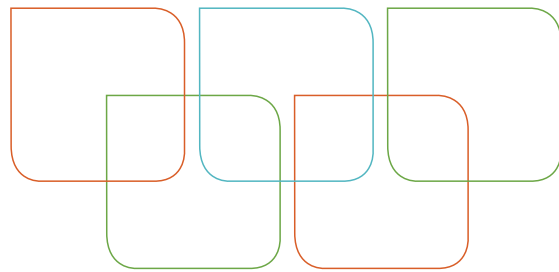


Healthy Families Healthy Futures

20¹⁶
17

Annual
Report



.....
Resilient Individuals
Resourceful Families
.....
Responsive Communities

Table of Contents

About Us	1
Message from the Executive Director	2
Message from the Board Chair	3
Home Visitation	4
Home Visitor Stories	5
Westlock Parent Link Centre	6
Pembina Gateway Parent Link Network	8
Parent Child Assistance Program	10
Transitions	12
Thrive	13
Community Action for Healthy Relationships	14
Financial Summary	16
Funders & Donors	18
Quilt Donations	19
PRAAC Partnership	20



The 2016 Management Team



The 2016 HFHF Team

About Us

Our Vision

Resilient Individuals | Resourceful Families | Responsive Communities

Our Mission

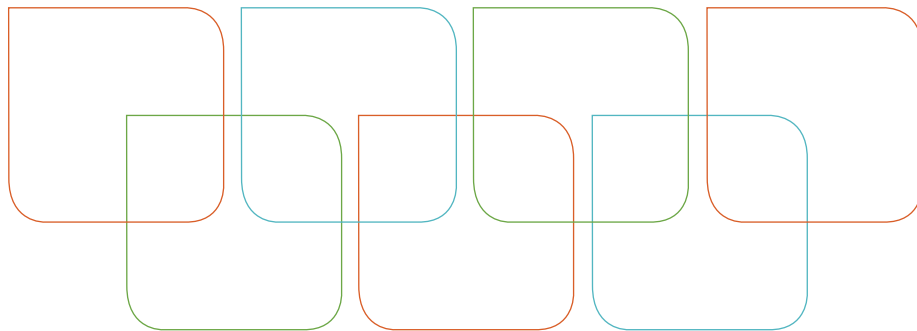
We work with individuals, families, and communities by supporting people "where they are at" to build trusting, caring relationships empowering them to make positive changes in their lives.

2016 - 17 Board Members

Chair	Darin Flemmer
Vice Chair	Teresa O'Riordan
Treasurer	Shirley Morie
Directors	Sandy Worobec
	Jackie Da Cunha
	Nikki Tiller
	Christa Fuchs

Management Team

Linda West	Executive Director
Anita Fagnan	Parent Link Network Manager
Alice Reszel/ Brandy Berry	Home Visitation & FASD Program Manager
Kelly Lynn Spafford	CAHR Network Manager
Jailin Threinen	FASD Program Manager
Tammy Pirnak	Office & Finance Manager



Message from the Executive Director



Linda West

Healthy Families Healthy Futures Society understands the importance of the health and wellbeing of families and communities. We also understand the importance of working with people

in a strength based way, to build trusting relationships with individuals, families and other service providers. With our focus on collaboration, we have increased capacity through shared knowledge, experience, services and facilities.

Our staff is dedicated to working with families to help them reach their full potential and to make our communities stronger and more vibrant. This only happens through collaboration and partnership with others in the community. We truly are stronger when we work together.

For the past couple of years, our Board and Management team have been focused on developing a strong succession plan. This has been a valuable exercise, as 2016-2017 had the largest changeover in staff in our history. Some staffers, such as Alice Reszel, Program Manager and Cecilia Aberhart, Home Visitor retired after many years of service; others moved on to other opportunities. We wish them all well and have appreciated the enthusiasm and experience of our new staff as they learn and adjust to their new jobs. The transitions have been made easier with our strong team of program managers, who have spent many hours recruiting, training, and supervising staff.

As we move into 2017, I am retiring from HFHF and our agency will transition to a new Executive Director. I welcome Brandy Berry to the position. She has worked for our agency

for the past 9 years, most recently as Program Manager for Home Visitation and Athabasca Transitions Program.

“

.....

“The things we think about, focus on, and surround ourselves with, ultimately shape who we become.”

