

Annual Report

The Victoria Youth Clinic Society

Operator and Lead Agency for Foundry Victoria



Victoria
Youth Clinic

2020/21

Our Vision

To improve the physical and mental well-being of youth.

Our Mission

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

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Staff and Board of Directors 2020-2021

VYCS Board of Directors

Cecilia Benoit, *Chair*
Karen Martin, *Co-Chair*
Gerry Karagianis, *Director*
Richard Almond, *Director*
Catherine Ronayne, *Director*
Alec Young, *Director*
Laura Farquhar, *Director*
Graham Taylor, *Secretary Treasurer (on leave)*

Staff

Senior Management

Barbara Thompson, *Executive Director*

Medical Lead

Dr. Jenn Lee

Addictions Lead

Dr. Danika Milne

Clinical Coordinator

Amy Schactman

Operations Manager

Melanie Winter

Administrative & Communications Coordinator

Nikolett Baan

Physicians

Dr. Danika Milne
Dr. Jenn Lee
Dr. Kristen Korol
Dr. Naomi Hwang
Dr. Valerie Ehasoo

Locum Physicians

Dr. Elizabeth Plant
Dr. Jessica Tamura-Wells
Dr. Michael Smith
Dr. Morgan A, Lindsay
Dr. Rebecca Howse

Counsellors

Darcy Alder
Jenna Patterson
Jonathan Pompili
Lauren Rumieli
Noriko Oka – Art Therapist
Vanessa Bailey

Nurses

Alix Robertson-Salsberg

Celina Ronayne
Jordan Trousdell
Shauna MacDonald

Office Manager

Neeraj Grewal

Medical Office Assistants

Briana Barrett
Jackie McArthur

Youth Worker

Ariel MacFarlane

Youth & Family Engagement Coordinator / Wellness Navigator

Jen Harrison

Youth Peer Support

Maude Boulton
Tyler Wade

Parent Peer Support

Chantal Brasset

Financial Team

Brian Yellin
Katerina Edwards

On-site Team Staff from our Partners

Island Health

Tyler Lampard, *Counsellor, Discovery Youth & Family Services*
Cindy Lozza, *Counsellor, Discovery Youth & Family Services*
Ashley, *Outreach, phlebotomist*
Dr. Carol-Ann Saari, *Psychiatry*
Dr. Kent Comeau, *Psychiatry*

MCFD

Heather Vale, *Youth and Family Counsellor*
Chadi Akouri, *Aboriginal Youth and Family Counsellor*

Provincial Health Services Authority

Whitney Welsh, *Trans Peer Support*

Volunteers

Erica Kelm - Yoga
Maëlle Desjardins Duncan – Harbour Group
River Stevens – Harbour Group

We said goodbye and good luck to:

Dr. Jenn Lee, *Physician*
Ariel MacFarlane, *Youth Worker*

Message from the VYCS Board Chair

I am pleased to share with you an update on the Victoria Youth Clinic Society (VYCS)'s past year's activities and achievements. This past year has been a year of profound challenges for our staff, clients and the wider community with the onset of a once in a generation global pandemic and increasing substance use-related problems in Victoria and throughout British Columbia. Despite these challenges, the VYCS has not only continued to provide outstanding care and support for youth and their families but increased its services in 2020-2021 in order to continue to address both community needs and priorities.



The VYCS currently works in partnership with Island Health, Foundry BC, MCFD and the Children's Health Foundation of Vancouver Island to provide integrated and comprehensive primary health care services, including mental health and addiction care for youth aged 12 to 24 years. We are fortunate to continue to have Brian Yellin's expertise to keep our financial affairs in order. We have been lucky to work again this year with Catherine Schissel, an independent consultant, who has helped us to professionalize our Board and ensure we are meeting our goals as a Society.

At the end of our fiscal year, the Youth Clinic was selected as a site for one of Island Health's Primary Care Network, adding to our ability to provide wrap-around health care supports to the community. This added support will increase our team of dedicated and skilled youth-focused professionals that includes doctors, nurse practitioners, primary care nurses, counsellors, youth workers, youth peer support workers, parent peer support workers, wellness navigator and administrative staff.

It is thanks to the tireless leadership of our Executive Director Barbara Thompson and a team of dedicated and resourceful staff that we continue to demonstrate our collective strength and ability to successfully navigate the constant changing environment and to effectively respond to the needs of our clients and their families. Our success comes from our team and their commitment and passion for serving Victoria's youth!

I want to close by offering my deep appreciation to the members of our Advisory Board for their hard work, professionalism and leadership navigating us through this tumultuous year. A special thanks to our Board Directors who are leaving us – Gerry, Richard, Karen and Cat. Your contributions to our work have been invaluable. We wish you all the best in your work and family life.

