

A Step Up

Annual Report 2014



Thank you to...

2014 FCSS Board of Directors

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2014 Social Planning Staff - The City of Red Deer

2014 Regional Partners FCSS Staff

For more information
on FCSS initiatives, visit
www.reddeer.ca/fcss

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What is Family and Community Support Services?

FCSS is a partnership between local municipal governments, Métis settlements, and the provincial Human Services Ministry.

Within the parameters of the FCSS Act and Regulation, each municipality or Métis settlement determines how the FCSS funding they receive should be allocated to best meet the social programming needs of their community. Local FCSS programs are part of the larger provincial program that collectively ensure Albertans have access to a strong network of preventative social supports.

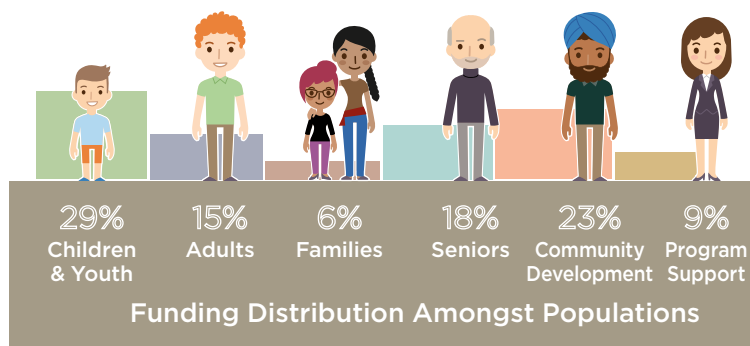
Red Deer & District Family and Community Support Services (FCSS) supports programs that help to accomplish its vision of: empowered individuals, healthy families, and caring communities.

Red Deer & District FCSS Funding

Red Deer & District FCSS funding is allocated using the five FCSS outcomes and seven protective factors.

Annual reporting is based upon:

- Qualitative data: Project level outcomes and personal evidence of client outcomes.
- Quantitative data: demographics and surveys.



Funding & People Served

2014 Red Deer & District FCSS Partner Contributions

Province of Alberta	\$ 2,389,096
The City of Red Deer	\$ 431,327
Red Deer County	\$ 106,775
Town of Bowden	\$ 16,640
Village of Elnora	\$ 7,551
Village of Delburne	\$ 8,604
Town of Penhold	\$ 26,378

2014 Participant Information by Municipality

The City of Red Deer	12,599
Red Deer County	2,329
Town of Bowden	3,190
Village of Elnora	1,878
Village of Delburne	2,054
Town of Penhold	2,111

Total 2014 Partner Contributions

\$2,986,371

Total People Served in 2014

24,161

Aboriginal Participants
300

Newcomers
<5 years in Canada
375

FCSS funding is provided through the provincial Human Services Ministry and the six partner municipalities; administrative support is provided by the Social Planning department of The City of Red Deer. There is a strong collaboration between all of these partners.

Within the FCSS regulations, the Province of Alberta provides 80% of the funding, and partner municipalities provide the remaining 20%.

2014 Volunteer Participation



2,284
volunteers



72,447
volunteer hours

Child & Youth Projects

Operation of the Benalto Playschool
Benalto Playschool

In-School Mentoring
Big Brothers Big Sisters of Innisfail

Bowden Playschool
Bowden Play and Learn Society

Immigrant Youth Program
Central Alberta Refugee Effort

Family School Wellness Program
Chinook's Edge School Division

Community Education Program
*Central Alberta Sexual
Assault Support Centre*

Delburne Playschool
Delburne Playschool Society

Elnora Playschool
Elnora Playschool

School Age Child Care
Red Deer Child Care Society

Family School Wellness
Red Deer Public School Division

**49th Street Youth Shelter
Outreach Support**
Red Deer Youth & Volunteer Centre

**Big Brothers Big Sisters
of Red Deer & District**
Red Deer Youth & Volunteer Centre

Boys & Girls Club of Red Deer & District
Red Deer Youth & Volunteer Centre

Penhold Youth Club
Town of Penhold

88% gained knowledge
about healthy lifestyles*

85% make better/more
positive choices*

* Boys and Girls Club of Red Deer & District



Child & Youth Project Outcomes

✔ **All four playschools have outcomes that relate to preparing children socially and emotionally for kindergarten, and opportunities for social interaction between local children and parents.**

