



Haldimand-Norfolk

REACH

supporting children, families, communities

www.hnreach.on.ca

REACHING OUT

RESOURCE, EDUCATION AND COUNSELLING HELP

2017

In this issue

- 2 Executive Director's Message
- 3 Executive Director's Message cont'd
- Value Statements About Services
- 36th Annual General Meeting
- Nicole Chirstie, Program Supervisor MCSS
- 4 Mayors and M.P.P.
- Volunteer Award of Merit
- 5 Evert Kuiper Award
- Volunteer Award of Merit
- 6 Volunteer Award of Merit cont'd
- Re:Action4Inclusion
- 7 Shout Sisters
- What is Contact Haldimand-Norfolk?
- New Program Coordinates
- Services for Children and Youth with Complex Needs
- 8 2017 Employee Choice Award
- EarlyON Child and Family Centre
- Belonging at the Art Table
- 9 Developing a Sense of Community
- Another Place to Belong
- 10 Hub's Annual Memorial Ride
- 11 Ontario Autism Program Family Night
- Membership and Donation Form
- 12 Connecting Families Through Home Support
- Youth Advisory Committee
- 13 Child Nutrition Network
- 14 Union House
- 15 Child and Youth Crisis Service
- Learning Coping Strategies Through Therapy
- 16 Staff Directory



Meet our New President Rob Lamothe

At the 36th annual general meeting of H-N REACH a new Board President was chosen. Rob Lamothe replaces Ronelda Smith, who becomes Vice-President. Rob is an active volunteer who joined the H-N REACH Board of Directors in December 2014.

Rob has been a volunteer in the Dunnville community since moving to Dunnville in 1995. As a professional musician, Rob and his wife, Francis, were attracted to the small town environment and a chance to live along the Grand River. Shortly after arriving in Dunnville, Rob realized that while the town had a lot to offer it was not without social problems that are usually associated with larger cities.

Rob began volunteering with a number of agencies in Dunnville which led to his employment with the Salvation Army Emergency Housing Program, a position he held until 2015. It was through this work that Rob was introduced to Leo Massi, Executive Director of H-N REACH and, like many other volunteers whom Leo has recruited, Rob could not resist the opportunity that Leo presented.

Rob continues to play an active role in the Dunnville community where he is involved in the "Dunnville Bridges Initiative." Rob is part of the Bridges Stewardship Group, which offers support and encouragement to a growing number of 'action teams' in Dunnville. The Bridges initiative is based on a model that addresses poverty at the individual, community, structural/policy levels – and calls for people in poverty to be planners and decision makers. Volunteers like Rob help to facilitate groups and assist

people who have never been involved in this type of activity. One of the latest projects of the Bridges group is to look at alternative ways to provide transportation options for people without cars. Rob is also a member of the Dunnville Dental Health Team which recently secured government funding to provide access to Preventative Dental Care for Ontario Works recipients in Haldimand and Norfolk Counties and is working to expand that access to seniors.

As President of H-N REACH, Rob is looking forward to attracting new funding and increasing the profile of H-N REACH in the community. Rob truly believes that through "consistent positive action, we can all play a part in making our communities better."

Inclusion has been a key part of Rob's work and volunteer life. Rob has worked tirelessly to ensure that disenfranchised groups, such as youth, homeless people and people impacted by poverty, have a chance to make their voices heard and gain tools that allow them to change their situation.

When Rob is not busy with his volunteer activities he is a well-known professional musician who has toured extensively in North America and Europe both as part of The Riverdogs and as a solo artist. In recent years, he has written, recorded and toured with his children Josh, Zander and Rose. Rob is recognized for his song writing and has written for a number of other artists. In 2017, for the 12th year he shared this talent as leader of the Song Writing Faculty at the Interprovincial Music Camp, near Parry Sound, Ontario.

Find us on 



United Way
Haldimand and Norfolk
unitedwayhn.on.ca

Executive Director's Message: "Where We Belong"



H-N REACH is a multi-service, multi-sector agency that serves approximately 9,800 children, youth, individuals and families per year. The agency is funded to provide a number of program, information, education, community development and service planning functions. H-N REACH has served as the lead agency for the Regional Student Nutrition Program since 2005. In 2014, H-N REACH was appointed by the Ministry of Children and Youth Services as lead agency for Child and Youth Mental Health assuming primary responsibility for planning and system management for the Haldimand-Norfolk service area. In the past year, the agency was pleased to be appointed the Service Coordination agency for this same service area under the provincial Special Needs Strategy.

Mission Statement

Haldimand-Norfolk REACH promotes and supports social inclusion and community well-being by providing coordinated access, planning, programs and services for individuals and families.

In 2016, the Board of Directors of H-N REACH launched a new strategic plan that identifies five key directions to ensure that we strive for and maintain excellence in the areas of:

- A healthy work environment for employees, volunteers and board
- Innovation
- Service participant engagement
- Targeted growth and development
- Continuous quality improvement based on evidence and evaluation

A guiding principle of the agency's strategic plan is that we "welcome all voices" that support our values and agency mission. H-N REACH is here to support our local children, youth, families and communities. We recognize that this is not something any one agency can do alone and that partnerships are key in the development of effective services. For the 2017 AGM, the Board of Directors selected the theme "Where We Belong" to reinforce the notion that we welcome and join with many voices and many groups who support our mission and vision. The theme also speaks to the importance of promoting a sense of belonging for all. Our mission is one that requires a community effort and a collective approach to ensure we continue to build supportive communities for all area children, youth, individuals and families.

At this year's AGM and through this newsletter, we make a specific point of welcoming and amplifying the voices of the Reaction-4-Inclusion initiative and our Youth Advisory Committee. These two groups of young people are promoting the message that all children and youth belong and are entitled to receive the supports and services they need to achieve their potential and make their own unique contributions to our society. At our AGM, the Youth Advisory Committee presented its new Futures Statement and the Reaction-4-Inclusion youth updated our audience on their award-winning Fusion for Inclusion video. Reaction-4-Inclusion and the Youth Advisory Committee are making a real difference in Haldimand Norfolk counties and H-N REACH is proud to support their work.

For this year's event, we also made a point of recognizing and acknowledging the many local businesses that support our work, operations and our mission through donations, the provision of services or contributions of expertise or resources. Our business supporters are often the silent partners who help provide whatever is necessary to ensure a program or service is meeting a local community need or are helping to fill the gaps between publicly funded services. H-N REACH is fortunate to have developed supportive relationships with many local businesses and we recognize the collective impact these contributions make to lives of local citizens.