Cecilia Benoit
Chair, Victoria Youth Clinic Society (VYCS)

Executive Director's Report

This past year has been one where kindness, compassion for one another and perseverance to overcome the challenges that both the pandemic and the opioid crises brought to our community was ever-present in our daily interactions with one another. It has been and continues to be a challenging time for all of us.

I am very proud of how our team was able to quickly respond, adapt and pivot to bring in virtual care to our practice in response to the Covid-19 restrictions imposed during this time. Staff adjusted well to the mix of providing care in person and virtually and our clients and their families/caregivers also became accustomed to this new way receiving health care services. This practice has forced us to rethink how health care/social services are delivered and how vital it is to be nimble in response to the unexpected. It has also been an opportunity for us to reflect on the importance of work-life balance and nurturing our relationships.

One of my objectives this year was for us to reach out more broadly to our youth serving community partners and this was achieved with the reformatted Foundry Victoria Community Partner Advisory Table. These meetings have been helpful in collectively sharing the challenges and obstacles that our youth and their families/caregivers are facing during this challenging time and to share and learn about new programs being developed at Foundry Victoria and our partners in response to these needs. We continue to have representation at several other community forums such as the Coalition to End Homelessness Committee/Youth Homelessness and the Downtown Service Providers meetings.

Our counselling program hours were increased this year with an increase in private donations. These donations are vital to responding quickly to what is needed when it is needed. Our primary care team also expanded to include more nursing hours with extra funding support from VIHA. Also, we received great news at the end of this fiscal when we were advised by the Ministry of Health that our application to become a primary care network site was successful. This means that over the next 4 years we will see an increase in more funding to enhance our primary care. This will also strengthen the longitudinal care of our clients as they transition out of our services.

It is with great appreciation to acknowledge our stakeholders and funding partners: **Island Health, Foundry BC, Children's Health Foundation of Vancouver Island (CHFVI), Ministry of Children and Family Development (CYMH), Ministries of Health and Mental Health and Addictions, the Victoria Foundation and their Vital Youth Project as well as our private donors**, all of whom support the Victoria Youth Clinic's vision to improve the physical and mental well-being of youth. We also received donations from community organizations which were used to help our outreach program.

I would like to acknowledge the leaving of one of our long-time physicians at the end of this fiscal – Dr. Jennifer Lee had worked with the Youth Clinic for over 21 years and was a fierce advocate for youth wellness. I would like to extend a huge thank you to her for her leadership and commitment to ensuring that adolescent health care was a priority.

With gratitude I would like to thank all of our staff and the VYCS Board for their ongoing commitment to serving our community -working together to support and advocate for youth wellness, and an especially big thank you to our Foundry pups – their loving presence has been so helpful to all of us during this challenging time.

Respectfully,

Barbara Thompson

Executive Director, Victoria Youth Clinic Society / Foundry Victoria



Clinical Coordinator's Report

It is with pleasure to report on a year that has proved to be incredibly challenging while also motivating, hopeful and inspiring. Throughout this past year, staff at the Victoria Youth Clinic / Foundry Victoria continued to provide outstanding, collaborative and evidence-informed care to youth, young adults and their families in our community.

The allied health team works collaboratively with the primary care team to respond to the needs of our community through integrated and wrap around services within Foundry's five key service areas: mental health, substance use, primary care, social services and peer support. The allied health team consists of social workers, counselors, peer support workers, youth workers and family support workers who provide both one-to-one support and group support to youth and families in our community. Some of the groups we were able to run this past year include family peer support group, CBT groups, expressive arts therapy and contingency management groups. We are so thankful for our partner agencies who also helped us provide these services including Island Health, Child and Youth Mental Health, and Trans Care BC, as well as all our community partners who help ensure young people are supported in our community.

The team rose to the challenge of the COVID-19 Public Health Crisis by switching to virtual platforms, working and creating home offices, and continuing to see young people in person as needed. Weekly schedules, space changes and day-to-day updates became common state, and this team demonstrated flexibility, adaptability and were able to prioritize care to their clients. This past year we continued to see a trend with the majority of young people seeking support for their mental health and substance use concerns. This is not a surprise to us, as youth in our community face significant challenges beyond COVID 19, including but not limited to the opioid crisis, mental health challenges, homelessness, stigma, racism, poverty and other social determinants of health.

This team works passionately and dedicatedly to support youth and their families. I am continually inspired to work with such a truly dedicated, hopeful, and brilliant group of individuals at the Victoria Youth Clinic Society and Foundry Victoria.

