop-in from September-December, before restrictions forced us to pause the program. The drop-in hosted Julie Potts from North Lambton Community Health Centre who taught a youth cooking class, and had theme nights such as Trivia Night, Outdoor Activity Night, and Holiday festivities.

On a more positive note, virtual programming was very successful for County youth, who often face barriers to services due to transportation, in climate weather, and location. Youth who previously could not participate in our 10-week programs were able to join from all areas of the county including Alvinston, Wyoming, Corunna and Petrolia. Both parents and youth were also more open and committed to the STAND program when it could be done from home. The County continues to work closely with the OPP, local businesses and community organizations to promote our services and be able to support more youth than ever before.

86 Youth Served, County Coordinator- Jenna Steadman



GIRLS MENTORING PROGRAM

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 was offered bi-weekly for a year long duration. This year Girls Mentoring was provided in three locations including Sarnia, Petrolia and Mooretown, serving a total of 31 girls. Highlights from the past year include: visiting the animal farm, created a meal plan and cooked together, celebrated International Women's Day by creating posters of the strong women in our lives, science experiments, practiced yoga and meditation, open dialogue about our thoughts and feelings around feminism and much more.

The last year of girls mentoring certainly was different due to COVID-19. There were moments when restrictions were lifted and we were able to see the youth in the outdoors with a big focus on the physical and mental wellbeing of everyone. When gathering together was not permitted we were creative in our zoom visits while sending mail and porch drop offs. We always made the best of every situation. The biggest trend in supports within the GMP program was youth reaching out to express the feeling of isolation and family relationships. COVID-19 was a major road block for this hands on program, however, the girls and their families were very quick to support each other in the best ways they could. This included but not limited to sending cards to different friends, making tiktoks and collaborating them together with the other girls.

This was our final year of a multi-year grant from the Canadian Women's foundation to run the Girl's Mentoring Program. We are so grateful for their support in allowing us to create this program for youth who identify as female! We continue to source out grants and other funding avenues in order to continue to provide this program that has proven to be very successful in providing mentorship, empowerment and resources for girls.

32 Youth Served, Program Coordinator: Katlyn Britton

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.



SPECTRUM

Every year the youth who attend the Spectrum program (program for youth who identify on the LGBTQ2SI+ spectrum continue to amaze us with their resiliency, and this year was no different. The program coordinators are honoured to have been able to support them throughout the pandemic and look forward to another year of infinite possibilities together.

Spectrum has continued to service youth throughout the pandemic without missing a beat. The program coordinators quickly became familiar with, and utilized, virtual platforms to continue to keep the Spectrum drop-in running. Since the program has been running virtually, we have been able to reach youth who otherwise may not have attended in the past, due to transportation barriers. Spectrum continues to host guest speakers and facilitate games, movies, crafts, and educational nights for the youth that attend virtually.

Program Coordinators have seen an increase from parents, schools, organizations, and youth reaching out to Spectrum for LGBTQ2+ support. This year, Spectrum was chosen to be proud recipients of The 519's Kyle Scanlon Memorial Fund. With these funds, we will be opening "The Closet" in 2021-22. The Closet will provide transgender youth and non-binary youth in Sarnia Lambton with gender, non-conforming clothing, free of charge. There is a lot of excitement for this project within Spectrum and the community and we look forward to sharing more details about The Closet soon. Stay tuned!!

When asked what they enjoyed most about Spectrum this year, youth said:

"This year was tough with the pandemic and all. But I always had Spectrum to look forward to every Wednesday."
"The pandemic and restrictions really did take a lot of my supports away from me, but the Spectrum PCs and youth were there for me the entire time. We all basically went through the whole pandemic together and I'm so thankful for them."

52 Youth Served, Program Coordinator(s): Ky Nahmabin & Julie Claeys



CHOICES

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. During the Covid-19 pandemic, we continued to receive referrals from a variety of sources including Sarnia Police, OPP, parents/caregivers, Probation, Children's Aid Society, and other community partners. As our in-person programs came to a temporary halt in March 2020, the Choices Program adapted and began offering Virtual Programming to meet the need in the community. Through Virtual Programming, we continued to focus on helping youth learn positive decision-making skills through their engagement in different activities, group discussion, and topics to build on their own personal strengths. Youth in our virtual program all identified an increase in their self-attitude and self-satisfaction. Although the Covid-19 Pandemic has created physical distance between us, the staff and youth worked to build connection over virtual platforms and found success by working together in the Choices Program.

