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Daughters & Sisters and Pivot Annual Program Report 2025-26

About us...

Daughters & Sisters is a unique six-month residential treatment program that serves young women aged 12 to 18 whose substance use is problematic. The young women accessing this program live with PLEA Family Caregivers in the community and participate in day, evening, and weekend programming at our treatment centre in Surrey.

On average one to two youth live in each home. The Family Caregivers are members of our treatment team who support and reinforce what the youth learn while they are at the centre. They are trained to support youth through non-medical detox, stabilization, and the treatment process. We have provided these services since 2000.

Programming is tailored to each youth's individual strengths, needs, and circumstances. It includes individual and group counselling, parent-teen mediation, teacher-supervised education, addiction awareness learning and practical life skills. A range of social, arts, cultural and recreational activities are integral components of the program and take place in the community. A School District #36 teacher (Surrey) delivers the educational component.

We follow a strengths-based and culturally sensitive approach to treatment and emphasize social learning and purposeful interventions to help the youth build the skills and competencies they need to live safe, healthy lives. Our model is gender-specific, addressing the learning styles and developmental needs of young women.

The aims of Daughters & Sisters are to increase each youth's self-esteem, physical and mental health, educational and vocational functioning and family and social functioning, and decrease their substance use, criminal activities, and high-risk behaviours.

For probation referrals, young women must have a probation order that directs them to attend a full-time alcohol and drug treatment program. The order must be long enough to see them through the 6-month program. These four beds are funded by MCFD (Ministry of Children and Family Development) and are an alternative to custody. Access is province wide.

The Pivot Program is a Full Time Attendance program with 2-beds available for bail, transitions, and forensic attendance that started April 2023. This resource uses the family care model and offers male and female youth the opportunity to reside in a safe and secure environment. Length of stay will be dependent on the program version that the youth is referred to. Youth that are referred to the Pivot-FTAP forensic treatment version will be required to adhere to all parameters of the FTAP Program and can expect to stay between 4-6 months.

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Charitable Registration
10781 0467 RR0001
bcgeu

Transition bed youth typically plan for a 30-day placement with the option of extension in collaboration with the Program Liaison and Youth Probation officer. Those entering the bail bed will have their length of stay accommodated for their next court date. Youth will remain connected to the community through individualized services and are supported by ISSP workers to achieve their goals. For youth referred to Pivot-Bail or Pivot – Transitions, they are offered the opportunity to attend the FTAP day programming if they choose. Youth that voluntarily join day programming will be required to adhere to all parameters of a regular FTAP. At any time, bail, transition and forensic youth can make the choice to withdraw from the FTAP day program permanently. As with any PLEA Program, the Pivot Program maintains a strength-based, holistic, and culturally sensitive approach.

Who we served...

Profile at Daughters and Sisters	2025-26	2024-25	2023-24	2022-23	2021-22
# of youth	10	9	7	6	4
% self-identified as Indigenous	70%	33%	28%	66%	44%
Average age when cases were opened	16	16	16.5	16.5	17
% of youth in MCFD care	50%	55%	57%	66%	67%
% of youth who had spent time in custody	90%	66%	57%	71%	56%
Average # of days in program by discharged cases. (N = number of discharged cases)	117 N=8	122 N=7	100 N=4	100 N=6	85 N=7
# of youth who successfully completed the program	4	4	1	3	3

During this reporting period, we provided Youth Justice FTAP placements to ten youth. Our discharge rate was 50%, discharges are either voluntary (youth decided that they want to leave the program) or involuntary (program or care team decides that the youth is not the right fit for the program). This year we had four involuntary discharges, which occur when the care team decide the youth is not a fit for the program. The participants who discharged early transitioned safely back to their home communities with the support of their care team. We had three youth complete the program and we have two youth that remain in the program and therefore are not included in the completion statistics. It should be noted that there was a drastic increase in the percentage of Indigenous youth in the program as well as moderate increase in the number of youth who have spent time in custody. This coincides with an overall increase of females in the Youth Justice System and an over representation of Indigenous youth.