Amy Schactman
Clinical Coordinator, Foundry Victoria



Operations Manager's Report

This year was one to remember. During uncertain times, the team came together to ensure youth were still able to access care and found creative ways to maintain a connection while working apart.

We shifted to a virtual world with ease and no disruption to our services. With every challenge along the way, we were able to see how resilient our team is at learning and adapting to changes. Many of the things incorporated since the pandemic has shown us new ways of doing things and will likely help guide the future of the organization.

We also grew in staffing numbers. We hired administrative help, in house IT support and, an MSW, which are all brand new positions for the organization. Each of these hires have contributed in positive ways to the way we operate and continue to provide quality work.

We continue to discuss Quality Improvement and working closely with Foundry Central to help support the future of the Youth Clinic. On the ground, we have been successful in creating a data-working group analyzing data through the EMR OSCAR. Because of this, we have been implementing incremental changes that will allow do various things such as tracking new clients into the clinic, evaluate the impact of client volume, and ensure an accurate panel size.

With exciting growth and change on the horizon, the Youth Clinic has many things to look forward to as a youth serving agency in our community. As we come out of the tribulations of 2020-21 we can remember the strength our team holds and the possibilities yet to happen.

Melanie Winter
Operations Manager, Foundry Victoria



Medical Lead's Report

Wow, it's been quite the year for the Foundry Victoria Primary Care Team. Our amazing team has had to deal with so many challenges over the past year or so with the COVID-19 pandemic.

More than ever before, it seems that this year we are seeing a high number of youth dealing with mental health issues as well as substance use issues. The COVID19 pandemic certainly has affected the mental health our youth in negative ways. We are seeing youth with depression, suicidality, and debilitating anxiety. In addition, we have been providing Opioid Agonist Therapy (such as Suboxone and Methadone) for more youth, and for much younger youth too. We have continued to support the YT5 team (which provides intensive case management for high-risk youth), as well as the Specialized Youth Detox for medical screening and medication management. We see a significant number of youth referred from the hospital after being discharged with mental health/substance use presentations. The primary care team have been providing gender affirming care including hormone therapy initiation.

Unfortunately, this spring we had to close our doors temporarily to new patients for primary care due to staffing shortages and high volumes of patients seeking our services. However, we continued to see any youth with severe substance use issues. We plan to restart seeing patients as soon as we are able to get more primary care support.

Our team has transitioned to providing both virtual and in person care at the clinic over the past year. Virtual care has certainly made the primary care team more accessible to youth and parents in the community and will likely continue even after the pandemic is over.

Looking ahead, Foundry Victoria has been chosen to be part of the Primary Care Network in collaboration with the Victoria Division of Family Practice. This is already aligned with our model of team-based care and we will receive some funding to support another nurse, nurse practitioner and family physician. We are thrilled about this news and are excited about expanding our team. In addition, we are proud that some of our primary care clinicians are involved in some of the leadership positions and initiatives associated with youth substance use and mental health occurring locally and in the province.

We are definitely looking forward to the time where the entire team Foundry team can be on site to provide collaborative care together.



Dr. Naomi Hwang
Physician/Medical Lead, Foundry Victoria

Youth Action Committee (YAC) Report

Foundry Victoria's YAC is open to any young person aged 12-24 who wants to contribute in some way to equity in healthcare. YAC Members each bring their own unique backgrounds, stories, perspectives, and interests, which enables a rich learning environment to share ideas and opinions, and to create community projects together. YAC Members meet bi-weekly to reflect on current events, discuss progress on community projects, and to offer support to one another. Their collective values guided the development of their community projects as well as the training they chose to engage in during this period.

YAC Values



Sudden changes imposed by Covid-19 significantly impacted the goals of YAC and inspired a time of pause and critical reflection. From Polina Vitrouk, Member and Co-Facilitator of YAC:

“I think that the pandemic changed a lot of things for us. We started to ask questions like *How do we support each other from a distance? What does achieving our goals look like?* and *What matters the most right now?* These questions and many more are continuing to change the way we function. Mental health is a priority now more than ever before and the lens through which we see the world has drastically changed. What we have seen is a new level of need in our community and we have really begun to question on a deeper level how we should be *doing* YAC. Like the rest of the world, we are in a real period of change and growth.”

