

2011 /2012 Year in Review

Safer Places for Children and Youth Program

We are pleased to report that our Safer Places for Children and Youth Program has once again achieved excellent results and moved us closer to our vision of a Connected Community where People Care for one Another.

We created our Safer Places for Children and Youth program a few years ago when it became clear to us that we needed and wanted to do more to prevent the sexual abuse, sexual assault, and bullying of children and youth in our community. We know this is a significant problem on the North Shore. Statistics confirm that 30% of girls and 25% of boys will be a victim of one or more of these types of trauma in their early years.

The multi-generational cost is staggering. Untreated children and adolescents are more likely to become perpetrators of these types of abuses, creating a cycle of abuse that impacts generations. The lifetime cost of treating long term mental health disorders (psychiatric care, medications, counselling), physical problems (alcoholism, eating disorders, obesity), and societal impacts (unemployment, disability claims, Ministry involvement) is exponentially eliminated when we prevent the trauma from occurring, or intervene close in time to when the traumatic event occurred.

"My child has been making progress on a daily basis" and "she wants to be well and has been more focused on her life and getting back to school."



85% of children report that they have learned healthy ways to cope with difficult feelings and situations. They also know the abuse was not their fault.

Our Safer Places for Children and Youth Program strives to do three things:

1. Prevent the sexual abuse, sexual assault, and/or bullying of children and adolescents through an innovative partnership with Safeteen International. Our counsellors attend the Safeteen school based workshops to let children and adolescents know that we are a place to go for help if they have been or are currently being abused.
2. Help children, adolescents, and their families recover and heal from the traumatic effects of these traumas if they have already occurred. Our specialized counsellors work with children age 3-19 to reduce the shame, guilt, anxiety and other symptoms that are caused by a traumatic event.
3. Create a social safety net of teachers, school counsellors, parents, and community members who can respond effectively when they receive a disclosure from a traumatized child or adolescent.



Caring for our Community

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We have achieved many great results:

1. Over 1300 North Shore youth (age 12-18) have attended Safeteen school based workshops and learned how to protect themselves from “creepy guys”, bullies, or others who want to abuse / assault them.
2. 36 youth reached our youth intake counsellors by using our new texting line 778-887-6487. Our decision to connect with youth through texts allows us to reach them in a way that is safe and comfortable for them.
3. Over 1,000 students were given a “Need to Talk?” postcard after participating in a Safeteen workshop. The postcard has a QR (quick response) code and is linked to our mobile enabled site. Students now have the information stored in their phone for when they need it most.
4. 100 North Shore parents learned how to access our child and youth services for themselves, their families and friends through presentations at small gatherings of school-based PACs (Parent Advisory Councils).
5. Over 60 children and youth received specialized counselling services at no cost to help them and their families heal from the traumatic effects of sexual abuse, assault, and bullying.
6. School counsellors, teachers, and youth workers have received comprehensive information about all our child and youth services.

Thank you!

for your generous support of the Safer Places for Children and Youth Program.

Here is a sample of what youth said they learned:

“...How to avoid dangerous situations, and how to stand up for myself.”

“...To be more confident about myself and learn to say no.”

“...I am no longer afraid about going to high school.”

We have accomplished a lot and still have a lot more to do. Over the next year we will expand the program in the following ways:

1. We are expanding our outreach and prevention efforts to include all major mental health issues impacting youth including anxiety, depression, eating disorders, and others.
2. We are launching a new initiative, Family Services of the **North Shore** Youth Leadership Advisory Board: Educating and Engaging Youth around Mental Health Issues. This new initiative will expand our early intervention and prevention efforts, developing new and creative ways to reach youth through social media and other strategies.

We would like to thank our Corporate Partner.



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Family Services of the North Shore is an accredited not-for-profit community based agency that offers counselling, education and support services. We also lead the provincial work in eating disorders prevention. Family Services of the North Shore has been caring for the community for over 60 years. Our high-profile, proactive presence throughout the province connects the community through a variety of programs that create an environment for all families and individuals to thrive.



We recognize the continuing contribution of the City of North Vancouver, District of West Vancouver, District of North Vancouver and the financial assistance of the Province of British Columbia.