



# ANNUAL REPORT 2021-22

**The Victoria Youth Clinic Society**  
Operator and Lead Agency for  
Foundry Victoria

## **OUR VISION**

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To improve the physical and mental well-being of youth

## **OUR MISSION**

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

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# OUR TEAM

## VYCS Board of Directors

Cecilia Benoit *Chair*  
Heather Brazier *Co-Chair*  
Laura Farquhar *Director*  
Alec Young *Director*  
Wendy Seager *Director*  
Brett Koenig *Director*  
Graham Taylor *Director*

## Board Advisor

Catherine Schissel

## Leadership

### Executive Director

Barbara Thompson

### Medical Leads

Naomi Hwang *(On Leave)*  
Danika Milne *(Acting)*  
Kristen Korol *(Acting)*

### Clinical Coordinator

Amy Schactman

### Operations/Program Manager

Melanie Winter  
Nikolett Baan

## Staff

### Financial Team

Brian Yellin *Accountant*  
Katerina Edwards *Bookkeeper*

### IT Administrator

Marton Baan

### Executive Administrative Assistant

Mikaela Haeusser

### Fund Development Coordinator

Sophia Seward

### Office Manager

Neeraj Grewal

### Medical Office Assistants

Briana Barrett  
Julia Dean  
Samantha Hoehne  
Jackie McArthur

## Physicians

Danika Milne  
Jessica Tamura-Wells  
Kristen Korol  
Naomi Hwang  
Neil Webb  
Talveen Gill  
Valerie Ehasoo

## Locum Physicians

Aime Reckon  
Emily Ower  
Josiah Ng  
Morgan Lindsay  
Rebecca Howse

## Nurse Practitioner

Justina Doerksen

## Nurses

Alix Robertson-Salsberg  
Celina Ronayne  
Christina Malo  
Jordan Trousdell  
Shauna MacDonald

## 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*  
Carol-Ann Saari *Psychiatry*  
Kent Comeau *Psychiatry*  
Emma Koopman *Psychiatry*

### Ministry of Children and Family Development

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

### Provincial Health Services Authority

Whitney Welsh *Trans Peer Support*

### Foundry Works

Amber Clarkson  
Gillian Cott  
Jonah O'Connor

### Harbour Peer Group

Facilitated by River and May

## Volunteers

Erica Kelm *Yoga*

## We said goodbye and good luck to:

Alix Robertson-Salsberg, Jackie McArthur,  
Jenna Patterson, Melanie Winter, Noriko Oka,  
Rebecca Howse, Tyler Wade, Whitney Welsh

## Message from the VYCS Board Chair



I am delighted to share with you an update on the Victoria Youth Clinic Society's (VYCS) 2021 undertakings and successes. These preceding 12 months were demanding for our staff, clients and the wider community. Continuing waves of the COVID-19 pandemic have caused sickness and related hardships for both staff and clients. Additionally, we have been saddened by the ongoing opioid crisis –nearly 200 fatal/non-fatal overdoses were reported among youth under the age of 19 in 2021 and 18 young people died, taking away from us future youth champions, educators, knowledge holders, artists, and visionaries.

Despite these challenges, the VYCS has not only continued to provide exceptional services and supports for youth and their families but also increased its services in 2021-2022 to meet growing demand. The VYCS's partnerships remain strong, including with Island Health, Foundry BC, the Ministry of Children and Family Development (MCFD) and the Children's Health Foundation of Vancouver Island, allowing us to provide a wide-ranging suite of primary health care services, including mental health and substance use care, for youth aged 12 to 24 years. Throughout the year we have been working to finalize contracts with Island Health that will establish the VYCS as one of three health care sites embedded within the downtown Primary Care Network. This will expand our onsite and virtual primary care services to include doctors, nurse practitioners, primary care nurses, counsellors, youth workers, youth peer support workers, parent peer support workers, wellness navigators and administrative staff.

Our fiscal affairs remain well in order thanks to Brian Yellin for his fund-raising advice and ongoing financial reporting. We also extend gratitude to Catherine Schissel, an independent consultant, who continues to help us professionalize our Board and has assisted us with her expertise to successfully execute new tasks.


The commitment of VYCS's team to serve Victoria's youth in all their diversity is key to our organization's ongoing success. I am so grateful to our dedicated and resourceful medical, health and social care workers who persist in meeting our youth clients where they are at and providing them and their families with culturally-sensitive, non-judgemental, and dignified care.

I also offer my deep gratitude to the Directors of our Advisory Board for their hard work, professionalism and leadership, steering us through another volatile year. I appreciate how you have used your diverse expertise to help the Board complete its work in a timely and effective manner. A special thanks to Heather Brazier for agreeing to take on the role of Board Co-Chair.

I wish to close by saying a big "thank you" to our long-serving Executive Director, Barbara Thompson, who for the last two decades has been a passionate advocate for the VYCS, its youth clients and their families, and the local and wider community. We will miss you, but are happy knowing you are moving on to new adventures!

**Cecilia Benoit**  
*Chair, Victoria Youth Clinic Society (VYCS)*

# Executive Director Report



Reflecting on this past year, the second of the COVID-19 pandemic, I feel extremely grateful and proud of our dedicated and compassionate staff who have continued to work in a very challenging hybrid model of care that was created to support the well-being of their clients, families, community partners and co-workers. It has been tough. Fatigue and illness continue to persist and yet it is with a smile, a sense of humour, kindness and team commitment to ensure that everyone receives the best care possible that has helped us to navigate through these times. We all have become stronger and have learned to adapt quickly to what is presented on a daily basis. Creativity has never been so present in health care. This year some of our

staff, colleagues and Board Directors moved on to new challenges and positions. We thank each one as they contributed greatly to the growth of VYCS. We are now going into our fifth year as the lead agency and operator of Foundry Victoria and some of these people were an integral part of that expansion.

The goal of expanding our primary care team has been an ongoing challenge over the years and this year I was so pleased that we were successful in our application to be a part of the Primary Care Network (PCN) initiative for downtown Victoria. The new funding supports a new nurse practitioner, 2 nurses, increased physician hours, as well as connections to the other resources at the other PCN sites (social workers, pharmacy, etc). We will be better positioned over the next few years to support the complex health care needs of the growing youth community and their families/caregivers.

The VYCS leadership team meets regularly to ensure programs, new initiatives and staff are supported. This team is integral to the success that the VYCS/Foundry Victoria Youth Clinic is in our community. The team consists of myself, Amy Schactman, Clinical Coordinator; Nikolett Baan, Operations Manager; and our co-medical directors Dr. Kristen Korol and Dr. Danika Milne.