~Author unknown

”

It has been a privilege to have been involved with a wonderful mix of people over the years and I thought the following sums up my involvement: “The things we think about, focus on, and surround ourselves with, ultimately shape who we become.” (author unknown).

Healthy Families Healthy Futures has truly shaped who I have become. I am proud of the people who work and volunteer at HFHF; I am pleased that our services are helpful in our communities and that families find what they need in our programs.

Thank you to all, for the wonderful journey over the past 15 ½ years.

Linda West

Executive Director

Message from the Board Chair



Darrin Flemmer

Another successful year has passed and I am grateful for the opportunity to be working with the dedicated team at HFHF. As the Board Chair, and a member of the Board for

several years, I have witnessed the growth of this agency and continue to feel a sense of pride in how this group works together with people and communities throughout this region. I am also grateful for the support of our funding agencies, sponsors, community partners, and volunteers who share our vision of Resilient Individuals, Resourceful Families and Responsive Communities. Through these partnerships we have been able to connect with people, build supportive relationships and help them make positive changes in their lives.

In the past year, Linda West announced her retirement and the Board was tasked with finding a new Executive Director. We knew this would be a challenge as we have

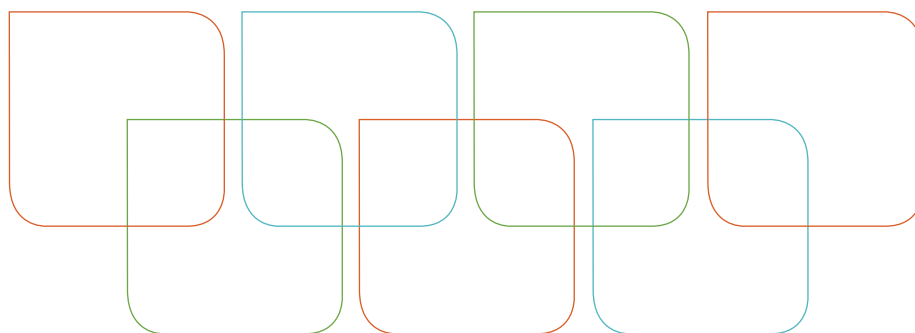
grown accustomed to the high standards of management that Linda has provided over the years. During the recruitment process the selection committee could not help reflecting upon Linda's accomplishments and her commitment to Healthy Families Healthy Futures. Fortunately for us, one of her many accomplishments was to assemble a team that could carry on the work while maintaining the standards she has set. As a result, after a very thorough succession planning process, we decided to hire within HFHF and are pleased that Brandy Berry will assume the Executive Director position July 4th.

As the Board Chair, I look forward to working with Brandy and the management team at HFHF. I know next year will be a time of change for everyone, but with every change there is an opportunity for growth. With the right people in place now, I believe the HFHF Team will continue to grow stronger and take on the challenges that face us in the future.

Sincerely,

Darin Flemmer

Board Chair



Home Visitation

Home Visitation is a voluntary, relationship-based program for overburdened and under resourced families who are pregnant or have a first child under three months of age. The home visitation program is offered in the following communities:

Westlock, Thorhild, Athabasca, Barrhead, Swan Hills, Whitecourt, Mayerthorpe, Mornville, Sturgeon County, and Lac Ste Anne County.

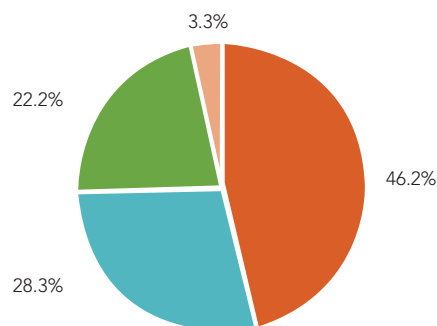
Visits are usually conducted once per week for one hour in the family home, where families have the opportunity to ask questions, set goals, and explore parenting with the support of their home visitor. Depending on the needs of the family, visits can continue for up to five years.

Survey Results

- **94%** of families reported getting information on parenting and child development has helped
- **98%** of families reported Home Visitation has assisted in connection to helpful community resources
- **100%** of families stated they are satisfied with the Home Visitation program
- **100%** of participants stated they would recommend the Home Visitation program to others



Referral Sources



- | | |
|---------------------------|------------------|
| ■ Alberta Health Services | ■ Self Referral |
| ■ Community Agencies | ■ Friends/Family |

"The best thing that has happened is knowing I can parent on my own."