A musical performance by the Norfolk Shout Sister Choir at our AGM not only provided entertainment, but musically demonstrated the beauty and effectiveness that comes when we put our voices together for a common purpose.

continued on page 3

Executive Director's Message continued

We are pleased to provide you with this issue of REACHING OUT that contains a variety of articles relating to "Where We Belong" in the counties of Haldimand and Norfolk. We hope that you enjoy this issue and invite you to contact us if you would like any additional information about H-N REACH.

Together, we are making a difference.

Haldimand-Norfolk REACH Value Statements About Services

We respect children, families and communities.

We provide services that support human rights (such as health, safety and freedom from abuse) of children, families and communities.

We support children, youth, adults and families in exercising their rights as citizens.

Our services are flexible and based on individual needs and goals.

We will ensure that children, families and communities are partners in service planning.

Our programs work together to provide coordinated and responsive services.

We will enhance services by working in partnership with other community service providers.

Our services are based on best practices, professional ethics and standards, and ongoing quality improvement.

Leo Massi
Executive Director

H-N REACH 36th Annual General Meeting 2017

Nicole Christie, Program Supervisor MCSS



Nicole Christie, Program Supervisor with the Ministry of Community and Social Services (MCSS) brought greetings from the Ministries of Children and Youth Services and Community and Social Services. Ms. Christie thanked H-N REACH's Board, leadership, staff teams and volunteers for their hard work that has had a significant impact on the Haldimand and Norfolk communities. She also thanked the Board of Directors and volunteers for their time and efforts to support the success of H-N REACH, recognizing that the time spent supporting H-N REACH is time not spent with their families, loved ones or other parts of their lives.

Ms. Christie spoke about the transformation that is happening across many sectors and acknowledged H-N REACH's strong commitment to community planning and collaboration. She stated that "the way in which H-N REACH is successfully managing such a high level of transformation while continuing to provide excellent service to individuals and families is impressive and is recognized by your colleagues within the Ministry." H-N REACH is seen as being a leader in driving forward the transformation agenda.

Mayors and M.P.P. Salute H-N REACH

Haldimand County Mayor Ken Hewitt, Norfolk County Mayor Charlie Luke and M.P.P. Toby Barrett were honoured guests at the 36th AGM.

Ken Hewitt stated that agencies like H-N REACH reflect the caring community of Haldimand and Norfolk. He also thanked the volunteers and staff for their work and stated that “agencies like H-N REACH fill the voids that the municipalities can’t.”

Mayor Charlie Luke added that the counties greatly appreciate the important work that is done by H-N REACH in serving the community.

A long-time supporter of H-N REACH, M.P.P. Toby Barrett thanked H-N REACH, and especially the Board, for their support of children, youth, families and the community as a whole. He noted that the problems addressed by H-N REACH are more complex than ever, and that H-N REACH continues to support the community amid the challenges faced by the organization.



2017 Volunteer Award of Merit - Lorraine Phillips



For most of her career and now as a volunteer in her retirement Lorraine Phillips has worked to ensure that children and youth remain part of their families and the community. As a recipient of the 2017 Volunteer Award of Merit, Lorraine was recognized for her work with the Alternative Justice Program which seeks to keep youth connected with their community. Prior to retirement, Lorraine worked with the Haldimand Norfolk Children’s Aid Society in the Supervised Access Program, helping children stay connected with their families.

Since 2012, Lorraine has been volunteering with the H-N REACH’s Alternative Justice Program as a member of the Justice Circle. The Justice Circle program works with youth who have been charged with minor offences to make arrangements for restitution and to come to an understanding of why the youth committed the offence. Lorraine feels that the Justice Circles have a big impact on the youth, their families and the community. The youth see the results of their actions and are given a second chance rather than becoming further involved in the criminal justice system.

In 2002 Lorraine saw an opportunity to have a direct, personal impact on the life of someone she would never know. Lorraine registered to become an unrelated bone marrow donor. Shortly after registering Lorraine says she “won the lottery” – she was a perfect match for someone needing of a transplant. After many tests Lorraine spent one day in hospital giving her donation. She was most touched by the words of a physician that day – “Someone in the world thanks you for what you did today.” Even though Lorraine had a reaction to the anesthetic and pain medication she received, she would do it all over again. Lorraine never found out who received her bone marrow but several months after her donation she received a thank-you card from the recipient. She later learned that the recipient had only lived a few months after the transplant but Lorraine knows these were “bonus” months for the recipient – months that he/she would not have had without the transplant.

Lorraine indicated that a bone marrow or blood donation can provide a recipient with a new start in life – much like the justice circle can provide a youth with a new start.

A proud grandmother of 8 grandchildren with another expected shortly, Lorraine enjoys spending time with her grandchildren. She and her husband have lived in the Jarvis area for 39 years and enjoy camping in their trailer in their spare time. She also volunteers with the Breakfast Club and Strong Start program at Jarvis Public School.

Evert Kuiper Award 2017



For the past 12 years, Zoe Hewitt has anxiously awaited every Monday when she volunteers at the EarlyON Child and Family Centre in Simcoe. Zoe Hewitt is this year's recipient of the Evert Kuiper Award. Since 2005, H-N REACH has been honouring a dedicated volunteer with the Evert Kuiper Award. The award is named in memory of Evert Kuiper who died tragically as the result of a car accident while driving an H-N REACH service participant. Mr. Kuiper was a dedicated volunteer who made sure that everyone who wanted to participate in an H-N REACH program was able to do so. He was known as a person who never said "no" and never looked for praise or credit – he just did what needed to be done.

Like Mr. Kuiper, Zoe Hewitt is a volunteer who never looks for praise or credit. She goes about her work with

the children at the EarlyON Child and Family Centre in Simcoe with a warm heart and bubbly personality. Zoe's involvement at the centre is the model of inclusion – she is a valued member of the team whose work and input is valued by other staff and parents. Her happiness is infectious and she brings a little joy to everyone she meets. She teaches us that while we are all different we all have talents and gifts that we can share. Zoe has found a place where she belongs and where she can share her gifts.

