

2016-2017
ANNUAL REPORT



— BRITISH COLUMBIA —
BORSTAL
ASSOCIATION — EST. 1948 —

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Welcome to the **2016-2017** Annual Report of the British Columbia Borstal Association

A message from our President, Glenn Canuel

With over a decade of Board service, I am proud to reflect on our continued progress as an organization faced with one of the greater social wellness challenges, being crime prevention. We have worked for nearly seven decades investing in public safety by skillfully managing the re integration needs of individuals returning to the community from periods of incarceration. This is no small burden to shoulder – for our organization, our staff team or the individual that re commits to a pro social means of existence. This year, like the ones that precede us, show an increasing challenge in resources such as mental health, gainful employment and affordable/safe housing.

Our challenge remains in getting ahead of the issues that place public safety at risk. The single greatest predictor of mental health and addiction issues is early trauma, and we also know that in terms of our traditional population - the incarcerated adult male - mental health and addiction is pervasive within our the prisons. Trauma treatment is key. Our Clinical Counselors are working hard and building on our pillars of trauma prevention, early intervention and aftercare. From the former offender to the first responder, our team sees them all. Perhaps most importantly though, our Clinicians are working with youth in our schools with a desire to stop the traumatic response process early. The BC Borstal Association has also become an important treatment element in the organized crime issues our community is facing. When it comes to trauma treatment, there is no segment of the community that we do not see, or will not see. Every individual is important to us.

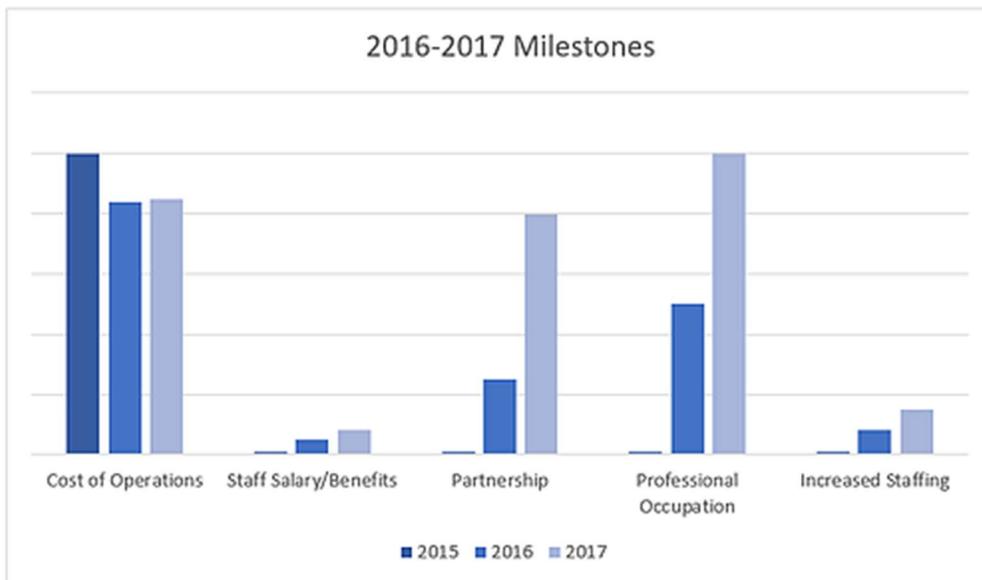
We still have a lot of work ahead, with some proud milestones being achieved. On this note, I would like to extend my sincere gratitude to those who make this organization so strong: the Board of Directors, our front line personnel, and our partners in the field.