During the last quarter of this year we worked with our Foundry Central colleagues to bring in a new program called Foundry Works - an employment program. This initiative is challenging but already we can see youth gaining confidence and finding hope for their future with supportive counselling.

Moving forward to the next fiscal I am very confident that the VYCS is in an excellent position to expand services, continue to increase community awareness and funding opportunities. With this in mind, I have given my retirement resignation and I will pass the VYCS baton on to a new Director this summer.

I would like to sincerely thank previous and current VYCS Board and staff, funding partners, community partners, youth and families for your kindness, encouragement and support over the last 7 years that I have been the Executive Director. It has been an absolute privilege and honour to be a central figure in the creation of the Society in 2014 as well as managing the clinic for 8 years prior to that time. I would also like to thank “Charles” for challenging me on my first day at the clinic in 2007 to “make a difference for youth health” - he changed my life.

Warmest regards,

**Barbara Thompson**  
*Executive Director*

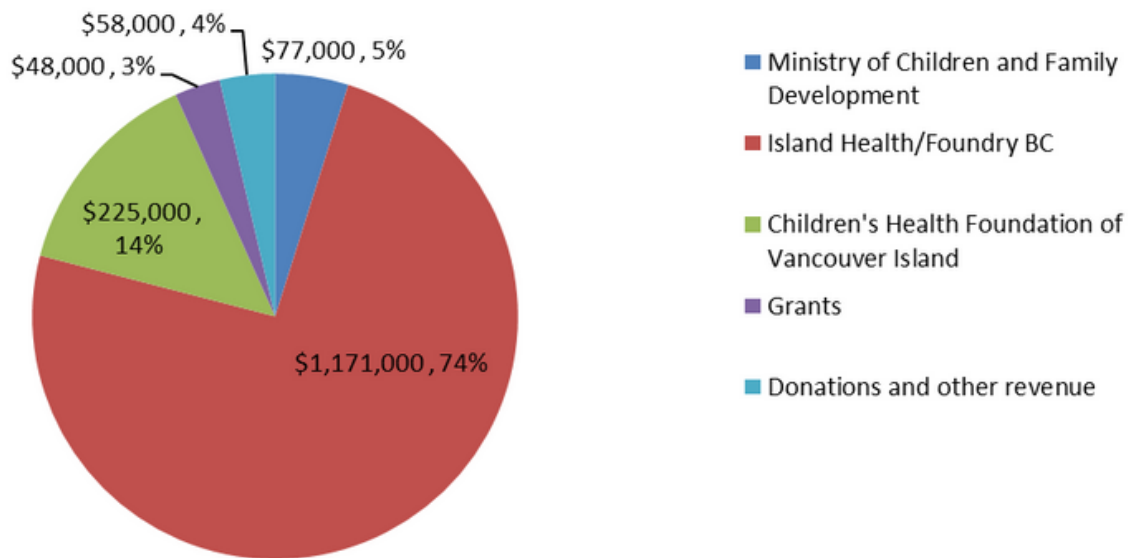
# Financial Report

For the year ended March 31, 2022, The Victoria Youth Clinic Society recorded a surplus of \$35,814 on revenues of \$1,744,000. The Provincial Government provided 79% of the Society's revenues with the balance coming from the Children's Health Foundation of Vancouver Island, grants and donations. Expenditures totalled \$1,708,000. Wages and benefits of \$1,188,000 accounted for 77% of expenditures before amortization and occupancy costs of \$181,000 a further 12%. The Society leases 5,400 square feet at 818 Douglas Street in Victoria which it shares with Island Health.

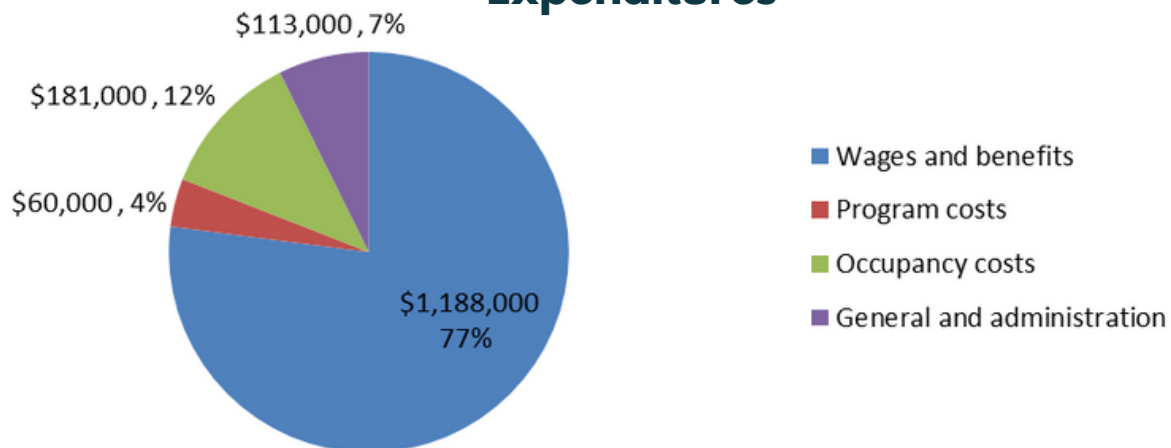


**Brian Yellin**  
*Accountant*

## Sources of Revenue



## Expenditures



# Operations Report



While the pandemic has continued to challenge us in 2021 and early 2022, we are grateful to say that this past year has been about so much more than COVID-19! It has been a year of growth, improvement, and learning for our organization.

At the end of this fiscal year, almost 2600 clients were attached to our centre. This includes both young people and families who reached out to us and we provided services to them at least once. There are many more young people we connected with who have aged out of our services in the meantime, therefore they are not captured in this data anymore.

While our Family Physicians were not able to see many new clients due to limited capacity, our other core services continued to remain open and accessible, both virtually and in person. While we learned that in person care remains essential, and we will have to rebuild many of our connections when it is again safe to do so, we were also able to connect with many young people who otherwise wouldn't have been able to access our services due to different barriers (for example travelling, weather conditions, anxiety etc.). We continued to strengthen our IT infrastructure to support safe and confidential in person and virtual care.

With the support of Foundry BC, we regularly ask for feedback from both youth and families. We are happy and proud to share that our clients continue to trust us and feel safe sharing their stories with us. They feel accepted, heard, and understood, and that is why we can work together with them to find the best solutions for them to improve their health and well-being.