Jessica Martin from H-N REACH presented the Kuiper award to Zoe. Sharing in Zoe's excitement were her parents. Upon receiving the award Zoe said that her favorite part of volunteering at the centre is working with the "babies."

2017 Volunteer Award of Merit - Margaret Clark



Sometimes we forget that the simple things we take for granted can play a big part in the life of a child or youth. A simple thing like having a good breakfast can make the difference between a child succeeding at school or feeling excluded because he/she is too tired and hungry to concentrate. When Marg Clarke was approached by a friend in 1994 about providing snacks for children at schools in Dunnville she was working as the manager of a food services company that supplied meals to Haldimand War Memorial Hospital. Through this work she knew the importance of good nutrition in helping people get well, so it wasn't hard to understand how nutrition impacted a child's success at school.

Starting at Central School in Dunnville, the Student Nutrition Program focused on children who had been identified as being in need. By 1998 the program had expanded to 16 schools and it was recognized that an ongoing coordinating committee was needed. This led to the development of the Child Nutrition Network of Haldimand & Norfolk (CNN) that includes Haldimand-Norfolk REACH (sponsor agency), the Haldimand Norfolk Health Unit and community members. Since the CNN was formed Student Nutrition Programs have spread to 69 schools across Haldimand and Norfolk. But H-N REACH's involvement didn't stop with Haldimand and Norfolk schools.

2017 Volunteer Award of Merit - Margaret Clark continued

In 2005, H-N REACH was selected as Lead Agency for the Ontario Student Nutrition Program (SNP) in the Hamilton Niagara region which includes Haldimand, Norfolk, Brant, Hamilton and Niagara communities. Student Nutrition Programs are now fully inclusive - breakfast and snacks are now just part of the regular school day and are available for all who want them. Marg continues to be involved with the CNN as a board member and said she can't believe how much the program has grown.

Marg is an active volunteer and was recently named co-winner of the 2017 Haldimand County Volunteer of the Year award. After discussing her busy volunteer schedule, which would leave most of us exhausted, Marg indicated that she's not as busy as she used to be because she can no longer drive due to vision problems that have left her legally blind. Her volunteer work focuses on providing opportunities for others to be actively involved in the community. In her spare time she enjoys gardening, spending time with her family and is working hard to get back to doing craft projects.

AGM Presentation - Re:Action4Inclusion

Youth voices and experiences were heard at the H-N REACH AGM with a presentation on the local Fusion4Inclusion project, part of the province wide Re:Action4Inclusion youth engagement project led by Community Living Ontario. Re:Action4Inclusion focuses on empowering youth to explore how they can influence the way that society and their peers view and treat individuals with developmental disabilities. Youth involved with the program work with educational and community allies to affect changes that work towards ensuring students with developmental disabilities experience a sense of belonging in their schools and community.

In Haldimand and Norfolk the Re:Action4Inclusion project was built on the collaborative relationships that exist between the Haldimand and Norfolk Community Living Access, Community Living Haldimand, H-N REACH and the Norfolk Association for Community Living. Each agency identified a staff ally to work with youth in high schools to educate other youth about misconceptions related to developmental disabilities.

Initially, four high schools in Haldimand and Norfolk participated in the project. From these four schools 8 youth attended a provincial Re:Action4Inclusion conference in November, 2016. The conference helped to bring together the Haldimand and Norfolk youth and resulted in the youth submitting a proposal in December of 2016 for a Community Change Project that would see the development of a video – Fusion4Inclusion.

The Fusion4Inclusion video project involved six students from three high schools, with two students hired as project leads. Over the winter of 2017, a promotional campaign about the concept of inclusion ran in each of the high schools. A video was then made of students responding to open ended questions about awareness and views on developmental disabilities. In keeping with the theme of inclusion, students with and without developmental

disabilities were included in the video. The goal of the video is to help shift and change attitudes about inclusion within the high school environment.

The video provides a snapshot of how youth view other youth with developmental disabilities and how youth feel about their own current situation and the future. What the video demonstrates is that youth of all ages and abilities want people in their schools and greater community to take the time to truly get to know them and to look past what people see on the outside. The video also shows that all youth have goals and wishes for the future, regardless of how they may be labeled by society.

This video was launched at participating schools in the spring of 2017. In September of this year the video was shown at a community workshop titled "Start the Conversation: Knowledge Exchange" which was facilitated by Community Living Ontario. Plans are in place to show the video in more schools and community groups. Student groups focusing on the goal of inclusion continue to develop at local high schools and more projects are planned.



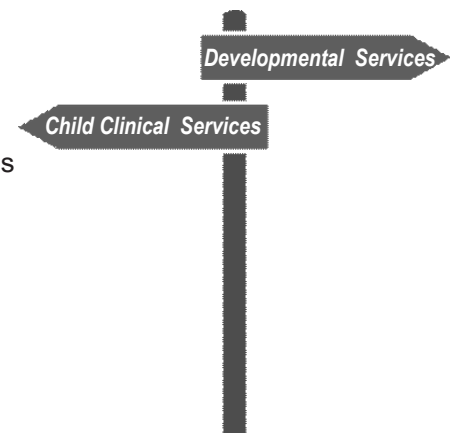
Shout Sisters



The Norfolk Shout Sister Choir provided more than just entertainment at H-N REACH's 36th AGM. They provided an example of what inclusion can look like in an environment that many people would find uncomfortable. Shout Sister Choirs began in Kingston in 2002 and now have 24 chapters across Ontario. The goal of the choirs is to bring together women to experience the "powerful and joyful" act of singing with others. The main difference between Shout Sister choirs and other choirs is that there are no auditions and everyone is welcome, from first time singers to experienced singers – everyone is included. The Shout Sister choir performed four songs at the AGM and attracted many new fans.

What is Contact Haldimand-Norfolk?

- ✓ **Single Point of Access:** With one phone call you will be linked with appropriate children's mental health and/or child and adult developmental services.
- ✓ **Coordinated Information:** Information is available about children's services and developmental services.
- ✓ **Common Intake:** Information will be documented accurately and fully to prevent having to re-tell your story.
- ✓ **Single Agreement:** Families and Individuals have a single agreement for services they receive.
- ✓ **Case Resolution:** People with complex, unique and urgent needs will be assisted to access services.
- ✓ **Residential Placement Advisory Committee:** RPAC is a process for reviewing the residential placement of children in group settings.
- ✓ **Community Service Plan:** In partnership with the community, CONTACT staff will identify trends in service needs and gaps in services and make recommendations to improve services in Haldimand and Norfolk.