President Glenn Canuel
president@bcborstal.ca

Year in Review 2016-2017

Some Milestones Achieved:

1. **Cost of Operations**
From a 2015 comparison, efficiency increase of 12%
2. **Staff Salaries and Benefits**
Small increases averaging 4% on entry level position
3. **Partnerships**
Year over year increase of partnering agencies, up 200%
4. **Professional Occupations**
Introduction of professional level occupations
5. **Increased Staffing**
Staffing levels increased 16%



Executive Report

For sixty nine years our organization has worked with individuals - young and old - that are in trouble with the Law. We provide residential support (run halfway houses) and run numerous programs aimed at providing opportunity for each and every individual to become a better part of our community. Today, we still provide that valued service but our work in crime prevention - addressing social issues to eradicate criminal behavior - places us in the most important role of our long history:

Our sector shoulders one of the greater social services challenges in our work with incarcerated individuals. When we speak of the federal offender the term often elicits a fear response. It is difficult for many to understand what leads to incarceration, and it is easy to lay judgement against those that bring harm to our communities. While we reserve hope for the wayward child, the child often transitions to an untreated adult, and often that sense of hope dissipates; in fact, any sense of hope the individual has for themselves often does as well.

As community members, we need to take responsibility for one another – help shoulder some of life’s good and bad, and offer a hand up when a person falls. Although I know this suggestion is idealistic, research does tell us that the greatest determinant of social change is inclusion. While the BC Borstal understands that building community around every individual in a metropolitan like Vancouver is greater than our mission and ability, we do have a role to play: to help individuals erect a sense of community when they are young - and to always place this instrumental prevention piece at the forefront of our trauma work. Towards this end we are very proud to work with youth in school districts across the Lower Mainland, and we are even more proud to be leading the movement in trauma informed care in our sector and community. Our work in trauma is built on the premise that trauma prevention will decrease the numbers we see that endure poverty; homelessness; chronic and progressive mental health needs; addiction; chronic health complications; and, even engagement in criminal behavior. Here within lies the root of true crime prevention. If you have any question or interest in the work we do, or have someone you know who is in need of skilled trauma therapy, please do not hesitate to contact your BC Borstal Association.

Nathan Rock, Executive Director
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Treasurer Report

It is my pleasure to report on BC Borstal Association's financial results for the year ending March 31, 2017. The financial statements are the responsibility of management. The Board of Directors review and approve the financial statements, which have been audited by Deloitte LLP and attached.

Funding from Correctional Service of Canada, the main source of revenue, was \$548,885. This can be attributed to the proactive management of the Dick Bell Irving community residential facility (DBI), which operated at a utilization rate of 93.2%.

Overall BC Borstal Association ended the year with total revenue of \$598,902, slightly less (1.3%) than the prior year, with \$21,057 being generated by the Trauma Program in its first year of operation. Our single largest expense is related to staff compensation and benefits, which is consistent with most service-based organizations.

The BC Borstal Association finished the year with deficit of \$43,153 due mainly to Board approved commitments to the Trauma Program and shifting from a Review to an Audit Engagement of Financials. A healthy cash and equivalents position of \$184,063 and building endowment fund of \$603,140 (fair market value) have been maintained.

The focus for fiscal 2017 will be to continue and expand on the success of the Trauma Program and initiate an expansion opportunity to enhance the service provided by DBI.

On behalf of the Board, I am very grateful to all of our funding partners, donors, volunteers, and employees whose continued support and commitment to the BC Borstal Association has provided us with a solid financial position, which will allow us to continue to provide the highest quality programs to the community we serve.

Jim Malcolm, Treasurer
BC Borstal Association

***Note: for the Audited Financial Statements for fiscal 2016-2017, please see Appendix A**

Board of Directors

EXECUTIVE

President Glenn Canuel

Vice President Adrienne Lee

Treasurer Jim Malcolm

Secretary Patti MacLaughlin

Award winning business owner

Law, Crown Counsel

Chartered Professional Accountant

Education and Employee Benefits

DIRECTORS

Frank Hunaus

John Grywinski

Roselynn Verwood

Beneditke Wilkinson

Vladimir Ismailov

Stephen Bath

Auditor/Accountant

Law Enforcement, Organized Crime/Instructor

Curriculum Consultant/Educator

Law Enforcement, Domestic Violence

Doctorate, Finance and Operational Planning

Doctorate, Marketing/Research/Evaluation

BC Trauma Care

Provides skilled therapeutic and trauma specific support to any community member. We operate in schools with at risk Youth, with first responders, individuals looking to exit organized crime, working professionals, young families, and the list goes on. If you are at risk or experiencing a traumatic response, the British Columbia Borstal Association is here to help.

