

# 2021-22 Commitment & Courage



Child and Family Services  
of Western Manitoba

# A MESSAGE FROM US

It has been another year of change and uncertainty. As well as a year of courage and reflection. The challenges faced of late continue to remind us to focus on what is most important – family, community, safety and caring.

The Covid-19 pandemic, residential school sites, the turmoil and trauma of racism and war, have all had a profound impact on coping, mental health and well-being. These issues can feel amplified for those already dealing with their own traumas and family struggles.

This past year our Agency continued to deliver services as safely as possible during a very difficult stretch of time. This is in large part due to the commitment and determination of our staff as well as the Agency's long history of providing needed services and programs. Working to improve parents' abilities to meet the needs of their children and intervene early to help overcome struggles that impede this, continues to be our overarching goal.

There are important things happening that have impacted and will influence the child and family services system.

January 2022 marked the enactment of the **Honouring our Children, Families and Nation Act**, federal legislation which sees **Peguis Child and Family Services** supporting their own community members regardless of where they are living. This legislation stems from **An Act Respecting First Nations, Inuit and Métis Children, Youth and Families**, enacted in January 2020. This is historic legislation to break cycles of trauma from policies and practices that resulted in disconnection from family, culture and community. To date, 17 Manitoba Indigenous communities have requested coordination service agreements with the provincial and federal governments.

The General Authority launched its **Supported Guardianship Policy**. This is an important step in creating permanence for children. Research is telling us that children have the best outcomes when they grow up with or minimally, remain connected to their first families. Extended family or those who a child would consider as family, can be supported to make a lifelong commitment to a child in their care. On-going implementation of the philosophies and practices of the **Family Finding Model** will help find important connections for children, heal these connections where required, and keep children on a trajectory of improved life outcomes.

We are pleased to share our 2021-2022 annual report with you and thank-you for your interest in and support of the work of the Agency.



**Joe Ball**  
President, Board of Directors



**Arlene Stewart**  
Chief Executive Officer

# PILLARS OF REFORM

The Child and Family Services system continues on a path of reform. Community based prevention services are designed to provide families facing challenges that if left unaddressed, could result in children being in need of protective services. Prevention of child maltreatment by partnering with families, their networks and community is inherent through our continuum of services.

Early intervention services identify needs and help families build on existing strengths to improve their ability to keep their children safe.

We want to strengthen families so that they can be the first protectors of their children. We want to work with the community to achieve this goal. If children need to come into care, we will support them to remain connected to their families and communities.

We will work to help improve the overall outcomes for children, youth, families and communities.

## ENHANCED PREVENTION

- Building strong relationships with community partners is key to creating positive outcomes for families
- Applying a prevention focus throughout all service areas
- Investing in early childhood education and development

## EARLY INTERVENTION

- Improving parental capacity and preserving families
- Connecting families with their supports and needed resources

## LIFELONG CONNECTIONS

- Decreasing the number of children in care and the length of time spent in care
- Increasing the number of children living with lifelong caregivers
- Healing family traumas and relationships

## IMPROVED OUTCOMES

- Supporting networks to keep children safely at home
- Maintaining children with family, culture and community connections
- Planning for youth transitioning to adulthood

# ELSPETH REID FAMILY RESOURCE CENTRE

**2,994**

Parenting group attendance

**431**

Families

**151**

New families

We know strengthening the safety net for children happens when we work with the whole community. In the various partnership programs we are able to identify gaps in service, do early detection of children in need of additional supports and create new and innovative approaches.

## PARTNERING WITH COMMUNITY

- Supporting and Honouring Indigenous Families Together (SHIFT)
- Brandon Healthy Families Team
- Community Wellness Collaborative
- Harm Reduction Network
- Suicide Prevention & Intervention Network (SPIN)
- Westaway Bay Family Resource Centre
- Wijiwan ('helping others') Emergency Response Network

**62**

Families attended summer programs

The summer activity program provides structured and fun activities for parents to participate in with their children. This fun-filled program helps to strengthen family bonds and provide new experiences for children.