19 Youth Served , Program Coordinator: Kaity Raveille

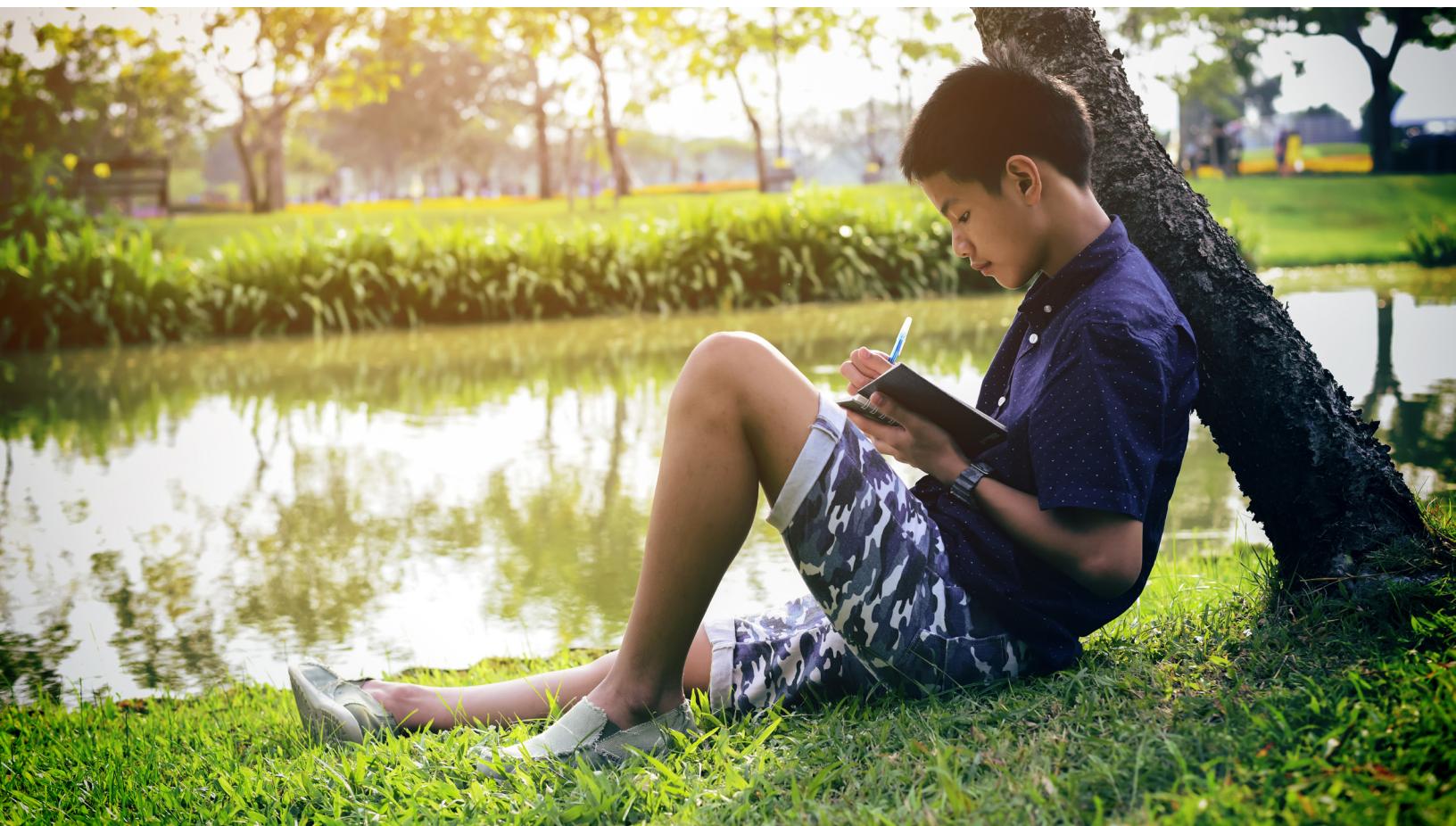
CHOICES JR.

This ten-week program is offered to youth ages 8 to 12. The Choices Jr. program encourages youth to look at their actions and break them down to 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 virtually and in-school. Topics covered were: communication, decision-making, understanding our thoughts and feelings, coping skills, peer pressure, and relaxation skills.

