



COMMUNITY
SERVICES

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Waypoint Annual Report 2025-2026

About Us

Waypoint is a unique four-month residential treatment program that serves young men aged 12 to 18 whose substance use is problematic. The young men 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. Only one or two participants live in each home. The Family Caregivers are members of our treatment team who support and reinforce what the participants learn while they are at the centre. They are also trained to support participants through detox, stabilization, and the treatment process. We have provided these services since 2002, we have increased our overall program services by including Reintegration Support to provide more service post treatment as well as added cultural services during and post treatment.

Programming is tailored to each participant's individual strengths, needs, and circumstances. It includes individual and group counseling, 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 that help participants to build the skills and competencies they need to live safe, fulfilling lives. Our model is gender-specific, addressing the learning styles and developmental needs of young men.

Waypoint's goals are to increase each participant's self-esteem, physical and mental health, educational and vocational functioning, and family connections, and decrease their substance use, criminal activities, and high-risk behaviours. We continue to place intentional focus on supporting successful transitions back to the community as well as support for housing post treatment.

For probation referrals, the participant must have a probation order that directs them to attend a full-time attendance program, alcohol and drug treatment program. The order must be long enough to see them through the 4-month program. These six beds are funded by MCFD (Ministry of Children and Family Development) and are part of participant's court conditions and access is province wide.

We partnered with the Surrey School Board until January 2026 to provide participants with educational opportunities with the ReclaimED Program, its purpose was to support students academically who struggle with substance use and have limited access to school programming. The program ran Tuesday and Thursday afternoon at Waypoint. This program ran from November 2021 until January 31, 2026. The program ended due to resource allocation in the school district and students being supported by their home schools.

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Who we served...

Profile of Full Time Attendance Program (FTAP) Participant	2025-26	2024-25	2023-24	2022-23	2021-22
# of participant	17	27	16	14	15
Average age when cases were opened	16	16	16	17	17
% of participant in MCFD care	18%	26%	19 %	36%	20%
% of participant who had spent time in custody	88%	74%	81%	71%	87%
Average # of days in program by discharged cases. (N = number of discharged cases)	99 (N=14)	89 (N=22)	118 (N=10)	134 (N=10)	113 (N=12)
# of participant who successfully completed the program	9	13	12	11	12

The number of young men who successfully completed the program this year was 53%. Of the 17 participants we served this fiscal year, three remain in the program and therefore are not included in the completion statistics. Our discharge rate was 29%, discharges can be either voluntary (participant decided that they want to leave the program) or involuntary (program or care team decide that the participant is not the right fit for the program). The participants who were discharged early transitioned safely back to their home communities with the support of their care team.

The number of participants who self-identified as Indigenous decreased in the past year to 41% from 52%. We have continued to maintain our indigenous cultural work in the program and provide a culturally rich environment. This year we increased the number of sweats and maintained the number of cultural celebrations (e.g. Change of Seasons and Collecting Grandfather Rocks) as well as cultural events such as fishing trips, sage picking, drum making and elder visits. We also observed Truth and Reconciliation Day and Red Dress Day.

The average age of participants at intake increased slightly this year to 16 years of age. This is consistent over the past 5 years. The number of participants referred that are in the care of MCFD decreased to 17%. When participants are in care it does allow access to additional support from MCFD Social Workers such as family counselling, youth support workers, employment programs as well as independent or supported living in either their home communities or in the community that they chose to reside in post treatment.

The number of participants who have spent time in custody was 88%, which is an increase from last year, however the increase is consistent over the past five years. We have continued to focus, whenever possible, on providing continuity of service by ensuring participants released from custody can be directly brought into the program. This reduces the risk of AWOLs, relapses and other risk factors associated with participants being in the community before their intake. Participants involved in the program can continue to access additional support services such as Intensive Support & Supervision Program (ISSP) and Youth Forensics support.