YAC Member-Led initiatives

- World Mental Health Instagram Live (Oct 2020)
- Winter Clothing Drive (Dec 2020)
- Care Packages for Youth at Ledger and VGH (ongoing)
- Victoria Period Project: www.victoriaperiodproject.com and @victoriaperiodproject (ongoing)

Skill and Knowledge Development

- Suicide Prevention Training
- *First Nations Health Authority* “Not Just Naloxone Training”
- Jen Mortimer, from *Out of the Rain Youth Shelter*
- Whitney Welsh, from *Transcare BC* and *Saanich Peninsula Youth Health Clinic*
- Vision Boarding Group Activity, “Hope for Health in 2021”

Other Accomplishments

- YAC Members joined hiring committee at Foundry Victoria
- YAC Member consulted on Foundry consent forms
- YAC Members partnered with Island Health to create MHSU resource posters for SD61, SD62 and SD63
- YAC Members founded the *Victoria Youth Mental Health Coalition*, with the goal to increase MHSU support in schools across Victoria
- YAC created Covid-19 messaging for Foundry Victoria social media
- YAC Members provided tenting supplies for youth at *Out of the Rain Youth Shelter*

Social Media messaging



Take some space today so we can be together in the future.

·FOUNDRY·
WHERE WELLNESS TAKES SHAPE

For more detailed information go to:
<https://tinyurl.com/wvxq7o6>

Expressive Arts Therapy

Expressive arts therapy is an imaginative alternative that is somatic, sensory and play-based. It invites youth to be present and connect to self and others in an authentic way. Youth have a chance to shape through the creative process (e.g. visual art, sound, movement, drama, writing), make sense of their worlds and find meaning in their own way. By its very nature, the creative process is a life-affirming act that can give voice to a whole range of human experiences that might otherwise be difficult to articulate. Engaging in this visceral process, youth are encouraged to become embodied, be moved by the emerging image in an open-hearted way and be curious about where that takes them.



Individual expressive arts therapy continued to be in demand as a waitlist grew over the pandemic. Therapy sessions were offered either virtually or in person for up to six sessions. The staff kitchen was transformed into a makeshift art space that provided privacy for these sessions. In spite of the technological barriers in offering these services virtually, it was surprising to discover that expressive arts therapy could indeed work on such a platform-something that previously would have been inconceivable in the before times. The drop-in group also ran virtually until the fall of 2020 and is currently on hold.



One of the highlights this past year was a collaboration that took place between the Victoria Youth Clinic and the Bateman Foundation Gallery of Nature. They generously offered the use of their spacious gallery to run a seven week expressive arts therapy group, “How to Survive a Pandemic: an Artful and Mindful Way” this past fall. Youth had an opportunity to participate in this workshop, surrounded by the larger than life grizzly bear portraits. Needless to say, the evocative environment stirred up the imagination of all the participants. In a co-creative process, participants had a chance to explore movement throughout the whole gallery space engaging in singing, drawing, acting, etc., nurturing individual expression while building a sense of community.

Noriko Oka

Counsellor/Expressive Arts Therapist, Foundry Victoria

Nursing

In 2020/2021 the Nursing team has been providing care and support to the youth of Victoria ages 12-24, with a focus on sexual health and contraception. In light of the COVID Pandemic and on-going opioid epidemic, our role continues to evolve as we are seeing more and more youth struggling with their mental health. Our role is both supportive and clinical in these changing times, as with less community services having been available, the lines of where our job begins and ends seems to blur as we provide care and help in any way we can.

We have had the pleasure of team nursing on some days with 2 nurses on site, in which we utilized in a triage type approach in an effort to better support the many youth that call in each morning and have them prioritized and assigned in a way that best utilizes our staff resources.

Having two nurses on site not only increased our ability to see and care for more folks, but allowed us as nurses to grow and develop our skills and knowledge from each other. Team nursing fosters professional development, ongoing learning and skill enhancement, and a shoulder to lean when the days are hard.

The nursing role has taken an active role in our gender affirming care services, as well as offering Hepatitis C treatment oversight and case management. We have also expanded our role in OAT services and provide SUBLOCADE monthly injections and case management. We continue to work closely with the doctors on site as well as all of the allied staff. This year has seen many changes and challenges, and with each challenge we have grown stronger as a team.

Shauna MacDonald
RN, Foundry Victoria



Outreach Support

The Youth Worker role at Foundry Victoria has evolved in the last few years, and it means helping youth and young adults navigate all kinds of things that they may be faced with on a day-to-day basis. For example, housing, income assistance applications, navigating different resources in the community such as MCFD, Native Friendship Centre, Victoria Disability Centre, job search (connecting clients to GT hiring and other partners). It also means connecting our clients within our clinic to access services they may need like counselling, nursing, or to connect with a doctor. The role also involves outreach to meet clients in community to help navigate the the services listed above so clients feel more comfortable and more supported.



Outreach support, similarly to every other service, was greatly impacted by Covid-19 in the past year. Switching from seeing all patients in-person to operating mostly virtually, connecting with patients via text, social media, phone call, and telehealth video call had its positives and negatives. Unfortunately many people struggled with lack of access to technology, but many youth were able connect much more easily with fewer barriers.

