

# VEGREVILLE & DISTRICT FAMILY & COMMUNITY SUPPORT SERVICES (FCSS) REVIEW OF 2015



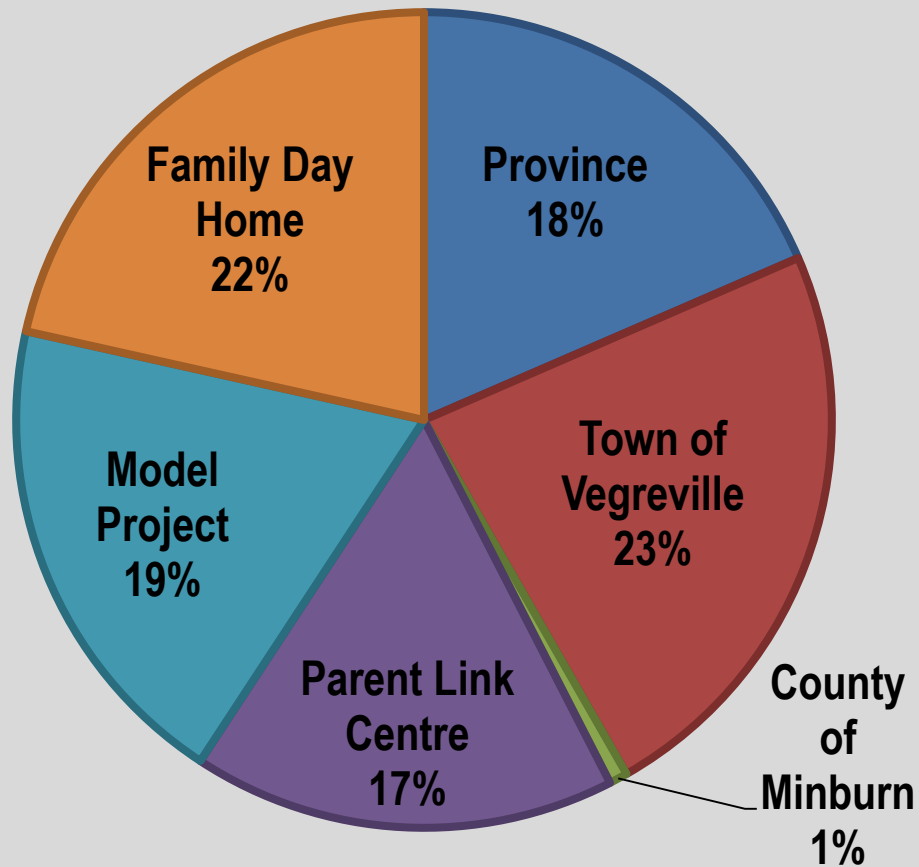
Individuals

Families

Community

Julie Gottselig  
FCSS Manager

# FCSS REVENUE 2015



## STRATEGIC PLAN TOP 4 PRIORITIES

1. Positive Community Messaging
2. Opportunities for Socialization
3. Youth Programming
4. Healthy Relationships

## SOCIAL NEEDS

- Negative attitudes
- Not enough places to get together and isolation
- Lack of activities for teens/tweens
- Abuse and bullying

## INVOLVED IN 29 COMMUNITY INITIATIVES



**NEW** community initiatives that FCSS is involved with:

1. Vegreville Drug Coalition
2. Vegreville Advisory Committee on Improving Age-Friendliness
3. Caregivers Support Committee
4. Rural Elder Abuse Prevention Coalition (REAP)
5. 100 People Who Care

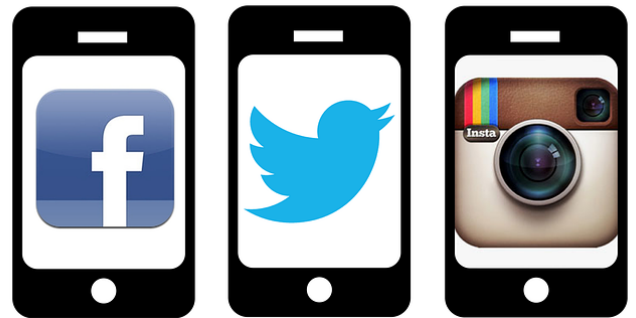
## FAMILY VIOLENCE PREVENTION MONTH NOVEMBER 2015

Activities and events are planned and delivered by a committee.

