

ANNUAL REPORT

2021-22



Sarnia-Lambton
REBOUND

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 38 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.

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.

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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 and the community. 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.

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 non-judgemental space to explore their feelings and learn strategies to make better-informed decisions with adults who care and understand. 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!

EXECUTIVE DIRECTOR'S MESSAGE



I have been told many times over the past six years that once Rebound is in your blood, it's there forever...and truer words could never be spoken! As I write my last annual report, I can't help but think about the amazing things that this small but mighty organization has accomplished, not only in the past year but in the past six years and beyond! I could go on forever but this report is focussed on the past year....and no one wants to hear me ramble.

Although the past year was full of challenges it was also full of new opportunities to reimagine, rebuild and celebrate. Rebound embarked on a new strategic plan that will do just that. We live in a much different world than we did two years ago and Rebound recognizes the need to provide services and supports in a whole new way...and, in true Rebound fashion, the team has hit the ground running and continue to look at ways to keep up with the ever-changing needs of youth, families and our community.

The Rebound team not only survived the challenges of the past two years but they did it together with one goal in mind... Not one youth in our community is going to go without the support they need to thrive. They stood by this goal even through the most challenging times. When all other doors closed, Rebound was there to meet youth exactly where they were at. I'm so proud of the worlds most amazing team of staff and volunteers!

This chapter may be closing for me, but it certainly is not good bye...this magical place with the most amazing team (aka Team Awesome) will always hold a big piece of my heart. I look forward to continuing to sprinkle the Rebound magic everywhere I go.

Carrie McEachran

BOARD PRESIDENT'S MESSAGE

What a year it has been! We all celebrated when the doors were unlocked and life began to feel a bit "normal"! This past year we implemented a new Strategic Plan. ReDefine. ReBoot. ReImagine. We will evaluate, collaborate and innovate under the guidance of our new Executive Director; Michelle Holbrook. We are thrilled to welcome her to this position, recognizing that Michelle has been an avid supporter of Rebound for years.

Rebound continues to be a safe place for Sarnia/Lambton youth to gather and learn, to find support and compassion, to make friends and have fun. The many Rebound programs and drop-in groups ensure that each youth finds their specific needs met.

I'd like to thank the Youth of our community. Thank you for seeking help and reaching out. Without your input we could not be the Youth-led agency that we are. Your thoughts, struggles, ideas and hopes help shape our programs and initiatives.

Thank you to our Volunteers. You have shown up and supported Rebound virtually and in-person while following ever-changing policies and recommendations and done so with a smile and genuine joy. (and sometimes home baking!)

Thank you to our Board of Directors. Your collective skills, care for the agency and time spent have been invaluable throughout this past year.

Thank you to the Rebound staff. You have risen to and conquered every challenge thrown at you. You adapted programs as the pandemic dictated, you found unique ways to fundraise when the Gala was cancelled, and you gave extra time and effort while a new Executive Director was found. You have been inspiring to work with.

Thank you to Carrie for everything you have done for Rebound as the Executive Director over the past six years. We wish you every success in your new endeavours.

Thank you to our founders. We are forever grateful to Terry Fitzgerald, Dee Cox and Barry Symington. Their dream of helping youth has evolved into the Rebound we see today and will continue to shape the Rebound of tomorrow. Thank you to our community partners, our generous donors, and the support of the Sarnia Lambton community. Together, we are Rebound!

Leanne Kember



HIGHLIGHTS



589

volunteer hours donated in the 2021-22 year.

55

2SLGBTQIA+ youth served in the SPECTRUM Program

60

Youth supported one on one in the STAND Program.

This past year, our second during the covid-19 pandemic, we witnessed perseverance, fatigue, and triumph. Despite these challenges, we are pleased to be able to share today a message of strength, adaptation, and hope.

23

youth supported in transitional housing.

1711
VISITS @



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.

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

“We do things a little bit differently around here.”



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 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



The HUB

The Hub is an integrated youth service for youth ages 12-24. With Rebound as the lead agency for this collaborative 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, 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 health 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.

