



COMMUNITY
SERVICES

see what's possible...

Transitions Annual Program Report 2021-2022

About us

PLEA has a long history of providing residential care services for young people in a family setting within the community. Our commitment to a care-based approach focused on the unique strengths, abilities, needs, and circumstances of each individual, has led to our success across all programs.

The Transitions program has evolved to support a large demographic of young people from the Northwest Territories who have completed their time in the U-Turn program, however, are still in need of continued support offered by the Transitions Program. This process includes moving into a semi-independent living arrangement in a PLEA caregiver's suite or extending the wrap around support around the participant's current family care home. In addition to U-turn "graduates", the Transition program offers placement options for young people coming from the Northwest Territories (NWT) who need services that are not available elsewhere. As many communities in the NWT do not have the specialized services such as employment readiness, post secondary training (with supports) or the opportunity to extend support services post 19.

Transitions placements can be varied in length of service depending on the needs of the participants. Young adults who currently receive support from the U-Turn NWT program can transition directly into the program. We work closely with Department of Health and Social Services of the Government of the Northwest Territories (GNWT) Adult Services team to coordinate the funding for these placements. Our homes are situated across Metro Vancouver and the Fraser Valley regions. Since 2019, the Transitions program has allowed young people seamlessly move from one program to another without interruption of their service delivery and access to their care team.

Who we served...

Profile	2021-2022	2020-21	2019-20
# of cases	8	3	4
# of youth	8	3	4
% young women	3	0	50
% young men	5	100	50
% self-identified as transgender	0	0	0
% self-identified as Indigenous	100	100	75

www.plea.ca

Charitable Registration
10781 0467 RR0001
bcgeu

Average # of days in program by discharged cases (N= number of discharged cases)	0	0	283 N=2
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Our team...staffing



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

- To increase the capacity to 5 independent suites for new referrals or young people graduating from U-Turn.**

As more youth graduate from the U-Turn program and the program awareness increases across NWT stakeholders, we have met the capacity needs of our program. Each participant's care plan is carefully considered; therefore, an independent suite may not be suitable for all young people in Transitions. This year we have supported new referrals, and the "graduation" of clients from U-Turn by extending their existing caregiver supports. Doing so allowed caregivers to provide continued care for each participant and sustain their commitment to the young person they support.

Over this past year we have placed two (2) young adults into the program from the NWT with the appropriate supports. These new referrals and placements from the NWT were arranged through preplacement meetings with the young person's care team and the participants themselves to discuss the best placement options for them. This ensured that all their needs were either addressed or met prior to their placement into the program. These placements were deemed to be best suited within caregiver homes as the young people were not ready for semi-independent living suites. Support services and community based job training programs as well as other specific interventions were offered as part of

their placements. Often there is a gradual move to more independence with the demonstration of improved life skills such as cooking and house keeping. This year have utilized one new caregiver suite.

As noted in our data there was a large increase in our overall numbers from last reporting period. Many young people moved from the U-Turn program to Transitions which was the intention of the development of the program. We also saw an increase in referrals from the adult program in the NWT for those who required services but were better suited for the Transitions Program versus Folkstone.

2. For participants to have access to an Indigenous Knowledge Keeper / Elder for ongoing support, family roots work and cultural connection.

This past September, PLEA welcomed a Knowledge Keeper/Elder in residence. Knowledge Keeper, Chuck Lafferty joined the agency to offer support and build cultural connection across all PLEA programs. He was initially introduced to the agency's various programs and client focused needs through U-Turn and Transitions programming.

Chuck has had a tremendous impact on service planning, access to community engagements, and 1-1 support for many NWT participants, including support during a family visit for a young man during Christmas in his home community of the NWT. Chuck started out in his role spending time with staff and participants to truly understand the needs and how he could offer support and guidance. He has since broadened his supports throughout the agency however still attends various outdoor clubs, on the land activities and other cultural activities throughout all programs at PLEA.

The connections and positive influence of the role have enhanced programming, and helped staff and caregivers maintain a cultural perspective and connection to various cultural ceremonies.

3. Increased access to post-secondary education programming for participants who have graduated high school and would like to pursue trades or other post-secondary programming.