1. Red Silhouettes place throughout town
2. Family Violence Prevention 101 Training
3. Community Activity: Laundry Line Kits write on a cardstock t-shirt "what makes your family relationships healthy?"
4. Starting a year round Family Violence Prevention Coalition in 2016

## SOCIAL MEDIA MILESTONES

**104** new followers, taking our total number of likes from 270 to 374



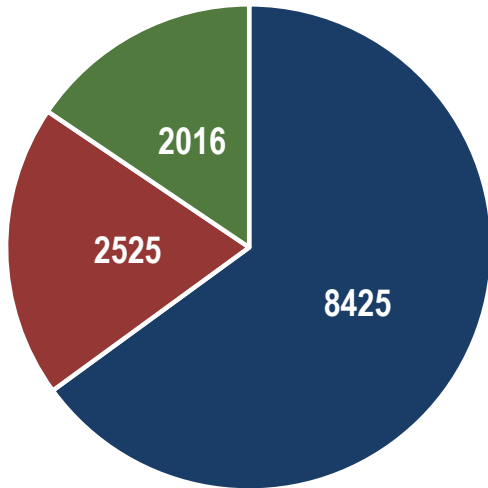
## YOUTH & SOCIAL MEDIA:

We are going to have to find creative ways to blend the online communities that are a significant part of our youth's social interactions with the offline physical communities that we are all actively trying to rebuild and grow. – **Doug Griffiths**

**What Makes  
Your Family  
Relationship  
Healthy?**

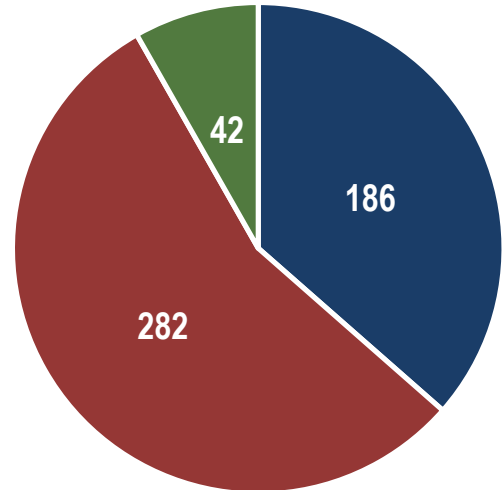


**Administrative  
Assistant  
Estimated Referrals  
Total = 12,966**



■ Phone ■ Emails ■ In=Person

**Community  
Programmer  
Estimated 1 on 1  
Services for Adults  
Total = 510**



■ Calls ■ Office ■ Home Visits

## VOLUNTEER VEGREVILLE

**104**

Connections were made with community organizations in the Non-Profit/Voluntary Sector = 30% Increase over last year.

**40**

Connections were made with businesses

**4404**

Volunteer hours involved in FCSS programming, events and services.



**2949 Meals  
Delivered  
Meals on Wheels**



**Volunteer Appreciation Event (Breakfast)**

Provincial Outcome Measure: As a result of the event, **95%** are more aware of the value of volunteering



**EVENTS**

FCSS has taken the lead or partnered with others to deliver the following events:

- Family Day
- Luau
- Teen Pool Party
- Teen Conference
- Reindeer Lane
- Early New Year's Eve
- Board Game Café
- Family Bunny Hop
- Living Well in the Autumn Years
- Fall & Spring Registration Night
- Volunteer Appreciation Event (Breakfast)
- Time Art Auction
- 100 People Who Care



**NEW EVENT : Board Game Café:**  
 Opportunity for citizens, both young and old, to meet new people in a casual environment.  
**FCSS Provincial Outcomes:** Citizens believe their community has an active community life.

**RETAINING YOUNG PEOPLE :** Many of the young people who feel forced to leave would choose a rural lifestyle over an urban one. They like the open spaces and the kinds of recreational activities available beyond concrete jungles. They appreciate the sense of community that exists in many small towns. – Psychology Today, Micheal Unger Ph.D “The End of Rural Communities”





**SNOW ANGELS**

From Oct 2014 to April 2015 (winter season), **28** people nominated

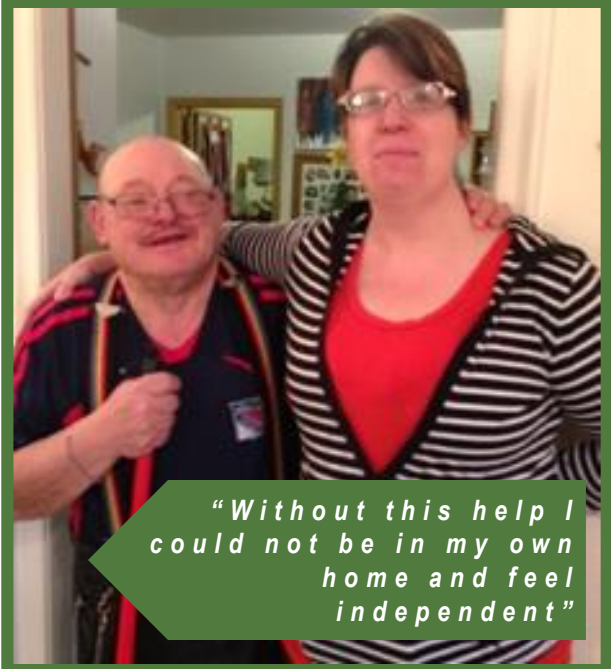
*"I have 2 fractured feet and I really appreciate the help. They help other neighbours too!" – Snow Angel Nominator*