Within this past year we renovated The Hub space, acquired an additional room within St. Luke's Church and navigated the fluctuations within the Covid-19 restrictions. The Hub was the successful candidate for The Home Depot Canada Foundation, The Walter J. Blackburn Foundation, and The Halord E. Ballard Foundation grants. With this money and additional room, we were able to create The Marketplace. The Marketplace acts as a one stop shop for youth's basic needs, including; emergency food bank, hygiene, clothing and much more.

Since re-opening our doors after Covid-19 restrictions lifted, we have seen plenty of familiar faces as well as lots of new faces. Our youth faced new Covid-19 policies at The Hub with grace and were excited to have The Hub doors open again. Over the past year we saw an increase in service requests for emergency/sustainable housing and employment supports and youth who identify as being a member of the 2SLGBTQ+ community.

Program Lead: Kristen Clendenning

Program Assistant: Logan Cassista

Youth Advisor: Shealynn Silvesteri

1711

VISITS

144 YOUTH SERVED

A year of providing youth with food, shelter, safety, health and, in many cases, a sense of belonging.



“Our goals go beyond finding youth places to live. We want to give them places to be heard.”

HOUSING SUPPORTS

Rebound continues to provide supports to the youth living at Ohana Landing, a transitional housing building for youth aged 16-24 that experience chronic or episodic homelessness. Currently there are 9 youth living in Transitional Housing and 4 living within the community (as of March 2022). Over the last year, Rebound has supported 19 youth living within Transitional Housing and 4 within the community.

As the pandemic subsides, Housing Support Workers recently transitioned back to offering mostly in person supports. This included Life Skills programming on several topics such as: problem solving, emotional regulation, taxes, cooking & nutrition, maintaining a clean space and personal goal setting. 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), Youth Job Connection, LEADS, CAS, Native Friendship Centre (Addiction Navigator, Red Path & Life Long Care Worker), 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). Of the 19-youth engaged in the program over the last year, 11 had employment, and 8 were enrolled in an education program.

Housing Support Workers: Renee Deschenes & Kelly Jubenville

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YOUTH SUPPORTED

PROJECT 1 IN 3

Project 1 in 3 was introduced as a pilot project to Sarnia-Lambton Rebound in partnership with Lambton County O.P.P., Youth Probation, and the Sexual Assault Survivor’s Centre. Project 1 in 3 was funded through a Community Safety and Policing Grant through the Lambton Group Police Services. Project 1 in 3 is a pre-charge diversion program for male youth (12-17) that have engaged in minor sexual crimes (sharing of intimate images, non-penetrative touching, sexual harassment, invitation to touching). It was named as such because statistics show that 1 in 3 females will be survivors of sexual assault. Youth are referred to Project 1 in 3 through our partners in policing, and must have the consent from the survivor for the youth to participate. Youth involved in this eight week program receive information on gender norms, self-esteem, emotional regulation, survivor empathy, boundaries, consent, amongst other topics. Due to uncertainty and unforeseen obstacles with the Covid-19 pandemic, Project 1 in 3 started serving youth in September 2021. From September 2021-March 2022 Project 1 in 3 served 3 youth participants directly in program, with a 100% graduation rate. In addition to the youth in program, the Project 1 in 3 Coordinator in partnership with the Sexual Assault Survivor’s Centre conducted Sexual Consent presentations to 200+ youth aged 13-24 through Lambton County secondary schools, and The Hub. Moving into 2022, the Project 1 in 3 Committee has received confirmation of an extension of the Community Safety and Policing Grant to 2025, with the hopes of continuing to educate youth on healthy sexual relationships and taking a proactive preventative approach to sexual harm.

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YOUTH SUPPORTED

DUNGEONS & DRAGONS

Adaptability, a skill taught to our youth in Dungeons & Dragons Rebound, and a skill employed by the program and its staff in the face of Covid-19. The definition is the quality of being able to adjust to new conditions, relevant within our programming and within agencies across Ontario to address the changing needs and conditions of our communities, having to adapt to a new world and a new way of encountering the world around them. It is why we at D&D Rebound aimed to find a new way to teach youth the life skills necessary to navigate and adapt to any challenges or conditions they experienced. Youth are able to interact and engage in a fantasy world free of judgement and real-world consequences to apply new skills and explore their identities in a warm and welcoming space.