“ Teachers observe that children develop great leadership skills while their parent is volunteering. They want to show their parents all the new skills they have learned.” **Benalto Playschool**

✔ **Youth Program outcomes relate to improving interpersonal skills and coping mechanisms and increasing knowledge of what community resources and networks are available for youth and their families.**

“ 85% of children and youth report that they are able to make better/more positive choices when in conflict because of what they have learned at the program; 86% of children and youth feel they have better self-esteem since they started going to the program; 88% of children and youth have reported gaining knowledge about healthy lifestyles since joining the program.”
Boys and Girls Club of Red Deer & District

“ The Newcomer Orientation Week (NOW) held by the **Immigrant Youth Program** demonstrates the importance of building interpersonal skills for youth, especially those new to Canada. After completing the course, one participant said “Now I feel like I am part of a group and I had fun.”

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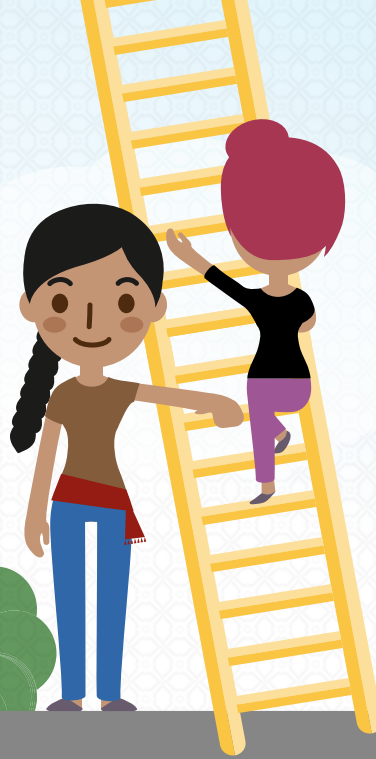
Family Projects

Parent Education Program

Family Services of Central Alberta

Infant Preschool Wellness Program

Family Services of Central Alberta



84% can understand and respond to their child's needs*

90% learned about community resources, programs and services*

* Infant Preschool Wellness Program

“... parents increased their knowledge of positive parenting and better understand the benefits for their children and families.”

~ Parent Education Program

Family Project Outcomes



These projects work toward increasing parenting skills and knowledge and building social networks through group and peer support outcomes.

“Pre and post evaluations for the Parent Education Program indicate that parents increased their knowledge of positive parenting and better understand the benefits for their children and families.” **Parent Education Program**

“85% of participants surveyed said they strongly agree or agree that the program has helped them to understand and respond to their child's needs, 85% of participants surveyed said they strongly agree or agree that the program has helped them to understand stages of their child(ren)'s development, and 90% of participants surveyed said the program has helped them learn about community resources, programs and services.” **Infant Preschool Wellness Program**

“A mother involved in the preschool program expressed that she feels more confident in her parenting abilities. Prior to starting the program, she did not realize that her son's perspective on situations could be different from hers. Through emotion labeling and routine building, she feels that conflicts with her son have drastically gone down. She is now able to help her son identify his feelings, and work together to find solutions to problems.” **Infant Preschool Wellness Program**



Adult Projects

Education Program

Canadian Mental
Health Association

Learning Together Program

Central Alberta Refugee Effort

Boundaries Group

Central Alberta Women's
Outreach Society

Walk-In Clinic

Vantage Community Services

Counseling

Family Services
of Central Alberta

94%

feel better able to
deal with challenging
circumstances*

* Family Services of
Central Alberta



*“The session on coping skills made me realize
I need to change my cycle and that
I need to create a wellness cycle”*

- Participant at Walk-In Clinic, Vantage Community Services

Adult Project Outcomes



These projects work toward improving clients' knowledge of coping mechanisms and improving their access to support services to better deal with issues.