New and Innovative Approaches at our Family Resource Centre:



Traditional Indigenous Parenting



Virtual Programming



Rural Prevention Programs



PREDICTABILITY

LITERACY



STABILITY



STIMULATION



NOURISHMENT



TRANSPORTATION

# EARLY CHILDHOOD EDUCATION PROGRAMS

PRESCHOOL ENRICHMENT PROGRAM

VICTORIA DAYCARE CENTRE

ELSPETH REID FAMILY RESOURCE CENTRE

**48\***

Attended Preschool  
Enrichment Program

\*2 groups of 24

**2**

Cohorts attended  
Victoria Daycare  
Centre

**1719**

Visits for respite or parent program  
childcare at the Family Resource  
Centre

Children's earliest experiences matter deeply. A positive experience of nurturing and acceptance is foundational to improving outcomes for vulnerable children and families. Our early learning childcare resources provide a safe and caring environment where families are respected for their uniqueness and as the experts in their child's life.

Staff with energy and skills enrich the lives and learning of each child by responding to their individual needs. They provide care to children and support to parents. Early childhood care and education provides experiences and social interactions that are vital to a child's development.

Our early learning programs strive to help families overcome barriers by providing transportation, healthy nourishment and parenting education.

# DESIGNATED INTAKE SERVICES

**2,092**

Intakes responded to this past year

As the **Designated Intake Agency** we provide Intake Services to the agencies in our region within the four Child and Family Services Authorities: First Nations of Northern Manitoba, Southern First Nations Network of Care, Métis Child and Family Services Authority, and the General Child and Family Services Authority.



**822**

Concluded at Intake with services completed



**434**

Transferred for ongoing services



**78**

Referred to other Community Resources



## OUR AGENCY'S FN/CIS RESULTS

In a three month period:

**276**

Investigations reviewed

**31%**

Transferred for ongoing services

**2.2%**

Required out of home placements

## CANADIAN INCIDENCE STUDY

The public report of the National First Nations/Canadian Incidence Study 2019 of Reported Child Abuse and Neglect (FN/CIS) was released in October 2021. The 2019 study was the fourth National CIS and the third in which we participated.

## OUR AGENCY'S FN/CIS RESULTS



## TYPES OF MALTREATMENT

- Exposure to intimate partner violence
- Neglect
- Physical Abuse
- Sexual Abuse
- Emotional Maltreatment



## PRIMARY CAREGIVER RISK FACTORS

- Victim of intimate partner violence
- Few Supports
- Mental Health Issues
- Substance Abuse

When families are referred for services, their needs, their strengths as well as any safety concerns are assessed. A screening guide helps to determine if child and family services are required, or are the best-suited service for the issues identified. If concerns for child safety are present, safety plans are developed with the family. We look for safety networks to keep children in their own homes where possible.

We ask the questions:

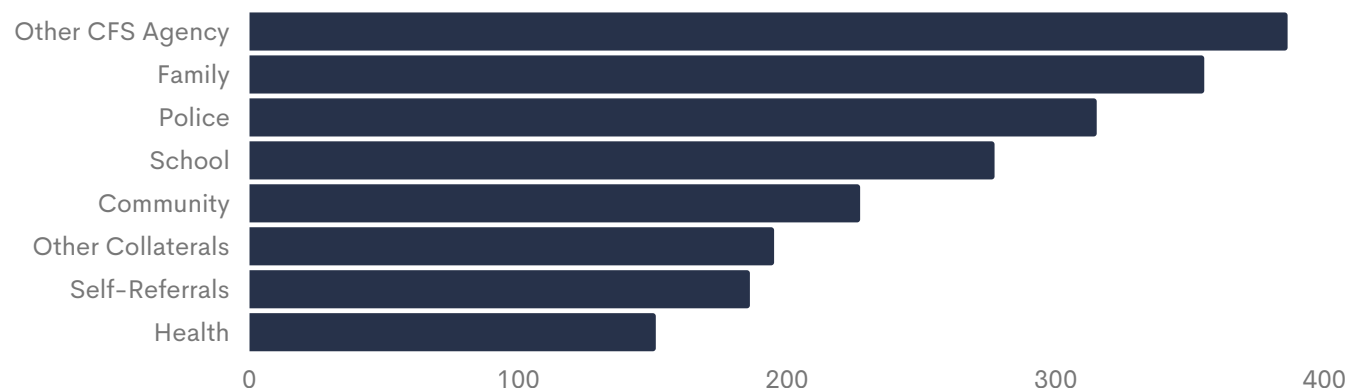
What are the worries?