Our job is to help **you** get to where you belong.....

New Program Coordinates Services for Children and Youth with Complex Needs

For parents/caregivers of children and youth with multiple complex special needs, arranging and coordinating services can be a daunting task. H-N REACH is pleased to be able to offer a new program called Coordinated Service Planning (CSP). CSP brings together families and the services that the child/youth is receiving to develop a single coordinated service plan that summarizes the family (child/youth) goals, strengths, priorities and responsibilities. CSP provides support, resources and information tailored to meet the family's (child/youth) individual needs and is available to assist families with children/youth who are under the age of 18 or youth ages 18-21, who are still in school.

CSP is part of the Ontario Special Needs Strategy which brings together the Ministries of Children and Youth Services, Community and Social Services, Education, and Health to realize the vision of an *Ontario where children and youth with special needs get the timely and effective services they need to participate fully at home, at school, in the community and as they prepare to achieve their goals for adulthood.*

For more information or to initiate a referral to the Coordinated Service Planning Program, please call Contact Haldimand-Norfolk.

REACH Receives Imperial Oil 2017 Employee Choice Award

Imperial Oil employees at the Nanticoke refinery facility recently voted H-N REACH as one of their favourite non-profit organizations. As part of a new Imperial Oil employee volunteer and donation program employees' time and talents are being recognized through donations to their favourite non-profit organizations. H-N REACH along with two other non-profit groups in Haldimand and Norfolk are receiving a donation to be used towards an area of greatest need. Leo Massi, Executive Director, stated that "the financial donation is great to receive and we are equally happy about the recognition that H-N REACH is making a difference in the lives of community members. Our thanks to Imperial Oil and especially the employees at Nanticoke for this donation."

EarlyON Child and Family Centres - Helping to Develop a Sense of Belonging



Belonging is a strong and inevitable human emotional need. It is essential to our practice to establish a sense of belonging and connectedness with families.

Recently, an EarlyON Child and Family Centre worker shared a message from a mom who she had worked with a few years ago. The worker shared the message with her team because the message showed that "what we do for families in our community really makes a difference." The mom had thanked the EarlyON Child and Family Centre for recognizing where she was in her parenting journey and finding her the help that she needed in a sensitive and caring manner. The mom's story spoke to our ability to help families feel a sense of belonging; where trust, confidence and reciprocal relationships support the health and well-being of all children and families.

You hold a special place for me . . . I have always known that if it weren't for you, I never would have received the help I did, as soon as I did . . . and your support and knowledge meant the world to me! I am forever grateful! EarlyON Child and Family Centre Parent

Belonging at the Art Table



This is where I belong. I like to explore textures, create art, use my imagination, and develop my fine motor skills all while having fun!

EarlyON Child and Family Centres - Caledonia Site

As Educators of young children we think about belonging in terms of "connectedness" and feeling "valued" and "forming relationships with others" (see *How Does Learning Happen? Ontario's Pedagogy for the Early Years*). But how often do we think of the art table in terms of belonging?

At first glimpse, the picture of the art table looks busy, disorganized and, for some people, chaotic. To an Early Childhood Educator or Child Care Worker though, this well-used art table is a shining example of "belonging." Note the use of the materials spread out: a child using both the liquid glue and a glue stick; another child using scissors and thoughtfully placing his cut-out shape as another child watches; two more children standing close, creating

masterpieces of their own with glue, markers, stamps, tape, scissors, feathers and pom poms. Note how the art materials and the table itself invites the children to create together, help one another, observe the other and build common interests amongst themselves. Through the use of art, we see the children forming a sense of connectedness to each other through the use of the materials we provide. Art and its pieces belong to that table, and art invites the children to feel the same.



Developing a Sense of Community

Every Wednesday afternoon for twelve years Moms Talk has welcomed Norfolk moms to the EarlyON Child and Family Centre in Simcoe. With assistance from an H-N REACH employee, the group largely directs their own activities and conversations based on what group members are experiencing in their day-to-day lives.

Recently, group members reflected on the origins of the group and discussed what initially attracted them to the group and what keeps them coming back. The general consensus was that Moms Talk is a “great place to meet other moms” where “I don’t feel judged.” Others indicated “I have found someone who understands what I am going through” and “I don’t feel crazy because I now know others have been through this and have survived.”

One mom shared her story of moving from a city where her friends and

extended family lived and losing her sense of community. Her new rural location left her feeling isolated. After attending a few sessions at Moms Talk she said she felt like she had “found her community.” Each week, she looks forward to an “adult conversation” and gratefully listens to group members give her the inside scoop on where to shop, eat and find resources for her family.

The group members enthusiastically discussed the activities they have been able to participate in since joining the group: painting with alcohol inks, jewelry making, sewing children’s clothing, crocheting and knitting. These activities are led mostly by group members who enjoy sharing their talents.

Group members especially enjoy the children’s program which allows them to have “a much needed hour and a half kid-free break.” The moms were quick to add that they are able

to relax within the group because they know their children are engaged and learning with “trained staff that genuinely enjoy children.”

Moms Talk is much more than a place to have coffee and conversation with other parents. For twelve years it has provided an opportunity to connect with other parents, learn from their experiences and develop a sense of community. Moms Talk has provided a place where everyone belongs.



Another Place to Belong

In their mid-50s Bill and Lynn Schuur were busy planning for retirement – not how they would manage a new born. But as it sometimes happens, life has a way of changing our plans. Cane was 5 months old when he came to live with his grandparents, and Lynn and Bill found themselves changing diapers and doing midnight feedings instead of planning for retirement. This journey began 9 years ago, and they wouldn’t have it any other way.

The most used word to describe Cane is busy, but he is also fun, energetic, creative and determined. He loves exploring and fishing in the river near their house, and has an extensive collection of rocks, both large and small, covering a trolley on his front porch.

As Cane grew, Lynn knew that she and Bill needed help with their active toddler. When Lynn applied for the Host Family Respite, a program offering overnight respite with a screened Host Family through Developmental Services at H-N REACH, she was looking for a break not only for herself and Bill, but also for Cane. She said “Cane spends all his time with two seniors. I feel sorry for him.” While Bill and Lynn provide a wonderful learning and exploring environment for Cane they knew he would benefit from being exposed to other people. Everyone was very excited when Cane was matched with a Host Family.