Being online has offered our program a unique opportunity to service youth virtually, here in the city of Sarnia but also to youth in the county who may not be able to travel to in-person programming. We've also been able to offer services to youth in communities beyond ours and staff continue to look at ways to expand our programming here at Rebound to not only benefit the youth of our community, but all.

When asked about D&D Rebound's programming the youth had this to say: "The program is a safe space for me, where I don't have to be afraid to be myself." "I can't wait for Thursdays Program; they really make me feel better." "My favorite time is when we all use silly voices and laugh together." "D&D Rebound has helped me find myself and make friends!"

D&D Program Facilitator: Zack Roos

Program Assistant: Ky Nahmabin

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YOUTH SERVED



REBOUND ROCKS

Rebound Rocks was significantly impacted by the restrictions imposed as a result of Covid-19. Rehearsals and concerts were cancelled and limits to in person visits to the Rebound building were curtailed. In mid- summer the program was permitted to meet outside only for rehearsals, so the band met each week, weather permitting. The youth worked incredibly hard to put a show together in a few short months and were able to perform four times during the fall season. They were able to support a fundraiser for the Special Olympics as well as perform for the family and youth of Lambton County Developmental Services in Petrolia. The youth also performed at “First Friday” in downtown Sarnia hosted by the Imperial Theatre and again for the Town of Petrolia for the Shop Like Charlotte fundraiser. The band Rehearsed 31 times in the past year and there were 13 youth involved in the program on a weekly basis.

We have had some youth leave the program to attend University and College as well as for work commitments. In January of this year, we recruited four new youth and the band has been rehearsing weekly since February after the latest lock down restrictions were lifted. We currently have several concerts booked and look forward to a productive season.

Rebound Rocks continues to receive much support from the community with donations of music equipment. We are grateful to our supporters, volunteers and parents who help to keep the program and the music alive. We are extremely fortunate to have a group of committed youth that come out every week to rehearsals and are willing to put the work in to make Rebound Rocks come together.

Program Coordinator: Steph Hyde



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YOUTH PARTICIPANTS

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. Throughout the pandemic, the Choices Program continued to offer 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. For a brief time during our Fall and Winter session, Rebound was able to offer our first in person program session since Winter 2019! That particular session felt celebratory in nature for both the youth in the program and volunteers who supported the program.

Program Coordinators: Kayla Williams, Sami Kameka, Tiffany D’Angela



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YOUTH SERVED

YOUTH FOR YOUTH

Youth for Youth is our very own Youth Engagement Program (previously known as Getting Possibilities Started, GPS) continues to provide youth aged 12-18 with supports in Sarnia Lambton with new opportunities. Youth for Youth took the pandemic to restructure the program, exploring what was missing in our community. While exploring, our Youth Facilitators quickly realized the need for youth to connect peer to peer. Youth for Youth now offers a safe place for young people to come, connect and engage in peer to peer conversations regarding things that are impacting them as individuals, but also as a community. Ensuring we are able to accommodate many young folks we continue to provide services virtually, and in person. The sessions are completely youth focused, the youth express any concerns/etc. regarding things that are important to them and the Youth Facilitators and Adult Ally work to create content that applies to that topic for the next session! Discussions have included school anxieties, cyber bullying, and emotional regulation!

Program Coordinator: Sami, YF Jess Vegh, Vanessa Anderson



SPECTRUM

Spectrum is a safe and positive drop-in space open to youth ages 12 to 24 in Sarnia and Lambton County that identify as Two Spirit, Lesbian, Gay, Bisexual, Transgender, Queer and/or Questioning, Intersex, Asexual, and/or additional sexual orientations and gender identities (2SLGBTQIA+). The Spectrum program offers both a junior drop-in for youth between the ages of 12-16 and a senior drop-in for youth between the ages of 17-24.