We want to better understand the clients we work with, so this year we have started with upgrading our Electronic Medical Record system (EMR), tried to implement new methods to collect and analyze our data, and we have also joined the Health Data Coalition to be able to see our data visualized right away. Data provides us useful information, and this information can help us make informed conclusions and support our decision-making. We have implemented an automatic text-reminder system in the fall to improve our communication through our EMR, too.



Everything the Foundry Victoria Youth Clinic does for youth, it does in partnership with organizations in our community. In the summer/fall of 2021 we partnered with Power to Be and were able to provide access to nature to our clients with their help. We also partnered with the Camosun Massage Clinic, where our clients can access Massage Therapy free of charge. We have launched a program through Foundry BC called Foundry Works in the fall internally, and now our team is able to support young people with their employment, too.

We have not only grown in the diversity of our programming and available services, but there have been opportunities to expand our staff, too, with both clinicians and administrative support.

Our Joint Occupational Health & Safety (JOHS) Committee worked on a new Health & Safety Guide to make sure our team is supported and have been organizing regular practices so everyone feels confident in case of a stressful situation.

We are ready to continue to grow further during the next year, work on our new Strategic Plan, join the Primary Care Network, and start working on our Capital Project to be able to expand our team further, and expand our space further, to be here for every young person who reaches out to us, no matter where they are at in their lives.

All these changes will be happening without Barb Thompson, our Executive Director, who is leaving the organization at the end of May 2022. Barb has been managing the clinic for 15 years and was central to creating the Society in 2015. She has been the Executive Director for 7 years, a truly inspiring person, and her supportive leadership has made this an incredible place to work. She did everything for the youth in Victoria, and I want to thank her for her long years of service in this community. We will miss her dearly and wish her all the best in her next adventure!!

**Nikolett Baan**

***Operations/Program Manager***

# Foundry Victoria Data Review

Compiled by Nikolett Baan

We have some numbers to share, too!

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 Foundry Victoria Youth Clinic is serving **2584 actively attached clients** as of March 31st, 2022. All active clients have accessed at least one service at our clinic in the last two years.

Between April 2021 and March 2022 we transitioned out 169 clients and registered **420 new folks** into our data collecting system.

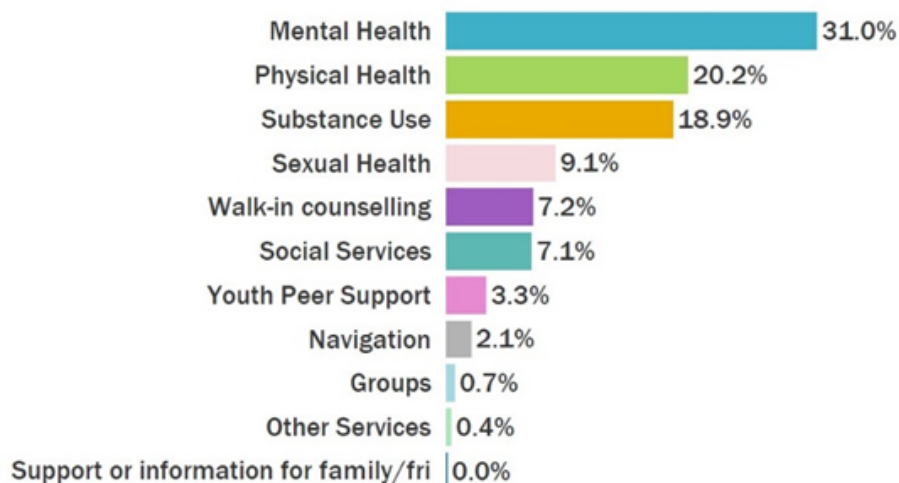
Our youth visited our clinic at least **6404 times** in this fiscal year (each visit is counted once, and a youth can visit multiple times as needed of course).

Youth were able to access at least **9594 services** (a youth can access multiple types of services at the same time).

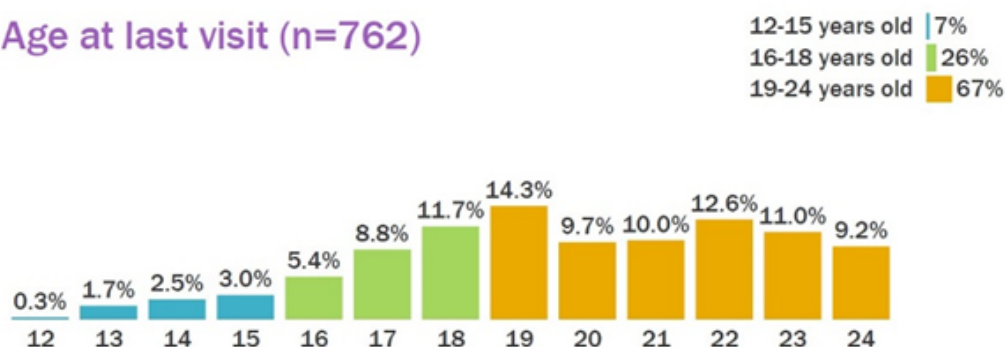
The following graphs display data from October 2021 – March 2022 collected by Foundry BC via Toolbox system.

## Services Accessed by Service Type (n=4,855)

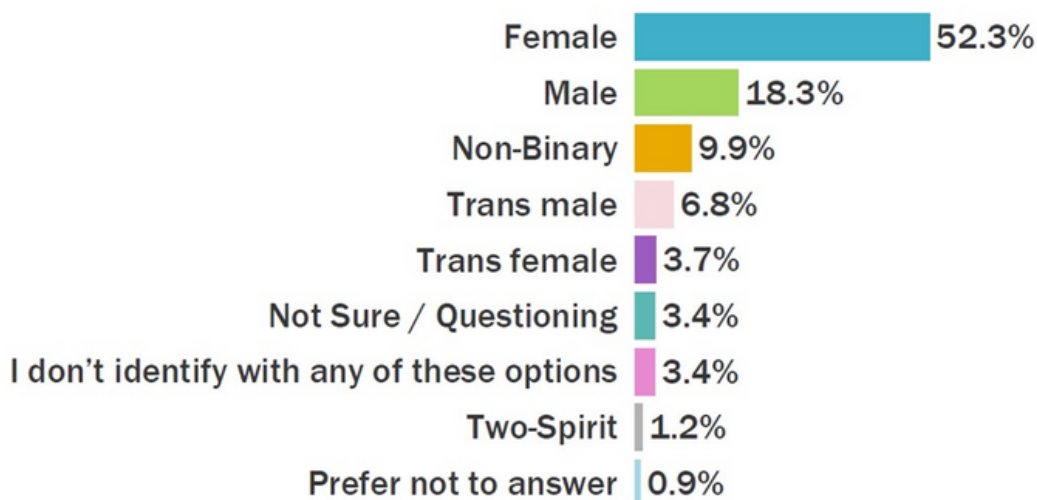
\*excludes 234 visits to be assigned services