What is already working well?

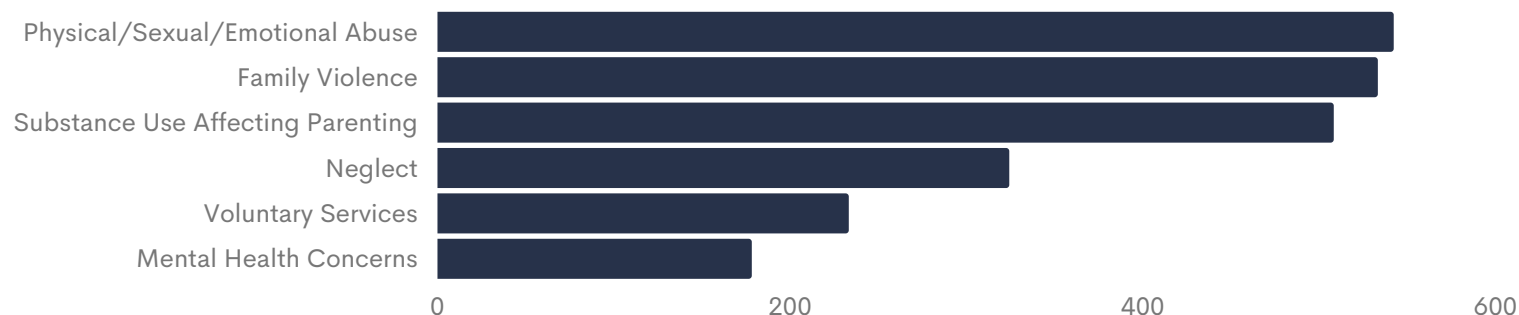
What needs to happen to make children safe?

Who can help?

## Intake Referral Sources



## Issues Present at Intake



# VOLUNTARY FAMILY SERVICES

**91%**

Of the children we work with are living at home with their families

Partnering with families and their support people has kept children safe at home. In some situations, intensive early intervention can help support families to address problems before they develop into worries for children's safety and well-being.

## Voluntary Family Services Cases

**204**

2020-21



**187**

2021-22

**317** Children are receiving voluntary services designed to build and strengthen support networks and to prevent maltreatment

## Expectant Parent Services

Voluntary services are offered to expectant parents, particularly those identified as high risk. This prevention focused service aims to provide early intervention to give parents the best chance to parent or plan for baby. Support network meetings that identify risk factors and engage personal and professional supports in planning, can dramatically improve outcomes for baby and parents.

## Sun Fund

This summer camp program provides opportunities for positive experiences for children and youth. With pandemic restrictions, only day camps were available in 2021.

**54**

Children attended camps this year

**80%**

Of those referred agreed to ongoing services

**90%**

Saw their networks strengthened

**90%**

Parenting their babies

**30%**

Parenting with a safety plan and network

**60%**

No safety issues identified by time of delivery

# IN-HOME SUPPORT

In-Home support services help parents address issues that impact their parenting. In-Home support staff teach, model, listen and support.

## IMPACTS

- In-home support was crucial to a family whose grieving and trauma exposed mother, overcame her struggles in mental health to care for her three children.
- A father was helped to learn needed parenting skills to enable him to begin parenting his children who could no longer live with their mother.
- A mother was supported in surviving domestic violence and overcoming an addiction to methamphetamine in order to safely parent her children on her own.