Profile at Pivot	2025-26	2024-25	2023-24
# of youth	7	9	6
% self-identified as Indigenous	43%	22%	33 %
Average age when cases were opened	17	17	16
% of youth who had spent time in custody	86%	67%	83%
% of youth in MCFD care	29%	11%	33%
Average # of days in program by discharged cases. (N = number of discharged cases)	62 N=6	66 N=8	26 N=6
# of youth who successfully completed the program	6	8	4

Pivot remained consistent regarding the number of youth it served as well as in the average days in the program. The percentage of indigenous youth accessing the program increased. Completion of the program remains consistent, and the number is high due to probation officers using the beds for generally short-term placements and there is youth buy in as it is deemed a better option than remaining in custody.

Primary drugs of choice as reported by youth at Daughter and Sisters	2025-26	2024-25	2023-24	2022-23	2021-22
Amphetamines	10%	22.22%	-	11.1%	33.3%
Heroin and other opiates	-	11.11%	28.58%	55.5%	22.2%
Cannabis	30%	-	-	-	-
Alcohol	40%	44.44%	42.86%	22.2%	33.3%
Benzodiazepines	-	-	-	-	11.1%
Cocaine/Crack	10%	22.22%	28.58%	11.1%	-
Inhalants	10%	-	-	-	-
% of youth reporting a second drug of choice	100%	100%	100%	100%	100%
% of youth reporting intravenous substance use	-	-	14.29	66.6%	33.3%

All youth referred to Daughters and Sisters this reporting period noted a primary and secondary drug of choice. Alcohol continues to be the highest primary drug/substance of choice. This year there was a drastic increase of Cannabis reported as secondary drug of choice. It is the second year in a row where there has been no report use of intravenous substance use.

Primary drugs of choice as reported by youth at PIVOT	2025-26	2024-25	2023-24
Amphetamines	-	-	-
Heroin and other opiates	-	-	33.34%
Cannabis	57.14%	33.33%	0%
Alcohol	28.57 %	66.67%	16.67%
Ecstasy/MDA/MMDA	-	-	16.67%
Benzodiazepines	-	-	16.67%
Cocaine/Crack	14.28%	-	-
% of youth reporting a second drug of choice	100%	100%	83.33
% of youth reporting intravenous substance use	-	-	-

For Pivot, the highest reported drug/substance of choice was Cannabis, and the second most common drug/substance was Alcohol. These substances have switched spots this reporting year. All youth reported a secondary drug of choice and there were no reports of intravenous drug use for any of the Pivot youth.

How we did, service delivery at Daughter and Sisters

	2025-26	2024-25	2023-24	2022-23	2021-22
% bed utilization	62%	46%	47 %	28%	16%
# of youth who completed final assessments	2	4	2	3	2
# of youth reporting a decrease in substance abuse	2	4	1	2	1

Daughters and Sisters bed utilization was 62% which was an increase of 16% from last year. We worked diligently with our Youth Probation Officer Liaison to make sure only full-time attendance program (FTAP) youth were included in this number and all Non-FTAP youth were included in the Pivot statistics. We were active in phoning and sending

emails to Youth Probation Officers to advise of bed vacancy.

Of the three youth who completed the program, two reported a decrease in their substance use but this would be consistent with completing a 6-month substance use treatment program. The other youth refused to complete the final snap.

How we did, service delivery at Pivot

	2025-26	2024-25	2023-24
% bed utilization	62%	82%	22 %
# of youth who completed final assessments	1	3	0

Pivot was able to achieve 62% utilization this year which is a decrease from last year however there were two youth who had lengthy stays in Pivot in the last reporting period. We do at times struggle with a waitlist even though the utilization is at 62%. This is due to many of the youth who have been attending Pivot have house arrest conditions and therefore attend the FTAP's day program. When this happens youth who do not have house arrest, cannot be in the same homes as we cannot mix populations due to the risk of substance use. This creates a waitlist of youth with no house arrest conditions.

How we did...against last years goals

1. Increase referrals to the program which will in turn increase utilizations.

Achieved. We were able to increase the number of referrals to the program which in turn increased the number of youth who attended therefore increasing utilization.

2. Adding two new Family Caregivers and two Respite Family Caregivers to support wellness and placement options.

Achieved. We were able to attain two new family caregivers, and they have provided FTAP placement as well as respite options.

