



COMMUNITY SERVICES

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# Lighthouse – Licenced Family Care Annual Program Report 2021-2022

## About us

Lighthouse is a three-bed agency-supported family care residential resource for youth aged 15-18 (inclusive) who are in care of the Ministry of Children and Family Development (MCFD). Lighthouse is a licensed home through the Fraser Health region.

The program provides short to medium term placements, 6–24 months in duration (or longer with MCFD approval), on a planned basis. The resource has been operational since 2018.

After the transition in 2020 to a 3 bed resource supporting higher risk youth the utilization numbers increased significantly. The hybrid model with two beds for high-risk youth upstairs and one bed downstairs for transitional/life skills support youth has been successful.

Lighthouse continues to support youth who have experienced limited success in other residential programs and face significant challenges in their lives. The emphasis remains on promoting safety and security within the home. It provides opportunities for youth to learn life skills, make appropriate community and cultural connections, positively engage with peers, attend school or actively engage in employment programs. In addition, youth are supported in participating in their local community as well as to navigate and access adult services.

The aim is to ensure youth are supported in family re-unification or equipped to transition out of care. Several youth have transitioned back to their family homes, moved onto Youth Agreements or transitioned out of care onto independent living.

## Who we served...

PROFILE: LIGHTHOUSE	2021-2022	2020-2021	2019-2020	2018-2019
# OF CASES	8	5	7	11
# OF YOUTH	8	5	7	8
% YOUNG WOMAN	62.50	60	0	12.5
% YOUNG MEN	25	40	100	87.5
% SELF IDENTIFIED AS TRANSGENDER	12.5	0	0	0
% SELF IDENTIFIED AS INDIGENOUS	25	20	14	12.5
AVERAGE AGE WHEN CASES WERE OPENED	15.75	16	16	17
AVERAGE #OF DAYS IN PROGRAM BY DISCHARGED CASES (N=NUMBER OF DISCHARGED CASES)	237 N=5	263 N=2	151 N=5	142 N=5

[www.plea.ca](http://www.plea.ca)

## How we did...against last year's goals

- 1. Promote and engage youth in more community activities. This includes group activities organized by U-Turn such as the Outdoor Club, the recording studio, the photography contest and Youth in Care Week.**

*Youth Care Workers focused on increased engagement of Lighthouse youth in community activities this fiscal year. Youth from Lighthouse participated in the Gingerbread Making Contest and the Pumpkin Carving Contest. One of the YCW's planned a day trip to Harrison Hot Springs as a youth had never been. Youth Care Workers have taken youth to holiday events, Science World, the Aquarium, the Burnaby Museum and Golden Ears Park to name a few to encourage youth to explore their own community and the communities around them.*

- 2. Place greater emphasis on weekly family dinners and BBQs to foster an inclusive family atmosphere at Lighthouse.**

*In the summertime, the BBQ was utilized several nights a week. Family dinners were held outside at the picnic table for all youth, staff and Family Caregivers to enjoy. Monday nights became "family dinner" night. The Family Caregiver would prep a big meal and all youth were encouraged to attend and engage in group dinner once a week. Take out night continues on Thursday night. All youth are expected to be home and to socialize upstairs during this time. Additionally, Wednesdays became movie night, where all youth could gather and watch a movie together and have movie night snacks.*

- 3. Continue to support practicum placements to promote strong relationships with post-secondary establishments and increase potential staff recruitment.**

*Lighthouse hosted 3 practicum students at Lighthouse this year. One student was from the Psychology program at KPU, one from the Criminology program at UFV and one from the 4<sup>th</sup> year CYC program with Douglas College. The student from KPU was hired on as a casual on call staff after completing their practicum. The other 2 practicums are currently ongoing at the time of this report.*

- 4. Build on the existing casual on call list to ensure adequate coverage and support in the home.**

*At one point the casual on call list had increased to 9 staff along with a full staffing team. This provided appropriate coverage in case of sickness or vacation leave and created consistent staffing support to the youth at Lighthouse. As the casual on call list continues to fluctuate, this will continue to be a goal in the upcoming fiscal year.*

- 5. Increase the number of Respite Family Caregivers familiar with supporting the home when Family Caregiver requires respite.**

*Although the Respite Family Caregiver number did not increase overall this year, 2 new Respite Family Caregivers were brought on board with Lighthouse. One works almost every weekend, which has provided stability and consistency to the program and the youth on weekends.*

- 6. Create and expand relationships with key partners that support youth struggling with substance use, concurrent disorders, diagnosed with FASD and other complex mental health needs.**

*The Foundry and Central Intake Addictions teams continued to be crucial supports for helping our youth at Lighthouse struggling with mental health and substance use issues.*