This year, Spectrum continued to run Wednesdays, alternating between in-person drop-in sessions and virtual sessions. At first, the program coordinators utilized virtual platforms to ensure that Spectrum could run and that we could continue to meet the needs of the youth during the various stages of Covid restrictions. However, after noticing the amount of youth that we're able to reach in the county and those with transportation barriers, we decided to add Spectrum virtual sessions within our program delivery.

Spectrum continues to host guest speakers and facilitate games, movies, crafts, and educational nights for the youth. Last year, Spectrum was chosen to be proud recipients of The 519's Kyle Scanlon Memorial Fund. With the funds received, Spectrum proposed to open a gender affirming closet for local transgender youth and non-binary youth to be able to access free clothing. This year, Spectrum program coordinators were able to make their proposal a reality and visually stunning wardrobe was created. The Spectrum Youth helped name Kyle's Closet, picked out suitable clothing, and created the guidelines around accessing Kyle's Closet. It's been great to see Spectrum youth access Kyle's Closet and walk away with new gender affirming clothing and a smile on their face. We're looking forward to introducing Kyle's Closet to the public in 2022.

Every year, Spectrum continues to grow and evolve to meet the needs of the 2SLGBTQIA+ youth in Sarnia-Lambton. We are very excited to see what the future holds for Spectrum.

Program Coordinators: Ky Nahmabin & Julie Claves



55
2SLGBTQIA+
youth served



T2 CLASSROOM

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, emotional regulation supports, as well as youth experiencing housing instability. 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, therapeutic arts, mindfulness activities, financial literacy and some community engagement trips. 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 Withdrawal 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.

Classroom Therapist: Helena Vandevenne, Kurt White

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 both virtually and in person as we modified and pivoted to meet the needs of youth while adhering to pandemic restrictions. Topics covered included: 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. 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! Then, just as in Choices and Life Choices, Choices Jr pivoted back to in person programming during the Fall/Winter 2021 session. Our juniors were able to meet each week in person again. Youth shared that they “loved relaxation activities and art activities” during this session.

Program Coordinators: Kayla Williams, Sami Kameka, Tiffany D’Angela

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.

PASS PROGRAM

The PASS Program (Positive Alternative to School Suspension) is offered as an alternative to home suspension in both Sarnia (LKDSB & SCCDSB) and Chatham (LKDSB). Program referrals are primarily received from the St. Clair Catholic District School Board and the Lambton Kent District School Board, with some referrals from other smaller school boards in the area. The PASS Program is offered to youth in grades 4 through 12 who are facing a home suspension for 1+ days. PASS focuses on developing students positive social and cognitive skills, while ensuring that they maintain their academic progress, in hopes for a positive and successful return to school. Since the beginning of the 2021-2022 school year, referrals have increased close to pre-Covid-19 referrals, and by building stronger community connections, PASS has seen an increase in long-term youth stays. Student feedback has shown that 88% of youth find attending PASS more beneficial than being at home during their suspension, and would use words such as helpful, respectful, fun, safe, and calm to describe their time in the program.

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

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REFERRALS

IN-SCHOOL SUSPENSION & DETENTION

For the past sixteen years, Rebound has been providing in school suspension and detention services to the secondary schools within the St. Clair Catholic District School Board in Sarnia & Chatham. 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 alternative 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 needs of the school. The Program Coordinators jumped into action to help support supervision of students, 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): Sonja Hotke,

Program Coordinator (Chatham): (formerly) Kurt White; (present) Renee Deschenes

CHATHAM

122
VISITS

94
YOUTH
SERVED

(November
2021-March
2022)

SARNIA

805
VISITS

293
YOUTH
SERVED

(September
2021-March 2022)



YOUTH IN TRANSITION

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, virtually 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.