"I have grown and used strengths I didn't think I had."

"I found my voice and love every second of it."

"I would say the best thing happened to me is that I am confident enough to take care and guide my child for his development"

"The support and resources are amazing. I am able to get help when I need it."

Home Visitation Stories

A Win All Around

I had been working with a young mom who has never filed taxes because she did not see the benefit and felt it was an overwhelming task. I tried different strategies including telling her it is the law. She finally agreed to meet with an accountant to file 6 years' of taxes and wouldn't you know it...she was entitled to an \$8000 refund. A win all around.



Building Trust

I work with a mom who has trust issues due to past experiences with Child Services - her five children had been apprehended. After 3-4 visits with me, I received a text stating "Really enjoyed your visit today, you are easy to talk to and I look forward to our future visits".



142

FAMILIES
SERVED

280

CHILDREN
ASSISTED

2569.5

HOURS
OF HOME
VISITATION

741

GOALS
SET

780 Referrals

MADE TO COMMUNITY AGENCIES AND SERVICES

Westlock Parent Link Centre

In 2016-2017 we hired 2 additional part time staff which allowed us to increase the following:

Parent Education Programs

5 New Programs

**WE ADDED 5 NEW PROGRAMS WHICH
EQUALS AN INCREASE OF 82 HOURS/
57 SESSIONS WHICH IS ALMOST 4 TIMES
MORE THAN LAST YEAR**

Program Hours

60%

**WE INCREASED OUR PROGRAM HOURS
BY 60%**

Family Support Programs

44 More Sessions

**OUR PARTICIPANT NUMBERS DOUBLED,
DUE TO 44 SESSIONS BEING OFFERED**

Early Learning Program

14 Additional Sessions

**WE ADDED A NEW EARLY LEARNING
PROGRAM, WHICH ALLOWED US TO
OFFER 14 ADDITIONAL SESSIONS
THROUGHOUT THE YEAR**



Growing Up WILD is an early childhood education program that builds on children's sense of wonder about nature and invites them to explore wildlife and the world around them. Each session includes activities in the great outdoors ... movement, music, exploration, and finding examples in nature. The activities are adapted to be age appropriate for the children participating.

204 Participants

**TOOK PART IN THE SPRING/SUMMER
SESSIONS OF THE PROGRAM**



Read and Roll

Read and Roll is a new interactive program for parents and children aged 3 and 4 years old. The program was developed to increase oral language, pre-literacy, and fine motor skills in a social environment.

Each week we read an age appropriate book and then roll with activities to promote engagement, early literacy, and speech.

There are take home activities for the children to do throughout the week, until the next session, when they trade their books in for a new story!

When asked what parents loved about the Read and Roll program, they said ...

“I never thought he would be able to sit and take part for school and now he is doing it.”

“My child LOVED being here. The activities and structure around the program. It was a great program for her. She was extremely engaged.”

“Acting out words, sounds, etc., has made my daughter way more interested in books and being read to!”

“

“My daughter has never wanted to read before, and now she is asking to read with me at home.”

”

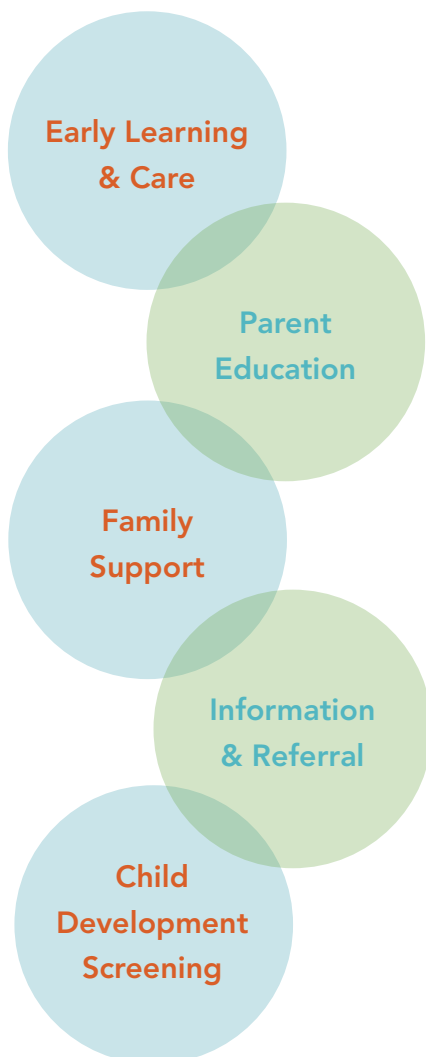


|| Pembina Gateway Parent Link Network

Our Network consists of 8 rural communities in the North Central Zone of Alberta:

Barrhead	Swan Hills
Lac Ste. Anne County	Thorhild County
Mayerthorpe	Westlock
Smoky Lake	Whitecourt

The Network ensures adherence to PLC Standards/Guidelines and Best Practices within the following 5 Pillars of Service:



.....

"The Parent Link Centre has been a key factor in our transition into this community. I have support, friendship, and a sense of belonging that would never have been built if it wasn't for this amazing resource."



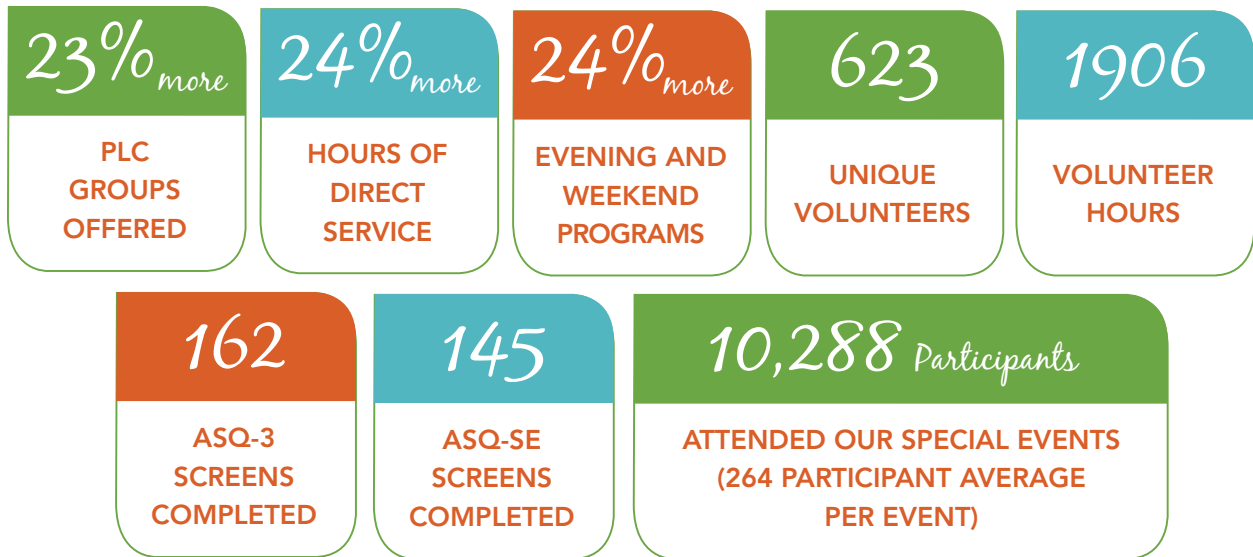
The Network provides leadership, subsidy for staff training & development, mentorship and networking opportunities through the following:

- **Parent Link Provincial Learning Event**
- **Parent Link Staff Retreat**
- **Four Network Coordinator Team Meetings**
- **Three Network Managing Partner Meetings**
- **Two Triple P – Community of Practice**
- **Sixteen PLC staff/agency members trained in ASQ-3 & ASQ-SE**
- **Mentorship with Fort Saskatchewan Families First**

The Network provides PLC sites with training resources for Parent Education, workshops, information on child development, as well as promotional items as incentives to families and volunteers.

Network Highlights of 2016-17

The Pembina Gateway Parent Link Network is responsible for Program Evaluation and report writing. Highlights of our 2016-17 year in comparison to the previous year include...



Parent Link Provincial Network Reference Kit

The Program Lead acts as the liaison between the Alberta Ministry of Human Services and partnering agencies including FCSS. She was actively involved in 2016-17 as a Provincial Network Leadership Team Member, as a representative of the Regional North Zone, and assisted in the development of the PLC Network Reference Kit.



Parent Child Assistance Program (PCAP)

The PCAP Mentor provides extensive assistance and long term emotional support to women, in Whitecourt and Mayerthorpe, who are at risk of using drugs and/or alcohol during pregnancy. The Mentor works alongside women to set goals and achieve fundamental changes in their lives.