Cane’s Host Family is Katie and Roger who are in their 40’s and whose own kids are grown. People who know Katie describe her as energetic, determined and fun - a great match for Cane. She was thrilled when she met Cane, and guessed correctly that it would be a great match. Now Cane has the opportunity to spend several weekends per year at Roger and Katie’s house. Katie takes him to the park and the beach, and they explore nature together and wear each other out.

Cane found another place where he belongs.



Cane Schuur, with his grandmother, Lynn, and Cane’s rock collection

Hub's Annual Memorial Ride Celebrates Community and Giving Back

The second Hub's Annual Memorial Ride took place on Sunday, September 10, 2017. The event is a tribute to Jeremy Huber's life and legacy. In August 2015, Jeremy suffered a tragic accident that left him with injuries he would be unable to recover from, leaving behind his wife, three boys, family and friends that love and miss him dearly. Jeremy was an outgoing, hard working, fun loving husband, father, son, brother, nephew and best friend. He had many passions including carpentry, farming, riding his motorcycle and spending time with family and friends.

To honor Jeremy's life a group of his friends organized a ride in his memory. During his life Jeremy had taken part in several motorcycle rides and loved being a part of a group that was able to raise funds for a good cause simply by doing something they loved.....RIDE! This event, with everyone riding together in his honour, is a tribute to Jeremy's life and the legacy he leaves behind with us.

This year the motorcycle ride started and ended in Fisherville at the Lions Community Centre. After the ride participants enjoyed a perch/pickrel dinner prepared by local firefighters. Door prizes and silent auction items were donated by area business and friends. Funds raised were donated to H-N REACH – Autism and Behaviour Services.

This year \$8,000 was raised, surpassing last year's total of \$7500 dollars. Joan Costigan and Leo Massi were honoured to accept the donation on behalf of H-N REACH. This money will be used to provide support to families with children with Autism. In the past the funds have been used to help families with expenses related to transportation to treatment sessions and doctor's appointments, provided extra help with monthly Autism Family Nights and help pay for hire an extra student to assist with Summer Autism Activities.



Jeremy's wife, Stephanie Lane, children, and ride organizers presented a cheque for \$8,000 to Manager, Joan Costigan and Executive Director, Leo Massi



Jeremy's sons, Logan, Griffin and Jack happily carried the cheque presented in memory of their father

Ontario Autism Program Family Night: A Place for Families to Belong

For families of children with Autism, it can be challenging to find activities for the entire family to enjoy. To help these families share time together, Autism Ontario, Autism and Behavioural Services, and Powerhouse Project have partnered to offer Family Nights. These evenings run from October to May and are held on the second Wednesday of every month. Currently about 25 families attend each month.

During these evenings, parents meet other parents and share information and experiences, ask and answer questions, and develop friendships. These sessions are supported by a Family Support Coordinator from Autism Ontario. Over the past year, families have shared information about a variety of topics including: social skills; employment; puberty; advocacy related to school and medical appointments; special education issues; internet safety; technology; and funding sources.

Family Nights also provides a great venue where siblings can have fun and share their own experiences. The Sibling Group is facilitated by Alicia Blake, Program Coordinator with the Power House Project through their young carers' initiative. Their mission is to "serve caregiving children, youth, young adults and their families

through social, recreational and educational programs intended to foster resilience, self-esteem, and life skills". Currently 8-10 siblings enjoy an evening of crafts, games, snacks, fun and friendship.

Children and youth with Autism Spectrum Disorder also have fun by participating in social games and activities in the gym. These sessions are facilitated and supervised by Autism and Behaviour Services Clinicians. "The children are always excited to come to family night. They enjoy getting together with friends that they have made from previous group settings," said Debby Fox, Ontario Autism Program Behaviour Interventionist. "It's a fun social opportunity for us to check in with the youth and see how their social skills are developing," says Fox. "As the children get older we use the social setting to work on the children's leadership skills, by supporting them to facilitate age appropriate activities."

With something for each member of the family, the Ontario Autism Program Family Night offers families a chance to have a fun night out together where each family member is welcome.

For more information, please call Debby Fox 519-587-2441 extension 394.

Membership and Donation Form 2017 – 2018

- ☐ YES, I would like to become a member of Haldimand-Norfolk REACH for \$5
- ☐ YES, I would like to support the work of Haldimand-Norfolk REACH by making a donation of \$10 \$25 \$50 \$_____

Name: _____

Address: _____

Postal Code: _____

Cheques made payable to:
Haldimand-Norfolk REACH, 101 Nanticoke Creek Parkway, Townsend, Ontario, N0A 1S0
A charitable receipt is provided for all donations of \$10 or more.

Connecting Families Through Home Support



ICDS Worker, Theresa Ransome with Lucas. Lucas enjoys singing the alphabet song while using the alphabet puzzle.

Healthy Child Development programs, such as the Infant and Child Development Service (ICDS), play an important role in providing children and their families with the early services and supports needed to help them achieve their full potential.

ICDS is a home based program, supporting Haldimand and Norfolk families with children from birth to their 6th birthday, who have developmental issues. Services include developmental assessments, referrals, service coordination, family support, and parent education.

ICDS offers the Preemie Pathways program which helps monitor development specifically for children born prematurely. One family provided the following feedback, "ICDS supported us and assisted us with sifting through what was 'normal' versus concerns. We realized that we are not alone on this journey and that ICDS was there to help us connect with other services and programs in our home community. ICDS support helped us to develop a better understanding of where our daughter is developmentally. Activity ideas and suggestions to help

our daughter gain new skills are bringing us closer as a family."

As a child and his/her family prepare for the transition to school, ICDS is able to help facilitate this process. One example of this is Lucas who began participating with ICDS for a communication delay and anxiety concerns. As Lucas approached school age the ICDS staff where there to help. His parents commented that "As overwhelmed parents and not knowing where to turn, our H-N REACH worker made us feel very comfortable and gave us lots of options. Strategies were put in place to assist with Lucas' transition to school, and participation in community programs. The ICDS helped Lucas overcome many obstacles he was facing, and provided strategies for his mother and I to aid in his development and skills."

The ICDS program works to ensure that each child and family feel connected and develop a sense of belonging in their community.