### Families served



### Total children served



## Family Engagement Meetings

Since 2016 we have been using family engagement network meetings to create support and safety around children. Families identify supports, children identify safety people, and team plans are made to address safety concerns, and improve family functioning. This facilitated process provides clarity in identifying needs as well as strengths and the expectations for those involved. When used at different decision points, network meetings can help prevent children coming into care, develop swift reunification plans, or develop transition plans for youth in care reaching adulthood.



### IN-HOME SUPPORT

**78** families averted a child coming into Agency care.

**23** dads were served through this program



**192**

Meetings held

**94**

Families helped

**178**

Children served

**77%**

Of participants felt communication was improved across the network

**77%**

Of participants felt the well-being or safety of children was improved

**92%**

Of participants felt the expectations were clear

**86%**

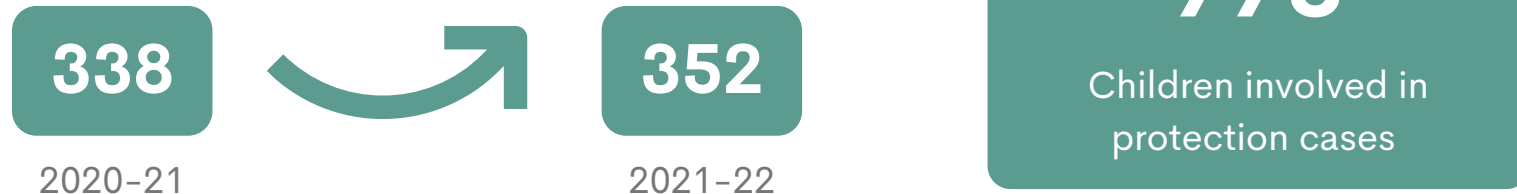
Of participants felt everybody involved was able to contribute to planning



# PROTECTION FAMILY SERVICES

**"Every child deserves a safe, stable and permanent family, and all families deserve the opportunities and supports to raise their children safely and successfully in their own homes, community and culture" - William C. Bell**

## Protection Family Services Cases



If children are removed from their homes and relational connections, they are significantly more likely to have poorer life outcomes. If issues are not addressed then the cycle perpetuates. We want to strengthen families so that they can be the first protectors of their children. Plans made with families are fluid and require continual assessment of the issues impacting child safety and family well-being. Plans need to look at risk and protective factors and have clearly defined expectations to address safety issues. We are clear with our "bottom line" for safety and flexible in how to get there.

## CARING DADS™

The Caring Dads™ program and the Safe and Together™ model for working with domestic violence serves to hold perpetrators of violence accountable for their parenting choices, while supporting survivors to parent and protect their children. Evaluation of the program has shown that when fathers participate in Caring Dads, families are significantly less likely to have repeat involvement with CFS.

**75%**

Saw increased contact with their child

**67%**

Showed improved understanding of child's needs

**62%**

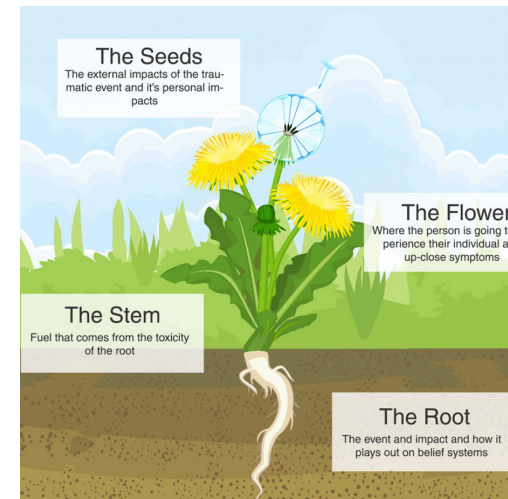
Showed increased ownership of actions

**80%**

Developed increased understanding of child development

# CHILDREN'S THERAPY PROGRAM

The goal of the Children's Therapy Program is to reduce the impacts of abuse and trauma, promote healing and attachment, and assist in successfully reunifying children separated from their families.