To ensure the safety of our youth and volunteers, programs were offered virtually. Time was taken to learn how to utilize virtual platforms and re-work the curriculum. Program supply bags were created and delivered to youth with not only program supplies, but also other fun activities. Graduation bags were also created and dropped off to help them celebrate their accomplishments!

20 youth served (in house virtually) 9 youth served (in School), Program Coordinators: Kristen Clendenning & Jenna Steadman



THE YOUTH IN TRANSITION PROGRAM

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.

Rebound continues the partnership created in 2018 with Children's Services of Chatham-Kent to provide the youth in transition supports to the youth within their community. The YIT Worker spending one day a week in Chatham-Kent has been on hold since COVID, however, the YIT Worker is able to book space to meet youth when needed. The services offered in Chatham-Kent are the same as Sarnia-Lambton. The most commonly utilized community services over the past year have been with CMHA, The Hub, West Lambton Community Health Centre, Youth Job Connection.

COVID-19 has impacted the way the YIT Worker provides services. The YIT Worker has been unable to transport youth and therefore requiring youth to meet the YIT Worker at the office or in the community. Many youth reach out requesting support with transportation or attending appointments. The YIT Worker always offers to meet youth at their appointments and problem solve how to get to places without transportation by the YIT Worker. Another impact of COVID-19 on services is the implications when lockdown/stay at home orders are in place. The YIT Worker program is community based and the YIT Worker often meets youth in the community at central places such as Tim Horton's. When lockdown/stay at home order is in place, this becomes a barrier to seeing youth in-person. We have met youth at the Rebound office or where they are at as much as we can.

52 Youth Served (Sarnia and Chatham), Youth in Transition Worker: Cereena Heffer

STAND

To meet the needs of the youth in our community that are 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 provides the tools to empower young people to use strategies that help them better cope with life situations and make positive, informed decisions for themselves, especially during uncertain times. The STAND program can be used for clientele to receive immediate service for youth 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.

Throughout the past year, the Program Coordinator has accommodated youth on a one-to-one basis either virtually or in person for whom a group program is deemed to not be in their best interest. An increase in services for the STAND program has brought the following trends in service requests: resiliency building, setting boundaries, advocating for self, bullying, self-awareness, family relationships, isolation and emotional regulation.

53 Youth Served

Program Coordinator: Sami Kameka

THE PASS PROGRAM

What is The PASS Program (Positive Alternative to School Suspension)? PASS is offered as an alternative to home suspension in both Sarnia and Chatham. Referrals are 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 in grades 4 through 12 and focuses on developing positive social and cognitive skills while ensuring that the student maintains academic progress.

With the move to online learning, the PASS program saw a decrease in youth being referred. This did not stop each program coordinator from actively reaching out to school administration and offering support to their schools in whatever capacity they needed. The Program Coordinators also took this time to research new and innovative programming that they will be able to offer to those referred to PASS in the future.

Program Coordinator (Sarnia): Kaity Ravelle, Program Coordinator (Chatham): Robyn Gore-Legue

REBOUND ROCKS

Rebound Rocks 2020 started off the season in grand style. We were so happy to see so many new faces come out to the auditions with an interest in joining the crew. After the successful auditions and interviews we selected 14 youth to participate in this years program. These youth have really raised the bar this year and they are sounding better than ever. They have selected an amazing set list of songs that will both entertain their audiences as well as challenge their musicianship at all levels.

In March 2020, just when we were gaining momentum, Covid-19 struck and sidelined our ability to rehearse and perform together. With the ongoing hope that restrictions would be lifted soon, the musicians kept the faith and rehearsed from home. Although we couldn't get together physically as a group we managed to individually lay down tracks and record two songs that will be spotlighted on the bands new web page that will serve as an Electronic Press Kit for the program. This process was slow and took several weeks but gave the youth the opportunity to participate in the recording aspect of the Rebound Rocks program. Some of the youth were able to perform online on various websites such as "the quarantine sessions" a music platform to offer musicians and music fans a place to share and give hope to others through music. Rebound Rocks was also joined online by local singer songwriter Jim Chevalier for a song writing seminar. We continue to be supported by so many great musicians.