“ A mental illness diagnosis does not define a person's abilities, they are also: family members, employees, employers, neighbours, and volunteers. When programming focuses on people's interests, challenges them to participate in an active way, and assumes competence and ability, magic can happen.”

Education Program, Canadian Mental Health Association

“ It never ceases to amaze the facilitator (of the Boundaries Project) of the ability for participants to open up, learn from each other, and quickly translate their learnings to applications within their own lives.”

Boundaries Project, Central Alberta Women's Outreach Society

“ I noticed a difference within a couple of weeks and have maintained the use of the tools to help me through situations.”

participant from Counseling, Family Services of Central Alberta

Senior Projects

Golden Circle Outreach

Circle of Red Deer Seniors' Society

Meals on Wheels

Village of Delburne

Meals on Wheels

Village of Elnora

Meals on Wheels

Red Deer Meals on Wheels

Home Support

Family Services of Central Alberta



89% increase in Friendly Visiting Program in 2014*

* *Golden Circle Outreach Services*

100% clients rate the driver service as excellent **

** *Red Deer Meals on Wheels*

“I am grateful that there is help for lonely seniors like me”

- Home Support client, Family Services of Central Alberta

Senior Project Outcomes



FCSS funded projects for seniors focus on improving their capacity to live independently for as long as possible and reducing their risk of social isolation by becoming active community members.

“ In 2014, the Friendly Visiting program served 43 clients, increasing from 24 clients in 2013.” **Golden Circle Outreach Services**

“ You have helped so much, I am glad dad got to be with such nice people.” **family member of Red Deer Meals on Wheels client**

“ Thank you to my home support worker, I have the ability to stay in my own home.” **Home Support client, Family Services of Central Alberta**

“ 100% of surveys returned rated 5 out of 5 for the daily interaction with the driver. Family members call or visit office staff and share how grateful they are and how much they appreciate Meals on Wheels checking in on their loved ones, and alerting them when we are concerned about their family members.” **Red Deer Meals on Wheels**



Community Development

Six FCSS Community Workers and three Community Facilitators work in the partner municipalities to deliver local programming and work within systems to support community initiatives.

6 FCSS Community Workers

3 Community Facilitators



Special Projects

- Delburne Belonging Project
- Seniors Connect in Spruce View
- Community Garden in Springbrook
- Seniors Wellness in Bowden
- Ladies Night Out in Elnora
- Community Workshops and Events in Penhold
- Central Alberta Poverty Reduction Alliance
- Downtown Community Committee in Red Deer
- Fueling Futures Committee

“Increasing access to Registered Education Savings Plans (RESP) is a poverty reduction strategy for vulnerable families. Twenty five children under the age of six signed up for the federal and provincial government RESPs at a “Free Money Party” hosted by the Central Alberta Poverty Reduction Alliance, which equates to savings of \$35,000 for families.”

Central Alberta Poverty Reduction Alliance

FCSS Regional Projects

The FCSS Board provides resources for the six partner municipalities to work together regionally on issues or trends that emerged during the 2012-2014 funding cycle. The following five projects were developed based on priorities identified by the partner communities.

- FCSS Direct Service Retreat
- Facilitator Training
- Small Acts Matter Campaign
- Aging Well Wrap-Up
- Collective Impact Learning Event

“The work we’re doing is changing the way we act and the way we connect with people in the community. Instead of putting our head down as we walk through main street, we realize connections are important, so we’re talking to the neighbours as we go by.”

Delburne Belonging Project