How the Intergenerational Trauma Treatment Model (ITTM) works.

## Intergenerational Trauma Treatment Model (ITTM)

ITTM treats the unresolved trauma history of parents to help them understand and meet the emotional and mental needs of their children. The model has three phases; the first involves the caregiver, and then the child and the caregiver.

**2**

Groups of Phase A completed

**100%**

Of participants had an improved understanding of the impact of stress on their children

**10**

Participants are completing Phase B

# SERVICES TO CHILDREN

Children removed from their parents experience loss and trauma. Children who grow up in care without lifelong family relationships are at higher risk of poorer life outcomes. Intensive efforts are made to preserve families. When child safety requires out of home care, efforts turn to reunification planning.

## Of the children who exited Agency care:



## Permanent Wards



Most of our permanent wards are older youth. We have accelerated our efforts to regain family connections previously disrupted or lost.



The total volume of Days Care decreased by **11%** from last year



Total number of children in care decreased by **14%**



Of the children in Agency care, **74%** experienced a Kinship placement

# SERVICES TO CHILDREN

## FAMILY FINDING

The Family Finding model seeks to identify and support family connections for children and youth. This model has helped to accelerate our efforts in securing needed connections for children in care. It is now used intentionally at our first contact with families as well, to identify relational supports. Families naturally have their own knowledge keepers and story tellers. We are working on training Family Finding coaches and prioritizing permanent wards.

**"Connectedness counterbalances adversity.**

**The best evidence we have for protecting the lifelong health and well-being of children is their family." – Dr. Bruce Perry**

## SUPPORTED GUARDIANSHIP

Health outcomes are improved when children grow up with family. Under the General Authority Supported Guardianship Policy, legal and relational permanence can be provided for children who are living with family or those they consider as family.



### FAMILY FINDING

The Family Finding model was used for a youth who had been in care their entire life, with little knowledge of, or contact with their biological family. This youth was reconnected with their mother and discovered 11 half siblings as well as numerous extended family members. Many of these will stay connected as this youth leaves the child and family services system.

## OUR AGENCY IPS 2021 NUMBERS



19

Kids



4

Engaged in Family  
Finding

# INTENSIVE PERMANENCY SERVICES

We are in our fifth year of offering intensive permanency services to youth in care. This youth driven model focuses on family healing and family finding at the youth's pace and within their own healing journey.

## CONNECTING WITH FAMILY

A youth who had been a permanent ward for many years was excited to be a part of IPS. Their goal was to connect with extended family and hopefully leave agency care to live with biological family. After a year with the IPS program, this youth moved to their grandfather's home who then obtained legal guardianship. They are now reconnected with their mother who did her own healing work and is working towards the return of other children to her care.

## CONNECTING WITH CULTURE

An Indigenous youth became a permanent ward at a young age. The first goal this youth identified was finding their father's side of the family. The IPS worker reached out to the father who long awaited the opportunity to have a relationship with his child. While he struggles with an addiction, he has still been a wonderful support to his child.

The youth's resource family is incredibly supportive of the connection to biological family and are assisting in reconnection with culture. The youth's father shared the importance of the 7 teachings. The paternal grandmother is now involved and two biological sisters have been located.

This youth continues to explore their culture and family without unnecessary boundaries, allowing for a deeper understanding of who they are and where they came from.



# RESOURCE HOMES

## RESOURCE HOMES & KIN HOMES

Family or Kin homes are the placement priority for children who require out of home care. Preserving family, community and cultural connections supports a child's well-being and sense of who they are and where they come from. Our Resource and Kin homes provide safety and stability for children. They have a fundamental role in ensuring children in care have supportive relationships they can count on.

