



ANNUAL REPORT

The Victoria Youth Clinic Society

2022–23

Operator and Lead Agency for

• **FOUNDRY** •

VICTORIA

OUR VISION

To improve the physical and mental well-being of youth

OUR MISSION

To provide comprehensive, integrated primary health care services including mental health and addiction care, in a youth-friendly, non-judgmental and safe environment.



Message from the Executive Director

Learning and growth were definitely the themes for the 2022-23 year at Victoria Youth Clinic Society (VYCS). The team said farewell to their long-time Executive Director Barbara Thompson. When I joined in June of 2022 I felt immediately welcomed by a caring and competent staff and board. Thanks to Barb for setting me up for success! We set to work creating a new 3 year strategic plan and begun planning for new services including midwifery and housing supports. As we grew, we built up the leadership capacity and saw several staff rise to the challenge of their new roles. Speaking of challenges, lack of space to function proved to be a major barrier so we set out on a quest for a new location and we will be moving in the Fall of 2023. Thank you to the staff, board and community partners for your contribution to VYCS. Most of all, thank you to the young people who allow us to be part of their circle of caring.

With gratitude,

Ricki Justice
Executive Director



Message from the Board Chair

The past year was a time of change for VYCS. As mentioned in the Executive Director's report, the Clinic's long-serving Executive Director, Barbara Thompson, entered the wonderful world of retirement. Barb was a mainstay of the clinic, shepherding its growth over the years and the transition to the Foundry model. Barb's calm presence and her deep knowledge will be missed. We welcomed Ricki Justice as the new Executive Director.

After a year of co-chairing the Board of Directors with long-time director Cecilia Benoit, I'm now flying solo as the Chair. I'm grateful that Cecilia is staying on the Board for one more year, and that I can continue to draw upon her experience and knowledge.

Also as mentioned in the Executive Director's report, after several years of working out of a too-small space, the Clinic will soon be moving to a larger location, with the opportunity to design the space from scratch and more effectively serve clients. Funnily enough, the new space at 546 Yates is across the street from the Clinic's original (tiny) location. We're looking forward to serving clients in an amazing new space.

Heather Brazier
Executive Director

Our Impact

Adam is a 21 year old transgender Indigenous young person. He doesn't fill silent moments just for the sake of it. When he does speak, it is softly and he moves through the world with a gentle intentionality. He is also emotionally strong, intuitive and exceedingly determined when he sets his mind to something.

Adam first came to Foundry Victoria at age 15. He spent a long time throughout his teen years and into his twenties struggling with an opioid use disorder. He felt ashamed and embarrassed about his drug use. But, despite whether he was ready to stop using or not he felt safe coming to Foundry Victoria. He felt his needs were met even if that meant he wasn't ready to stop using yet.

Adam can have his **primary health care** needs addressed such as puffers for his asthma or vaccinations. He has access to sexual health services such as STI testing, contraception, safer sex supplies and education with specialized RNs.

He has **case management support** from counsellors and social workers who can help him with system navigation, PWD applications, and help with his name and gender marker ID changes. He can access **counselling services**, art therapy and employment support. And, having known he was transgender from a very young age, he has also been able to access **gender-affirming care services** and finally begin his medical transition which he maintains would not have been possible had he also not had access to expert help with his addiction.

Foundry Victoria is so much more than just a medical clinic. For Adam and the 2,500+ young people we serve, it is a place offering non-judgmental, compassionate and integrative multidisciplinary care with low-barrier access and harm reduction principles at the foundation of its model of care.



Foundry Victoria Data Review

With the help of our Electronic Medical Record System and the support of Foundry BC Central Office we are able to collect great data. Data provides useful information and allows us to better understand the people we are serving. This information can help us make informed conclusions and supports our decision-making, strategic planning and much more!

The Victoria Youth Clinic - Foundry Victoria is serving **2,605 actively attached clients**. All active clients have accessed at least one service at our clinic in the last two years.

This year, we had **564 clients come to us for the first time**, an increase from 420 the previous year.

Our youth visited our clinic at least 6404 times in this fiscal year (each visit is counted once, and a youth can visit multiple times as needed of course).

77% of our clients are youth between the ages of 12 and 24, and **23%** are parents and caregivers of young people.

