THE CHILDREN'S FOUNDATION

ANNUAL REPORT 2018

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Report of the President and Executive Director

This year saw an exciting milestone for our Surrey services. We moved to our new location at City Centre 1 across from Surrey Memorial Hospital in Surrey. This move, made possible with the support of **Vancity Credit Union,** has put us at the center of the Surrey Innovation Hub with other organizations working to find new ways of improving the mental and physical health of children and adults. We are excited to be a part of this growing community of innovators and working with our stakeholders to find better and more effective ways of improving the lives of children and families who face complex challenges.

We have been working with the Ministry of Children and Family Development, the Surrey School District and Fraser Health to develop a **Centre for Childhood Neurodevelopment, Education and Family Well-Being** in Surrey. We anticipate the first phase of this new centre to be operating in September 2018.

We had a site visit from our accrediting body, CARF, in November 2017. We were successful to once again be awarded a three-year accreditation. This is a quality improvement process, thus we learned a number of ways that we can improve, however, there was much that staff can be proud of and the reviewers were lavish with their positive comments.

This year, the Board of Directors launched a strategic planning process and we will be unveiling a renewed mission statement and set of core values. We are also working to identify our most important directions for the next 4-6 years. We look forward to working with our stakeholders as we proceed on the next phase of our journey to improve lives by helping children and families with complex challenges.

The ongoing support of our key funders and donors is critical to doing our work. Thank you to the **Ministry of Children and Family Development** for its funding support and the positive and supportive working environment we have with their staff. Thank you to the **Vancouver School District, Vancouver Coastal Health, the Surrey School District, Fraser Health** and the many colleague service organizations with whom we collaborate on a daily basis to ensure children and families receive the best service possible. Thank you to the **Wolrige Foundation**, the **Connor, Clark, & Lunn Foundation** and **Town and Country Equestrian** for their ongoing support. Thank you to the **Garden Club of Vancouver** who helped to improve the play area of our Vancouver property. Thank you to **Conuma Coal** in Tumbler Ridge, who have been providing incredible support to our Make a Difference Fund. Heartfelt thanks are extended to all the individuals who have donated. Thank you to the staff and service volunteers who each year surprise us with even more dedication, hard work and creative ideas. Finally, thank you to the Board of Directors who have provided clear direction and deep affection for our work.

Elizabeth Demner
PRESIDENT

Dennis Dandeneau
EXECUTIVE DIRECTOR

Children and Families Served

Service

Alderwood Family Development	42
Cedarwood Family Program (Surrey)	154
Cedarwood Family Program (Langley)	27
Communities Caring for Children	368
Community Support Program	1
Educational Transition Centre	29
Family Care Support	177
Four Star Connection Program	16
Heartwood Child Assessment	86
Kennedy House	17
Complex Care and Key Worker	26
Pacific Counselling	2
Respite	36
Surrey Family Preservation	155
Thetis	1
Total	**1137**

Services

ALDERWOOD FAMILY DEVELOPMENT CENTRE

This year, Alderwood transitioned and adapted to a more attachment focused classroom support model. As a result, Alderwood was able to provide a higher level of positive efficiency and effectiveness to the children participating in the therapeutic milieu. Throughout the year, staff have consistently responded to the unique needs of our children. This has resulted in the highest reduction of Crisis Prevention Interventions in our 16 year history. Parents have also been more actively involved with their children with two Parent Child events on site. Alderwood's Parent Support Group was also well attended with parents actively engaged.

CEDARWOOD FAMILY PROGRAM

The Cedarwood Family Program provides counselling services and parent groups to children and families in the communities of Surrey, Delta, Langley, and White Rock. Highlights for this year include:

- continuing to offer evidence-based parenting groups;
- welcoming three new Master's level practicum students;
- building on evidence based practices by enrolling staff in high level training, including the completion of certification in the Neurosequential Model of Therapeutics;
- building on trauma informed practice;
- continuing to have fathers become more engaged in services;
- and continuing the process of standardizing filial play therapy.

We thank the Ministry of Children and Family Development for funding to hire four additional therapists until March 31, 2018. This has enabled us to address our long waitlist. We were able to bring the waitlist down from 105 to 21 families by the end of March 2018.

COMMUNITIES CARING FOR CHILDREN

Communities Caring for Children offers the Right from the Start (RFTS), Coping with Toddler Behaviour (CWTB) and Triple P Positive Parenting Program (Triple P) to Surrey Families with children 0-6 years of age. All programs are open to all community members and are self referral with no cost to the participants. Childminding and bus tickets are offered to those that need it with refreshments served at every group.