Rebound Rocks is held together by the strength of our musicians and the unwavering support of the Rebound Rocks team of volunteer mentors. Their dedication and support to this program has just been outstanding and we could not do any of this without them. They are the true champions that bring this whole thing to life. The community support for the program continues to be amazing. We have received grants and donations to the program that has allowed us to build our capacity and expand the technology that keeps us rehearsing and performing. Stay tuned for the best sounding Rebound Rocks yet! Thank you to all of our supporters, we look forward to blowing your minds with a few extra thousand watts of rock and roll glory. Although we have been hit hard this year with the pandemic, we remain tough and resilient. It's the heart of rock and roll that keeps beating through good times and bad. We will continue to draw on the strength of each other and the power of music to keep us strong. Look out 2021. To those about to rock.....we salute you!

Music director and program coordinator: Stephanie Hyde

T2 CLASSROOM

What is Transitions 2? A funding partnership with the Lambton Kent District School Board, The Children's Aid Society, Youth Justice and Rebound, the Transitions II Classroom continues to support youth to reconnect with their schooling while successfully transitioning back into high school. Referrals to the classroom are made through the Children's Aid Society and Youth Justice. With a full-time LKDSB Teacher in the classroom providing educational supports, students also receive therapeutic supports offered by a Rebound Classroom Therapist. Trends that presented themselves in the classroom this year included an increase in the need for mental health and addictions support, as well as youth experiencing housing instability. Due to these increased needs, the Classroom Therapist was required to provide an increase in case management responsibilities than in previous years.

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 programs, cultural studies, financial literacy, community trips, and expressive arts. Many of our amazing community partners attended the classroom (both in person and virtually) to provide some of these essential services, such as: Sarnia-Lambton Native Friendship Centre, Express Personnel, Bluewater Health's Withdrawl Management program and West Lambton Community Health Centre (to only name a few).

This year has created some new challenges for the classroom with an adjustment to online learning. Both the students and staff worked together to maintain the strong relationships that this classroom has displayed throughout the years. Due to this being a specialized classroom, the classroom team has been able to maintain in-person learning for those students who require this method of learning.

14 Youth Served, Classroom Therapist: Helena Vandevenne

EXPRESSIVE ARTS (ACT II EXPANSION)

Resilience is defined as the ability to move through and recover from tough experiences. Like many other programs at Rebound, the Expressive Arts and ACT II programs have had to adjust to the changing world we have collectively experienced as a result of COVID-19. The Team worked quickly and were amongst some of the first to adapt their programs to a virtual environment, ensuring that youth in the community were still able to receive services. The Expressive Arts team ran a variety of 10 and 5-week programs that ranged from Comic Book Creation, Theatre 101, Crafting, Writing and more. We also had amazing guest speakers and facilitators join our sessions to share their knowledge and expertise with the youth. While we miss seeing the youth in person, we have been happy to see an influx of youth from the county who may have experienced travel as a barrier. One of the missing pieces was the postponing of ACT II's 2020 production of what would have been Disney's "Alice in Wonderland, Jr." However, in its place we have seen the rise of our virtual Dungeons and Dragon's program, an online space where youth meet on a weekly basis to participate in collaborative storytelling and share a few laughs and high rolls.

The delivery of the programs may have changed, but the heart is still the same. New challenges give rise to new possibilities and we have been blown away by the creativity of the youth we've seen. They're the ones who inspire us to keep going, to keep creating. And that is art and resiliency in action.

91 Youth Served, Program Coordinators: Amy Nazarewich & Ky Nahmabin

HOUSING SUPPORTS

Rebound continues to provide supports to the youth living at Ohana Landing, a transitional housing building for youth age 16-24 that experience chronic or episodic homelessness. Currently there are 8 youth living in the building (as of March 2021) and over the last year, have supported 15 youth living within OL and within the community. Housing Support Workers transitioned to offering both in person & virtual support due to COVID-19. This included weekly virtual Life Skills programming on several topics such as: problem solving, emotional regulation, taxes, cooking & nutrition, maintaining a clean space and personal goal setting. Many youth have struggled to maintain employment throughout the pandemic but show commitment to job searching. Others are navigating online school & creating a working from home schedule. Some youth struggled with virtual communication & engagement, but did their best with our support in participating in the program.