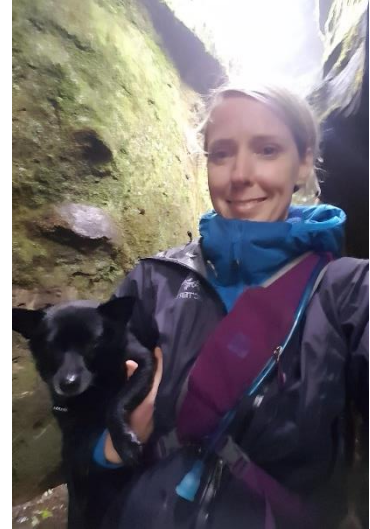
Spark Change, our Contingency Management Group for high-risk youth with Opioid Use Disorder or Stimulant Use Disorder continued in the year of 2020-21, but instead of a group setting, the sessions were individual due to Covid restrictions. Participants have been attending sessions weekly and have been able to meet their goals almost every week.

Ariel MacFarlane
Outreach Worker, Foundry Victoria

Family Support Services

Family Support grew in breadth and depth in 2020-2021 and the numbers of those accessing family support continued to increase. We created a community of support through many overlapping groups and opportunities for parents and caregivers to connect with one another.

Navigating Covid while parenting young people with mental health and substance use challenges introduced layers of stress and chaos to already overwhelmed families. Parents with compromised immune systems or who were supporting family members with compromised immune systems had to make difficult decisions around having their children who were struggling to observe Covid protocols remain in their households. This put their high-risk young people at even greater risk of having a serious health crisis. As fall approached, there was an influx of parents looking to support their young people who were struggling with not being able to go to post-secondary or back to high school. Conversely, there were families who experienced increased health and stabilization when their young people who were seriously experimenting with substances had to remain at home due to lock-down restrictions.



Some of our high-risk youth accessed safe-supply which was introduced as a response to the steady increase in opioid poisonings during Covid. For parents this came with new benefits and challenges, a sense of hope, as well as a sense of hopelessness as they realized that the process of addiction and recovery was a marathon not a sprint.

We also supported families who lost their children to opioid poisonings and suicide over the past year. These tragedies reverberated throughout the Foundry family groups and the greater community. Exploring tools to address these traumatic incidents as well as the associated guilt, shame, and grief became essential topics of learning and discussion alongside families. Covid made life difficult for everyone and for those families who were already struggling with severe health challenges, it was the worst of all.

Parent Groups

Providing support for parents and caregivers is one of the most important ways to support young people. We continued to offer support both one-on-one and in group settings:

- The *Parent and Caregiver Support Group* for family members caring for young people with high-risk substance use met bi-weekly despite Covid. As Covid restrictions increased, meetings took place outside and during lockdown, via Zoom. This number of participants more than doubled from 10 to 24 members. We witnessed profound changes in parent's resilience and hope through their connections with one another and their compassion and encouragement.



- Foundry families participated in the *Improving Treatment Together Project* to create a guide entitled **PARENTS LIKE US: THE UNOFFICIAL SURVIVAL GUIDE TO PARENTING A YOUNG PERSON WITH A SUBSTANCE USE DISORDER**. This resource was written entirely by families and was a life-changing project for everyone involved. The book will be available in print and online in the fall of 2021.
- We hope to partner with other family-serving organizations to explore the development of new groups in 2021-2022 where we have identified gaps in services and increased need:
 1. Borderline Personality Disorder: *Sashbear Foundation: Family Connections Program*
 2. Adoptive Parents: Caring for young people with mental health and substance use challenges
 3. Parents and Caregivers of 12-14 year olds: Introduction to Substance Use, Family Support Group
 4. Trauma and Grief: The group, *Trauma Resiliency Training For Families*, is being piloted at Foundry Victoria from May-July 2021 with Dr. Tim Black as facilitator.

Number of Interactions	Parent Peer Support (315) Youth and Family Engagement and Navigator (130) 445
Parent Dialogues Offered During This Period	<i>The Unmet Need Under the Behaviour, Emotion Focused Family Therapy, Will My Child Ever Grow Up, Trauma Resiliency Training Pilot Program</i>

Join us for our June Parent and Caregiver Dialogue:

· F O U N D R Y ·
VICTORIA

An Introduction to Emotion Focused Family Therapy

Presenters: Cindy Lozza and Lisa Nixon,
Counsellors with Discovery Youth and Family Substance Use Services

June 24th
@5:30pm
on Zoom

Cindy and Lisa will be focusing on short simple steps to support parents and caregivers to do emotion coaching with the young people in their lives.