Primary drugs of choice as reported by participant in FTAP	2025-26	2024-25	2023-24	2022-23	2021-22
Amphetamines	6%	4%	-	7%	33%
Heroin and other opiates	-	-	-	15%	13%
Cannabis	47%	30%	31%	21%	27%
Alcohol	35%	52%	56%	43%	7%
Cocaine	12%	4%	-	7%	-
Over the counter medications	-	4%	-	7%	13%

Benzodiazepines	-	4%	12%	-	-
Ecstasy/MDA/MMDA	-	4%	-	-	7%
% Reporting a second drug of choice	100%	100%	100%	100%	100%
% of participant reporting intravenous substance use	-	-	-	7%	7%

Cannabis was reported by the participants as the most frequent drug of choice by our FTAP participants this year, and it the first time in 3 years that it has not been alcohol. The second most common substance was alcohol. The participants all reported a secondary drug of choice and the substance that was the most reported as the second drug of choice was alcohol. The reporting of these substances as a drug of choice and secondary drug of choice continues to be a consistent trend over the past 4 years and is related to how accessible these substances are in the participant's home communities. Our referral documents, staff team and the participants themselves continue to report that most of the participants' substance use is connected to mental health, anxiety, depression, trauma, and boredom. A substantial percentage of participants have experimented with multiple substances or alcohol if available. Reported intravenous usage remained at zero for the second year in a row and this could be due to the ongoing concerns surrounding the poisonous drug supply.

How we did...service delivery

	2025-26	2024-25	2023-24	2022-23	2021-22
% bed utilization for FTAP	67%	73%	78%	51%	64%
# of participant who completed final assessments in FTAP	9	11	11	10	8
# of participant reporting a decrease in substance abuse in FTAP	6	10	11	9	8

Waypoint's bed utilization was at 67% for the fiscal year, which is a slight decrease from last year. The percentage this year was strictly FTAP bed placements. We have continued to use two caregivers who are single bed homes, this has allowed flexibility in the program and provides more individualized support specific to participants in the program.

Regarding participants completing the final assessment, the five participants who left the program early did not complete the final snap. The three participants that are continuing to receive services also have yet to complete the final snap as they are still in the program. Of the nine participants who completed the final snap, all nine reported a decrease in their substance use. This, however, would be consistent with just completing 4 months of treatment. At 6 months' discharge follow-up, we attempted to contact six participants as they had hit the six-month post discharge mark, all six participants that responded indicated that their substance use remains better than pretreatment.

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

1. To achieve a utilization rate of 70%.

Not achieved- We missed our goal of 70% utilization for the year as we were only able to achieve 67% for the fiscal year.

2. To recruit one new family caregiver and one respite caregiver.

Achieved- We were able to secure one new caregiver as well as one new respite caregiver this fiscal year.

3. To develop an outcome measurements tool to evaluate the success of the program.

Achieved- We were able to complete the development of an outcome measurement tool, and it will be implemented at the beginning of next fiscal year.

4. Waypoint staff will make two presentations to other PLEA Programs on Addictions.

Achieved- Waypoint staff made five presentations, with three being to U-Link at PLEA.

Selected accomplishments...

1. We have made significant shifts to our **indigenous cultural programming** over the past year. We have allocated more time for indigenous activities. The sweat lodge was rebuilt and the participants also participated in the gathering of grandfather rocks for the sweat lodge ceremonies for the year. Each participant had the opportunity to participate in at least one ceremony while in the program. All participants had the opportunity make moccasins, drums, smudge boxes, regalia, and medicine pouches. Waypoint has continued to collaborate with elders to support our four changes of season celebrations, National Indigenous Persons Day, Truth and Reconciliation Day, Missing and Murdered Indigenous Women, Girls, and Two-Spirit people, and Red Dress Day. As one of our staff is continuing to be mentored by an elder, he was able to lead all these ceremonies and activities. Participants also attended Hoobiye and celebrated the new moon. Additionally, the participants worked on the building of Longhouse and the ceremonial space.
2. We were also able to support four participants in **ReclaimedED** to allow participants with substance use challenges to continue their academic goals. Of these four students, two were able to receive scholarship to pursue post-secondary training.

Selected stories...¹

Taylor was referred to the Waypoint program after spending a year and a half in custody due to a serious violent crime in his home community while under the influence of alcohol. At Waypoint, he presented as a kind young man with strong family values and a sense of community. He displayed behaviors consistent with institutionalization that were not surprising given his extended tenure in custody at a young age, and this made the transition process to treatment difficult for him. In his first few weeks of programming, Taylor determined that he wanted to return to custody to finish his sentence but was able to overcome the discomfort of change and adapt to the structure requirements of treatment. Regarding his substance use, Taylor identified that he no longer wanted to drink due to the significant complications that it had created in his life. While he sometimes considered drinking in small amounts, he was primarily determined to remain sober and repair the damage that had been done within his life, family, and community. He connected strongly with his indigenous culture and engaged in drum making, ceremonial sweats, and the cooking of traditional indigenous food. Taylor identified that one of his lifelong goals was to become a professional chef and he connected strongly with the Cooks and Casseroles cooking program. During sessions he would recount stories of supporting his family by cooking meals for his younger siblings through skills that he gained from his family. Taylor excelled during his time in the cooking program and went above and beyond the typical scope of the program by working with his

¹ Names have been changed to protect client privacy and confidentiality

caregiver to make meals for the group and even creating an entire cultural meal by himself with supervision, but no required assistance.