Housing Support Workers also regularly connect youth to their community supports. Over the last year, connections & collaborations were made with: Lambton Public Health, Lambton County Social Services, Family Counselling Centre, CMHA (Housing & Case management), CAS, Native Friendship Centre (Addiction Navigator, Red Path & Life Long Care Worker), Walpole Island Ban Office, Lambton College, The Inn of the Good Shepherd, Ontario Works, Ontario Disability Support Plan, Youth in Transition worker (Rebound), The Hub and Bluewater Health (Withdrawal management, Mental Health & Addictions).

15 Youth Supported (Living at Ohana Landing & in the community), Housing Support Workers: Jenna Sowinski & Renee Deschenes



VOLUNTEERS

"There is nothing stronger than the heart of a volunteer" – James Dolittle

There is no doubt that 2020-2021 will be a year we are sure never to forget. A worldwide pandemic brought so many uncertainties, but the one thing that remains certain is the dedication of our volunteers to continue serving the youth in our community.

As with everyone else in the world, we had to adapt quickly to how we delivered our programs and services and our volunteers were right there with us along the way. Whether it was wearing masks and social distancing while in the building, learning new virtual platforms for programming or meeting online for trainings and social events, our volunteers did it with heart and passion (as they always do). Not a week went by that I didn't get a call or an email from a volunteer (or several) to let Rebound know that they were there and ready to help however they could. Even though we had to minimize our programming due to COVID restrictions, our volunteers still managed to selflessly donate 2522 hours of their time. It is because of our volunteers that we were able to reach and connect with hundreds of youth when they needed us the most.

I joined the Rebound team during the pandemic and I am continually in awe of the amazing dedication and commitment that our volunteers show not only the agency, but also the youth and the community. I am honoured to be a part of this amazing organization with volunteers that make it exactly what it is...a magical place! Thank you for accepting me into your family!

"We are in this Together" is a phrase that has been often used during the pandemic. At Rebound, we are certainly blessed to be in this together with all of our volunteers.

2522 Volunteer hours logged
Volunteer Coordinator: Dana Piggott

CHOICES PROVINCIAL & MEMBER SITES

The Choices program is funded by the Ministry of Health to provide a Best Practice early intervention & prevention, mental health & addictions 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
- 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
- Essex County Diversion in Windsor

FUNDRAISING

To say that this past year has been a tough year would be an understatement! Fundraising in itself has always been a challenge but COVID-19 has turned it upside down, removing all in person fundraising events, which have always been a big part of funding all the greatness of Rebound. As I step back and review the past fiscal year and begin to document the positives and negatives, I feel that perhaps a better way to describe them are the, 'couldn't's' and the 'instead of's.' of our pandemic fundraising world.

St. Paddy's Day 2020 was the official beginning of our lockdown. We joined the rest of the world in thinking that this pandemic would certainly only last 2-3 weeks (or perhaps we just hoped this was the case). This hope turned into 4 weeks, then 2 months and I keep counting to day. 2020-21 brought some words and phrases to the forefront that have been around for ages, but definitely stand out now. Examples include: "Pandemic," "In this together," "Pivot," "Zoom," "Essential," "Social Distance," "Remote," "Quarantine," 'The Curve,' "Lockdown," "PPE," "Contactless," "Curbside," "Masks," and "Hand sanitizer."

At the onset of the lockdown, the debate over whether or not we postpone our second annual Hearts & Handbags event scheduled for May 2020 was a difficult one, especially following an amazing inaugural event in 2019. COVID won, and the decision to postpone it until May 2021 was made.

Throughout the pandemic, various organizations offered COVID-relief grants, and Rebound was successful in receiving several. Some of the highlights included: Canadian Community Foundation supported Spectrum for \$10,000; Canada Post supported Rebound Rocks with a generous donation of \$15,000; The United Way of Sarnia-Lambton donated \$5,000 for COVID-relief and several local corporate companies made significant donations, such as:

