



THE CHILDREN'S
FOUNDATION 

2019
ANNUAL
REPORT

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REPORT OF THE PRESIDENT AND EXECUTIVE DIRECTOR

“Improving the lives of children” has been how we stated our mission for a number of years. Although in general terms this described what we did, the Board of Directors felt that a more specific description of what we do was required. We are pleased to announce that our new mission statement is “Improving lives by helping children and families navigate complex challenges.” The children and families we see often confront multiple challenges related to trauma experiences that are complex to address on their own. Our goal is to journey with them as they work to resolve the effects of these experiences. We believe, this new mission will ensure we have a clear focus for our day-to-day actions and build upon our core competencies.

The Board of Director’s continues to evolve and pursue several initiatives. This coming year we will be launching a planning process for the property on East 18th Avenue in Vancouver. Working with the City of Vancouver and other stakeholders, we will create a vision for how to best utilize this property in perpetuity for the benefit of vulnerable children and families. To this effect, we will survey our key stakeholders and continue to build connections with the medical and professional community. We also continue to develop our communications capacity and have been working on the development of consistent branding materials and a new website. Finally, we are reviewing all our key governance policies to ensure we follow the best practices possible.

The staff, as in years past, have worked hard to develop and deliver existing services. You will find summaries in the report that follows. In addition, staff have begun the development of professional services such as psychology, occupational therapy, speech and language and behaviour consultation

through our Heartwood program. We continue to emphasize training in trauma informed approaches and in the coming year will review our clinical approach across the organization. We have a superbly educated, dedicated and committed staff team and are developing ways of further tapping into this amazing capacity.

This year we celebrated Elizabeth Demner’s ten years at the helm of The Children’s Foundation. In June 2018, she resigned from her position as President. During her term, Elizabeth remained an impassioned representative of The Children’s Foundation. She grew and developed the Board of Directors recruiting a committed and talented board. She supported and oversaw the purchase of our property in Surrey, several strategic planning initiatives, as well as the transition to a new Executive Director. Elizabeth has always been the driver for our fund development and continues on the board in the capacity of Chair of Donor Relations. The Children’s Foundation is grateful for the immense contribution made by Elizabeth to our growth and development. Her example of contribution has set the standard for all others who follow. Thank you, Elizabeth.

Thank you to our funders and donors whose belief in our mission and financial support makes this work possible. We also wish to acknowledge our great staff including interns and volunteers for their commitment and hard work. Thank you to Board of Directors whose volunteer hours form that most important guidance for the organization. Thank you to the children and families whose confidence in us is shown every day and whose journey we are honoured to share.

Steven Mah
PRESIDENT



Dennis Dandeneau
EXECUTIVE DIRECTOR



CHILDREN AND FAMILIES SERVED



SERVICE

Alderwood Family Development	46
Cedarwood Family Program (Surrey)	200
Cedarwood Family Program (Langley)	82
Centre for Childhood Neurodevelopment	17
Communities Caring for Children	376
Educational Transition Centre	41
Family Care Support	271
Four Star Connection Program	43
Kennedy House	19
Complex Care and Key Worker	40
Respite	29
Surrey Family Preservation	172
Thetis	3
Total	1379

SERVICES

Alderwood Family Development Centre

Alderwood Family development Centre is a collaborative effort between the Ministry of Children and Families, the Vancouver School Board and Coastal Health. This year has been a tremendous year of adaption and transformation. Receiving training from Dr. Chuck Geddes in Complex Trauma, staff have responded to the unique needs of our children with a trauma sensitive response in mind. The heart of our program remains solid assessment, and we have been able to provide several comprehensive assessment to children and their families. In addition to assessments, Alderwood was able to provide opportunities for children to participate in Equine Assisted Learning. Parents have also been actively involved with their children and our Parent Support Group was one of the largest groups ever. We also trained staff in the Parent Connect Program and an additional Parent Education Group was offered to the community. Both children and our families involved at Alderwood continue to report high levels of satisfaction with our program and positive changes to family interactions were reported.