These groups are offered three times a year—spring, fall and winter, at various locations in Surrey. We are able to offer these programs in various venues because of the partnerships we have developed over the years with the Surrey School District and the City of Surrey. We continue to meet the need in the Clayton Heights area of Cloverdale, using schools, community space and the business community.

Right from the Start

Enhancements to Right from the Start continue and are still well received. Having a nutrition specialist, baby message technician and a nurse to talk about growth and development, parents participating in the program have an opportunity to ask questions and receive specific information that they are concerned about.

Triple P

Triple P, being offered in the local Gurdwara, was a success and the South Asian community continues to reach out to our parenting programs. They offer free space so that we can serve the needs in their community.

Practical Parenting

We have also partnered with the City of Surrey to provide a 'Practical Parenting' drop in—a once a month parent group, designed for parents who are already at the community center while there kids are participating in a city program; e.g. Karate lessons.

COMMUNITY SUPPORT

The Community Support Program provided one-to-one community-based support in Abbotsford up until the summer of 2017. This Community Living of BC contract continued to provide excellent support to a young man through its very dedicated and creative Community Support Worker. This supportive and facilitative relationship came to its conclusion with the program goals being met.

COMPLEX BEHAVIOUR SUPPORT PROGRAM

The central innovation for the Complex Behaviour Support Program continues to be its adaption and alignment with the work taking place at Heartwood House Children's Assessment Team. Children's Groups, Parent Support and Community Education continue to be the heart of this service.

EDUCATIONAL TRANSITION CENTRE

The Educational Transition Centre (ETC) took its first step toward integrating into the full wrap around trauma informed service. The Centre for Childhood Neurodevelopment, Education and Family Wellbeing, is currently being planned with Fraser Health, Surrey School District and Ministry of Children and Families. Moving to its new location at Surrey Traditional School, the Educational Transition Centre has continued to provide its essential services to children and families in the Surrey School District.

FAMILY CARE SUPPORT

This past year, we integrated the Out of Care families with the Family Care Support so that they can also participate in all of the services available to foster families. There are now Out of Care social workers assigned to these families to help them navigate the system and make recommendations for support. The Children's Foundation is working closely with the Ministry to ensure a common understanding of this new role and how to effectively work with these families.

Some of the trends we continue to see that have made it challenging for foster placements is the number of children placed in a home, the complex needs of the children and the many commitments the families have in their daily lives, whether that be working outside the home while taking care of their children and trying to accommodate appointments and activities and/or attempting to work on learning new strategies and building effective routines and structures to provide safety, security and predictability for the children.

Foster Parent Connect Program

The Family Care Support Program continues to offer the Foster Parent Connect Program—an attachment based parenting program designed for foster parents. While the foster parents attended the 10-week parenting program, the children attended the Zones of Regulations group, as improving self regulation is an overwhelming area of focus for most of our clients. This also supported the foster parent as there was no need to find someone else to care for their children while they attended the parent group, thus removing one of the barriers to service. In efforts to make attendance less stressful given their busy schedules, we also provided dinner prior to the groups.

The feedback and evaluation of both groups was very positive. We have found that with those attending the group the foundation was laid for continued work with the families. Many families have commented that they see the Connect Program as a beginning of their learning and would like to continue to build on the information and strategies that they gained through the group. Along with the individual work continuing with the family counsellors, there will be "booster sessions" where the group will reconvene to review the principles and discuss successes and challenges.

Zones of Regulation Group

The Zones of Regulation Group with the children was also very successful. The group introduced the zones of regulation concepts to the children, helped them identify feelings, what some of their triggers may be,

and identify strategies that they could use at home, in school and in social situations when they begin to feel dysregulated. Feedback from the children indicated they enjoyed coming to the group and that they learned how to better manage their own behaviour. This group laid the foundation for continued work with the one-to-one counsellors as well as the Therapeutic Day Program. This coming year, we will work on how we can help the foster parents integrate the Zones of Regulation principles into their homes.

Emotion Coaching

We also provided the Emotion Coaching workshop for the first time. The foster parents learned what emotion coaching is, why it is important, how their own upbringing impacts their comfort level with talking to children about emotions and the five steps to emotion coaching. This workshop was very well received and enjoyed by all participants.

Over the next year we will be offering the Foster Parent Connect Program, Zones of Regulations, Emotion Coaching and a new group will be "Listening to the Owl"—an interactive group with both parents and children together.

HEARTWOOD CHILD ASSESSMENT

Heartwood Child Assessment experienced the largest growth this year with the successful addition of several new contracts to serve high risk children. Two new pediatricians have joined the team and neurodevelopmental assessments have continued throughout the year. Plans to grow this service are in development. The addition of a second psychologist in the fall of 2018 will be the first step in this process.