Suncor - \$10,000
Shell Canada -\$5,000
Imperial Oil- \$2,500

On the fundraising side, we made the pivot to online fundraisers and the brainstorming began. As the lockdown ensued, our 22nd annual Hearts for Youth Gala, planned for February 2021 was cancelled and postponed until February 2022. With this significant loss to Rebound, we put our thinking caps on and we created a new fundraiser, The 12 Days of Christmas. With the support of our amazing Gala sponsors and supporters, we created 12 different packages with a prize board of \$18,428 and to sell raffle tickets for the daily draw during the 12 Days of Christmas. Tickets were \$5 each, 3 for \$10 or 10 for \$25, and buyers could choose which prize package they'd like to win. Examples of the packages included: A fresh Christmas tree delivered and professionally decorated, a variety of restaurant gift cards, a dinner for eight prepared in your home by a local Chef, an ultimate spring clean package and a spectacular Louis Vuitton handbag. Between Sponsorships and ticket sales, Rebound sold 9513 tickets, with a net profit of \$40,500. This was made possible as the United Way of Sarnia-Lambton made the decision to lift their traditional blackout period for all of their funded agencies due to COVID (this blackout period stops all our fundraising efforts every year from September to December while United Way launches their annual fundraising campaign).

The 2020-21 year ended in another lockdown and that keeps us riding the third wave. If COVID has taught us anything, it's that we have learned to be more flexible, creative, patient, kind to each other and ourselves amidst all of the uncertainty and constant change.

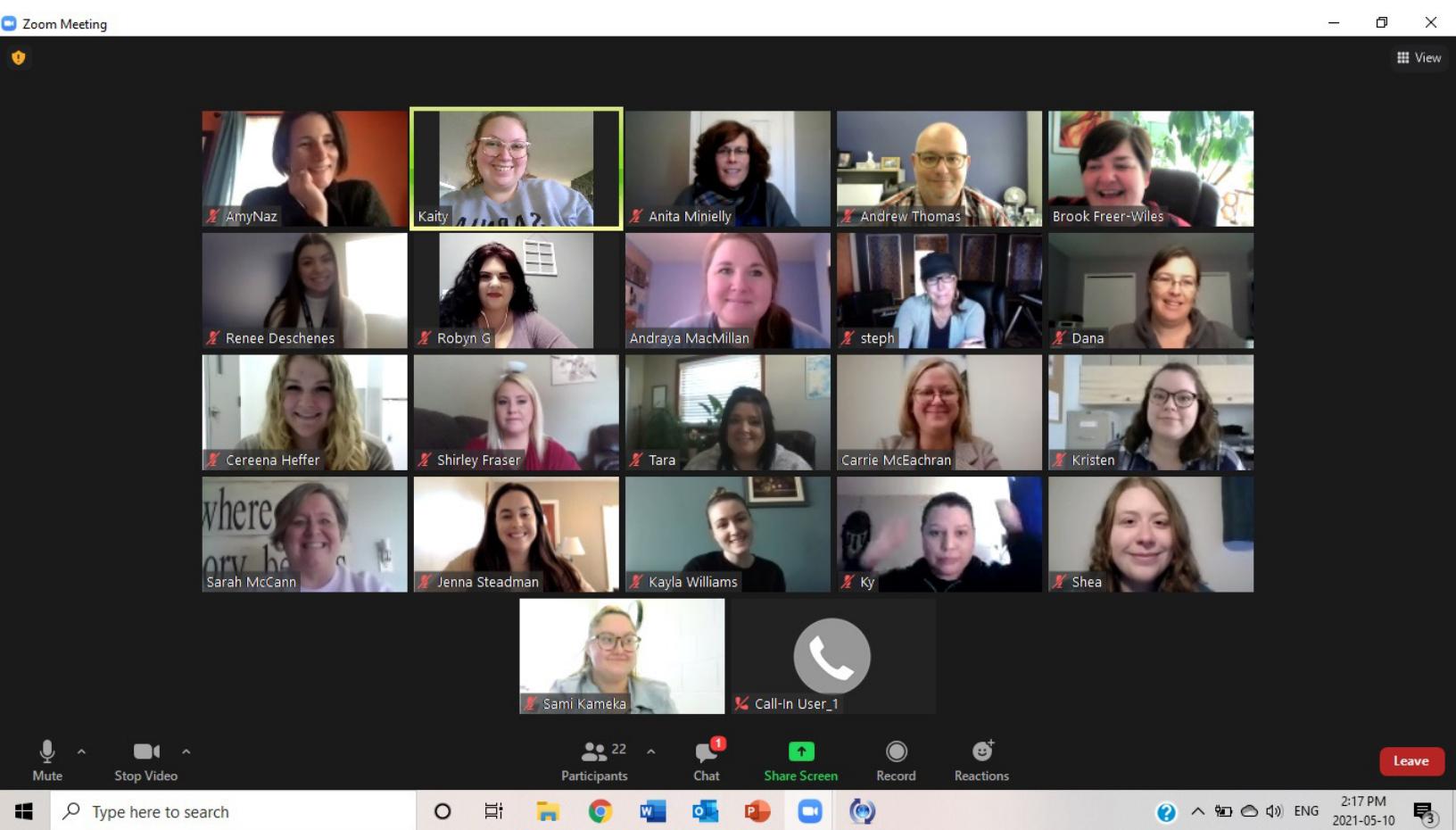
Fund Development & Marketing Coordinator, Anita Minielly