Youth Advisory Committee (YAC)



H-N REACH has taken an active role in ensuring that youth who access services at H-N REACH have a say in how the organization functions and how it looks forward to the future. The Youth Advisory Committee (YAC) plays a key role in helping H-N REACH identify issues and plan for the future.

When the YAC was asked to review H-N REACH's Vision and Mission statements they asked why there had to be two statements and couldn't one statement cover both issues. As a result of this discussion a "Future Statement" was created that identifies the principles that H-N REACH stands for and what the organization

hopes to achieve in the future. The Future Statement will be hung in the H-N REACH Board Room, next to the Mission and Vision statements and will be a foundational document as H-N REACH moves to develop a new strategic plan.

We are the voice for our generation in our communities.

We share a common understanding – to change the way people view mental health by:

- ***Challenging the stigma mental health carries***
- ***Helping raise awareness to the challenges that youth face every day***
- ***Making sure there are better opportunities for support throughout the community***

Student Nutrition Programs - Keeping the Focus on Local Food!

The Child Nutrition Network (CNN) realized early on that the sustainability and success of the program was directly related to the amount of support received locally. In each of the four regions, Haldimand-Norfolk, Brant, Hamilton and Niagara, local partnerships have gone to great lengths to develop strong relationships with local growers and vendors.

The CNN Farm to School Program uses locally donated space as a drop-off hub where local growers can bring a variety of fresh and frozen local produce all school year long. Last year an incredible 75% of programs under the CNN banner were able to take advantage of this amazing opportunity. Each year the scope of the program grows in reach and products served. This past year fresh peppers were added to go alongside apples, cucumbers, and frozen berries.

By working closely with a local produce distributor, Brant Food For Thought ran a School Fresh Produce Box Program for the second straight year. Brant was able to facilitate the circulation of produce boxes packed with a variety of fresh and healthy choices for their programs.

Tastebuds of Hamilton found a great partnership with a local apple grower this year. Not only was this farmer able to deliver home grown apples to the Tastebuds student

nutrition programs, he even donated all of the apples for the *Great Big Crunch* in Hamilton.

Not to be outdone, Niagara Nutrition Partners worked closely with several local growers and producers to develop their local hubs. Taking advantage of being situated in the heart of the greenbelt, Niagara Nutrition Partners coordinated purchases and donations of local produce delivered to hubs across their vast region. We are proud to have local farmers as business partners, allies and friends.



From left to right: Anne Kirkpatrick, Program Manager, Niagara Nutrition Partners; Mark DeVries, DeVries Fruit Farm, Fenwick

Child Nutrition Network - Where We Belong - Crunching on Local Apples!



From left to right: Carrie Van Wynsberghe (CNN), Hayden Dooney (NFGA), Connor Dooney, Norfolk County Mayor Charlie Luke, Kayla Dooney and Amanda Dooney at West Lynn Public School

Students, teachers and parents at West Lynn Public School are passionate about eating local food and are always looking for ways to share their passion. When the opportunity to celebrate with a "Great Big Crunch" they were all in! The Great Big Crunch is an annual event that has participants from across Canada coming together to celebrate healthy snacking.

With fresh, local apples supplied by the Norfolk Fruit Growers Association (NFGA), West Lynn students and Norfolk Mayor Charlie Luke joined in the local Great Big Crunch celebration. NFGA staff also took this opportunity to inform students and teachers about the journey an apple takes from tree to your table. The message was clear...eating locally grown food helps sustain the environment by reducing the impact of transporting the product and helps preserve family farming within our community.

The NFGA is a long-time supporter of the Child Nutrition Network and its Farm to School initiative. The NFGA has donated space at their Simcoe warehouse so local farmers can deliver produce to a central location where it stays until picked up by volunteers who then deliver the produce to schools. As a result of this collaboration, students are able to enjoy locally grown apples, cucumbers, frozen berries and cherry tomatoes in their student nutrition program.

As the emphasis for healthy local food choices increases in the Haldimand-Norfolk region, so too will the appetite of the students at West Lynn Public School.

Union House - Working to Create a Home



Union House Program is designed to provide a safe and nurturing living environment for transitional aged youth (ages 16 – 20) in their time of need. Within a homelike environment, youth are provided with support to help them become independent, contributing members of their community. Union House staff work to create an atmosphere of belonging for all, as residents grow towards their potential.

This past year, the Union House Program received a letter from a former resident who asked to have her story shared.

I'm currently 18 years old and doing well. In the last year I have been on one [heck] of a roller coaster. I moved into the Union House November 1st 2016, I had been living in a tent always on the run from cops, animals, and other homeless people. I was cold, dirty, and starving. I didn't have anything but the clothes on my back and a few items in my tent. I was scared to move in, I had been on my own since I was 16. I was working 3 jobs and trying to go to school. I got bullied because, well obviously, I was homeless and kids are cruel. I lost my jobs due to personal hygiene.

Thanks to Union House, I was warm, clean, healthy and always had a full belly. I was getting caught up on school. I was able to pick up a job at Walmart. I started to feel more like a person and less of an animal. I considered suicide many times in my life and even made an attempt. I dealt with deep depression and anxiety. The staff at Union House got me a family doctor (which I hadn't had for over 2 years prior) I got the proper medicine to help me get back on my feet. Between the meds, healthy food, safe place to sleep, and excellent mental and emotional support from the staff, I have made a full recovery. They were there for me in the middle of the night when I woke up with night terrors, they were there for me when I felt lost, and they were there for me when I was just having a bad day. I had an entire wardrobe donated to me by one of the staff members. I looked and felt like a whole new [me]. I was making friends and coming out of my shell.

The group meetings every Thursday taught me responsibility and made me see things from different angles. Having major chore day on Mondays also helped me with responsibilities. I didn't mind doing chores, it was nice to HAVE a room to clean... The staff and I went through discharge plans and helped me look and inquire about apartments. I applied for a fulltime job, which worked out for me. The staff taught me how to budget, how to grocery shop properly, and how to cook. I had Christmas with them, it was the best Christmas of my life. I got way more than I imagined. Everyone was always so kind. The staff would play games with us and watch movies and paint and do other arts and crafts.

February 5th of 2017 was my 18th birthday, so [my Youth Support Worker] and I worked on a plan for me to move out Feb 1st. Everyone came together to help me get things that I needed to thrive on my own (vacuum cleaner). I was sad to leave, because I would miss everyone so much, but excited because I was finally able to be independent again.