## Age at last visit (n=762)



## Gender Identification (n=313)



## Ethnic/Cultural Background (n=314)

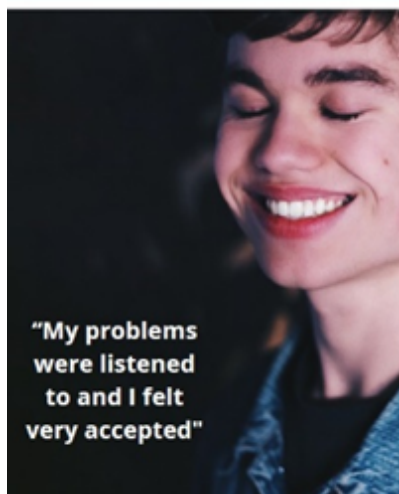


We also want feedback! Therefore, we conduct Youth & Family Experience Surveys every year organized by Foundry BC. We are proud to be a place where both youth and caregivers feel **safe**. We are **free of judgement**, meet everyone **where they are at** in their lives, **respect** their **choices**, and we always **work together** with our clients to provide them the care they want and need. We are thrilled to hear our clients feel this way about us as well!

Youth Survey Question:  
"What Was the  
**Most Helpful Thing**  
about the Services You  
Received Today?"

"I was able to be honest about my situation without fear of judgment"

"Friendly conversations, made me feel comfortable"



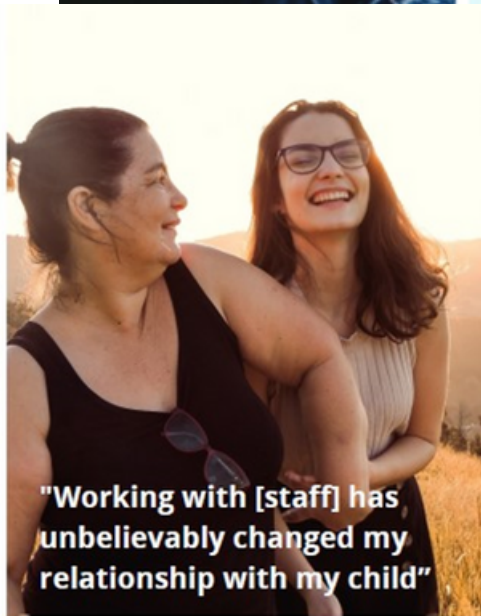
"My problems were listened to and I felt very accepted"

"getting the support I needed"

"...understanding of my situation"



"Connection with similar families"



"Working with [staff] has unbelievably changed my relationship with my child"

"Feeling of community"

Family Survey Question:  
"What Was the  
**Most Helpful Thing**  
about the Services You  
Received Today?"

# Clinical Coordinator Report

I am always pleased to reflect on the year in my role as clinical coordinator for the Victoria Youth Clinic Society. I am proud to work daily with passionate, caring and creative individuals whose commitment to providing wellness and integrative client centered care is at the forefront of everything they do.



We have endured another challenging year throughout this pandemic and the opioid crisis, but this team was able to look beyond those limits and really meet youth where they are at by fostering relationships, developing clinical care plans, supporting families, advocating, educating, teaching and providing evidence-based interventions. The staff work closely together, between disciplines to ensure youth are provided with wrap-around supports to help navigate.

The allied health team consists of social workers, counselors, peer support workers, family support workers, family peer support workers, youth workers, case managers, art therapists and vocational counselors. Each providing specific and integral care to youth (and the families) who access the clinic. We welcomed a new program this year – Foundry Works, providing education and work-based support for young people, supporting their longer-term psychosocial goals. Allied health also facilitated groups such as a Cognitive Behavioural Therapy (CBT) skills virtual group, contingency management and family peer support group.

We were supported closely by our integrated partners at Discovery Youth and Family Services (Island Health Authority), Child and Youth Mental Health Services, and Trans Care BC who help us provide direct client support.

This spring, we are looking forward to hopefully coming out of the pandemic. We continue to try to improve our service delivery, create new pathways of care, and work closely with our community partners. As always, it is a pleasure to work with such an amazing and dedicated team of people.

**Amy Schactman**  
***Clinical Coordinator***

# Medical Co-Lead Report

Our Primary Care Team has stepped up to meet an array of challenges related to the dual public health emergencies in BC. The COVID-19 pandemic has continued to impact our provision of care while the toxicity of our illicit drug supply has resulted in an escalating number of deaths and other substance use harms amongst BC youth.

We are proud of the primary care team's resilience, adaptability, and innovative spirit. We have honed our skills regarding balancing in-person care with virtual options, and have improved the efficiency of our team-based care approach.

Despite our reduced capacity and staffing shortages, we have maintained low barrier access for youth with significant substance use disorders requiring medical management. We are committed to the provision of OAT (Opioid Agonist Therapy) – Suboxone, Methadone, Kadian –with the aim to offer same day access. We have continued to provide Safer Supply to high-risk youth along with other harm reduction strategies. The VYCS primary care team provides regular medical support to both the Youth Tier 5 Team and to the Specialized Youth Detox facility.

Mental health issues amongst youth have been exacerbated by the pandemic and compounded by a shortage of mental health services. We continue to see high numbers of youth with severe and complex presentations including major depression, anxiety disorders, Post-traumatic stress disorder, eating disorders, and psychosis. Unfortunately, we no longer have a designated psychiatrist - this limits shared care options and results in youth joining long waitlists to access psychiatry.

Cultivating cultural competence with diverse populations --such as Indigenous youth and gender diverse youth --remains a priority for the team. We continue to provide gender affirming care to youth in our community which includes offering access to hormone readiness assessments along with initiation and maintenance of hormone therapy.

Looking to the future, the primary care team is poised for growth and ready for change as we gain additional staffing and support through the Primary Care Network.

**Kristen Korol and Danika Milne**  
*Medical Co-Leads*

# Nursing Report

The 2022 year brought a much needed sigh of relief in light of restrictions lifting and folks having more access to groups and activities in the community.