Surviving Through the Hurricane: The Impact of Childhood Trauma

“...abuse in childhood appears to be one of the main factors that lead a person to seek psychiatric treatment as an adult.”

— Judith Herman, [Trauma and Recovery: The Aftermath of Violence--From Domestic Abuse to Political Terror](#), 1997

Research states that early exposure to traumatic events has a clear connection to mental illness later in life[1]. Given that over 30% of Canadian adults report having experienced some form of abuse before the age of 16[2], we have reason to be concerned. Post-traumatic stress disorder (PTSD) is one example of how someone may adapt in the wake of a traumatic event, but there are many possible adaptations, such as depression, anxiety, panic attacks, dissociation, rage, or substance misuse. When the exposure to trauma becomes chronic or repeated, the outcome becomes increasingly severe.

A traumatic event is inherently horrifying, shocking, and typically leaves an individual feeling helpless and afraid. Following a traumatic event, an individual’s sense of safety in the world is often shattered. For children who have been exposed to trauma, the world can quickly become a terrifying place, particularly if the source of the trauma is a caregiver that is depended on to survive. The child must find a way to cope with their pain; to find some semblance of safety in what appears to them to be an unsafe world.

The statistics on mental illness in Canadian youth are staggering. Canada’s youth suicide rate is the third highest in the industrialized world, equating to four thousand deaths by suicide each year¹. Without the support to help them through the emotional chaos, the child often engages in behaviors’ that lead to further harm, such as drinking, drug use, or self-injury. Alternatively, the child may try to cope by silencing and internalizing their pain, which can present in the form of anxiety, panic, depression, suicidal thoughts, or chronic pain, to name a few.

“Often it isn’t the initiating trauma that creates seemingly insurmountable pain, but the lack of support after.”

— S. Kelley Harrell, [Gift of the Dreamtime: Awakening to the Divinity of Trauma](#), 2013

¹ Canadian Mental Health Association (2017, July 5). Fast facts about mental illness. Retrieved from: <http://www.cmha.ca/media/fast-facts-about-mental-illness/#.WVQt62jyuUk>

The Canadian Mental Health Association estimates that only 1 in 5 children receive the mental health services they need. The youth that are walking through our doors at BC Borstal Association have all experienced some kind of trauma, whether it be physical abuse, sexual violence, or emotional neglect. Without support, the likelihood that these youth will go on to face challenges in their relationships, education, employment, and mental health is high. The BC Borstal Association has extended our trauma-informed mental health services to some of the Lower Mainland's most vulnerable youth, while continuing to support many community members, gang-entrenched and justice-involved individuals. We understand what an important opportunity it is to help heal and build upon a fragile sense of safety that was wounded as a result of trauma. The diversity of our clientele mean that we can put our founding principles into practice; providing supportive, trauma-informed intervention and aftercare at all stages, and continuing to focus on prevention through community outreach and education.

