

Youth Development Strategy Report Year Three **2018**

Saanich



The only thing youth want in life is a sense of belonging. Whether through interactions with peers, involvement in sports, or volunteering in the community, the key to healthy, happy youth is giving them opportunities to feel engaged and useful, and helping them feel that what they're doing is important.

- Youth Participant (Measuring Our Health - McCreary Ctr Society)

Increase Participation



- Supported applications for 50+ new LIFE passes for youth.
- Offered new and affordable youth friendly entry level activities - example Sports on the Courts at GR Pearkes, low cost fitness class at GHRC.
- Provided new courses geared toward skill development, such as the low cost Emergency First Aid for youth 12-17yrs, and Youth Life Skills training at GHRC.
- Enhanced offerings through recreation centre partners, for example Friday night DJ Swims at SCP, free skates at GR Pearkes.



Collaboration



- Offered new school based partnership programs with SD61 & 63 – example lunch hour activity program at Colquitz Middle School, and FITQuest (youth fitness) Program program at Arbutus Global Middle School.
- Expanded lunch hour activity offerings at Royal Oak Middle School by 33%.
- Collaborated on facilitating professional development training for SD61 teachers around community based learning.
- Provided youth focused inclusion and diversity training through GVAC Intermunicipal Youth Workers Committee.
- New relationships with local schools have been forged through the work of our new Youth Leader II in the Cedar Hill family of schools area.
- Allocated \$2000 in youth grants (Start Up Funds) to youth groups in support of a variety of local initiatives - example: ELL group at Spectrum Secondary, GSA group at CH Middle School, as well as a youth led eating disorder support group.
- Fostered relations with Tsartlip and Tsawout First Nations in response to the TRC's Calls for Action - example SCP youth services staff attend blanket exercise, as well as associated youth staff training.

Risk and Outdoor Play



- Awarded first School Park Stewardship Project designation to Arbutus Global Middle School.
- Presented to Parks planning and operations staff on the value of youth play in parks.
- Created, in partnership with Saanich Parks, a Youth Park Charter as part of the process to build a dedicated youth park in Saanich.
- Designed and implemented new outdoor leadership offering - Outdoor Adventure Club through Flipside teen centre.
- Offered summer staff development session focusing on benefits of outdoor, risky play for campers.
- Facilitated training for SD61 teachers on connecting classroom learning to Saanich Parks and open spaces.
- Took part in Earth Day event in conjunction with Child & Youth Health Network.



Social Wellbeing



- Developed new resource guide focusing on youth mental health, created for front desk reception.
- Offered Youth Mental Health First Aid course to staff and public.
- Began meeting with Mobile Youth Support Team (MYST)
- Sat as youth rep on Health and Recreation Partnership (HARP) committee.
- Co-facilitated Island Health grant for New Roots program focused on youth mental health.
- Provided new staff training - example Naloxone training at GH & SCP, Mental Wellness First Aid at GH.
- Provided parent education evening with Janet White BA, MS, RCC from Maya Counseling.
- Partnered with Saanich Neighbourhood Place on healthy nutrition program at Flipside Teen Centre

Communication



- Engaged in key informant interviews directly with youth participants.
- Hosted 7 informal focus groups with youth.
- Researched local, provincial and national best practices. Incorporated findings into development of draft communication strategy for Youth Services.
- Vetted local experts and began consultation towards implementation of new communications strategy.

Youth Spaces



- Worked with the Horner Fdn through the Youth Program Quality Initiative Assessment method to ensure the effectiveness of our programs and services.
- Welcomed numerous youth serving agencies and their youth to share use of our teen centres, example – the Victoria Immigrant & Refugee Centre Society's use of the Flipside, and Community Living Victoria's use of the Backdoor.
- Created new youth internship opportunities, for example Cedar Hill Youth Artist Intern who focused on special event support.
- Refreshed Flipside Teen Centre via new paint job, furniture, and an office space redesign.
- Enhanced collaborative programming in the Cedar Hill neighbourhood, - example new Cedar Hill Middle School pottery program.
- Designed and created new Youth Arts Council.
- Supported new offering for Muslim girls and women to swim at GHRC.



By the Numbers

500 squats accomplished by FITquest at Arbutus Middle School

14 minds opened during blanket exercise with Tsartlip Nation

1st ever Designation of School Park Stewardship Site at Hollydene Park



38 new healthy recipes inspiring youth at new low cost cooking program



12,000+ youth drop in's in our 3 teen centres

67 boys aged 13-15 learn to carve safely with real knives



100+ youth take part in new beginner recreation programs



24 Successful Internships

104 Summer Leadership program participants



\$40,000

for new partner program aimed at Youth Mental Wellness

5 bags of marshmallows devoured by Outdoor Adv Club at Mystic beach