**CAREGIVERS SUPPORT GROUP**

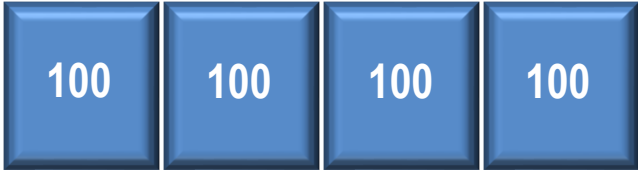
- Received a grant to get 8 facilitators trained. Training to take place in May 2016
- Collaboration between Two Hills, Minburn and Mannville

**HOUSEKEEPING PROGRAM**  
 8 housekeepers and 30 clients and on average, a client receives 4 hours per month.

**Success Story:** Courtesy of a VALID worker:  
 "We are now seeing a **distinct increase in this person's contributions towards keeping his own home clean**. He has, in recent months, started to wash his floors, do his own laundry and do his dishes much more regularly. He regularly shares with VALID staff how much he likes the cleaning that the cleaners do for him, and he often mentions that he needs to do his bit as well. Because of this confidence, this client is trying new things like cooking. He is very proud."



**COMMUNITY VOLUNTEER INCOME TAX PROGRAM (CVITP)**



**Provincial Outcome Measures:** As a result of the CVITP people feel more confident in their ability to take care of their responsibilities

**Success Story:** After completing a senior's taxes, FCSS discovered that for 7 years they had not been receiving an income supplement valued at \$500/month. Service Canada provided a retroactive payment of \$35,000!!! This has given the senior the ability to pay their own bills instead of relying on their family.



## SIZZLIN' SUMMER



**103** Children Enrolled

### FCSS Provincial Outcomes

- Develop interpersonal relationships between children in the community.
- Enhance communication skills and boost self-confidence and self-efficacy



## 19 SIZZLIN' SUMMER JUNIOR LEADERS

Workplace Skill Development and the 40 Developmental Assets:

- Increased ability to take responsibility for their actions
- Identify and include children who were being left out
- Better able to resolve conflicts peacefully
- Better able to identify and share what their needs are with their supervisors.



Jr. Leaders put in approx. **1808** volunteer hours

## BABYSITTERS COURSE

2 classes serving a total of **39** participants



Course increases participants' abilities to:

- Manage difficult situations and increase their confidence
- Solve problems and handle whatever comes their way
- Understand that if something does not work, they should try again
- Believe in themselves to get through tough times
- Understand that it is important to help others

## PROJECTS & INITIATIVES

FCSS participates and supports **51** projects, campaigns and initiatives throughout the community.



**Government of Alberta Frameworks & Strategies:** Social Policy Framework, Poverty Reduction Strategy, Addressing Elder Abuse, and Framework to End Family Violence.

**Family Violence Prevention:** Red Silhouette Campaign, Family Violence Prevention Training, various community and school activities, Family Violence Coalition Member, Rural Elder Abuse Prevention Coalition Member.

**Acceptance & Kindness/Bullying Prevention:** Pink Shirt Day, support to individuals and families, and sharing of resources.

**Child & Youth Development:** Vegreville & District Early Childhood Development Coalition (VDCDC) Member, assist with the VDCDC Newsletter & Calendar, and various community activities or projects. Share and use the 40 Developmental Assets Framework, accept Lakeland College Practicum Students, and High School Work Experience Students.

**Mentorship:** Provide In-Kind office space and staff supervision for the Big Brothers Big Sisters (BBBS) & In The Nest Mentorship Program.

**Adult Skill Development:** Vegreville Advisory Committee on Improving Age-Friendliness Member, Emergency Social Services (ESS), Town of Vegreville Safety Program, and FCSS Representation on the VegMin Learning Society, Impact Vegreville Committee Member, and Court-mandated community service facilitation.