COVID-19 has affected the way the YIT Worker provides services, but with loosening of restrictions and moving towards the new "normal" the YIT Worker has become busier, and referrals have increased. The YIT Worker had been unable to transport youth in their vehicle and therefore required youth to meet the YIT Worker at the office or in the community on their own, which could be a barrier depending on their location. In September 2021, the YIT Worker began providing transportation in their vehicle again, which has encouraged more use of community resources, such as accessing the food bank and following through with appointments.

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 due to the ongoing COVID-19 pandemic, 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.

Youth in Transition Worker: Cereena Heffer

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YOUTH SERVED

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 programs ran on both in person as well as a virtual platform to accommodate the needs of the youth in our community and to ensure they are getting the supports they need, despite a pandemic. We were able to pivot our program to fully in person during our fall/winter 2021 session.

Program Coordinator: Sami Kameka

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YOUTH SERVED

UNND

STAND PROGRAM

To address the needs of the youth locally that are being referred, 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 to aid in adapting to life circumstances and make positive, informed choices for themselves, particularly during uncertain times.

The STAND program can also be accessed as a bridge 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 few years, 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: positive coping, substance reliance, resiliency building, setting boundaries, advocating for self, bullying, self-awareness, family relationships, isolation and emotional regulation.

Program Coordinator: Sami Kameka

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YOUTH SERVED

EDUCATION COMMUNITY PARTNERSHIP PROGRAM (SECTION 23)

The ECPP 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 ECPP 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 ECPP 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. This year due to being a specialized program, and with proper safety measures in place, ECPP was fortunate to be able to maintain face-to-face learning this entire year.

Classroom Therapist: Julie Claeys

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YOUTH SERVED

THE CINDERELLA PROJECT

The Cinderella Project at Rebound collects new and almost-new formal dresses, shoes, and accessories, and provide them free of charge to area school students who are unable to purchase their own prom or graduation attire. We distribute the dresses and accessories during an exciting Boutique Day. Each youth receives individual assistance from a volunteer personal shopper as they look through our inventory. Our ultimate goal is to have a positive influence on youth by helping them to look and feel their best celebrating their accomplishments alongside their peers on these momentous occasions.

Due to Covid-19 rules and restrictions we were unable to run our 2021 boutique. However, we were able to run a dress drive in February 2022 to support our 2022 boutique and collected 300+ dresses.

COUNTY PROGRAMS

This year has continued to be rewarding for our County programming, continuing connections with the communities and schools across the County of Lambton. Due to the ongoing restrictions of COVID-19, some County programs have yet to resume. Specifically, our GPS (Getting Possibilities Started), now Y4Y (Youth for Youth), at NLSS, as well as our Forest Drop-In program. We are optimistic that these programs will be reactivated in 2022-2023.

On a positive note, we have been able to connect in person and virtually with many youth & schools in the County to offer our support. We have adapted our one-on-one STAND programming, to be offered virtually or in person – allowing us to connect with youth in Alvinston, Watford, Petrolia, Corunna, and Port Lambton. Mooretown-Courtright’s 10-week in-school boys’ and girls’ programs, were modified to virtual, meeting the youth on a platform they are already familiar with. Finally, we were able to collaborate with Lambton Centennial to offer a survey, and subsequent guest speaking on technology use for students in grade 5-8. 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.

County Coordinator – Jenna Steadman, Renee Deschenes

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YOUTH SERVED



“This past year, like the years before there were plenty of stories of youth who chose a new path and inspired us all.”

VOLUNTEERS

"Those who can do, do. Those who can do more, volunteer". – 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 2021-2022 year was a quiet one, as most of the year many of our programs and events were running virtually or not running at all due to the global pandemic. Our volunteers continued to show up and learned to pivot and reimagine our program and event presentation right along with us. We all had to have patience, work together and be creative in finding new and unique ways to support the youth of Sarnia-Lambton. Our volunteers donated 589 hours of their time by helping youth in programs, providing insight, planning on committees, sitting on our Board of Directors and so much more!

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!

Volunteer Coordinator: Nicole McLean

589
volunteer hours donated in
the 2021-22 year.