144 young people accessed gender affirming care

138 young people accessed Opioid Agonist Therapy for substance use disorders

39% of visits were to address mental health, **31%** physical health, **21%** substance use disorders, with the remaining **9%** were for other social services



New Initiatives

Project 546

As our programming and staffing have continued to grow, our clinic has rapidly outgrown our space at 818 Douglas St. After a long search we have found a new home at 546 Yates St that will offer us almost double our current square footage. With the support of Brenric Construction and Hillel Architecture we have begun the process of engaging with clients and staff to inform the design of the space, and plan to move in early fall 2023.

Strategic Plan 2022-26

In October 2022 our team of staff and Board of Directors gathered together to consult on the creation of the Society's strategic plan for 2022-2026. The development process was collaborative and values-driven, and the resulting plan paints a bright future for VYCS and Foundry Victoria. The strategic plan is available on our website.

Peer Support Program

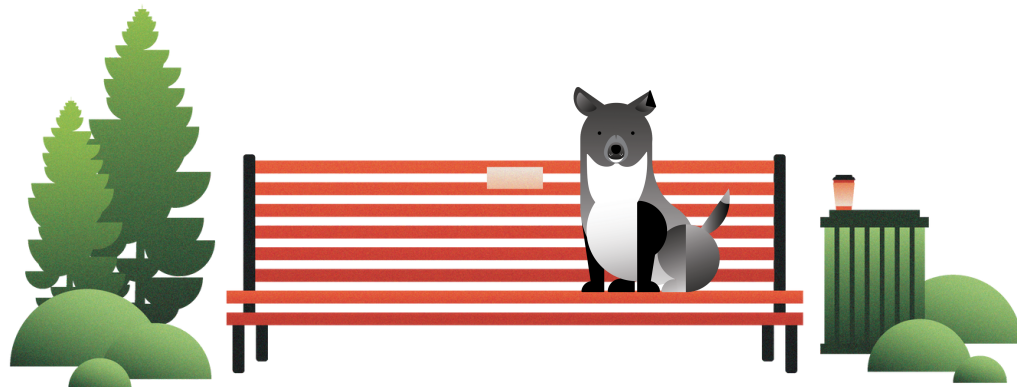
In March 2023, the Ministry of Social Development and Poverty Reduction announced a 16.2 million dollar provincial grant. The funding will expand youth peer support services at Foundry centres across the province including at Foundry Victoria. We are extremely grateful for the province's contribution to the peer support program. We appreciate the minister's belief in the value of lived experience in the healthcare field. In 2023 we will be adding a Peer Support Supervisor and four new Peer Support Workers.

Victoria Pride Festival

In the summer of 2022 we became a partner of the Victoria Pride Society. This included involvement in the Youth Pride Kickoff, tabling at the Pride Festival, and walking in the Parade.

Upcoming Programming

We are grateful for opportunities to provide more services for our young people. This year we began preparing for two exciting projects: Midwifery in Primary Care Pilot Project and CRD's Reaching Home Project in support of our unhoused clients.



Our Partners, Funders, and Supporters

Community Partners

Aboriginal Coalition to End Homelessness
Aids Vancouver Island
Beacon Community Services
Camosun Massage Therapy Clinic
The Canadian Centre for Substance Use and Addiction
Coalition to End Homelessness
Cool Aid Society
First Nations Health Authority
Island Sexual Health
The ITT Project
Local School Districts
Local Alternative Schools
MCFD (Child and Youth Mental Health Services)
Ministry of Social Development and Poverty Reduction
Need2
Pandora Youth Apartments/ YMCA
Power to Be
Provincial Health Services Authority (Trans Care BC)
Threshold Housing Society
Umbrella Society
Vancouver Island Health Authority (Discovery Youth and Family Substance Use Services, YT5 Team, Early Psychosis Intervention Program, Specialized Youth Detox, and many more)
Victoria Native Friendship Centre
WorkBC
Youth Empowerment Society

Our Funders

Children's Health Foundation of Vancouver Island
Private Donors
Victoria Foundation
Foundry BC
Ministry of Children and Family Development
Ministry of Health
Ministry of Mental Health and Addictions
Vancouver Island Health Authority
Capital Region District

Community Support

Art Gallery of Greater Victoria
Big Wheel Burger
Country Grocer - Royal Oak
Joni Period Care
Khalsa Aid Canada
Purdy's - The Bay Centre
Saanich Neighbourhood Place
United Way
University of Victoria
University of Victoria Live Music
Uptown - SHAPE Property Management
The Victoria Women in Need Community Cooperative (WIN)
Victoria Youth Council and Volunteer Victoria
The Zone @ 91-3



Victoria
Youth Clinic