15 individuals and their families received service from the PCAP Program

How We Help...

"A client expressed gratitude for the increased confidence in parenting skills that she has gained since enrolling in PCAP two years ago. There was CFS involvement when her first child was born, due to admitted drug and alcohol use during pregnancy, as well as issues with mother/infant bonding.

The client admits that she "didn't know what she was doing" in regards to caring for her newborn. She made steady progress in developing her parenting skills, and CFS was able to close the file when baby was around 6 months old.

This client is now eagerly anticipating the birth of her second child, and remains open to new ideas and parenting strategies."

.....

100% of PCAP clients surveyed said:

They were treated with respect

.....

Their needs were understood

.....

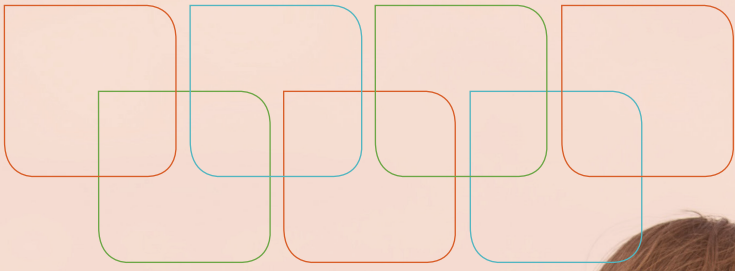
They were helped to use their own skills to solve problems

.....

They were given information to help make decisions for themselves and their families

The majority of PCAP clients were helped with:

- Legal issues
- Finding helpful community services
- Getting basics needs
- Social issues
- Emotional issues
- Connection with health services
- Getting information on parenting



"You're braver than you believe, and stronger
than you seem, and smarter than you think."

~ A.A. Milne/Christopher Robin



Transitions

Transitions Mentors in Athabasca and Westlock support youth and young adults who may have, or are suspected of having, Fetal Alcohol Spectrum Disorder (FASD). By developing a relationship, providing advocacy and helping with goal setting, mentors assist participants to develop life skills and make healthy decisions.

35 *Individuals and their families*

**RECEIVED SERVICE
FROM THE TRANSITIONS
PROGRAM**

Individuals received assistance with:

- **Accessing funding**
- **Attending treatment**
- **Implementing strategies in the home**
- **Advocating for supports (school, mental health)**
- **Transitioning into a new home or community**
- **Coordination with other service providers**
- **Addressing important medical needs**
- **Learning to make healthier choices**
- **Maintaining employment**
- **Accessing and FASD Assessment and Diagnosis**

“My worker helps me in crisis situations. She has helped me calm down many evening.”

“She has helped me learn to parent my child.”

“I don’t feel shame and I am learning to take responsibility. I have voluntary CFS involvement.”

“There are so many good changes at school thanks to my worker.”



Thrive

Thrive Outreach Mentors support people in abusive relationships by offering a safe place to talk, learn about the cycle of violence, connect clients to resources they may need (e.g. Victims Services), offer guidance on safety planning and provide transportation if this is a barrier that clients face. They work in partnership with various agencies and organizations in their communities to support their client's needs.

The Thrive program started in Athabasca in 2009 and has since grown to include Westlock and Barrhead. The Mentors' role in these communities has also expanded to provide information and education on various types of abuse to community members and local schools. The Mentors have been instrumental in collaboration with local organizations to promote and help organize fundraising and awareness events such as the Shred-It Campaign, Walk a Mile in Her Shoes, and the Candlelight Vigil Campaign.

New Program Highlights:

- **Thrive Mentor** services started in Westlock in April, 2016
- The Canadian Red Cross "**Healthy Youth Relationships**" course was offered to youth in 7 schools. Students surveys were positive.
- A local organization donated refurbished cell phones to support client safety

104 *New Clients*

(95 WOMEN
& 9 MEN) IN
ATHABASCA,
BARRHEAD &
WESTLOCK

164 *Clients*

WERE SERVED
BY THE THRIVE
PROGRAM THIS
PAST YEAR

A Survivor's Story

"He promised me the moon and the stars that he would change. Nothing happened. (He) never changed. It just got worse, and all I could do was go to work and come home and I wasn't allowed to talk to anybody."