It's now June 1st (4 months since I left) and I have a new cell phone, a car, a good paying full time job, and I am fully self-sufficient and am successful. I can't thank the Union house program and staff enough for everything they did for me. If it wasn't for them I probably wouldn't be here today to share my story. I love them, they were the family I needed.

Thanks guys, couldn't have done it without you....

Child and Youth Crisis Service - Seventeen Years of Service

The Child and Youth Crisis Service is celebrating 17 years of service to children, youth and their families. This program provides crisis support and risk assessment to children and youth up to the age of 18 and their families. Looking back it is hard to imagine a time without this service. During the last twelve months the service provided support to 309 children and youth who were in the midst of distress and seeking a way forward. With a team of six trained and qualified personnel, the service provides 24-hour phone support, risk assessment, intervention, stabilization and links to community resources. There is also the opportunity for children, youth and their families to meet with a crisis worker to develop a plan based on the needs of the child/youth. We are always working to strengthen circles of care and work collaboratively with our neighboring hospitals, schools and other community agencies as well as family members who may play a part in ensuring safety, consistency and continuity of services within Haldimand and Norfolk.

We have been committed to this work for 17 years because we are committed to ensuring that all our children and youth find a place to belong in our community.

Learning Coping Strategies Through Therapy

Many people experience life events that may challenge their abilities to cope, stay strong, connected and healthy. Examples of life events may include family conflict, parenting challenges, domestic violence, job loss, financial hardship, death of a loved one, serious injury or illness, separation or divorce or a mental health issue. H-N REACH Family Services Counselling Single Session Therapy Clinic can help people develop strategies to cope successfully with life's challenges.

With funding support from The United Way of Haldimand and

Norfolk, H-N REACH Family Services Counselling Single Session Therapy Clinic provides professional psychotherapy to individuals, couples and families who do not have the means to pay. While some people can access counselling through work benefits or through their own financial resources, many others do not have the financial means.

Clinic staff can help with personal and/or relationship issues and mental health counselling. One afternoon and evening a week is reserved for those who call and book in our single session therapy clinic.



Haldimand - Norfolk
REACH

supporting children, families, communities

Haldimand-Norfolk REACH Staff Directory 2017

Administrative Office, 101 Nanticoke Creek Parkway, Townsend, ON N0A 1S0 T. 519-587-2441 or 1-800-265-8087 F. 519-587-4798 E. info@hnreach.on.ca www.hnreach.on.ca

MAIN OFFICE PROGRAMS

Massi, Leo, Executive Director	251
Carron, Wendy, Director of Early Childhood Services	401
Wells, Susan, Director of Child, Family and Adult Intervention Services	238
Butt, Denise, Executive Administrative Assistant	287

ACCOUNTING, I.T., H.R., AND RECEPTION

Smye-Shipway, Donna, Human Resources Manager	351
Loncke, Jeff, Finance Manager	248
Kindy, David, Accounting Supervisor	259
Hunter, Wanda, Office Services Supervisor	252
Jane Cunningham, Receptionist	230
Dawson, Serena, Accounts Receivable Clerk	278
French, Brooke, Administrative Assistant	230
Grzelak, Joey, IT Assistant	314
Helder, Harold, Information Technology Coordinator	290
Schaeffer, Cheryl, Payroll & Benefits Administrator	276
Splatt, Brenda, Accounts Payable Clerk	262
Taylor, Lisa, Human Resources Coordinator	282
Wallis, Carol, Accounting Coordinator	289
Witham, Cheri, Bookkeeper	258

AUTISM

Costigan, Joan, Autism Services Manager	271
Arsenault, Debi, Behaviour Therapist	354
Aspden, Allie, Instructor Therapist	280
Bousfield, Erin, Instructor Therapist	280
Crockett, Marie, Behaviour Therapist	293
Fox, Debbie, Behaviour Interventionist	394
Jelisc, Biljana, Senior Therapist	381
Kamping, Haley, Instructor Therapist	280
Kelly, Katie, Behaviour Therapist	389
Landon, Emily, Behaviour Therapist	386
Lichtensteiger, Katie, Behaviour Interventionist	310
Patrick, Emmalee, Instructor Therapist	280
Proracki, Sonja, Instructor Therapist	280
Schaeffer, Shayna, Instructor Therapist	280
Scherle, Brittany, Lead Instructor Therapist	280
Staley, Shannon, Behaviour Therapist	274
Toner, Sue, Family Support Worker	272
Vaz, Taylor, Instructor Therapist	280
Walker, Lindsey, Instructor Therapist	280
Woods, Rachel, Instructor Therapist	280

CHILD CLINICAL SERVICES

Shekalo, Sylvia, Child Clinical Services Manager	330
Clark, Carolyn, Supervisor Child Clinical Services	243
Cooper, Scot, Supervisor Child Clinical Services/ Brief Services	263
Samuel, Barb, Supervisor Child & Youth Crisis Service/In Home Intervention	317
Hass, Brooke, Supervisor Child & Youth Crisis Service/In Home Intervention	377
Alderson, Stephanie, Child Clinical Therapist	396
Baetz, Karen, Clinical Therapist	373
Booker, Kristie, In Home Intervention/ Child & Youth Crisis Worker	340
Carbone, Michael J., Clinical Therapist	241
Chapin, Kim, Clinical Therapist	273
Drummond, Janel, Clinical Therapist	398
Fernando, Laura, Clinical Therapist	256
Harvey, Constance, Clinical Therapist ROKS Program	368
Homeniuk, Amber, Clinical Therapist	283
Kent, Nadine, In Home Intervention/ Child & Youth Crisis Worker	339
Kononiuk, Janet, Administrative Assistant	231
Levine, Andrew, Clinical Therapist	378
Montgomery, Shelley, Program Support Coordinator	265
Pender, Danielle, Clinical Therapist	353
Richer, Jennifer, Clinical Therapist ROKS Program	279
Smith, Christine, Clinical Therapist	387

Toner, Sue, Crisis Stabilization Worker	272
Weins-Boudreault, Shelley, Clinical Therapist	362
Zelem, Jessica, In Home Intervention/ Child & Youth Crisis Worker	295

COMMUNITY ACTION PROGRAM FOR CHILDREN (CAPC)