Our nursing team at the Foundry Victoria Youth Clinic has grown two-fold. Starting in April 2022 our team will consist of 2 full-time on-site Registered Nurses and two casuals. As the opioid and drug

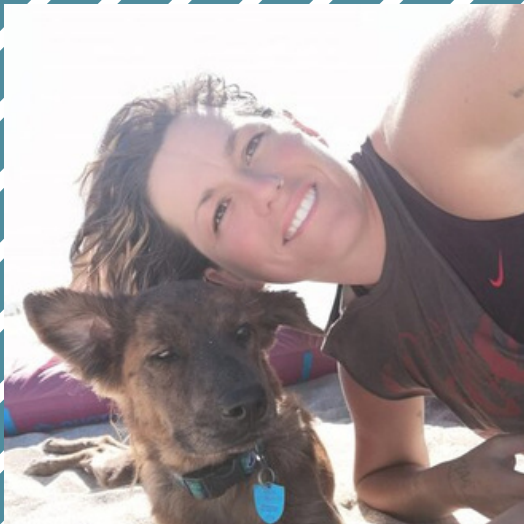
epidemic in Victoria drags on, our nursing team continues to work hand in hand with the doctors and allied staff on sight, providing initial assessment, education and intake and follow up for those wishing to address their substance use.

Our nursing caseload consists of a wide array of services including sexual health, contraception, gender affirming care, substance use and addiction, mental health, and various primary care needs including providing vaccinations and injections for prescription medications.

Often being the first point of contact to those seeking care, our assessment and interaction with youth is critical to forming connection and determining further need for care and access to services. Our nursing team excels at meeting Victoria's youth where they are at and helping identify their needs and develop personalized goals to health and well-being.

**Shauna MacDonald**

*Registered Nurse*



# Outreach Report



I began my role as our Youth Worker with the Victoria Youth Clinic Society in May 2021. The Allied Health Team here supports many different patients and offers diverse client care. During my time as the Youth Worker the patients I have been seeing regularly have needed the most support with financial assistance - Income Assistance, PWD (Persons with Disabilities), housing subsidies - and housing .

Other supports that patients are accessing through my position are referrals for detox and substance use treatment programs, accessing community resources, as well as connecting clients to practitioners within the Foundry Victoria Youth Clinic itself.

Due to the fast shift from the restrictions of COVID-19 to no longer having “emergency funding” patients have been struggling financially. These patients have been supported by my position, our social worker, and are often not able to seek financial support through family or other services in community. The services they are being connected to are most often income assistance, PWD and most recently our Foundry Works Program.

Housing in Victoria has been an ongoing battle for most youth and young adults, especially when they have mental health / addictions issues. Not only is there an extreme shortage of what we call “market” housing, but when it comes to youth and young adults seeking supportive housing the waitlists range from 6 months to a year minimum. This has had a huge affect on my ability as a community support to help our clients.

There is also a need for outreach in this position. Things like meeting clients for appointments, driving clients to appointments, helping clients access other community supports, attending Intensive Case Management meetings, as well as showing a presence in the community where local high-risk youth hang out, and spending time with clients who suffer from different diagnosis that may be needing some social time/support. Outreach has been limited over the past year due to COVID-19 but fortunately, with restrictions lifting, more outreach will be available going forward.



As the needs of clients accessing the Foundry Victoria Youth Clinic become broader, with more significant underlying social issues, and minimal resources in community, the allied health team continues to expand to meet these demands. With the role of the Youth Worker, it has to cover many different areas for the patients we see.

During the summer of 2021 our clinic took on a partnership with Power to Be. This partnership entails running outdoor programming for patients who access our services. Programs like these give patients of our clinic an opportunity to connect with the allied health team, other patients, experience healthy relationships and create goals. I am hopeful that this will be implemented for 2022 as well.

In the last quarter report, the involvement of the Outreach worker had taken on more case management with the Foundry Victoria Youth Clinic's OAT patients, this is no longer the case. There are now case managers on our team that take the majority of these clients with limited overlaps between our roles.

Although in 2021, with the restrictions around COVID-19 protocols, meeting with clients and establishing relationships had been more difficult, I was still successful. This year I believe it will be easier to have clients engage, meet in person and we will be able to offer them more support with less barriers for face to face meetings.

So far in 2022, the majority of patients I have been in contact with, or created relationships with, need assistance with accessing financial and housing supports. These needs are well known in Victoria and continue to affect the way we are able to help clients.

**Rebecca Hiebert**  
***Youth Worker***

# Expressive Arts Therapy Report



Expressive Arts Therapy is a creative approach to therapy similar to drama therapy, music therapy, or art therapy. What makes it different is that expressive arts therapy may incorporate writing, photography, drama, dance, movement, the visual arts (such as painting or clay), and/or music. In Expressive Arts Therapy, people are encouraged to explore their responses, reactions, and insights through pictures, sounds, explorations, and

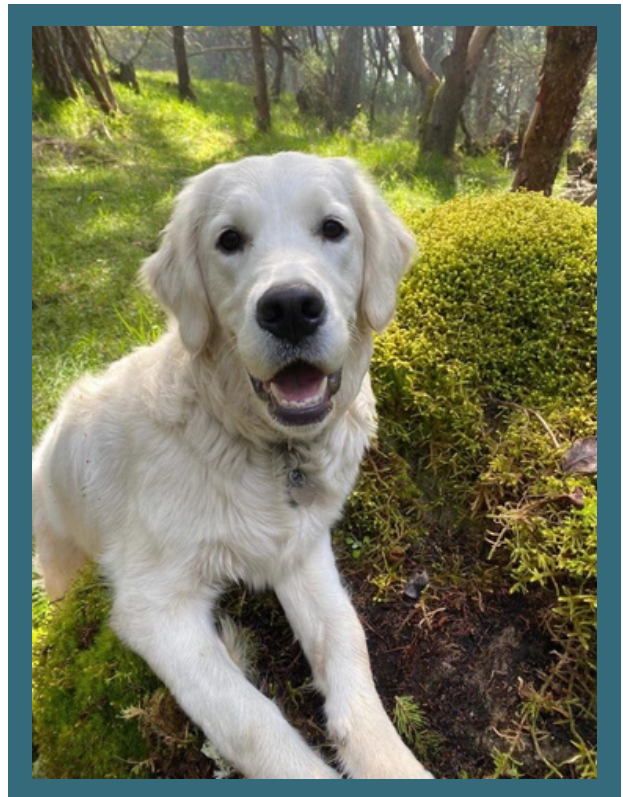
encounters with art processes. The power of this therapy is being able to see your process unfold in front of you, often creating a safe place for a person to explore challenging topics/themes, as there is distance between how and what is being shared and the creative thing itself