These are the words of Sally Parker – who prefers to go by an alias for her safety. Sally suffered isolation, manipulation and abuse in all of its ugly forms by the hands of her lover for three years. At one point she had become pregnant, but due to physical abuse, the baby was lost.

Sally said there was a long list of violent incidents involving her ex and on three separate occasions, other people made complaints to the RCMP. When contacted by the RCMP, Sally made a statement, but then later recanted those statements due to her ex's pleas and her hope that the situation would improve.

With the support of her Thrive Outreach Mentor and a co-worker's boyfriend Sally made a statement to the RCMP. Sally's ex was picked up by the RCMP, subsequently charged and sentenced.

Sally continues to recover from the extreme trauma she experienced, including severe anxiety. With the support of her Mentor, Sally is accessing the resources to work towards a better, abuse-free life. Sally said she hopes that by sharing her story, more victims will leave their abusive relationship and get the help they need.

Lawson, H. (2017, March 14). A survivor's tale. *Athabasca Advocate*

Community Action for Healthy Relationships (CAHR) Network

123 Events

WERE HOSTED, PLANNED,
OR PARTICIPATED IN BY
THRIVE MENTORS REACHING
3282 PEOPLE

18 Events

WERE HOSTED, ATTENDED,
OR PARTICIPATED IN FOR
THE ELDER ABUSE PROJECT
REACHING 286 PEOPLE

5 Creating Change
Programs

WERE DELIVERED TO 28 MEN
& 24 WOMEN, REACHING 52
PARTICIPANTS

Creating Change for Healthy Relationships

Completion rates of the Creating Change Program since March 2012:

- 70% for men
- 66 % for women

Five programs were held last year in the communities of Westlock, Athabasca and Barrhead; three for men and two for women.

Participants are asked to voluntarily complete a pre and post program survey. Results from these surveys show participants increased their knowledge from 50% to 95% in healthy ways to manage conflict. Results also indicate it is very important that participants know their children are safe and that their partner is being supported by social and community agencies to stay safe.



Taking Action Against Elder Abuse

A Community Advisory Group (CAG) was established in each Athabasca, Barrhead, and Westlock. Representatives concerned with elder abuse were strategically sought to provide insight, expertise, and a community voice for seniors/older adults.

Members include representatives from:

- Seniors Organizations
- Housing, Health, Primary Care Network
- RCMP & Victim Services
- Thrive Family Violence Programs Ministerial Associations
- Family & Community Support Services
- Athabasca Native Friendship Centre
- County Council

These groups meet to review Coordinated Community Response (CCR) models from other areas, determine what is workable, and will propose a CCR for each of the CAHR communities involved. This planning process is being completed with leadership from our Elder Abuse Project Coordinator and support from the CAHR Network Manager and Leadership Team. Already from these meetings, a common definition of elder abuse was developed:

.....

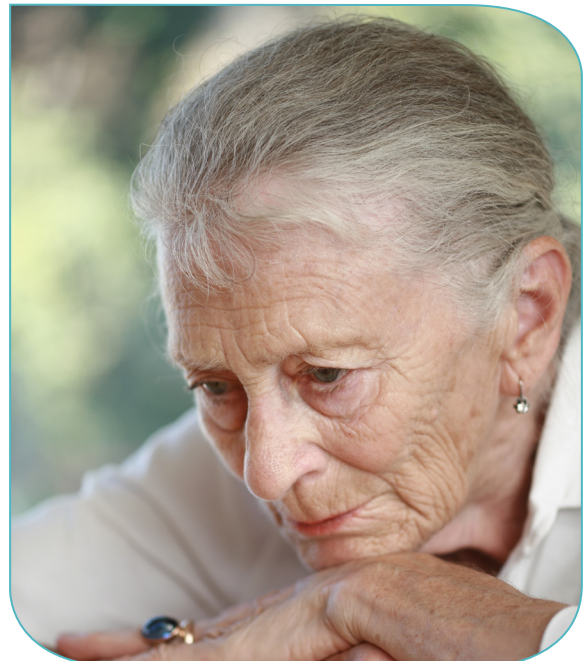
Elder abuse is any action or inaction that jeopardizes the health and/or well-being of any older adult.

.....

Types of abuse include: physical, financial, neglect, emotional, sexual, spiritual, and medication. Abuse involves the senior's experience of betrayal or breach of trust within an intimate, trusted relationship.