EFFT approaches are based on the premise that emotions are connected to needs. Therefore emotions have an innately adaptive potential that if activated and worked through, can help people change problematic emotional states and interpersonal relationships.

Space is limited so please register by email: jharrison@foundryvictoria.ca



Chantal Brassat
Parent Peer Support

Jen Harrison
Youth and Family Engagement Coordinator &
Wellness Navigator

Foundry Victoria Data Review

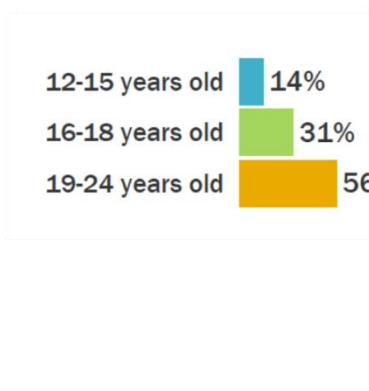
As a Foundry centre, we use Toolbox, similarly to all other Foundrys in B.C., to collect data with the purpose of generating discussion, validating data, supporting identification and prioritization of change opportunities. We also pull data from our EMR system, and collect data by hand.

Our data collection and analysis has improved a lot in this year and we are continuing to work on our methods to accurately capture our work to be able to identify our gaps, but also to see our strengths and to validate our hard work with numbers too.

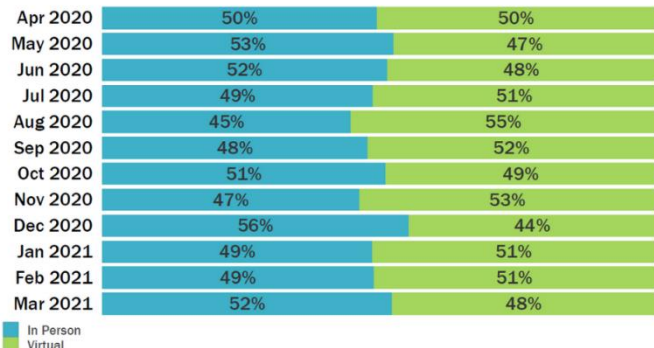
Our year in numbers



Age at Registration (n = 693)