Individual Expressive Arts Therapy continued to be in demand as the waitlist grew with changes to staffing and no availability over a couple of months in Fall of 2021. While the previous set up of expressive arts therapy at the Foundry Victoria Youth Clinic could only allow for about 5-6 sessions, therapy sessions were now being offered either virtually or in person for up to 12 sessions. New additions to the art materials included a Thera-pet card deck (see below), sand therapy tools, a sound bowl, and greater assortment of clay. In spite of the technological barriers in offering these services virtually, youth still found it satisfying to connect online in a creative format, when it was impossible for them to attend in person, or if they preferred this method of having a session. The hope is to have an art drop-in group, and a more structured art therapy waitlist group offered before the end of 2022.

**Shelaine Grant**  
*Counsellor/Expressive Arts Therapist*



Zen garden to help support working through feelings in a non-verbal manner.



Stella, Shelaine's therapy dog in training, has tried to join in on virtual art therapy sessions so far, and she's been a smashing success so far: the youth love her!



Thera-pets card deck, another new addition to our Art Therapy program, which is a fun and creative way of building affirmations into a youth's coping tools.



A new sand tray that has loads of figurines to use to express what's going on internally and reorganize thoughts and ideas.

# Family Support Team Report



Our capacity to support families at the Victoria Youth Clinic Society has grown this year as the Peer Support position has increased from 3 to 4 days per week. New parents and caregivers are reaching out daily as their young people are in mental health and substance use crisis. Over the past year, the Family Support Team has had 457 interactions with families. We have learned

that the first reason that most parents and caregivers contact our clinic is to find support for their young person. They can't imagine spending time worrying about their own mental health when their loved one is struggling. Once connected to family support, they often realize how helpful it can be for their own health and that of their loved one.

*"I recently connected with Chantal (Family peer support) in my efforts to connect with a parent support group. My recently conversation with her was one of the most helpful moments of parent support I have received so far in this journey. It was so valuable - her lessons and insights will last for years to come."*

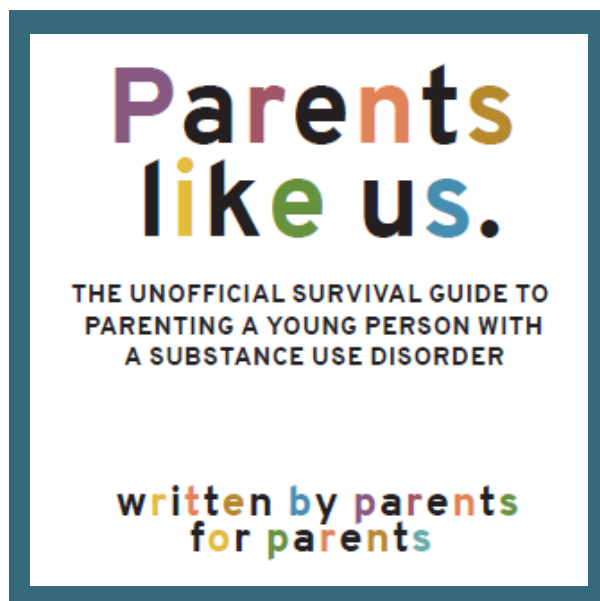
*"I believe he can get through this and Chantal has helped me us to regain hope, and infuse this hope into our interactions with our son."*

Our Family Support Team has spent time getting to know service providers in the city. This enables us to help parents and caregivers navigate services well. We have learned that it can feel overwhelming being given a list of websites or phone numbers when you may be in a life-or-death situation with your young person. We aim to do that differently. We have a huge value of listening first, holding space for a person as they relay the trauma that they are experiencing, and being compassionate and hopeful. Only after a person is feeling safe do we want to direct them to another resource, and we always leave the door open for them to circle back to us and talk through a Plan B if that didn't work.

One thing that we really notice is that there is no one right way for parents and caregivers to support their young person. Some people want one-on-one support, some want a support group, others will show up for education sessions. We also spend time doing safety planning with family members; making sure that they have naloxone, emergency contact numbers and other strategies to keep themselves and their loved one safe.

Our support group for parents of high-risk substance use has 33 members on the list. That is 33 families with a young person who are at risk of dying everyday. These parents and caregivers are often shell-shocked, and completely overwhelmed by their situation. It is often described as being on a roller coaster. One day your loved one is doing better, and you hold on to hope for recovery, and the next day they might be arrested, or overdose, or disappear. It is an extremely difficult place to live, and we see shattered marriages, loss of jobs, and an overall loss of self, as parents and caregivers navigate this unimaginable journey.

*“What an eye opener as I talked about my struggles over a simple 8 weeks and connection to how our kids deal with their struggles being in their heads all the time. Thank you for giving me the opportunity to talk out loud.”*