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 TEAM 2020-21

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, Expressive Arts Coordinator
Katlyn Britton, In-School programming & Girls Mentoring Program Coordinator, r.Lounge Support
Kristen Clendenning, HUB/rLounge Coordinator
Sami Kameka, r.Lounge STAND/Intake Coordinator, GPS Youth Ally and Choices Jr Coordinator
Kaity Ravelle, r.Lounge/HUB support and Sarnia PASS Coordinator
Helena Vandevenne, Transitions II Classroom Therapist
Stephanie Hyde, Stand Program Facilitator, Rebound Rocks Program Coordinator
Shealynn Silvesteri, HUB Youth Advisor
Vanessa Anderson, GPS Youth Facilitator
Jess Vegh, GPS Youth Facilitator
Jenna Steadman, County Coordinator
Anita Minielly, Fundraising & Marketing Coordinator
Dana Pigott, Volunteer Coordinator
Brook Freer-Wiles, Creative Design Lead
Amy Nazarewich, Expressive Arts Support
Cereena Heffer, Youth in Transition Worker
Renee Deschenes, Housing Support Worker (Ohana Landing)
Robyn Gore-Legue, Chatham PASS
Shirley Fraser, St. Pats In-School Suspension & Detention
Kurt White, Ursuline College In-School Suspension & Detention

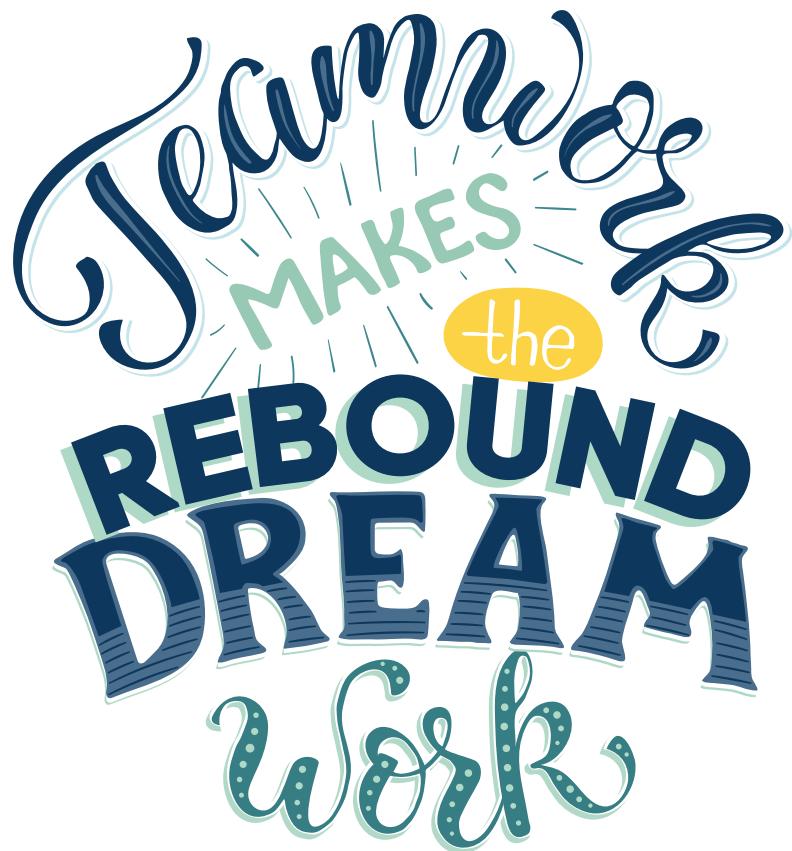


FIELD PLACEMENT STUDENTS

Tayah Labadie - SSW - Second Year
Cheyenne Guthro - CYC - Second Year
Julie Gilliland - CYC - Second Year
Kristen Barney - CYC - Second Year
Daniel Robichaud - CYC - Second Year
Alicia Popelier - SSW - Second Year
Irene Thibert - Recreation Therapy - Second Year
Kayla Riley - CYC - First Year