KENNEDY HOUSE

Kennedy House continues to offer the Ministry of Children and Family Development and South Fraser families a warm, home based environment to provide children, ages 5-12 years. Through our trauma-informed and attachment-based focus, we strive to facilitate stabilizing children requiring alternative placement. Some highlights for the year are:

- We are steadily shifting the program from a behavioral model to a trauma informed and attachment informed model.
- Exploring the possibility of providing a Heartwood House Assessment for every child who comes to Kennedy House.
- Began to trial the use of the Child and Adolescent Functional Assessment Scale with a number of children who were referred to Kennedy House.
- A number of structural and aesthetic improvements were and are being completed both inside and outside of the house.
- We are in the process of tightening up our referral intake process, striving to ensure we receive all relevant documents and information, and be fully informed in order to set the child up for the highest chance of success from day one.
- At the end of September, Kennedy House had our long term supervisor move on to another position, and we had this position ably filled for three plus months by our weekend supervisor, and were again fortunate to be able to bring on board an outstanding program manager to begin at the start of 2018.

KEY WORKER — PARENT TO PARENT SUPPORT

The Key Worker program continues to provide innovative services to the community. We have been focusing on developing our assessment process and our Key Workers have been actively involved supporting families before, during and after the assessment process. Having our Key Workers involved in the assessment phases has also enhanced the working relationship and resulted in a greater understanding and response to the needs of the child and families.

RESPITE

The Children's Foundation's Respite Program provides weekend respite services to families who are caring for children and youth with Autism and other significant developmental challenges. The children who are referred to the Respite program often come with complex needs but the one common element is that they are from committed families who are in desperate need of a break from caring for their special needs child.

By offering at least one weekend a month of 48-hour continuous care, the families we serve receive the needed break from having to mind for a child who needs constant and vigilant care. This gives them an opportunity to recoup their energy, spend time with friends and family and for many they use this time to give the needed attention to the other children they have.

The families we serve have children with complex challenges. This requires individualized planning for the families. Through collaboration and creative thinking, we had many successes and were able to meet the complex needs of each individual family, providing service and the needed breaks they needed to cope.

SURREY FAMILY PRESERVATION

In-Home Support

The Family Preservation Program works to help families overcome immediate and critical circumstances that affect the health and development of their children. This past year, has seen an increase in the number of families who are struggling with significant mental health issues adding to the complexity of the work.

We have a culturally diverse team, and we are able to provide services in Punjabi, Vietnamese, Mandarin and Spanish. We offer interpreters when we have clients who need translation services. Through the use of interns, the program has been able to provide expressive therapy. Families have also been enrolled in various parenting groups offered by The Children's Foundation. Families in the program have greatly benefitted from the Make a Difference Fund which we use to help families with meeting the needs of their children.

Centre for Domestic Peace

The Centre for Domestic Peace continues to offer groups with individual counselling support. This is for couples who are experiencing domestic violence or who want to learn how to disagree in a more healthy way. Two groups serving twelve couples were offered in 2017. An additional 17 couples were interviewed for admission who either did not meet the criteria for the group or were unable to attend because of work schedule conflicts.

THETIS

In our experience, children grow, develop and have the best chance of success when they live in a stable long term home. We provide a specialized foster home service that recruits families to care for children under the age of 12. These homes are supported by a clinical counsellor who is available 24/7 and is in almost daily for contact. The Thetis program is designed to provide a family care home for as long as the referred child needs it. Thetis specializes in caring for children and youth with a range of complex developmental and behavioural conditions.

TRAINING

We have offered the community and our staff a number of training opportunities by bringing in experts from across the continent.

Examples of more recent training include:

- Dr. Gabor Mate—Addiction and brain science; Child development, attachment and the developing brain
- David Melnick—Trauma-Informed Practices: School, Home, Treatment, and Community
- Diane Malbin—Brain-based Symptoms and Solutions: Fetal Alcohol and Other Brain-based Conditions
- Pat Ogden—A Sensorimotor Psychotherapy Approach to Child and Family Treatment
- Dr. Adele Lafrance on Emotion-Focused Family Therapy. (EFFT)

The Children's Foundation's largest training commitment and accomplishment was to become site certified in Neurosequential Method of Treatment (NMT) (Dr. Bruce Perry of the Child Trauma Academy). We now have twelve clinicians who are certified to complete brain metrics.

In 2017, we worked to consolidate our learnings and understanding of the core concepts of the effects of trauma on the brain. At the same time, we are training the entire staff in trauma-informed values and methods. We have good reason to believe that these trauma trainings will transform the way we see children and families and our ability to serve them more effectively.