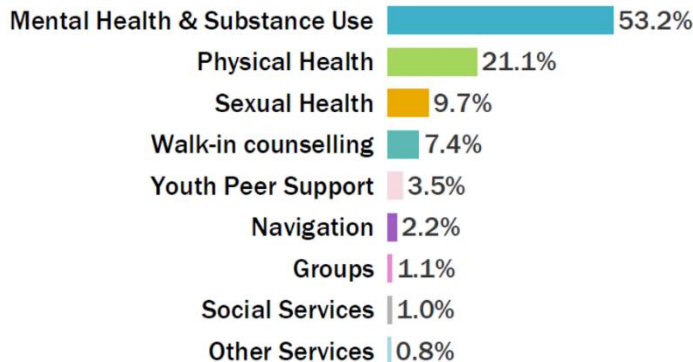


In Person and Virtual Visits



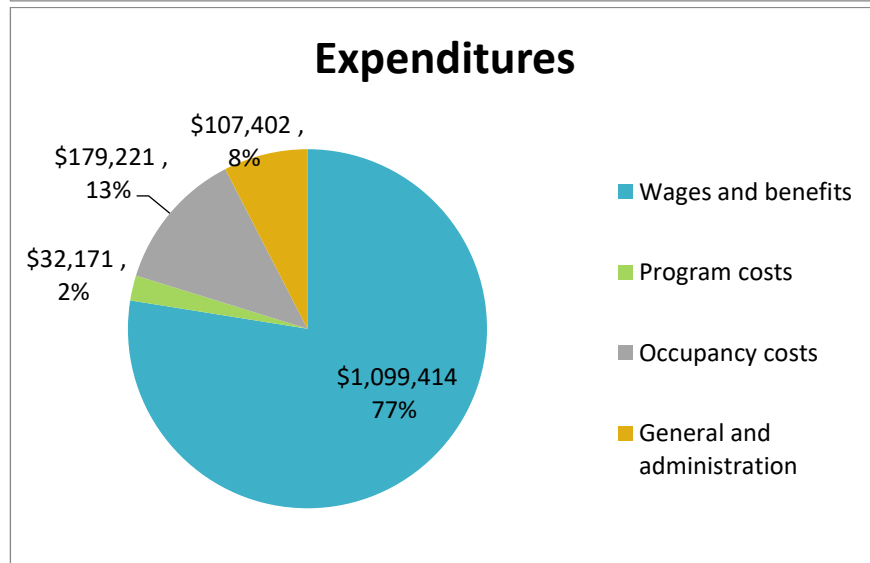
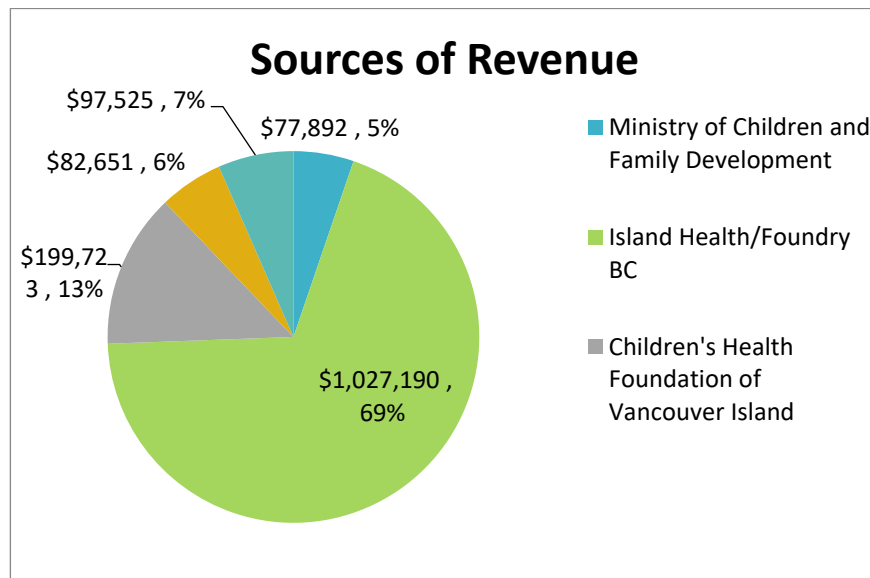
Services Accessed by Service Type (n = 8,790)

*Excludes 0 outstanding EOv forms



Financial Report 2020/21

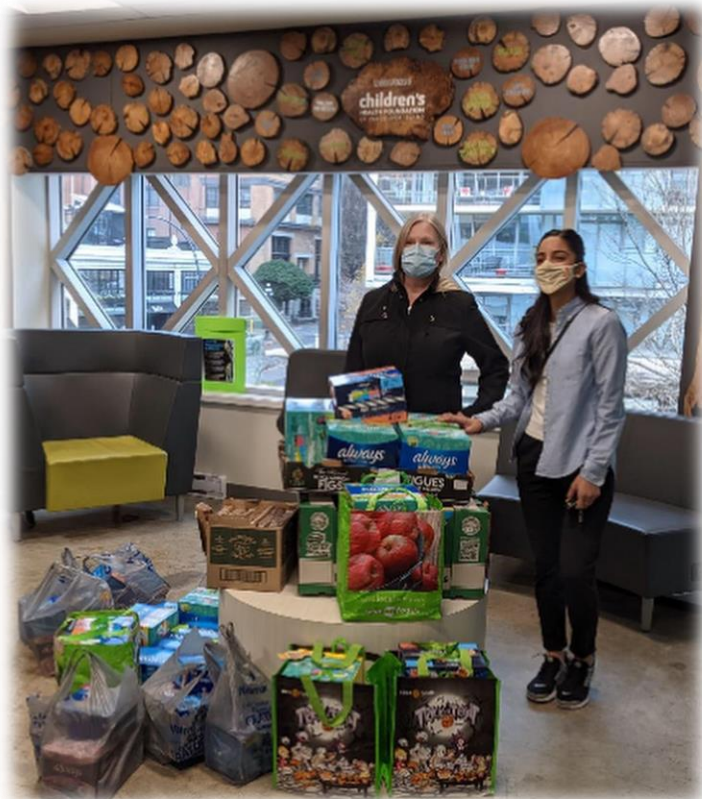
For the year ended March 31, 2021, The Victoria Youth Clinic Society recorded a surplus of \$66,773 on revenues of \$1,656,113. The VYCS launched a building campaign in the year with the objective of raising sufficient funds to enable us to purchase a building in downtown Victoria upon the expiration of our lease on August 31, 2023. The surplus recorded in the year arose from contributions made to this fund. The Provincial Government provided 74% of the Society's revenues with the balance coming from the Children's Health Foundation of Vancouver Island, grants and donations. Expenditures totalled \$1,589,340 with wages and benefits accounting for \$1,099,414, or 78%, of this total. The Society leases 5,400 square feet at 818 Douglas Street in Victoria which it shares with Island Health. Occupancy costs are the second largest expenditure at \$179,221 or 13%.