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 four 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

Fundraising was challenging before COVID-19, and the virus turned our worlds upside down, cancelling all in-person events between March 2020 to spring 2022. Life is slowly returning to some semblance of normalcy.

To step back and review the past fiscal year and document the anxiety, frustration, and constant pivoting, or 'covid-shuffling' that everyone experienced, we're reminded about how far we've come, but how much we've forgotten already. Mask mandates were lifted provincially on Monday, March 21st, 2022, and the relief of seeing everyone's smiles again was embraced.

Navigating these uncharted waters over the past two years has been difficult, but it's also reminded us of how valuable our team is and the services and programs we deliver, as we continue to focus on our purpose and why we're all here – to be a caring partner in the successful development of youth.

As year one, quickly turned into year two of the pandemic, our Fund Development Team approached fundraising day by day, waiting for 'covid restrictions' to either be lifted, or lessened, allowing us to host a live in-person event, but with reduced numbers. The 2nd Annual Hearts and Handbags event scheduled for May 2021, was cancelled due to covid restrictions, and tentatively moved to May 2022.

We kicked April 2021 off working from home, and returned to the office in mid-June for the remainder of the year. On the fundraising side, we made the pivot to online fundraisers and the brainstorming began.

A decision was made to dip our toes in the car raffle pool, and partnered with MacFarlane Chevrolet Buick GMC in Petrolia, raffling off a stellar 2021 Camaro, in a stunning shade of shock lime-green, valued at over \$45,000.00. The ticket was drawn on the first day of summer, June 21st, making Aaron Eleanor the lucky winner. The raffle was a huge success, selling all 1500 tickets, at \$100 each with ticket purchasers came from all across Ontario.

The HUB's doors remained closed, which was the perfect opportunity to do some much-needed updates and upgrades after five years of wear and tear from youth. After submission of several grant applications Rebound/The HUB was the lucky recipient of some large capital grants, which helped to jump-start their face-lift. These funders included the Walter J. Blackburn Foundation (\$5,000), The Home Depot Canada Foundation (\$10,000), and the Harold E. Ballard Foundation (\$10,000).

During the summer of 2021, as the lockdown ensued, we started to plan for our 22nd Annual Hearts for Youth Gala, with a lot of cautious optimism, and booked the Sunbridge Inn Hotel & Conference Centre for February 12, 2022, with the theme, Hearts

of Gold. As plans developed, and sponsorships quickly secured, we realized that our supporters were ready for a night out. Sadly, when we returned from our Christmas break in January 2022, we made the decision to cancel the Gala, because the government reduced indoor socializing to 50% capacity. With over \$60,000 secured in sponsorships, our Fund Development team was again tossed into the murky waters to do the 'covid-pivot' and create an opportunity to raffle the silent and live auction donations.

The smoke was thick from all of the brainstorming that happened over the final quarter of the fiscal year. We researched online raffle platforms that would give us a broader audience, and tossed around raffle and theme ideas like balls in the air. As the fiscal year ended, we landed on the Hearts for Youth Raffle, that would be similar to our 2020 - 12 Days of Christmas fundraiser, but with a slight twist.

Pre-covid life is slowly returning, and we're excited to finally be planning in-person events and fundraisers. If COVID has taught us anything, it's that we learned how to be flexible, creative, patient and kind to each other and ourselves amidst all of the uncertainty and constant change.