Cedarwood Family Program

The Cedarwood Family Program has continued providing a host of counselling services to children and families in the communities of Surrey, Langley, Delta, and White Rock. This was another successful year for the Cedarwood programs, highlighted by the following:

- Continuing to offer evidence-based, trauma-informed, and attachment-focused parenting programs, including the Connect Parenting Group, the Child-Parent Relationship Therapy Group, and Filial Play Therapy
- Continuing to offer a wide range of evidence-based, trauma-informed, and attachment-focused therapeutic modalities for families, including individual/couple/family counselling, expressive therapy, and a number of psycho-educational interventions
- Welcoming three new Master's level practicum students, and, in addition, welcoming our first Ph.D. level practicum student
- Continuing to build on evidence-based practices, including enrolling therapists in high level trainings with Dr. Chuck Geddes, Dr. Pat Ogden, Dr. Vikki Reynolds, Kim Barthel, David Melnick, Lisa Dion, and Sonya Vellet
- Employing the Trauma Symptom Inventory 2 as a pre and post measurement

Centre for Childhood Neurodevelopment, Education and Family Wellbeing

The Centre for Childhood Neurodevelopment, Education and Family Wellbeing has completed its first year of service and has many successes to build upon in the coming years. Serving over 12 children and their families this year the Centre at Cindrich was able to provide Music Therapy in partnership with Capilano University. In addition, we were able to provide access to visits to

SALI farm, a service that helps children learn to care for injured animals as well as support several children in Equine Assisted Learning. The whole team was also able to receive training from Dr. Chuck Geddes Complex Trauma Resources and this model formed the backbone of our service this year. Both the children and their families reported high levels of satisfaction in our confidential year end survey process with the program this year. Overall, our first year has been a tremendous success with plenty of learning and new opportunities to build on moving forward and into the future.

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. As of Oct 2018, we launched a new program; 'Creating Calm Children' - a focus on helping parents who have children with 'anxious' tendencies. All programs are open to all community members and are self-referral with no cost to the participants. Childminding and bus tickets available to those that need it with refreshments served at every group.

These groups operate three times a year - spring, fall and winter. We are able to offer these programs in various venues throughout Surrey. We have developed partnerships with the Surrey School District who give us space midweek evenings, The City of Surrey who gives us available space in their Community Recreation Centers on weekend days,

and when need is expressed we will collaborate with other community service providers to get our programming to those they serve. An example of this is "SUCCESS" organizing a group through their immigrant services for a parenting course to be offered at their site. We fulfilled a request from a local Gurdwara, who were supporting Afghanistan refugees and daycares who feel their families would benefit and will offer to host but also open their doors to other community participants.

CCC parenting programs are overseen and steered by members of the Surrey Early Childhood Mental Health Collaborative. Members are community agencies and service providers including MCFD, Fraser Health, and Child and Youth Mental Health. The Collaborative meet 5 times per year, exploring community needs and how we (within the terms of reference) can meet some of the gaps identified. It is through this process where several service providers were recognizing 'children suffering anxiety' was becoming more prevalent. The group researched current programs to see if there was anything that would be appropriate to adopt. After much research, we decided to develop our own (in house) program, using Master level Family Therapist students to develop the curriculum. We have had two pilot sessions, both well received. Both sessions allowed the facilitators to enhance the curriculum. Next step is to develop the 'Facilitators training' component and we hope to have it out in the community by fall of 2019.

From April 2018 to March 2019 we have served 236 families (this includes the extra Gurdwara and Creating Calm

Children programs) and 140 children (in Child minding) through the Communities Caring for Children Program, providing a total of 278 parent group hours.

We are proud of our success in developing the new program and being able to launch it in a timely manner. We continue to have our committed and skilled facilitators, child-minders and the community partners we work with, and we are proud that our programs average a 76% completion rate.

This past year we have had to cancel 3 of our regular 15 classes being offered due to low registration. We feel this is due to a lack of distribution of information of the programs offered. Although we have a distribution list of people we send the schedules to, and expected to post them in their venues and establishment, often they are not posted. Getting the schedules out to the key areas of the community is critical to getting the information to those who need it.

Keeping engaged with the community is another key component. We achieve this by being involved in community events such as the Surrey Early Years Festival, Cloverdale Rec 'Baby Time' and Kensington Prairie Family Fair. We are active members of the Children's First and Middle Childhood Matters table.

Complex Behaviour Support Program

The Complex Behaviour Support Program continues to provide service in the form of individual supports, assessments, Children's Social and Emotional Groups, Parent Education Groups and Community Education. These pillars of service continue to be the heart of the service. This year our Complex

Behaviour Support Counsellor received training in the Parent Connect Program. A Parent Connect Group was offered in addition to the Circle of Security to deepen parents understanding of attachment through a neurodevelopmental framework.

Education Transition Centre

Education Transition Centre has completed its 8th year in collaboration with Ministry of Children and Families and the Surrey School District. During this year, the team provided several unique and supportive services to sixteen students including, but not limited to registering a student and providing them with equipment for a spring club soccer team. We also supported six students in Equine Assisted Learning and one of our students was chosen to go to Disneyland for the day through Dreams Take Flight. In addition to this, we were able to provide several families with the opportunity to attend Whitecaps, Canucks, BC Lions and Vancouver Giants games through our Kids Up Front Partnership.