Training was offered to the members of the groups on aspects of a CCR using the "Taking Action Against Elder Abuse – Service Provider Training". A total of sixty people participated and indicated a very positive learning experience. Work progresses with the development of a CCR for each community and it appears more discussions are happening among service providers about elder abuse as a result of this innovative work.

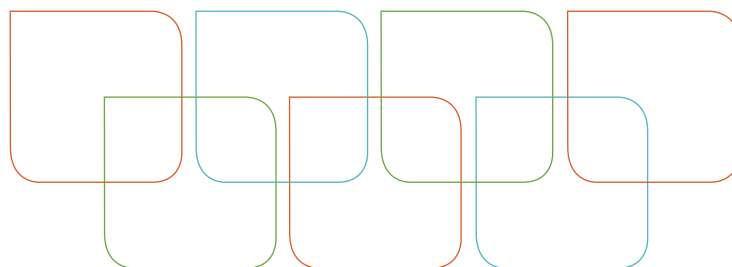
CAHR's shared vision is to have our rural communities free of relationship abuse. We continue to work in collaborative partnerships to address family violence, relationship and elder abuse. Thank you to our clients, partners, community agencies, local media, CAHR staff and Leadership Team, the Healthy Families Healthy Futures Board of Directors, and our funders, donors, and volunteers who help us to realize this vision!



Financial Summary (April 1, 2016 - March 31, 2017)

INCOME	2016-2017	2015-2016
Alberta Human Services	\$1,304,405	\$1,090,850
AB Family & Community Safety Program	\$244,057	\$114,244
NWC FASD Network	\$198,480	\$220,493
Public Health Agency of Canada	\$94,722	\$94,722
Donations & Fundraising	\$57,119	\$72,354
Alberta Seniors & Housing	\$53,333	\$13,333
Alberta Health Services	\$34,300	\$33,247
Interest, Memberships & Other Grants	\$28,271	\$42,785
Subtotal	\$2,014,687	\$1,682,028
EXPENDITURES		
Staffing	\$1,080,431	\$978,191
Client Services	\$211,830	\$221,458
Administration	\$49,736	\$38,446
Facility Costs	\$46,336	\$47,860
Fundraising Costs	\$2,666	
Subcontracts	\$588,516	\$381,395
Subtotal	\$1,979,515	\$1,667,350
<hr/>		
Surplus	\$35,173	\$14,678

A copy of the audited financial report is available on our website at www.hfalberta.com





"Tell me and I forget. Teach me and I
remember. Involve me and I learn."
~ Benjamin Franklin



Funders & Donors

Funders

Alberta Human Services
 Alberta Health Services, Mental Health & Addiction
 Alberta Family & Community Safety Program
 Alberta Seniors & Housing
 Edmonton & Area Children's Services
 North Central Children's Services
 Northwest Central FASD Network
 Public Health Agency of Canada
 Status of Women Canada

In-Kind Partners

Alberta Community Health Services
 Alberta Health Services
 Blankets for Babes Program
 LG Safety Services
 Mead Johnson Nutrition
 Pembina Valley Quilters
 Primary Care Network
 Quilting From the Heart
 St. Mary School
 Town of Westlock, Spirit Centre
 Westlock Library
 Windsor Plywood

Community Partners & Friends

\$1,000-\$9,999

Atco Electric, Ruth Laseur
 Athabasca PRAAC
 Rainbow Pastoral Charge
 Rural Kids Matter
 Telus
 Town of Athabasca
 Town of Westlock
 Westlock County

\$500-\$999

1239826 Alberta Ltd., Dwight Chernish
 901391 Alberta Ltd., Brian Rabin
 Badger Oilfield Consulting Ltd., Harmony Lamoureux
 Bursha Realty Ltd., Shahira Bury
 Christmas in the Pines, Wanda Semashkewich
 Morrison Hershfield Ltd.
 Servus Credit Union Ltd.
 Summer Village of Island Lake
 Westlock Rotary Club