3. Develop an outcome measurement tool to measure the success of the program.

Achieved. An outcome tool has been developed, and we will implement in the next reporting period.

Selected accomplishments...

1. We have made many shifts to increase the indigenous cultural programming at Daughters and Sisters as the number of indigenous participants is the highest it has been in 5 years. We have modified the program to provide culturally relevant programming on a biweekly basis either on site or in community. This year our youth participated in Sweat Lodges, Pow Wow's, Cedar Brushings, Truth and Reconciliation Day, National Indigenous Persons Day, and Missing Murdered Indigenous Women (MMIW) Day. We have had several Elders and Cultural Workers also support our youth in beading, cedar weaving, moccasins, and skirt making. We have continued to ensure that smudging is available daily available to all youth. Youth continue to get educational credit for the cultural work they do outside of the school component.

Selected story¹...

Alex was re-referred to D&S following a breach related to her previous charges. Alex had previously attended the D&S program the previous year and requested to come back for additional support regarding her substance use. From the outset, she demonstrated a strong commitment to the program and a clear goal of graduating. Having already been familiar with the program, she approached her time at D&S with motivation and a willingness to invest significant effort into her goals.

Alex actively and enthusiastically participated in both theme and drug awareness sessions. She demonstrated consistent engagement in her learning and worked diligently on her academic courses. Over time, she became a positive role model for other program participants through her dedication and attitude.

During her time at D&S, Alex was highly motivated to work on her academics. Her hard work paid off, as she successfully graduated from high school a year early and completed key certifications, including First Aid Level 2, Food Safe Level 2 and a Traffic Flagging course. These accomplishments helped her build a strong resume, which led to securing job interviews shortly after completing the program. In addition, she began establishing a new life in a different community, supported by both her personal growth and increased independence.

Alex's journey reflects how resilience, determination, and hard work can create meaningful opportunities for positive change.

Biggest challenges...

The high support needs of youth referred to the program has been a challenge this past year. The program is offered in a group context but many of our youth struggle to be group ready due to their substance challenges as well as their many needs. Over the past year we have had to adjust our staff scheduled to have more staff on site to support youth as they transition into the program. This could be due to many factors including adjusting to a new environment that is very structured as well as detoxing from substances. As a program we have needed to adjust programming by providing more one to one support or implementing more body breaks as well as adjusting the schedule to accommodate many of the youth's other complex needs while supporting and maintaining them in the regular programming.

¹ Names have been changed to protect client privacy and confidentiality

Our staffing...



Our team...learning

Throughout this reporting period, the team at Daughters and Sisters and Pivot have collectively engaged in individual and group learning/trainings on the following topics:

- Smart Recovery
- Navigating Challenging Conversations
- Response Base Practice
- First Aid
- Mental Health First Aid
- San'yas Indigenous Cultural Safety Training
- MCFD Privacy Training
- Living Works – Suicide Prevention Training
- Naloxone Training
- Naloxone Refresher Training
- Mandt Training
- MANDT Training refresher
- Plea Learning Modules on the topics of Gender Pronouns, Case Notes, Communicable Diseases, Cyber Security, Strength Based Service Delivery, Trauma Informed Practice
- Outcomes Measures Training
- Medication Assistance Training
- Basic Youth Justice Training
- Drug Identification Training with VPD
- Gambling and Gaming Training
- FASD Training
- Holistic Addictions
- Vicarious Trauma
- Cognitive Behavioural Therapy

Our team...new relationships

We have solidified the screening committee member and had had the same Youth Probation Officer Liaison and the same Youth Forensics Clinician for the entire report period. This has allowed familiarity with the program and youth need to expect. We also continued to work with the Vancouver Police Department on training for caregivers as there have been some significant trend changes over the last year. We also adjusted our schedule to do joint cultural work with a Waypoint staff who is training with a Semiahmoo Elder. This has allowed more cultural ceremony and activities for the youth in the program.

Next year's goals...

1. Increase referrals to the program
2. Maintain a bed utilization rate of 60% and a completion rate of 60%.
3. Add two new Family Caregivers and two Respite Family Caregivers to support wellness and placement options.
4. Implement the outcome's measurements tools to measure the success of the program.
5. Increase to four Pivot Beds.

For more information...

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