In addition to our focus on the whole child and family supports through our community partnerships, we have also developed a solid team and delivered Social, Emotional and Academic Curriculum to assist and prepare children to move into full time school placements. Our supervisory staff is undertaking the Train the Trainer in Low Arousal Intervention and the whole team received training in Dr. Chuck Geddes Complex Trauma Interventions. Finally, Education Transition Centre is undertaking its first summer program. The Education Transition Centre will continue to provide

activities to students and we are hoping to continue to build toward offering support to our children and families year round.

Family Care Support

The Family Care Support Program has integrated Out of Care and Extended families to provide opportunities for them to participate in all of the services available to foster families. The Children's Foundation is working closely with MCFD to ensure a common understanding of the roles and how to effectively work with these families.

On-going trends that have made it challenging for foster placements include:

- The number of children placed in a home
- The complex needs of the children
- Transportation and child-minding challenges
- Increased commitments of the Caregivers (i.e. working outside the home and caring for their children while attempting to accommodate appointments, activities, visits with biological parents, etc., while attempting to increase their knowledge of the impact of trauma on the children and working to create effective routines and structures to provide safety, security and predictability for the children)

Family Care Support Program (FCSP) highlights this past year include:

- Implementation of Dr. Chuck Geddes' Complex Trauma Resources and training
- All therapists in the FCSP are now

certified for Connect Parent group facilitation

- Removing more barriers, in order for more Caregivers and their children to participate in groups and services (i.e. groups for children running concurrently to those of the Caregivers; offering a variation of group times for Caregivers to attend; providing child-minding (when possible) for those children too young to attend group and providing meals when groups occur around dinnertime, etc.)
- Continued offering of evidence-based trainings for Caregivers (Connect Program, Emotion-Coaching) as well as a parent/child dyad group and continued focus on self-regulation and socialization skills for children via the Therapeutic Day Program.

Heartwood House Child Assessment

The Heartwood House Child Assessment Team provides clinical diagnostic assessments for children and adolescents with complex challenges. The key feature of our program is a trauma-focused approach to understanding the issues faced by the clients we serve.

In 2018, our team included one psychologist and two pediatricians. Together, they completed over 40 multidisciplinary assessments of children within TCF and children supported by the Ministry of Children and Family Development and other community agencies. The number of children and families served is expected to continue to increase in 2019 and 2020 as our team grows. In September 2019, our team will include two psychologists, two

pediatricians, a speech and language pathologist, and an occupational therapist. In addition to providing clinical diagnostic assessments, we will be expanding our services in the fall of 2019 to also include trauma-focused clinical intervention.

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 care to 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:

- Ongoing staff training with Dr. Chuck Geddes on complex trauma and complex trauma interventions.
- Continue to explore the possibility of providing a Heartwood House assessment for every child who comes to Kennedy House.
- Supported a number of Douglas College, Bachelors of Child and Youth Care students in practicum placements as well as worked with a University of British Columbia PhD. Intern on a review of critical incidents research project.
- Kennedy House is shifting the program from a six space (beds) resource to a four space (beds) resource that will begin in the summer of 2019.
- Exploring the development of a Sensory Regulation Chill Zone room within Kennedy House.

Respite

The Children's Foundation Respite Program provides weekend respite services to families who are caring for children and youth with moderate to high (low functioning) Autism and other significant developmental challenges. Our respite care providers, once recruited, undergo an intensive screening process (SAFE), are contracted with The Children's Foundation and are then matched with a family, where both parties must agree that it is a good fit. Families typically receive 48 hours (one weekend per month) of respite. Child Care Workers enhance the Respite program by supporting the respite care providers who are caring for children with severe challenges or as a service to the child's family to bridge the gap while waiting to be placed in a respite caregiver's home. The Child Care worker take the child out into the community 4 hours per week, most often recreational based and where appropriate do some life skill activities while getting to know their community.

All the families that we serve are referred via MCFD Child and Youth with Special Needs team. The purpose of respite is to give the families a break from the intense duty and attention that is required when caring for a special needs child. Often these families have other children, whom often get less attention due to the needs of their sibling. This planned and consistent monthly break gives the family an opportunity to recoup, and do other things that otherwise not possible.

We currently have 19 families and 21 children who are receiving or waiting for services through our Respite program. 11 families are getting direct services, such

as weekend respite or weekly Child Care one to one as they are waiting for placement. 3 families are waiting for completion of homestudy's on newly recruited caregivers and another 3 are having their own caregivers screened in.