## Proudest Moments of 2021–22

1. During the summer months, Lighthouse utilized the backyard outdoor space by having weekly barbeques, dinners outdoors and encouraging youth to engage in fun games to get fresh air in the backyard.
2. A youth lived at Lighthouse for 2 full years and successfully transitioned into their own space on a Youth Agreement. Another youth transitioned from U-Turn to Lighthouse and the on to a Youth Agreement several months after that.
3. We continued to provide uninterrupted front-facing service for youth living at Lighthouse while following all COVID-19 health and safety protocols.
4. One of our participants painted a bunch of rocks with motivational words and phrases on them. They left them in the backyard for others to read and enjoy.
5. Bed utilization continued to increase. We were 100% bed utilization 9 out of 12 months this fiscal year.
6. Lighthouse supported a Canada Summer Jobs Grant Student from June 2021-August 2021. The summer student was hired as a casual on-call staff once their Temporary Contract ended.
7. Lighthouse hosted 3 practicum students (1 from KPU, 1 from UFV and 1 from Douglas College) who supported the program and service goals of individuals at the house. The student from KPU was hired on as a casual on call staff after completing their practicum. The other 2 practicums are currently ongoing at the time of this report.

## Robert's Story<sup>1</sup>

Robert was a street-entrenched youth that struggled with mental health and substance use. He had a fragmented relationship with his mother and exhibited physical and verbal aggression towards her. He was subsequently charged with assault against his mother. Robert required safe and stable housing, so he was referred to Lighthouse.

When Robert moved into Lighthouse, he only had one bag of items with few pieces of clothing. Robert struggled with his personal hygiene and maintaining a productive routine. Initially, Robert was not trusting of the staff and didn't respect the guidelines regarding curfew; however, he quickly built strong relationships with Lighthouse staff and the Family Caregiver. Robert started to effectively communicate with staff and would arrive back at the program before curfew. After the unexpected passing of his mother, the Lighthouse team provided Robert with ongoing consistent support. They assisted Robert in transferring over his mother's estate, getting a storage locker for her things, planning her funeral, and attended the funeral with Robert. The Lighthouse team collaborated with various members of Robert's care team to connect Robert to his biological father and siblings. The two had never met, and staff supported Robert by transporting and accompanying him in meeting his father. During Robert's time at the program, staff supported Robert in all his medical, dental, physiotherapy and forensics appointments. Robert was also connected with a Youth Development Worker who he met with on a weekly basis.

Robert completed High School, acquired a learner's permit, maintained his landscaping job and completed his probation throughout the time he stayed at Lighthouse. In March 2022, Robert successfully moved out of Lighthouse on a Youth Agreement.

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<sup>1</sup> Names have been changed to protect participant privacy and confidentiality.

## Challenges

1. For the first half of the fiscal year, staffing numbers were high. In October 2021, staffing levels became challenging due to burnout, the PHO vaccine mandate, and the overall availability from existing casual staff. Hiring to replace these positions was challenging over the holidays and into the new year.
2. Health and safety COVID-19 protocols continued to change and there were several adaptations within the home to ensure all staff and Family Caregivers met all WorkSafe BC and Public Health Order requirements.
3. Due to ongoing wear and tear of the home, there were more maintenance issues than in previous years.

## Our team and learning<sup>2</sup>

Our team has been involved in the following learning activities:

- MANDT De-Escalation
- Livingworks Suicide Prevention
- Naloxone
- MCFD Privacy Training
- Caring About Food Safety
- Trauma-Informed Practice
- Preventing Communicable Diseases
- Cyber Security
- Respectful Workplace Module
- Medication Assistance Online
- Addictions Basics (delivered by PLEA's Daughters and Sisters program)
- Youth Support Worker FASD Training
- University of Alberta Indigenous Course
- ICS Sanyas Course



## Relationships

- No Frills Pharmacy
- Maple Ridge Foundry
- Greg Moore Youth Centre
- PLEA Yardworks
- Ridge Meadows Recycling Society/Maple Ridge Recycling Depot
- Maple Ridge School District
- Central Addiction Intake Team
- Aler Landscaping – Employment Partner
- BC Federation of Youth in Care Network
- Representative for Children and Youth
- ACCESS Youth Outreach Services

<sup>2</sup> # of individuals as opposed to FTEs as per March 31<sup>st</sup>, 2018

## Next year's goals...

1. Continue to support practicum placements and Summer Student Grants to promote strong relationships with post-secondary establishments and increase potential staff recruitment.
2. Lighthouse will align program purpose and services with the MCFD Pillared Care System. Lighthouse will focus on low-barrier short-term stabilization care that provides a safe environment for youth who are experiencing a crisis and/or breakdown of their living environment and work on preparation for transition back home or to a new living arrangement.
3. Increase the casual on call list up to 10 people to ensure adequate coverage and support in the home.
4. Recruit new Respite Family Caregivers to support Lighthouse on weekends and holidays.
5. Have staff and Family Caregivers engage in specialized training to address specific needs of youth being placed at Lighthouse, specifically around Autism and Positive Behavioural Support.
6. Create a garden in the backyard space to promote teachable life skills and sustainable practices.
7. Focus on specific life skills development such as cooking, grocery shopping, laundry, budgeting money, applying for employment and accessing adult services for youth working towards independent living or aging out of care as appropriate for their needs.

## For more information...

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