**Mental & Physical Health:** World Suicide Prevention Day, Mental Health Week, Vegreville Drug Coalition Member, and Fetal Alcohol Spectrum Disorder Committee Member

**Seniors Support & Skill Development:** Aging Drivers, Fraud Awareness Presentation, and Caregivers Support.

**Intergenerational Activities:** Loop the Lake and Wiz Kids & Savvy Seniors.

**Information and Knowledge Sharing:** FCSS Social Media (Facebook Page, & Twitter), Town Website, various newspaper articles, coordination of the Vegreville Interagency, and participate with any FCSS East Central Region Initiatives

**Personal Engagement:** Community Gardens and Community Surveys.

**Positive Attitude & Self-Esteem:** Student's Newcomers Lunch

**Capacity Building for Volunteer Groups:** Providing resources and presentations, Recruiting assistance, placing new volunteers into suitable roles, Fundraising Assistance, Start-up Assistance, Award nominations, and volunteer recognition.



## NEW EVENT: 100 PEOPLE WHO CARE

**38** Vegreville people tried out a new way to donate to a local charity. Local citizens:

- Bring a cheque for \$100 to a meeting
- Listen to brief presentations from 3 local charities
- Choose their favourite through secret ballot
- Then make the cheque payable to the charity that received the most votes.

Making presentations at the Dec 2015 meeting were:

1. Vegreville Food Bank
2. Rotary District 5370 Charitable Foundation
3. St. Joseph's Hospital Foundation.

Once the votes were counted, members learned that Vegreville Food Bank had the most votes, so 38 cheques of \$100 were made payable to that charity! The Vegreville chapter has decided to meet twice per year; in early December and in early June. When a charity has "won", it is up to that charity to host the next meeting of 100 People Who Care. Vegreville is a community full of people who care!



### HELP CARDS & POSTERS

For several years Help Card Posters and cards have been available in community offices and restrooms. These cards provided help numbers in the areas of Emergency crisis, mental health, family violence and abuse as well as local community supports. However, updating the cards was deemed necessary to include current contact information and to give them a fresh new look. We look forward to getting these out into the community.

## SENIORS DIRECTORY

FCSS has historically produced a seniors directory. However, in 2015 FCSS entered into discussions with the **Kalyna Primary Care Network (PCN)** to pass our seniors directory on to them to be used for their website.

The PCN website will highlight information about the community services available for seniors and their families. We are excited to share this new comprehensive resource in 2016!

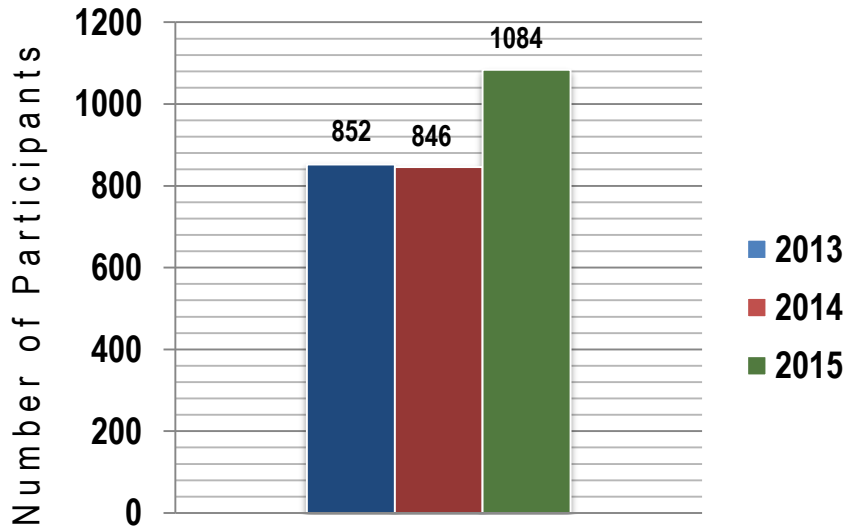


# PROVINCIAL GOVERNMENT CONTRACTS, IN-KIND SUPPORTS & CONTRACTED SERVICES

## PARENT LINK CENTRE

Funded by Alberta Human Services .

The centre offers programs and resources for parents, caregivers and children 0-6 years.



Parent Link Centre 3 year Comparison

## M.O.D.E.L PROJECT

Funded by Alberta Health Services.

A community program that promotes positive mental health and well-being for children, youth, and families.

Sept to Dec 2015:

Number of attendees:

- Programs
- Presentations
- Activities/Events

Total = 5581

202 referrals to agencies

## FAMILY DAY HOME PROGRAM

Funded by Alberta Human Services

A program that coordinates the administration and delivery of childcare in a family setting.

## COMMUNITY COUNSELLING PROGRAM

**342** Appointments were booked for 2015

## NEW PARTNERSHIP

- The In The Nest Mentoring Program has joined with the Big Brothers Big Sisters (BBBS) program!

1uyre45

- New Program Facilitator hired by BBBS Edmonton & Area