We have experienced some challenges. As many referrals come with severe behaviour and complex needs, it can take time to find the right fit for a successful placement. Due to new MCFD procedure (HUB SCREENING) introduced last year, there was a delay in getting caregivers screened through in a timely manner, resulting in a backlog of our 'SAFE' homestudy process.

Our successes in this program is primarily due to the committed and skilled caregivers who we contract with. The families we serve build strong trusting relationships with our respite caregivers, whom often become 'extended family'.

Surrey Family Preservation

In-Home Support

The Family Preservation Program works to help families overcome immediate and critical circumstances that affect the health, development, and safety of their children.

This past year, has continued to present an increase in the number of families who are struggling with significant mental health issues, in addition to interpersonal violence, adding to the complexity of the work.

We have a culturally diverse team, and we are able to provide some services in Punjabi, Vietnamese, Cantonese, Bulgarian, Macedonian, Serbian, Croatian, Montenegro, and Bosnian.

Through the use of interns, the program has been able to provide expressive therapy, including art and play. 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.

Thetis

The Thetis Program is a specialized foster home service, working across the lower mainland, with a family care model. Caregivers succeed because they are supported in their work with extensive foster home support services. Thetis aims to provide a foster child with permanency and normalization and is designed to provide a family care home for as long as the referred child needs it. We accept referrals for children aged 5 through 12 years of age. Thetis specializes in caring for children and youth with a range of complex developmental and behavioural conditions. Many of these children have experienced complex trauma and benefit from the attachment and trauma informed approach our caregivers offer. Each home is limited to one child and at least one of the parents must be home full time. In our experience, children grow, develop and have the best chance of success when they live in a stable long-term home.

The success our program has had with one of our specialized foster families has been phenomenal and has received high praise and respect from the child's adoptive parents, MCFD social workers, school staff and professionals. This

specialized foster home consists of a highly skilled and experienced single parent with two adult children living in the home that assist the caregiver and support the foster child. The eldest daughter of the foster caregiver, along with her husband, provide respite in their home every other weekend. This daughter has stepped in for the primary caregiver of the child whenever she has been needed, even staying at the foster home for weeks to offer the least disruption in routines and for consistency for the child. The entire family, including multiple extended family members and friends, assist in supporting and nurturing this child. This is the ideal support system for the family and the child. The child has gone from feeling abandoned and rejected to developing a sense of belonging within this wonderful network of family and friends. In the two years she has been with her foster family, she has developed skills and confidence in social interactions and settings, is in her second successful year of attending school on a full-time basis and has surpassed the previously documented limited expectations for improvement in almost all areas of functioning. This girl, now a young teenager, is thriving!

The challenges that Thetis faces is finding foster families that do not have young children in the home as well as having one parent available full-time. Having at least two adults to support each other and the child is best. We have been actively recruiting and advertising for foster families and have a couple of very promising potential homes that will be available in the near future.

Training

The Staff Development Committee meets monthly to review and ensure that all internal training requirements and annual training competencies are up to date.

In order to provide our staff with high quality trainings on specialized clinical topics, the Staff Development Committee produces 2-3 trainings per year and sells seats to the community. Revenue raised offsets the cost of staff attending free.

This past year we had two very successful trainings, combined we had over 60 Children's Foundation employees attend and hosted over 180 community members. For both trainings feedback from the participants were overwhelmingly positive.

- May 4, 2018 - Dr. Vikki Reynolds - "Resisting Vicarious Trauma with Collective Care & Justice-Doing".
- Oct 19, 2018 - Kim Barthel- "Becoming a Behavioural Detective"