Education has always been a focal point of support for participants who have moved from U-Turn to the Transitions program. Out of the eight (8) youth who are currently in Transitions, six (6) have graduated grade 12. The remaining two (2) young adults are in a continuing education program and with the support of their various districts and ongoing support from U-Learn, they will graduate in the coming year. The support and creativity offered by U-Learn Instructors has made this possible and for the remaining graduates it will be an attainable goal.

Currently, we also have one (1) young man in post-secondary courses who has completed his third-year apprenticeship training as he completes his program to become a certified plumber gas fitter.

4. For all Transition participants to complete the Aged-Out curriculum in their first year of the program.
www.agedout.com

All participants in the Transitions Program have active goals each month as part of their service plans. Many young people have completed the course work that teaches life skills, money management, job readiness and other coachable strategies. Some of the courses within the Aged-Out program are adapted or enhanced with supports from the designated support workers and caregivers attached to the service plan.

Proudest Moments of 2021-2022

1. In August 2021, one of our participants "graduated" from the Transitions Program and moved into his own apartment with his girlfriend and newborn son. He set up his utilities independently and has demonstrated his ability to practice the life skills he learned in both U-Turn and Transitions. His team supported the move, assisted him in acquiring furniture and other necessities for the home, provided items for the baby, and have maintained regular contact with him and his new family. He has since maintained his apartment with his young family while working full time and will be completing his Red Seal Plumbing course in the summer of 2022.

This exemplifies and reflects the various transitions that our young people go through and how we can adapt our service delivery to meet those needs. Although he still requires support on different levels, he has had the opportunity to explore independence and knows that support is available when needed.

2. One of the young men in the Transitions Program has several accomplishments to celebrate over the years he has been in the U-Turn/Transitions Program. In particular this last year, he has celebrated many milestones including getting his learners licence and completing different employment readiness programs. He has participated in many family activities and celebrations. He has also gone on vacation with them and travelled to the USA. He was gainfully employed for four years at an auto recycling depot and has since moved on to complete employment training at the Triangle Program where he gained: individual employment counselling, two-week group-based workshop series, support accessing community and/or government services, life and employability skills training, essential skills training, career decision making, vocational assessments, supportive job search, and certificates. They also helped him find a work placement which he starts in the next few weeks. One of his biggest life achievements, which we celebrated this year was another year clean and sober. He has been clean and sober for 4 years.

Challenges

As the impacts of COVID restrictions lingered into this year, we learned new strategies and ways to maintain connection. Even with the impacts of staff and support services having some restrictions and limited access, we managed to maintain connection with all of our participants. Some sessions took place online or outside to abide by Provincial guidelines, however we ensured that connection was at the forefront of our service delivery. Responding to the everchanging guidelines was probably one of the biggest challenges, however, our caregivers all stepped up to the challenge and our support team met each challenge with a creative outcome. All of our homes and participants were supported and seen throughout the pandemic on a regular basis.

As travel restrictions lessened between BC and the NWT, we were able to facilitate visits with individuals and their families which was a significant challenge last year.

Next year's goals (2022/2023) ...

1. To increase the access for respite family caregivers in the Transitions Program that continues to support independence by profiling our programs and the supports that accompany them at community forums, information sessions and various community events.

2. To offer support services and flexible placement options for young adults. As all of our adult placements come from the NWT, we will continue to work with our stakeholders to meet the needs of young people who have aged out of care however still require support services. Placement options and supports will be tailored to each participants need.
3. To access specialized employment readiness programs in all communities where participants reside. This increases their individual skill set, employment opportunities and transferable skills.
4. Continue to offer service delivery that includes culturally relevant support offered by PLEA's Knowledge Keeper. The importance of culturally relevant programming and training for staff and caregivers is an essential and pivotal part of our strategic planning. This focus enables participants to have the connection to culture, language, and tradition. Since hiring our Resident Knowledge Keeper we have been much more focussed on offering more specific and relevant supports and access to community events. This coming year we will continue to rely on the expertise and guidance from Chuck Lafferty. A focus will be on the ongoing development of cultural plans.

For more information

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