\$100-\$499

1277673 Alberta Ltd., Pam Ergang
 Anderson's Liquor and Cold Beer

ASAP Electrical & Maintenance Ltd.
 ASAP Electrical & Maintenance Ltd.
 Aspen Housing Corporation
 Athabasca Advocate, Div. of Great West Newspapers
 Athabasca Community Chapel
 Athabasca Native Friendship Centre
 Athabasca United Church
 AUPE Local 49
 Canadian Tire Associate Store
 Caribou Ridge Consulting Ltd., Tamara Yurchak
 Caribou Ridge Consulting Ltd., Trevor Yurchak
 Each One Teach One Literacy Society
 Elfstedt, Michael
 Elle's Closet Boutique and Beauty
 El-Masri, Georges
 Flatbush Nursery School
 Gartz, Erin
 Good, James
 Grassland Trailer Sales & Rentals Ltd.
 Haggerty, Yvette and John
 Hindy, Brad
 Jackson, Bruce
 Jackson, Shelley
 Kanuga, Betty
 Kirby, Gavin
 Krawec, Adrian
 Landucation Valuation & Advisory Service
 Lincoln County Oilfield Services
 Little Fish Consulting, Mark Spafford
 Marsh, Dustan
 Maureen Harvey Studio
 McKinnon, Derek
 O'Brien, Cliff
 Onoway Bigway Foods
 Pembina Hills Public Schools
 Piquette, Colin
 R-Dellco Holdings Ltd., RaDell Bennett-Chrusch
 Sun Life Financial, Gerry Kiselyk
 Taking Care Counselling
 Telus Marketing Strategy & Execution, Dallas Bowler
 Trappers Pub/Grand Union Hotel
 Waschuk, Lorrill
 West, Ian and Linda
 Westlock FCSS
 Woloncewich, Waylon
 Zatorski, Janet

Quilt Donations

Healthy Families Healthy Futures has been the fortunate recipient of beautiful, hand-made quilts from several groups in the Barrhead area this year.

Blankets for Babes has donated over **250 quilts** for our clients' children across all our programs.

Pembina Valley Quilters donated **25 layettes** for new born babies in our program that include a quilt, sleepers, and baby care supplies. They have been distributed across all our programs in our service areas.

Quilting from the Heart donated a quilt for each family member that is part of the Home Visitation program in Barrhead and Westlock.

These wonderful groups have donated their time, hands, and love to us for many years and our clients and staff appreciate them so much!



Blankets for Babes



Pembina Valley Quilters



Quilting from the Heart

"Thank you so very much for the blanket. Our little family greatly appreciates the time and effort that goes into each precious blanky!! Xoxo"

"Thank you so much they are beautiful and they will be very well loved"

"You're amazing people thank you for thinking of others enough for this amazing gift"

... PRAAC Partnership

The Athabasca Prevention of Relationship Abuse Community Action Committee (PRAAC) has worked in partnership with Healthy Families Healthy Futures in Athabasca since 2009. Together with the CAHR Leadership Team, the members of PRAAC have successfully organized and implemented many successful fundraising and awareness events, that have helped bring the issues with family violence, and the voices of the victims from family violence to the forefront in the small community of Athabasca.

Over the years PRAAC has been extremely generous in donating funds to the Thrive Outreach Program, helping our Mentor to provide supportive outreach services within the Athabasca community.

Thank you to this wonderfully dedicated group of individuals for all they do. It is a great honor to partner with this amazing organization.



The Vagina Monologues
Photo by Mathew Allen, Athabasca Advocate

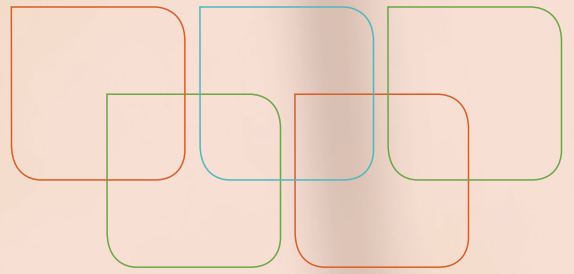


Alberta Chamber of Commerce Marketer of the Year awarded to Athabasca and Area Prevention of Relationship Abuse Action Committee (PRAAC)



"It is not flesh and blood, but the heart
which makes us fathers and sons. "
~ Johann Friedrich von Schiller





Main Office

#203, 10011 106 St., Westlock, AB T7P 2K3

Phone 780-307-2444 | Fax 780-307-2447 | Toll-Free 866-859-8109

Email: main.office@hfalberta.com

Athabasca Office

Lower Floor, 4705 49 Ave., Athabasca, AB T9S 1B7



Registered Canadian Society #86493 6125 RR0001

⋮ hfalberta.com