



SPRING 2019

OUR YOUTH OUR FUTURE

THROUGH YOUR SUPPORT OF THE YOUTH SERVICES BUREAU, YOU MADE THIS POSSIBLE LAST YEAR:

1,381

youth received services from our Mental Health Mobile Crisis Team

400

once-homeless youth were housed

354

youth completed pre-employment training preparing them for their first job

948

youth accessed our Youth Mental Health Walk-In Clinic

Thank you

for changing young lives in 2018.

CONTACT US:

 613-729-1000

 FOUNDATION@YSB.CA

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**youth
SERVICES
JEUNESSE**

Ottawa youth doing their part for their peers

Comprised of 18 enthusiastic and community-minded students, the YSB Foundation's Youth Cabinet members are committed to creating change on issues that face young people today. These Youth Cabinet members, representing high schools throughout Ottawa, come together each month to take action in support of bettering the lives of other local youth. Their work centres on raising funds and awareness for YSB's programs and services that change the lives of at-risk youth.

Over the past six years, Youth Cabinet members have focused their efforts on supporting solutions to youth homelessness and youth mental wellness, and have raised more than \$100,000 for YSB's annual SleepOUT for Youth event alone.



Through their efforts, the Youth Cabinet members have reached out to their peers and engaged additional young people in being a voice for vulnerable youth who tend not to have the same opportunities they enjoy.

On behalf of YSB, we extend our deepest thanks and good wishes to this year's graduating Youth Cabinet members – some of whom helped launch the group – for their passionate work in creating change for young people in Ottawa.

YSB TEAM MEMBER SPOTLIGHT:

**Johnny
McKnight**
Youth and Family
Counsellor, Mental
Health Services



How can a young person reach you?

Any time of day, at any time during the week, a person can call our 24/7 Crisis Line or access our online 24/7 Crisis Chat service. If a situation requires support beyond that contact, our Mobile Crisis Team can go to the family's home and work together with the family. If needed, the Mobile Crisis Team can then recommend an appointment where the family can access any of the other services we offer.

What is a common theme facing youth when it comes to mental health challenges?

Young people coming through our Walk-In Clinic might be struggling with school, managing peer relationships, and anxiety. Other times it might be youth trying to deal with relationships breaking down between family members, and they are having trouble seeing eye to eye. There's also the

social media and gaming theme, where youth are on their electronics quite often and it starts to get in the way of other priorities.

What is special about the work that you get to do?

People allow us into their lives at moments when they are feeling their most vulnerable, and they trust us to support them and work with them. It's very special to be helping them at that critical point in their lives.

How can community members help break the stigma attributed to mental health?

When a young person identifies for the first time that they're having a difficult time with their mental health, we should ensure they feel heard, understood, and guided. It's also important to have a good understanding of the services that are available to young people should they need help. It's really about encouraging people to be open to getting help if they feel they need it.

“Right from the start I appreciated YSB being there. I was thankful there were adults who could offer real emotional support to me. I could tell that they really did care for me and wanted me to do well and take care of myself, and that made me believe it too.”
– Lindsay, former youth client

What's *your* family's legacy?

There has never been a more urgent need for supportive, affordable, and accessible housing for homeless youth in Ottawa.

With the support of our community and our partners – and to add to the housing programs we currently offer – YSB is building a new Youth Housing Hub that will open this fall at 2887 Riverside Drive. It will be a supportive living environment for previously homeless youth from across our city. These youth will benefit not only from safe housing but also have access to vital onsite support services, including education and employment support, mental health counselling, a primary health and dental clinic, and more – ensuring they are able to break the cycle of homelessness for good.

We believe one of the most powerful messages we can send to the many youth who will be off the streets and safely housed here is that we care about them. We'd be honoured to have your family, group of friends, workplace, religious group or community group join us in supporting this life-changing project by becoming a Founding Family. **By funding a room for a youth, you'll leave a legacy that will support once-homeless young people for years to come.**

To learn more about how your family can be part of our Founding Families Program, contact Patti Murphy at pmurphy@ysb.ca or 613-729-0577 ext. 1262, or visit foundingfamilies.ca.

CORPORATE PARTNER SPOTLIGHT:

The Home Depot & Home Depot Canada Foundation

Since 2011, the Home Depot Canada Foundation and local Home Depot stores have shown their commitment to ending and preventing youth homelessness in Ottawa through their investment in YSB housing programs.

Here's some of the incredible contributions and achievements our partner has made over the years:

- Total investment of over \$823,000 to assist us in renovations and program support for homeless and high-risk youth
- Employment counsellor positions made fully available to high-risk youth at our youth drop-in centre and two youth shelters
- Local store teams have painted hallways, built sheds, revitalized outdoor spaces, delivered Holiday gifts and more to our two youth shelters
- Investing in our new Youth Housing Hub opening this fall



When you support the Home Depot, you contribute to their efforts to strengthen our community through ending youth homelessness. Thank you, Home Depot, for caring so deeply for young people in Ottawa!



We're looking for volunteers!

YSB is a proud partner in this year's Big Rig Brewery presents HOPE Volleyball SummerFest 2019. We're looking for volunteers to join us! If you'd like to join us at the beach on July 13, contact Desiree Rapoch at drapoch@ysb.ca or 613-729-0577 ext. 1245.

You're Invited:

Join a free Estate Planning Info Session, hosted by YSB and other local charities.

Date: September 26, 10 am – 1 pm
Location: Rideau Perley Veterans Health Centre, 1750 Russell Rd.
Registration: For details or to register to attend, please contact Patti Murphy at pmurphy@ysb.ca



Ways to support youth this season

RUN FOR YSB IN THE TAMARACK OTTAWA RACE WEEKEND ON MAY 25 OR 26.

CONTACT: Desiree Rapoch, Events Coordinator, 613-729-0577 ext. 1245 or drapoch@ysb.ca

DONATE NEEDED ITEMS SUCH AS CLEANING SUPPLIES, BACKPACKS, TOWELS OR GIFT CARDS. CONTACT:

Savanna Schiavo, Fundraising Coordinator, 613-729-0577 ext. 1260 or sschiavo@ysb.ca for more info.

SPONSOR YOUR OWN SHELTER ROOM WITH YOUR COLLEAGUES, FAMILY, SCHOOL OR COMMUNITY GROUP.

Learn how by contacting Savanna Schiavo, Fundraising Coordinator, 613-729-0577 ext. 1260 or sschiavo@ysb.ca.

MAKE A DONATION TO YSB AND SUPPORT LIFE-CHANGING YOUTH PROGRAMS RIGHT NOW. CALL: 613-729-0577 or VISIT ysb.ca.

HOST A THIRD-PARTY EVENT AND FUNDRAISE IN SUPPORT OF YSB.

To explore event ideas, contact Desiree Rapoch, Events Coordinator, 613-729-0577 ext. 1245 or drapoch@ysb.ca for more info.

LEAVE A LEGACY FOR YOUTH BY MAKING A PLANNED GIFT TO YSB IN YOUR WILL.

CONTACT: Patti Murphy, Executive Director, YSB Foundation, 613-729-0577 ext. 1262 or pmurphy@ysb.ca for more information.

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