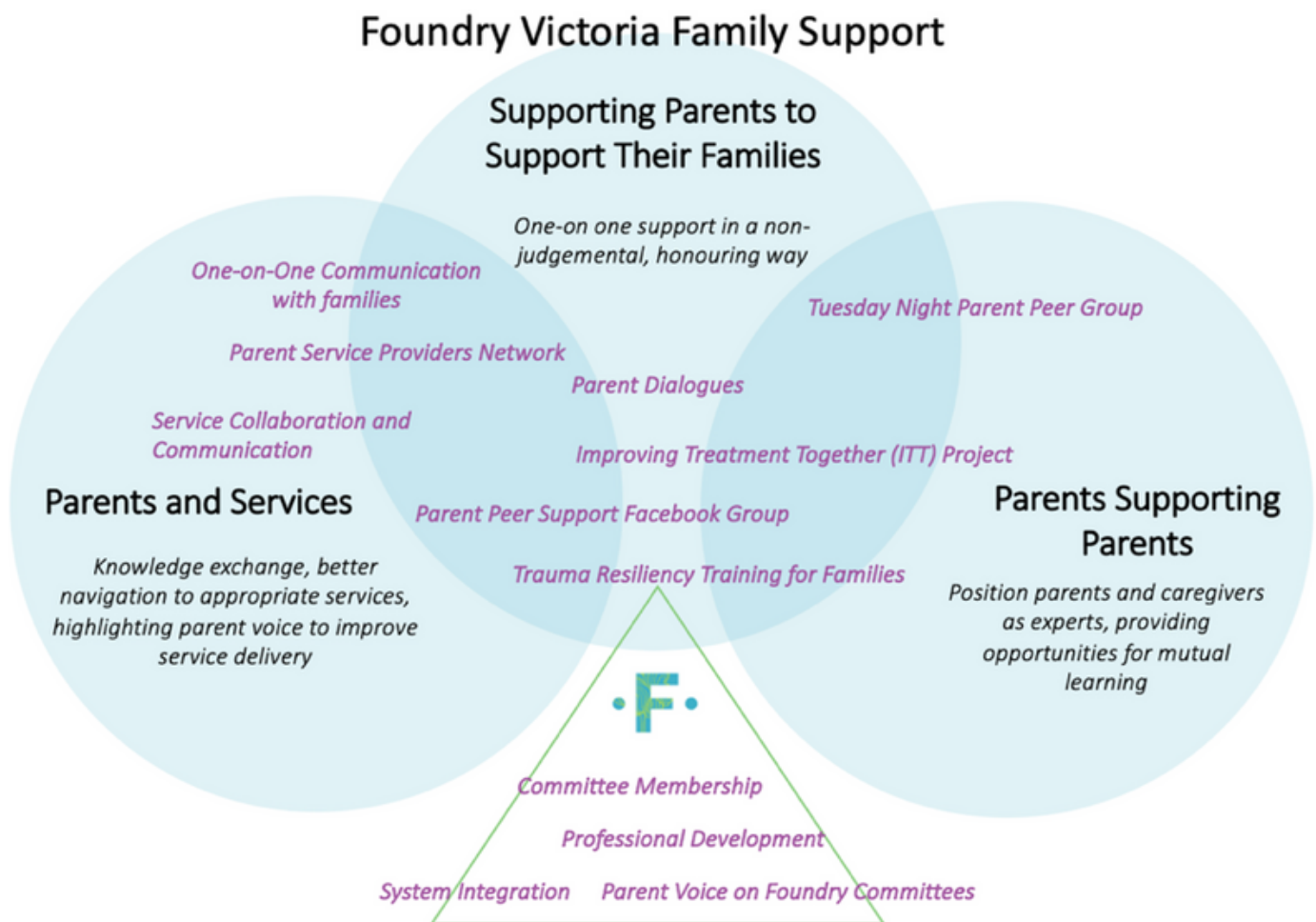
An amazing resource that we are now able to give to parents and caregivers is our newly published handbook.

<https://foundrybc.ca/parents-like-us-handbook>

This book just came out in print in January of 2022. It was written by 12 Victoria parents with support from VYCS staff in 2020/21.

This year, 12 parents who had accessed services at the Foundry Victoria Youth Clinic inspired and participated in a collaborative research project. Dr. Tim Black, professor at the University of Victoria and trauma counsellor delivered a Trauma Resiliency Training (TRT) to the families that was originally designed for First Responders and veterans. The parents had the opportunity to decide on the relevancy of the training for their context. They also are exploring the development of a TRT program for families at the Foundry Victoria Youth Clinic who have had, and continue to have, repeated exposures to trauma associated with caring for their substance dependent child. A final report detailing the project is anticipated to be completed by April 2022.

As we head into the 2022/23 year, we are feeling hopeful. Hopeful because we see some young people doing better. Hopeful because we see parents and caregivers moving out of crisis mode and gaining wisdom and insight into how to support themselves and their loved ones in healthy ways. Hopeful because we see a village of parents and caregivers caring for one another, encouraging each other, and learning together.



**Chantal Brassset,  
Family Peer Support**

# Family Counselling Report

As a family counsellor I have been working with both youth and their caregivers to stabilize crisis, assist caregivers, increase their ability to connect with their children, and support both caregivers and youth to process traumatic events that interfere with their ability to regulate their emotions and connect to others.

Since the start of Summer of 2021, I have noticed an increase in parental disclosures of sexual abuse, emotional neglect, and physical abuse. Of these areas there has been the largest increase in sexual abuse and incest.

There has been a decrease in parents seeking counselling for children talking back or breaking things in the household and needing police intervention.

There have been a pattern of youth having suicide attempts or on-going suicidal ideation and being released from the hospital and starting family counselling.

There is also a pattern of many clients both parents and youth who experience clinical levels of dissociation and have a history of numerous trauma events and symptoms that match the diagnosis of complex post traumatic stress disorder.

There has also been an increase in parents seeking support for children with substance abuse issues when previously this was not handled by this social worker but other supports within the Foundry Victoria Youth Clinic.

**Darcy Alder**  
*Family Counsellor*

# Youth Peer Support Report



In 2021, the role of peer support continued to grow and adapt to the changing needs of our patients. With the ongoing pandemic and the consequences of the need to reduce contact, the concept of peer support has become more essential than ever. Together with the Allied Health team, peer support reached a wide variety of clients, often overlapping with primary care and counselling to form wrap around supports.

During my time as peer support, the clients I work with most are needing support with mental health and substance use issues, barriers to safety, and barriers—mental, physical, financial or emotional—to an enjoyable, comfortable life. My role involves supporting young people to make their own choices in life, and to choose the path they wish to take regarding recovery, mental health treatment and recovery, and lifestyle. There is an emphasis on celebrating and supporting one's autonomy and aspirations.

There is a need to be flexible as peer support, and a need to adapt to non-traditional therapeutic settings and client goals. Much of my role involves informal, supportive counselling and problem-solving. This often helps to build a bridge for the client to access regulated counselling supports either through our team here at the Victoria Youth Clinic Society, or another community resource. With the role of being a peer, there comes certain difficulties and learning curves. Through professional development and support from my coordinator, I have navigated many crisis situations, high-stress conversations, and behavioural interventions. Much of the role of peer support involves learning and growing alongside the client as they face personal obstacles. I am proud of the strides I have taken in my career, and I am proud of the work and growth that my clients and I accomplished together.

**Maude Boulton**  
*Peer Support Worker*



# Foundry Works Report

2021/2022 saw the introduction of the Foundry Works program at the Foundry Victoria Youth Clinic. Foundry Works is a free supported employment and education program for youth between ages 15 and 24 who are interested in working, going to school, or completing a training program. We have been overwhelmed by interest within the clinic! So far, Foundry Works has enrolled 21 participants. Of these 21, six participants

have secured work in various roles—from team member at McDonald’s to veterinary receptionist—and one participant has begun volunteering at Our Place. Five youth have completed First Aid training, one person has completed Pet First Aid, and another has completed a Royal Roads Motion Picture workshop. As well, one youth is entering the Medical Office Administrator program at Camosun, one youth is completing their high school diploma, and another is completing the International Sports Sciences Association Personal Training program.