BOARD OF DIRECTORS

Tamara Johnson, President
Dave Schoch, Vice-President
Melissa Vandervies, Treasurer
Cameron Gordon, Secretary
Tim Symington, Member At Large
Barry Symington, Member At Large
Leanne Kember, Member At Large
Matt Jossee,, Member At Large
Ian Bruce, Member At Large
Meghan Reale, Member At Large
Ryan Hornett, Member At Large
Montana Lauzon, Member At Large



STATEMENT OF OPERATIONS

FOR THE YEAR ENDED MARCH 31

	2021	2020
REVENUE		
Grants	\$ 1,101,399	\$ 1,380,275
Fundraising	74,225	173,854
Donations	77,431	137,398
Membership	6,000	9,000
Amortization of deferred		
Capital contribution	8,220	4,141
Client fees	-	1,040
Other	390,766	260
Interest	6,676	-
	<hr/>	<hr/>
	1,664,717	1,705,968
	<hr/>	<hr/>
EXPENSES		
Wages and benefits	1,093,779	1,231,312
Programs	111,011	195,035
Fundraising	21,379	77,598
Rent (net)	66,341	68,193
Office and misc.	32,861	35,910
Professional fees	67,713	10,913
Staff development	6,536	14,661
Amortization	17,121	13,657
Telephone	13,310	17,489
Insurance	10,241	10,056
Public Relations	6,944	8,621
Travel & Promotion	3,616	8,937
Bank charges	2,047	1,911
	<hr/>	<hr/>
	\$ 1,452,899	\$ 1,694,293
	<hr/>	<hr/>
Deficiency of revenues over expenses	\$211,818	\$ 11,675
	<hr/>	<hr/>

Management Notes to the Financial Statements

- 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.
- 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 \$57,647. for a total of \$79,053 spent on raising a total of \$1,664,717 in revenues.
- For complete audited Financial Statements please visit our website at www.reboundonline.com.

STATEMENT OF FINANCIAL POSITION

AS AT MARCH 31

	2 021	2 020
ASSETS		
CURRENT		
Cash	\$ 767,331	\$ 379,212
Short-term investments	313,585	263,585
Accounts receivable	82,647	41,105
Prepaid expenses	4,179	4,106
	<hr/> 1,167,742	688,008
Equip. & Improvements	56,355	38,950
	<hr/> \$ 1,224,097	\$ 726,958
LIABILITIES		
CURRENT		
Accounts payable and Accrued liabilities	\$ 55,082	\$ 59,586
Deferred revenue (the HUB \$ 177,991)	572,349	296,658
	<hr/> 656,766	356,244
DEFERRED CAPITAL		
CONTRIBUTION (THE HUB \$ 6,845)	29,335	15,201
	<hr/> 656,766	371,445
NET ASSETS		
Contingency reserve fund	\$ 425,000	\$ 292,634
Invested in equipment	27,020	19,608
Unrestricted surplus	40,311	43,271
Internally Restricted	75,000	
	<hr/> 567,331	355,513
	<hr/> \$ 1,224,097	\$ 726,958

STATEMENT OF REVENUE & EXPENSES -THE HUB

FOR THE YEAR ENDED MARCH 31

	2021	2020
REVENUE		
Grants	\$ 93,870	\$ 199,741
Donations	0	31,613
Amortization of deferred Capital contribution	1,837	2,399
Other	40,268	-
	<hr/> \$ 135,975	\$ 233,753
EXPENSES		
Wages & Benefits	\$ 93,017	\$ 188,672
Programs	20,690	21,485
Rent	13,600	13,600
Amortization	1,837	2,399
Insurance	1,500	1,500
Telephone	3,057	2,649
Staff Development	446	1,211
Office & Miscellaneous	1,828	2,237
	<hr/> \$ 135,975	\$ 233,753
Excess of revenues over expenses	\$ -	\$ -

Our Mission

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.

Sarnia-Lambton Rebound

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

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email: info@reboundonline.com

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Rebound Forest

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Charitable No. 13205 7100 RR0001

www.reboundonline.com