The Children's Foundation

Statement of Financial Position

31 March 2019

	Operating Fund	Capital Fund	Designated Funds	Total	
				2019	2018
	\$	\$	\$	\$	\$
(Note 15)					
Assets					
Current					
Cash	670,452	-	495,563	1,166,015	1,023,516
Term deposit - restricted	200,000	-	-	200,000	200,000
Accounts receivable	69,985	-	-	69,985	84,453
Prepaid expenses	29,600	-	-	29,600	40,906
	<u>970,037</u>	<u>-</u>	<u>495,563</u>	<u>1,465,600</u>	<u>1,348,875</u>
Tangible capital assets (Note 3)	<u>-</u>	<u>7,904,228</u>	<u>-</u>	<u>7,904,228</u>	<u>8,171,003</u>
	<u>970,037</u>	<u>7,904,228</u>	<u>495,563</u>	<u>9,369,828</u>	<u>9,519,878</u>
Liabilities					
Current					
Accounts payable	103,081	-	-	103,081	111,070
Accrued wages payable	146,344	-	-	146,344	150,593
Accrued vacation and sick leave payable (Note 4)	450,600	-	-	450,600	462,548
Government remittances payable	40,628	-	-	40,628	77,600
Deferred contributions (Note 5)	291,958	-	-	291,958	345,958
Vehicle loan - current portion (Note 6)	-	4,397	-	4,397	4,142
Capital lease obligation - current portion (Note 7)	-	27,761	-	27,761	27,761
Mortgage payable - current portion (Note 8)	-	130,029	-	130,029	125,876
	<u>1,032,611</u>	<u>162,187</u>	<u>-</u>	<u>1,194,798</u>	<u>1,305,548</u>
Vehicle loan (Note 6)	<u>-</u>	<u>4,213</u>	<u>-</u>	<u>4,213</u>	<u>8,601</u>
Capital lease obligation (Note 7)	<u>-</u>	<u>43,934</u>	<u>-</u>	<u>43,934</u>	<u>63,605</u>
Mortgage payable (Note 8)	<u>-</u>	<u>5,535,218</u>	<u>-</u>	<u>5,535,218</u>	<u>5,666,489</u>
Deferred capital contributions (Note 9)	<u>-</u>	<u>135,065</u>	<u>-</u>	<u>135,065</u>	<u>144,434</u>
	<u>1,032,611</u>	<u>5,880,617</u>	<u>-</u>	<u>6,913,228</u>	<u>7,188,677</u>
Commitments (Note 10)					
Contingent liabilities (Note 11)					
Fund Balances					
Externally restricted	-	-	150,440	150,440	84,017
Internally restricted	300,000	-	345,123	645,123	645,123
Unrestricted	(362,574)	-	-	(362,574)	(528,034)
Invested in tangible capital assets	-	2,023,611	-	2,023,611	2,130,095
	<u>(62,574)</u>	<u>2,023,611</u>	<u>495,563</u>	<u>2,456,600</u>	<u>2,331,201</u>
	<u>970,037</u>	<u>7,904,228</u>	<u>495,563</u>	<u>9,369,828</u>	<u>9,519,878</u>

The Children's Foundation

Statement of Operations

For the Year Ended 31 March 2019

	Operating Fund	Designated Funds	2019	2018
	\$	\$	\$	\$
Revenues				
Provincial government funding	6,343,941	-	6,343,941	6,136,225
Interest and other income	49,603	-	49,603	82,473
Externally restricted revenue (Schedule 1)	-	104,707	104,707	76,332
Internally restricted revenue (Schedule 1)	-	4,645	4,645	-
Donations, grants and memberships	10,570	-	10,570	30,660
Recognition of deferred contributions	27,505	-	27,505	16,694
Amortization of deferred capital contributions (Note 9)	9,369	-	9,369	5,191
	<u>6,440,988</u>	<u>109,352</u>	<u>6,550,340</u>	<u>6,347,575</u>
Expenses				
Salaries and wages	3,830,320	-	3,830,320	3,667,943
Employee benefits (Note 12)	965,571	-	965,571	945,819
Contracted services	368,290	-	368,290	376,241
Building and equipment operation and maintenance	183,836	-	183,836	283,886
Program supplies	196,323	-	196,323	206,411
Mortgage interest	185,146	-	185,146	189,179
Office expenses	55,185	-	55,185	104,182
Insurance and property tax	43,311	-	43,311	89,967
Equipment costs	55,637	-	55,637	67,671
Telecommunications	49,731	-	49,731	54,657
Automobile	51,068	-	51,068	40,365
Recruitment and staff	35,996	-	35,996	37,835
Transportation	27,255	-	27,255	36,850
Professional services	17,419	-	17,419	36,275
Promotion and volunteer	30,861	-	30,861	29,689
Externally restricted expenses (Schedule 1)	-	42,929	42,929	22,546
Amortization of tangible capital assets	287,659	-	287,659	213,892
	<u>6,383,608</u>	<u>42,929</u>	<u>6,426,537</u>	<u>6,403,408</u>
Less: rent and utilities expense recovery	-	-	-	(115,927)
	<u>6,383,608</u>	<u>42,929</u>	<u>6,426,537</u>	<u>6,287,481</u>
Excess of revenues over expenses from operations	57,380	66,423	123,803	60,094
Other income				
Gain on disposition of tangible capital assets	1,596	-	1,596	-
Excess of revenue over expenses for the year	58,976	66,423	125,399	60,094





*Improving lives by helping children and
their families navigate complex challenges*