Sara Lewis, Clinical Trauma Counselor

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it's time

Lead Clinical Counselor, Suman Hothi, says... *It's Time*

BC Borstal Association is historically known for providing support to male ex-offenders, since 1948. With a rewarding history and impeccable achievements, this organization continues to it's progressive stance on crime prevention by creating the first ever trauma care program, being BC Trauma Care. BC Trauma Care focuses on **3 main pillars: providing trauma prevention, early intervention, prevention and aftercare** to those who have faced trauma and/or may be at risk to traumatic exposure. While *preventing* trauma entirely may be a laudable and lofty goal, our community needs to see the direct link between criminal behaviour, addictions, mental illness and early root causes such as direct and indirect trauma. Our decades of serving the corrections population has underscored the link between criminal behavior and early childhood exposure to traumatic incidences. If we can prevent

trauma from occurring in early childhood, we have a higher likelihood of deterring criminal behaviour and creating a safer environment for our community. If we can *intervene* early when a trauma occurs, versus ignoring the trauma - pushing it aside - pretending it did not happen - feeling shameful of the stigma etc., we can focus on providing the right resources and support when it is directly needed. Research and practice shows that effective early intervention can alleviate a traumatic response, and the consequential results including addiction, greater mental health illnesses and even criminal behavior.

The British Columbia Borstal Association focuses on providing immediate care and term skilled support in building resilience and derailing trauma's pervasive impact. Statement given by a client; "I was only 4. If someone had just noticed me, if someone had just helped me, if someone, just one person had paid attention to the bruises, the scars, the fear, just one person, I wouldn't be so angry. Maybe I wouldn't be where I am today, maybe life would have been different. Don't feel sorry for me, this is my life and I made the choices that I did, but I just wished someone had noticed me." It's time to take notice, it's time to make a stand, it's time to realize that early childhood traumatic experiences have life altering impacts. Its time to see the direct link between childhood experiences and adulthood choices, it's time!

Suman Hothi, Lead Clinical Counselor

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Dick Bell Irving CRF



2016-2017 fiscal year:

Numbers served: total of forty six (46) residents

Intervention: twelve (12) suspensions

Success: Nineteen (19) graduated releases (Statutory Release, Full Parole, Early Release Date, or Warrant Expiry)

Dick Bell Irving community residential facility supports the reintegration of adult males on conditional release. One of the greater challenges in our efforts to support an effective release includes the fentanyl crisis occurring within communities across the Nation. This crisis has a direct impact on the landscape of community corrections; for example, in prior years a resident overdose at our resource was non-existent yet in the last year alone we have had one overdose onsite and another offsite. We are still well below numbers seen by many of our peer organizations. In both our cases, thankfully, naloxone was administered and the individuals were successfully revived, providing both the chance to rebuild. Our team continues to

monitor potential relapse through regular support, focusing on the resident’s needs, and open communication.

With this growing concern it is imperative that front line personnel are safe guarded and prepared for the potential of an overdose. At DBI, all front-line staff have been certified in the administration of naloxone (an opioid anti-dote) with several naloxone kits located throughout our resource. The organization has also implemented strong policy to support front-line staff and to provide medical support, debriefing and additional follow up post incident.

Erica Louis, A/Director of Operations

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New Partners

Our organization is proud of it's long history and relationship with groups like the Vancouver Police Department and the Correctional Services Canada. As we continue to invest in historic relationships, it is imperative to bring other partners in the mix that are on parallel paths, with similar objectives within their mission. Over the last year we have strengthened our services with financial support in our trauma work from the Province of British Columbia; and working agreements with the Surrey Schools and Combined Forces Special Enforcement Unit.



PARTNERSHIPS

coming together is a beginning
keeping together is progress
working together is success

- Henry Ford

Looking Ahead STRATEGIC PRIORITIES

2017-2020 Road Map

Redefine our Strategic Course

Program Enhancement

Build on Service Strength and Capacity

Partnerships

Broaden engagement/contracts

Your Support

Many people do not have access to trauma specific care. Many more simply can not afford it. At the BC Borstal Association, *every* donation dollar represents a chance for a *young life* to rebuild with specialized therapeutic trauma care - where *every* dollar is 100% earmarked for client care. Make a difference in a young person's life by donating today. You may *save* a life.

Want to learn more about the BC Borstal?

Learn more and get involved!

www.bcborstal.ca

Appendix A