Throughout all the difficulties that Taylor faced, he managed the stressful process with maturity and dignity despite the obvious pain that it caused him. Unfortunately, he was unable to obtain permission to return home during his time at Waypoint and required a new housing plan. Due to the remote nature of his community, there were limited alternatives for him to access that were appropriate to his age and circumstances and his support team was unable to provide housing options as his graduation date neared. As a result, Taylor opted to extend his time at Waypoint while a day-plan and housing options could be coordinated so that he could be in the best position for success upon his return to the community. During this extended time, Taylor was able to finish his high school graduation requirements and worked with Waypoint staff to apply to a post-secondary culinary program near his home community. To facilitate this process, Taylor enrolled in a Food Safe course, completed a resume, and engaged in extra work for the cooking program to build experience. He was ultimately accepted to the program, and a transition plan was developed that allowed him to return to his mother's home nearby to the school. Taylor returned to his mother's home for two weeks over the Christmas break to trial this plan and he was highly successful. He has since returned to the community and begun his culinary journey and has communicated how impactful his time in treatment was for getting him where he is now."

Biggest Challenge...

1. Our biggest challenge continues to be working with **participants with multifaceted complex needs**. At times referrals are deemed eligible for entry into the program however, the participants are not yet treatment ready or are unable to work in a group environment. Waypoint continues to work as group-based model, and this creates challenges. Staff continue to spend a significant amount of time working through group challenges (School and Afternoon Components). However, with increased flexibility of the program, staff provided participants with the one-to-one support they need to be included and slowly integrated into the group program when they are ready for group environment.

Our Team...



Our team learning...

Throughout this reporting period, the team at Waypoint engaged in a variety of training and educational sessions on the following topics:

- Navigating Challenging Conversations,
- Response Base Practice,
- Behavior Management,
- Naloxone Training,
- Mandt Training,
- Smart Recovery,
- Medication Assistance Training,
- Fetal Alcohol Spectrum Disorder (FASD),
- Wellness,
- Harm Reduction,

- Participant Forensic Training,
- Cultural Awareness,
- Attachment & Trauma Informed Practice,
- Suicide Ideation & Prevention,
- Drug Identification,
- Outcomes,
- Gambling and Gaming,
- Neurodiversity Affirming Care & Strength-Based Support,
- Indigenous Trauma & Equity Informed Practice,
- All PLEA learning Modules (Code of Ethics, Work Place Impairment, Preventing Communicable Diseases)
- Cyber Security.

In addition to the sessions attended as a group, individuals within the team also participated in workshops and training sessions on their own.

Some of the topics staff learned more about included:

- Health and Safety Training,
- Sexual Exploitation,
- Youth Justice,
- Addictions and Mental Health,
- Trauma Informed Practice,
- Residential Schools,
- Decolonization,
- Drug Identification,
- Human Behavior,
- Mental Health First Aid,
- First Aid,
- Gender Pronouns,
- Self-Compassion,
- Autism,
- Keeping Kids Safe Online,
- Privacy Motivational Interviewing
- Regulation Strategies of Children and Youth,
- Vicarious Trauma
- Cognitive Behavioral Therapy (CBT).

New relationships...

- We have continued to have ongoing connection and relationships with Semiahmoo First Nations and have visits and ceremony with Elder Willard Cook. Willard has also been providing training for one of our staff so that he can host Sweat lodges and other ceremonies.
- The program screening committee has been solidified with one member from Youth Probation, as well as, one clinician from Youth Forensics which has allowed consistency in the screening process.
- An increased relationship with the Addictions and Medical Teams at Burnaby Custody Centre has allowed us to provide more seamless transitions in the intake process for participants attending Waypoint.
- Waypoint has also continued implementing the WiseGuyz program into our curriculum.

Next year's goals...

1. To achieve a utilization rate of 70%.
2. To recruit one new family caregiver and one respite caregiver.
3. To implement the outcome measurements tool and measure effectiveness of the program
4. Waypoint Staff will make two presentations to other PLEA Programs or community programs on Addictions.

For more information...

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