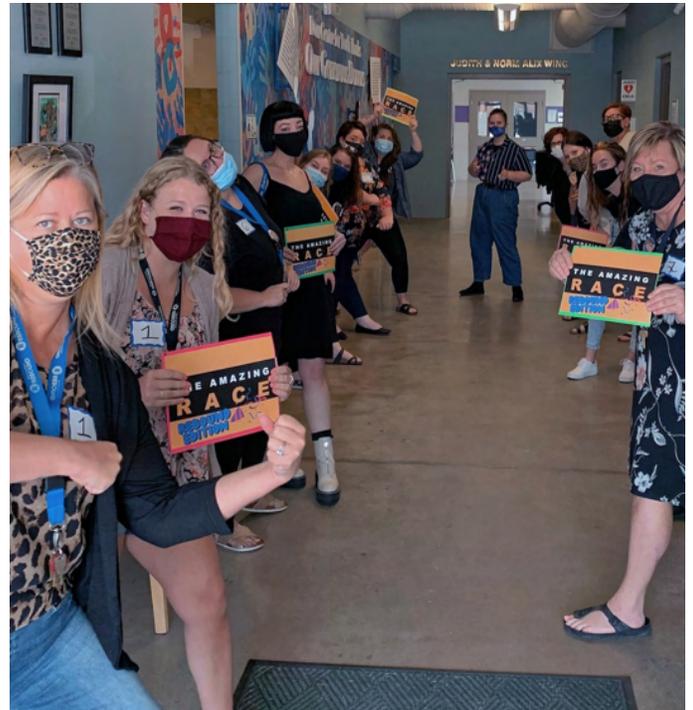
Car raffle winner Aaron Ellenor, with Kristin MacFarlane & Anita Minielly



THE TEAM 2021-22

When Sarnia-Lambton Rebound opened in 1984, the team consisted of two employees. Today, 38 years later, we're a strong and effective team of 29. The times may change, the issues that youth face evolve, but the core of our work, the wellbeing of our clients, remains the same. We work for youth. No matter if it's helping a young person secure housing or working with a young person as they navigate the sometimes overwhelming world post-covid we put the client at the centre of everything we do.

Carrie McEachran Executive Director
Sarah McCann, Business Director
Andraya MacMillan, Client Services Director
Tiffany D'Angela, Client Services Supervisor
Anita Minielly Fund Development Coordinator
Tara Anderson, Administrative Assistant
Brook Freer Wiles, Creative Design Lead
Nicole McLean, Volunteer Coordinator
Julie Clayes, Section 23 Classroom Support
Kaity Ravelle, PASS Coordinator
Renee Deschenes, County Lead
Kelly Jubenville, Housing Lead
Kristen Clendenning, HUB Lead
Cereena Heffer, YITW
Kurt White, Classroom Therapist
Sonja Hotke, In-School Detention
Jonathon Gauthier, In-School Detention
Logan Cassista, HUB Assistant
Jess Vegh, Youth Facilitator
Vanessa Anderson, Youth Facilitator
Zack Roos, Program Assistant D&D
Zibby Blanchard, Program Assistant
Shea Silverstri, Peer Navigator
Stephanie Hyde, Rebound Rocks Coordinator & STAND
Sami Kameka, Intake/STAND & Program Coordinator
Ky Nahmabin, Spectrum & D&D
Myckayla Mentus, Program Coordinator
Robyn Legue-Gore, PASS Coordinator Chatham



This team comes together when times get tough, supports one another, builds meaningful relationships with youth and is the real reason why Rebound is awesome.

FIELD PLACEMENT STUDENTS

In the 2021-2022 we had the privilege of placing 9 students from Lambton College and Fanshawe College through the academic school year. Students came from the Child and Youth Care and Social Service Worker programs.

Alyssa Marsh – CYC – Third Year

Amber Sharpe – CYC – Second Year

Chantell Crabtree – SSW – Second Year

Darcey Toffoli-Turk – CYC – Third Year

Desiree Brolley – CYC – Second Year

Gabe Brokenshire – CYC – Second Year

Jenna Capes – CYC – Third Year

Regan Harris – CYC – Second Year

Taylor Boomsma – CYC – Second Year



BOARD OF DIRECTORS

Leanne Kember, President- Business Owner

Meghan Reale, Vice President- Professor

Melissa Vandervies, Treasurer- Self-Employed/DNA Financial Logistics

Matt Josse, Secretary- Project Manager in Children's Services for the County of Lambton

