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## Transitions

# Annual Program Report 2022-2023

### 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 provides flexible placements of varying lengths to meet the individual needs of its participants. For young adults who have completed the U-Turn NWT program, they can move directly into the Transitions program. To ensure that funding is available for these placements, we work closely with the Department of Health and Social Services of the Government of the Northwest Territories (GNWT) Adult Services team. Our homes are located throughout the Metro Vancouver and Fraser Valley regions, providing a range of options for our participants.

As many communities in the NWT lack specialized services for young adults, the Transitions program offers continued support to young adults leaving the U-turn Program and other young people in need who are referred from the NWT adult programming. This includes placement options such as semi-independent living in PLEA caregiver's suites and extended wrap-around support for those in family care homes. We are proud of our progress in providing services such as employment readiness, post-secondary training, and ongoing support beyond age 19, to help young people reach their full potential.

Since 2019, the significant achievements of the Transitions Program include the seamless transition for young people from one program to another without interrupting their access to services or care teams. We believe that by providing these transitional services, we can help young people reach their full potential and make a positive impact in their communities if and when they choose to return to their home communities. Our commitment to providing ongoing support and care for our participants is a fundamental aspect of our program, and we are proud to be making a difference in the lives of young people from the Northwest Territories.

The Truth and Reconciliation Commission of Canada calls upon all Canadians to work towards reconciliation with Indigenous peoples by addressing the legacy of residential schools and the ongoing impacts of colonization. An important step towards achieving this goal is to include Indigenous perspectives and knowledge in our efforts towards reconciliation. To lead the agency in through this important aspect of our work we welcomed Charles Lafferty to PLEA (in 2021) as our inhouse

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Knowledge Keeper. Charles brings a wealth of traditional knowledge, history, and cultural practices to the conversation, which is crucial to fostering an environment of mutual understanding and respect. The Indigenous Knowledge Keeper role has helped ensure that the Indigenous perspective is heard, valued, and integrated into all aspects of the reconciliation process. Charles supports efforts throughout the agency that promote intercultural dialogue and recognize the unique contributions of Indigenous peoples.

We believe in a participant-centered approach to service planning, where our daily agendas and service plans are co-created with input from our participants and their support teams. We prioritize the development of life skills, money management, job readiness, mental health and wellness, and the promotion of meaningful connections with family and friends. As part of this commitment, we provide personalized supports that align with our participants' unique needs. Our designated support workers and caregivers play an essential role in developing and implementing service plans that address individual needs, goals, and strategies for success. Through monthly progress reports, we track updates and provide transparent communication with all stakeholders, including our participants, support teams, and funding agencies. This reporting allows us to evaluate the effectiveness of our services and identify areas for growth, while ensuring accountability to all stakeholders.

The programs approach, which prioritizes the unique needs of each participant and offers a variety of placement options, has allowed young people to succeed at their own pace. The program has supported numerous young people to graduate from high school, pursue post-secondary education, and achieve personal milestones, such as obtaining a driver's license. The program continues to adapt to meet the changing needs of its participants, including providing supports within caregivers' homes, semi-independent suites, and community-based supports. These adaptations have allowed the program to remain responsive to the evolving needs of the young people it serves, ensuring the best outcomes for their success. The Transitions program has made a significant difference in the lives of young people from the Northwest Territories, helping them to achieve their goals and reach their full potential.

We understand that life skills are essential for successful transition into adulthood, and we are committed to providing our participants with the tools and resources they need to succeed. By prioritizing life skills development, job readiness, and mental health and wellness, we are setting our participants up for long-term success and a positive, fulfilling future. Our focus on individualized service planning ensures that we are meeting the unique needs of each participant and supporting them in achieving their goals, one step at a time.

We look forward to continuing to provide this essential service and making a positive impact in the lives of young people for years to come.

**Who we served...**

<b>Profile</b>	<b>2022 -2023</b>	<b>2021-2022</b>	<b>2020-21</b>
# of cases	8	8	3
% young women	3	3	0
% young men	5	5	3
% self-identified as transgender	0	0	0

% self-identified as Indigenous	100	100	100
Average # of days in program by discharged cases (N= number of discharged cases)	400	0	0

## Our team...staffing



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

(2022/2023) ...

1. To increase the access for respite family caregivers in the Transitions Program that continues to support independence.
  - Achieved. We have worked with the PLEA Assessment team to approve other caregivers within the agency who have availability and capacity to support our participants.

2. To continue to offer creative service planning that promotes independence and appropriate service delivery at various stages of participants' transition. (i.e., our success story of non-residential support).
  - Achieved. The service planning that is offered to participants continue to meet their individualized needs and adapts when necessary to include new goals and milestones.
3. To access specialized employment readiness programs in all communities where participants reside. This increases their individual skill set, employment opportunities and transferable skills.
  - Achieved. The program works with various employment readiness programs including Work BC, Pathfinders and other community-based programs that focus on employment and job placements.
4. Continue to offer service delivery that includes culturally relevant support offered by PLEA's Knowledge Keeper.
  - Achieved. Charles Lafferty continues to offer support and guidance to the staff, participants, and caregivers in his role of Knowledge Keeper.

## Proudest Moments of 2022 -2023

- Two participants who received their "L" licenses.
- One participant received their "N" license.
- Two participants completed a treatment program focused on substance use and trauma.
- Two participants started new school programs better matched to their needs and have been very successful.
- One participant enrolled in PVC College for Plumbing (4<sup>th</sup> year apprenticeship).
- One participant created a traditional Indigenous drum.
- One participant completed a program from the Native Education College.

## Challenges:

1. Securing family care space with the option of semi-independent suites.
2. Access to family care physicians for young adults who have a pediatrician during their younger years.

## Next year's goals (2023/2024) ...

1. To increase the family caregivers in the Transitions Program that have independent suites in their homes. We would like to increase our total availability from 6 to 8 suites.
2. To offer 2 program wide events throughout the year that promote connection to culture, traditional food and ceremony. This would include the Naka Festival with the support of our Elder/Knowledge Keeper in Yellowknife.
3. To facilitate family visits for participants in the Transitions Program to ensure the connection with family remains strong.
4. To cultivate employment partnerships with local businesses for work experience opportunities for Transitions participants. We will aim for commitments from 3 community companies who understand our participant needs and can accommodate employment mentorship.

## For more information

Contact Tina Tomyk, Program Director at 604-616-1057 or email [ttomyk@plea.bc.ca](mailto:ttomyk@plea.bc.ca)