Resource homes have joined in our deepening understanding of the effects of childhood trauma and how to be responsive to the healing needs of children and their families. This year we offered Kin home orientation and training specific to the unique needs of family placements. We also provided trauma training for resource homes looking specifically at what is this child's behaviour trying to tell us?

## GROUP HOMES

Children and youth in care can have needs and behaviours that are best supported and stabilized in a staffed environment. Group care staff participated in a research and training project with the University of Regina and our Children's Therapy Program. This focused on attachment, self-regulation, competency and resilience.

Twenty-five staff participated in training and follow up support sessions focused on understanding trauma and improving personal and professional resilience in helping youth deal with their own trauma. The results of this project are being presented nationally at the Symposium on Child and Youth Trauma and internationally at several Society for the Prevention of Child Abuse and Neglect conferences.

# 28

Different youth utilized group care spaces along with therapeutic support from the Children's Therapy Program



The goals of research project completed by group care staff to improve trauma informed care

- Provide enhanced training and support
- Create enhanced knowledge and resilience
- Improve care of children and youth

# AGREEMENTS WITH YOUNG ADULTS

Many youth turning 18 need supports beyond this legal age. This can be especially true for youth exiting the care of Child and Family Services. Agreements with Young Adults (AYA) offer transitional, emotional and financial supports to young adults working towards independence. Temporary modifications to existing provincial policies provided for continuing supports during the pandemic, that wouldn't otherwise be available to youth aging out of care.

Our Agency's work with young adults focuses on securing social supports, providing skills for independent living and employment or education readiness.

"Every youth and young adult is unique and so are their challenges, strengths and connections. As such we must meet them where they are at and without judgement. It is our belief that these efforts ensure that youth are given every possible opportunity to succeed"

- Permanency Worker

## Total Number of Agreements

28

2020-21



24

2021-22

## Annual AYA Outcomes

82%

Have access to safe and reliable housing

81%

Are in programs and training

69%

Have a reliable source of income

42%

Are pursuing post-secondary education

76%

Have numerous permanent connections

# YOUTH WORKS PROGRAM

Children's Aid Foundation of Canada

## Our Youth Works Outcomes



The Children's Aid Foundation Youth Works Program is for youth in or from care between the ages of 16 and 29 that provides pre-employment skills, helps to reduce barriers to employability and improves the likelihood of successful independence. Young adults exiting care and those without on-going supports can be more likely to exit into poverty and homelessness. The Agency is in the fifth year of delivering the Youth Works program to youth from CFS agencies in our area.

The Children's Aid Foundation **Home Base** fund provides emergency supports to establish or maintain safe and stable housing. We have used this grant fund to provide assistance to 11 youth transitioning out of care.

### Quotes from Youth Works Participants

"I never thought while being in care I would be able to use any training or certificate because I moved from place to place. I now have a license!"

"It was awesome to have this program help me find employment as I had been struggling for months. 3 weeks and I got a job instantly!"

# STATEMENT OF OPERATIONS

For the Year End, March 31, 2022 | Unaudited, Prepared by Mark Gillis, Comptroller

## REVENUE

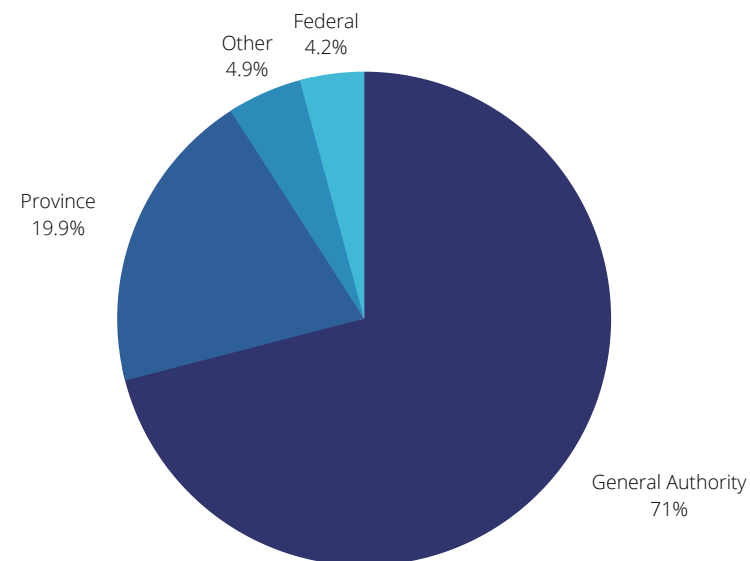
General Authority	9,693,576
Province of Manitoba	2,723,464
Government of Canada	574,068
Other	668,153
<b>Total</b>	<b>13,659,261</b>