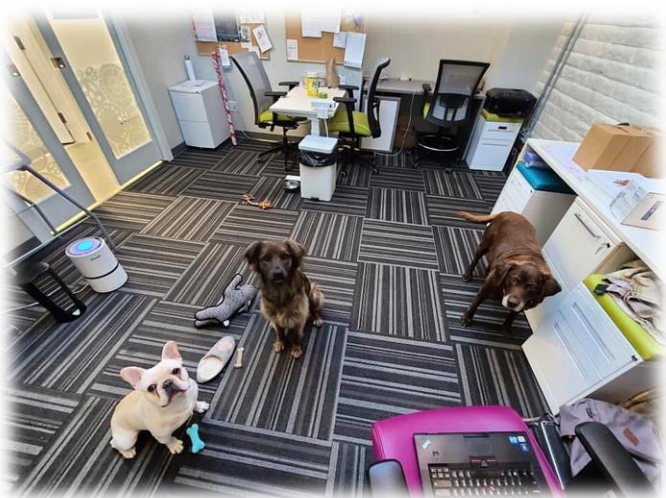


Brian Yellin
Accountant, Victoria Youth Clinic Society

Fun Times

Despite all the stress, pain, loss, and anxiety we've all been through this year, our team has become stronger, we've learned to appreciate each other more, and we've continuously tried to keep up our spirits. Our dogs helped a LOT!!







Our Partners, Funders and Supporters

Community Partners

Aids Vancouver Island
Beacon Community Services
Cool Aid Society
First Nations Health Authority
MCFD (Child and Youth Mental Health Services)
Ministry of Social Development and Poverty Reduction
NEED2
Power to Be
Provincial Health Services Authority (Trans Care BC)
School Districts
Umbrella Society
Vancouver Island Health Authority (Discovery Youth and Family Substance Use Services; YT5 Team, Early Psychosis Intervention Program and many more)
Victoria Native Friendship Centre
WorkBC
Youth Empowerment Society

Our Funders

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

Community Support

Doorway Drop
Erica Kelm – Yoga Teacher
Lowe's Canada
Île Sauvage Brewing Company
Khalsa Aid Canada (Victoria Period Project)
United Way

The Victoria Youth Clinic Society greatly appreciates and acknowledges the ongoing and the new contributions from our funders and partners.

Without their commitment and support for the work that we do, we would not be able to provide these services to the youth of the Greater Victoria area.

Clinic Puppies



SEQUOIA

Sequoia is 11 year old Chocolate Lab who spends every Wednesday and Friday following Lauren around the clinic. She is the jolliest dog and welcomes all the patients with smiles and tail wags. She enjoys anything food related. In her spare time Sequoia enjoys swimming, lounging in the canoe and being with her people.



DUANNA

She's 8 years old and 9 pounds of love (as long as you have treats to offer). Can be seen wandering Foundry seeking crumbs and opportunities for lap sits.



PHOEBE

Phoebe is a 2.5 year old Bernedoodle, and she is definitely a Phoebe! She can be calm and snuggly, or you can catch her on her flip side rolling around in the grass and chasing any bird she can find.



JUNIPER

Juniper is an introverted lovebug. Her favourite things are running along driftwood at the beach, climbing mountains with her people, and snoozing. She is excited to occasionally join her mom Justina at work.



LAWRENCE

Lawrence started off his life training to be a guide dog. He was great at being friendly to everyone and guide work. However, he was also great at eating things off the ground and for this reason could not become a guide dog. He was given to Darcy to become a therapy dog and graduated at the top of his class in therapy dog school in California in 2017. He has enjoyed the move to Victoria BC where he has lots of lakes and puddles to lay in.



LUCY

Lucy travelled all the way to the island by train. At the ripe old age of 12 years old, she began to work for the first time at the Youth Clinic, joining her mom in expressive arts therapy sessions. One of her favourite things is to roll in the morning dew grass. While Lucy tends to slink away from conflict, she can always be found at the centre of merriment and laughter, wagging her tail with gusto.



FERGUS

Fergus is a 6 year-old Golden Retriever who spends Wednesdays working with Heather Vale at the clinic. He is a certified therapy dog with a passion for people, swimming, playing, and snow. When he isn't working directly with clients, he can be found making the rounds in the waiting room. Clients tell us that Fergus gives the best hugs. To keep up with Fergus' adventures, follow him on Instagram @yyjgoldens.



GEORGIA

Georgia likes coming to the clinic with Barb, usually along with her brother, Albert. She lives in the country, likes cuddles, snacks, walks, chasing squirrels & carrying her toy bunny.



ALBERT

Albert is Georgia's brother, they often come together to the clinic with Barb. He also lives in the country, has a deep voice, likes seeing everyone and very generous with big kisses!