Foundry Works uses an Individual Placement Support (IPS) model, which is person-centred and strives to support youth in meeting their self-determined goals. This model also encourages employment specialists to connect with community members and agencies. Therefore, simultaneous to supporting youth, we have connected with a salon for free haircuts, a personal trainer to mentor one of the youth, the Centre for Accessible Learning at Camosun, an academic advisor at Camosun, The Victoria Women in Need Community Cooperative (WIN) , and housing agencies, among others. We have even supported one youth in accessing HPP funding to prevent them from being evicted.

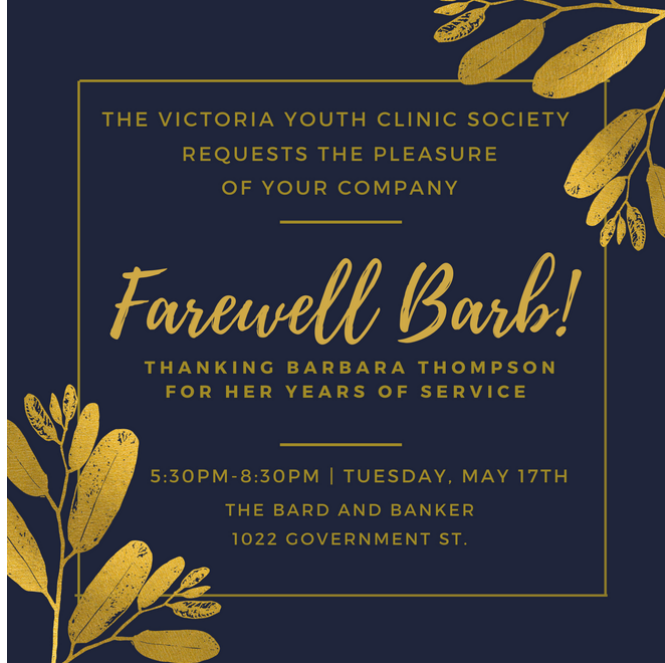
From our perspective, the Foundry Works program has supported youth in diverse but necessary ways through consistent meetings that provide both social and work support. It has been a pleasure to support youth in developing their self-efficacy as they navigate the working and education worlds.

**Gillian Cott**  
*Vocational Counsellor*

# Farewell Barb!

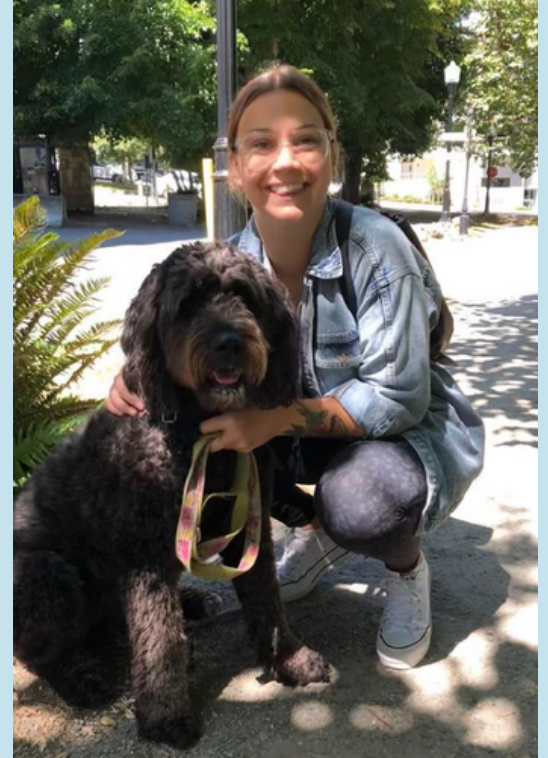
After many long years of service to the Victoria Youth Clinic Society Barbara Thompson has decided to leave her role as our Executive Director. To thank her for everything she has done for us and the community our team threw her a small, intimate gathering on May 17th, 2022.

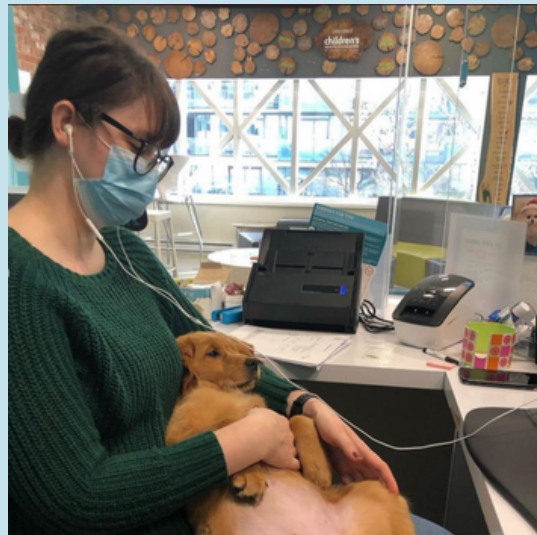
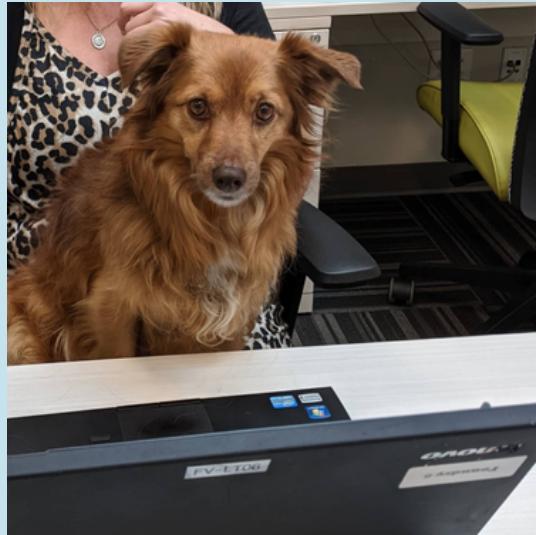
The evening was a great success and many friends, new and old, came out to spend the evening with Barb.





# More Fun Times We've Had





# 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

## Community Support

Art Gallery of Greater Victoria  
Big Wheel Burger  
Country Grocer - Royal Oak  
Erica Kelm - Yoga Teacher  
Floyd's Diner - 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