## EXPENSE

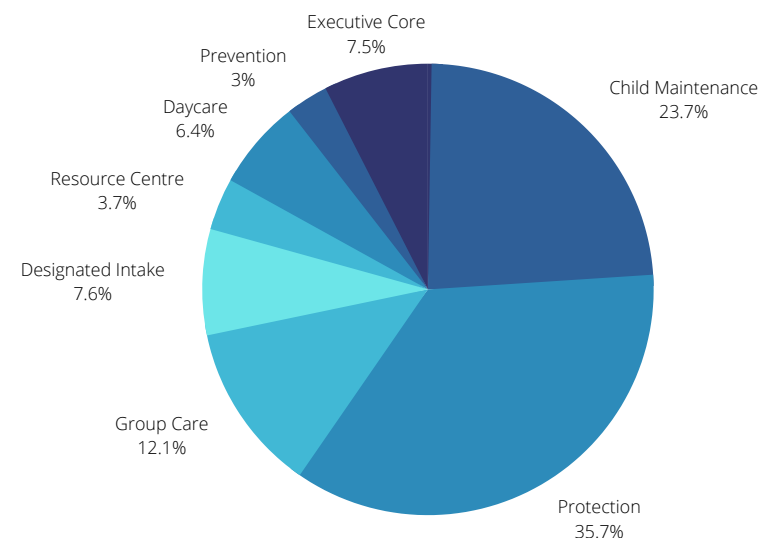
YouthWorks	34,623
Child Maintenance	3,165,992
Protection	4,763,125
Group Care	1,618,342
Designated Intake	1,013,188
Resource Centre	497,897
Daycare	860,848
Prevention	402,465
Executive Core	1,002,253
<b>Total</b>	<b>13,358,733</b>

<b>Surplus/(Deficit)</b>	<b>300,528</b>
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## 2021-22 Funding



## 2021-22 Expenses by Program



# CARING COMMUNITY

## OUR SUPPORTERS

Our community supporters are the reason why we can help so many children and their families throughout the year.

### ROAD REBELS CONTINUED SUPPORT



For the past 10 years, The Road Rebels Car Club has been a proud supporter of our Elspeth Reid Family Resource Centre and an advocate for us out in the community. This year, their donation is supporting families that attend the Family Resource Centre with program supplies and transportation costs.

### TEAMING UP WITH CANADIAN TIRE



Through generous giving from individuals, Canadian Tire and staff, we were able to support over 350 children and youth with gifts this past holiday season. Canadian Tire hosted our CFS Holiday Gift Tag Tree over the holiday season and we received overwhelming support from the community.

### ROTARY SUPPORTS THERAPY ROOM

The Rotary Club of Brandon supported CFS with a donation to help update our Child Therapy Room with new trauma-informed and accessible toys and furniture.

### TUNDRA OIL & GAS SUPPORTS KIDS CAMP

Tundra Oil & Gas presented CFS with an \$8000 donation in support of The Sun Fund for Kids. It exists to send Westman children to summer camps around the region who come from situations that otherwise would prevent their participation.

Thank You to all of our wonderful supporters







800 McTavish Avenue,  
Brandon, MB R7A 7L4



204-726-6030 or toll  
free 1-800-483-8980



info@cfswestern.mb.ca



www.cfswestern.mb.ca