Woodcroft, Nil, Early Childhood Intervention Programs Manager	404
Giancola, Laurie, Outreach Worker, Young Parents	403
Henzy, Kim, Program Assistant	402
Tasanko, Laurie, Outreach Worker, Healthy Moms Eating Well for 2	407
Sutcliffe, Barb, Parenting Program Facilitator	405

CONTACT

Dickhout, Karen, Contact Manager	232
McIntyre, Terri, Interim Contact Manager	242
Auther, Angie, Service Planning Coordinator	257
Lalonde, Barb, Program Support Coordinator	254
Marlatt, Amy, Resource Coordinator	364
Pinkett, Tina, Resource Coordinator	233
Pinnance, Michelle, Resource Coordinator	332

DEVELOPMENTAL SERVICES

Taylor, Tracey, Developmental Services Manager	250
Swindall, Dianne, Bramble Retreat Supervisor	303
Anderson, Lana, Family Respite Coordinator	253
Bedford, Gwen, A.P.S.W.	281
Cleland, Tresa, Administrative Assistant	237
Da Silva, Sandra, Family Support Worker	357
Meredith, Jennifer, Family Respite Coordinator	359
Huffman, Kim, Host Family Respite Coordinator	267
Jauniaux, Bob, Family Respite Coordinator	244
Lewko, Sonia, Transitional Aged Youth Planner	236
Wingrove, Michelle, Family Respite Coordinator	285

FAMILY SERVICES

Martin, Jessica, Interim Family Services Manager/ Coordinator of Volunteer Services	331
Samuel, Barb, Clinical Supervisor	317
Adeniyi, Taye, Clinical Therapist	345
Drake, Cheryl, Clinical Therapist	318
Emmott, Andrew, Clinical Therapist	376
Ferdinand, Melanie, Clinical Therapist	383
Hicks, Maryann, Clinical Therapist	343
Hutchinson, Judy, Program Support Coordinator	239
Vallee, Jo, P.A.R. Coordinator	344
Near, Jesse, Clinical Therapist	316
Pelland, Tanya, Clinical Therapist	235
Sharpe, Caroline, Clinical Therapist	385
Spanjers, Heather, Clinical Therapist	320

REGIONAL STUDENT NUTRITION PROGRAM

Everets, Arlene, Regional Supervisor, Student Nutrition Program	408
VanWynsberghe, Carrie, Child Nutrition Network Community Facilitator	301
Edmonds, Darlene, Regional Coordinator, Student Nutrition Program	321
Smyth, Sharon, Child Nutrition Network Community Facilitator	286
Stoddart, Ian, Food & Logistics Coordinator	247

YOUTH & JUSTICE SERVICES

Kathy Gammon, Youth Services Manager	312
Cleland, Andrea, Youth Services Worker/Mental Health Intervention Worker	240
Norval, Graham, Extrajudicial Sanctions Coordinator/ Community Justice Worker	352
Shaw, Kelly, Youth Justice Committee Coordinator/ Youth Mental Health Court Worker	393

OFF SITE PROGRAMS

FAMILY EARLY INTERVENTION PROGRAM (FEIP)

Woodcroft, Nil, Early Childhood Intervention Programs Manager (Call Townsend 519-587-2441 ext. 404)	
• Simcoe 519-429-2875 (1-866-463-2759)	
Boylan, Kim, Infant & Child Development Worker	232
Ellingham, Sherry, Resource Consultant	227
Simmons, Marney, Resource Consultant	231
• Townsend 519-587-2441 (1-800-265-8087)	
Woodcroft, Nil, Early Childhood Intervention Programs Manager	404
Guidolin, Krista, Resource Consultant	255
Kinnear, Wanda, Resource Consultant	234
Sims, Holly, Administrative Assistant	384

• Dunnville 905-701-9572 (519-587-2441)

Drouin, Karen, Resource Consultant/ Interim FEIP Manager	605
--	-----

INFANT & CHILD DEVELOPMENT SERVICES

Woodcroft, Nil, Early Childhood Intervention Programs Manager (Call Townsend 519-587-2441 ext. 404)	
• Dunnville 905-701-9572 (519-587-2441)	
• Townsend 519-587-2441 (1-800-265-8087)	
Sims, Holly, Administrative Assistant	384
Wright, Tracy, Infant & Child Development Worker	358
• Simcoe 519-429-2875 (1-866-463-2759)	
Boylan, Kim, Infant & Child Development Worker	232

CHILD CARE

West, Tammy, Early Learning and Care Manager (Call Simcoe OEYC 519-429-2875 ext. 226)	
Licensed Home Child Care Coordinator	235
Wardell, Kathy, Licensed Home Child Care Coordinator	222

MCKINNON PARK CHILD CARE CENTRE

• Caledonia 905-765-1975	
Forbes, Jackie, Child Care Supervisor	

READY, SET, SCHOOL

• Dunnville 905-701-9572 (519-587-2441 ext. 601)	
Crooks, Angela, Program Leader	602

EarlyON CHILD & FAMILY CENTRE

West, Tammy, Early Learning and Care Manager	226
• Simcoe 519-429-2875 (1-866-463-2759)	
VanEvery, Elizabeth, Early Learning and Care Supervisor	250
Mackay, Annette, Administrative Assistant	225
Pow, Andrea, Mobile Outreach Consultant	223
Schooley, Jennifer, Early Literacy Specialist	240
Spence, Julie, Early Years Facilitator	233
Wardell, Kathy, Early Years Facilitator	222

• Caledonia 905-765-1661

Cole, Allison, Early Years Facilitator	
Marks, Jennifer, Early Years Facilitator	

• Dunnville 905-701-9572 (Main ext. 600)

Crooks, Angela, Early Years Facilitator	602
Swarts, Kelly, Early Years Facilitator	600

• Houghton 519-875-3205

Driedger, Mari, Early Years Facilitator	
---	--

UNION HOUSE

Gammon, Kathy, Youth Services Manager (Call Townsend 519-587-2441 ext. 312)	
UNION HOUSE RESIDENCE	
• Simcoe 519-426-7604	
Chapman, Kim, Residence Supervisor	55
Clark, Shannon, Youth-In-Transition Worker	56
Harding, Melanie, Youth Support Worker	50
Pinnegar, Becky, Youth Support Worker	50

CHILD & YOUTH CRISIS SERVICES 1-866-32-REACH (1-866-327-3224)