Cam Gordon, Principal with LKDSB

Tim Symington, OPP Officer

Laura Donkers, Administration, City of Sarnia

Ryan Hornett, Nova Chemicals

Nick McLean, Sarnia Police Officer, Youth Division

Victoria Edwards, Lawyer with Siskinds the Law Firm

Chris Kehoe, Principal, St. Clair Catholic District School Board

Montana Lauzon, Student



THE YOUTH PERSPECTIVE

I came to Rebound for the first time when I took part in expressive arts programming. We did improve. I worked on my self-confidence in a safe environment and learned a bunch of new skills. Most importantly I learned to work together with other kids, and that we all come from different backgrounds and spaces but that we are like one big unit working together and having fun. Then, during Covid I came out to my family. They were super accepting and supportive. I'm really lucky to have that support at home to live as my true authentic self, but I still wanted to a space to where I could meet and be around other queer youth. Queer spaces are so important for acceptance and growth and that is when I found Spectrum. Rebound and Spectrum have provided me with a space that I can call my own, where I can meet with other youth – like me, where we can express ourselves in a queer space, learn new skills and help build my confidence. I did band at school this year and loved it, got up on a stage and performed on instrument t that I never tried before. **I did amazing and I know that part of the reason was because of the skills that I learned from groups that I attended at Rebound”.**

Hayden – They/Them

STATEMENT OF OPERATIONS

For the year ended March 31

	2022	2021
REVENUE		
Amortization of deferred Capital contribution	\$10,881	\$8,220
Donations	92,983	77,431
Fundraising	98,327	74,225
Grants	1,302,407	1,101,399
Interest	16	6,676
Membership	5,000	6,000
Other	1,422	390,766
	<hr/>	<hr/>
	1,511,036	1,664,717
EXPENSES		
Amortization	21,214	17,121
Bank charges	985	2,047
Fundraising	72,418	21,379
Insurance	11,394	10,241
Office and misc.	55,556	32,861
Professional fees	24,987	67,713
Programs	165,986	111,011
Public Relations	12,243	6,944
Rent (net)	62,045	66,341
Staff development	7,411	6,536
Telephone	16,684	13,310
Travel & Promotion	3,884	3,616
Wages and benefits	1,101,633	1,093,779
	<hr/>	<hr/>
	\$1,556,440	\$ 1,452,899
Deficiency of revenues over expenses	(45,404)	\$211,818
	<hr/>	<hr/>

STATEMENT OF FINANCIAL POSITION

As at March 31		
	2022	2021
ASSETS CURRENT		
Cash	\$825,872	\$ 767,331
Short-term investments	263,585	313,585
Accounts receivable	23,388	82,647
Prepaid expenses	6,965	4,179
	1,119,810	1,167,742
Equip. & Improvements	59,790	56,355
	\$1,179,600	\$ 1,224,097
LIABILITIES CURRENT		
Accounts payable and Accrued liabilities	\$73,046	\$ 55,082
Deferred revenue (the HUB \$ 216,510)	563,503	572,349
	636,549	656,766
DEFERRED CAPITAL CONTRIBUTION (THE HUB \$7,491)		
	21,124	29,335
	657,673	656,766
NET ASSETS		
Contingency reserve fund	\$425,000	\$ 425,000
Invested in equipment	38,666	27,020
Unrestricted surplus	(16,739)	40,311
Internally Restricted	75,000	75,000
	521,927	567,331
	\$1,179,600	\$ 1,224,097

STATEMENT OF REVENUE & EXPENSES -THE HUB

For the year ended March 31

	2022	2021
REVENUE		
Grants	\$150,686	\$93,870
Donations	14,999	0
Amortization of deferred Capital contribution	2,025	1,837
Other	0	40,268
	167,710	135,975
EXPENSES		
Wages & Benefits	\$108,514	\$ 93,017
Programs	24,755	20,690
Rent	13,166	13,600
Amortization	2,025	1,837
Insurance	1,500	1,500
Telephone	3,099	3,057
Staff Development	683	446
Office & Miscellaneous	13,968	1,828
	\$167,710	\$ 135,975
Excess of revenues over expenses	\$-	

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.

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
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1-519-466-3396

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

phone: 1-519-344-2841 fax:1-519-344-8024
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United Way
Sarnia-Lambton