THE CHILDREN'S FOUNDATION

Statement of Financial Position

31 March 2018

	Operating Fund	Capital Fund	Designated Funds	Total 2018	Total 2017
	$	$	$	$	$
Assets					
Current					
Cash	266,197	328,179	429,140	**1,023,516**	1,165,894
Term deposit - restricted	200,000	-	-	**200,000**	200,000
Accounts receivable	84,453	-	-	**84,453**	52,392
Prepaid expenses	40,906	-	-	**40,906**	34,151
	591,556	328,179	429,140	**1,348,875**	1,452,437
Tangible capital assets (Note 3)	-	8,171,003	-	**8,171,003**	7,750,571
	591,556	8,499,182	429,140	**9,519,878**	9,203,008
Liabilities					
Current					
Accounts payable	111,070	-	-	**111,070**	229,253
Accrued wages payable	150,593	-	-	**150,593**	128,220
Accrued vacation and sick leave payable (Note 11)	462,548	-	-	**462,548**	410,544
Government remittances payable	77,600	-	-	**77,600**	35,192
Deferred contributions (Note 4)	345,958	-	-	**345,958**	69,241
Capital lease obligation - current portion (Note 5)	-	27,761	-	**27,761**	-
Mortgage payable - current portion (Note 6)	-	125,876	-	**125,876**	121,816
Vehicle loan - current portion (Note 7)	-	4,142	-	**4,142**	3,890
	1,147,769	157,779	-	**1,305,548**	998,156
Capital lease obligation (Note 5)	-	63,605	-	**63,605**	-
Mortgage payable (Note 6)	-	5,666,489	-	**5,666,489**	5,793,634
Vehicle loan (Note 7)	-	8,601	-	**8,601**	12,986
Deferred capital contributions (Note 8)	-	144,434	-	**144,434**	127,125
	1,147,769	6,040,908	-	**7,188,677**	6,931,901
Commitments (Note 9)					
Contingent liabilities (Note 10)					
Fund Balances					
Externally restricted	-	-	84,017	**84,017**	30,231
Internally restricted	300,000	-	345,123	**645,123**	645,123
Unrestricted	(856,213)	-	-	**(856,213)**	(406,237)
Invested in tangible capital assets	-	2,458,274	-	**2,458,274**	2,001,990
	(556,213)	2,458,274	429,140	**2,331,201**	2,271,107
	591,556	8,499,182	429,140	**9,519,878**	9,203,008

THE CHILDREN'S FOUNDATION

Statement of Operations

For the Year Ended 31 March 2018

	Operating Fund	Designated Funds	2018	2017
	$	$	$	$
Revenues				
Provincial government funding	6,136,225	-	**6,136,225**	5,515,887
Interest and other income	82,473	-	**82,473**	42,288
Externally restricted revenue (Schedule 1)	-	76,332	**76,332**	39,394
Donations, grants and memberships	30,660	-	**30,660**	80,854
Recognition of deferred contributions	16,694	-	**16,694**	40,671
Amortization of deferred capital contributions	5,191	-	**5,191**	-
Internally restricted revenue (Schedule 1)	-	-	-	3,479
	6,271,243	76,332	**6,347,575**	5,722,573
Expenses				
Salaries and wages	3,667,943	-	**3,667,943**	3,260,296
Employee benefits (Note 12)	945,819	-	**945,819**	891,551
Contracted services	376,241	-	**376,241**	361,361
Building and equipment operation and maintenance	283,886	-	**283,886**	400,027
Program supplies	206,411	-	**206,411**	197,888
Mortgage interest	189,179	-	**189,179**	127,901
Office expenses	104,182	-	**104,182**	51,841
Insurance and property tax	89,967	-	**89,967**	89,336
Equipment costs	67,671	-	**67,671**	70,733
Telecommunications	54,657	-	**54,657**	57,109
Automobile	40,365	-	**40,365**	29,332
Recruitment and staff	37,835	-	**37,835**	39,005
Transportation	36,850	-	**36,850**	42,360
Professional services	36,275	-	**36,275**	15,436
Promotion and volunteer	29,689	-	**29,689**	31,546
Externally restricted expenses (Schedule 1)	-	22,546	**22,546**	20,176
Internally restricted expenses (Schedule 1)	-	-	-	15
Amortization of tangible capital assets	213,892	-	**213,892**	147,287
	6,380,862	22,546	**6,403,408**	5,833,200
Less: rent and utilities expense recovery	(115,927)	-	**(115,927)**	(189,627)
	6,264,935	22,546	**6,287,481**	5,643,573
Excess (deficiency) of revenue over expenses for the year	6,308	53,786	**60,094**	79,000

Improving the Lives of Children