



# **ANNUAL REPORT AND ORGANIZATIONAL PLAN**

**PACIFIC YOUTH AND FAMILY SERVICES SOCIETY  
PEAK HOUSE PROGRAM  
APRIL 1, 2009 – MARCH 31, 2010**

**[www.peakhouse.ca](http://www.peakhouse.ca)**

**Prepared by: Janelle Kelly, Executive Director**

**Pacific Youth and Family Services Society  
Board of Directors  
2009-2010**

**Gail Boivin  
President**

**Rick Pelan  
Vice-President**

**Lesley Cox  
Secretary**

**Mike Richards  
Treasurer**

**Dawna Hamilton**

**Resigned December 2009**

**Tom Dusevic**

**Todd Ware**

Reflective of March 31, 2010

## Peak House Staff & Consultants 2009-2010

### **Management Team**

Janelle Kelly, Executive Director  
Wendy Wittmack, Program Manager

### **Clinical Supervisor**

Vikki Reynolds

### **Accountant**

Maureen Carbo

### **Intake & Assessment Counsellor**

Roisin Donnelly

### **Administration**

Vacant

### **Family Therapists**

Dennis Dion  
Allison Rice

### **Teacher**

Janet Eviston

### **Medical Consultant**

Dr. N. Baria

### **Acupuncturist**

Rose Siemans

### **Nutritionist**

Linda Watts  
Debbie Scallion

### **Yoga Instructor**

Christina Taylor

### **Cook**

Yan Ho

### **Kitchen Coordinator**

Maria Hardy

### **Youth Counsellors**

Bree Tominaga  
Amanda Repetowski  
Kinga Robinson  
Steve Sorrenti  
Warren Whyte  
Jessica Muth

### **Night Attendants**

Laila Biergans  
Kathy Miller

### **On-Call Relief**

Lindsay Boudreau  
Lara Ellison  
Angela Hamre  
Joe Pingitore  
Wynne Pruden  
Courtenay Sheldon  
Valerie Edelman  
Raeleen Novak

### **Summer Life Skills Coordinator**

Ryan Murphy  
Raeleen Novak

### **Practicum Students**

Karen Rainer-City University  
Lina Silana-VCC  
Jennifer Donovan-Douglas College

### **Staff Departures**

Tania La Salle, I & A Counsellor  
Matty Devenish, Youth Counsellor  
Lisa Balabuk, Office Manager  
Jaime Wittmack, Youth Counsellor

## Board of Director's Report

Another year for Peak house and, as always has been the case, a number of changes have taken place. Gail Boivin, having given her notice in May of 2009, officially retired from the board in September after many years of faithful service. On behalf of the current board, I thank her for her valuable contributions as both a sitting member and as Chairperson. In her place, I was elected to the chair and hope that I can serve the program as effectively. Also sitting on the executive are Lesley Cox, secretary and Mike Richards treasurer. Janelle Kelly was appointed as the Peak House permanent Executive Director.

Also in May, we learned that we had been nominated for the Award of Excellence in Addictions given annually by The Association of Addiction Specialists and Allied Professionals of British Columbia. We were pleased to accept the prize at their annual meeting in June. The plaque commemorating the award now occupies a special place in the entry way to the house. On behalf of the board, I take this opportunity to thank everyone for their hard work and dedication that led to this honour.

The fall saw a number of significant events, chief amongst which was notice from our funding source, Vancouver Coastal Health, of upcoming budget cuts. The first round of these were to the administration portion of our current budget, which resulted in much discussion and "hand wringing" as we strove to meet the new targets with as little effect on the program as possible. Working with an already pared down administrative team, we were forced to reduce our administrative assistant position to half time. We are currently searching for a new part-time office assistant and are confident that we will be able to come close to living within the new budget. When we received the budget information for the current fiscal year, we were more than relieved to discover that VCH had not made any funding cuts to the program side of our budget which was good news indeed!

Also in the fall, Tom Dusevic and Todd Ware, both board members for a number of years, resigned. This left us in a somewhat difficult position as far as numbers were concerned and, as a result, we asked Gail to return as a pro-tem member to help us out until we were able to recruit new faces. We are currently searching for candidates through the resources of Volunteer Vancouver and other community based resources, and are hopeful that the spring will see us with three or four new board members.

The board will in all likelihood continue to face challenges in the next fiscal year and, we anticipate will be composed of a number of new faces by the time of our Annual General Meeting in September. Consequently, the current board is committed to supporting board training and development opportunities to best position us for the 2010-2011 year. We will begin this commitment with Board Governance training, June 2010.

It has not been a terribly easy year for the Board, and it is with some pride that I extend my heartfelt thanks to all our board members for their hard work and support through the last twelve months. I also would be remiss if I didn't extend the same sentiments and more to both Janelle and Wendy for their diligence and determination in managing the program through this trying period.

Respectfully,

*-Rick Pelan, President*  
Board of Directors

## Executive Director's Report

This past year has been filled with excitement and challenges for our program. Some of our highlighted successes include our receipt of the Association of Addiction Specialists & Allied Professionals, Award of Excellence in Addictions. This was our first award and it was received with great pride and appreciation. Peak House launched our new website this past year. The new site is up to date and is filled with program information as well as community resources. We have received great feedback from the community around the usefulness of this updated resource tool. Other successes include the launch of a new initiative, our annual Peak Speaks. This is a lecture series in partnership with Vancouver Community College. Our first Peak Speaks took place in June 2009; the talk was presented by our Clinical Supervisor, Vikki Reynolds on the topic of the Power of Resistance, Witnessing and Solidarity in Community Work. By all accounts the event was a great success.

The last year also presented challenges and economic uncertainty. In 2009 Peak House incurred a budget reduction which resulted in a reduction of administration support. I would like to thank the team, the board and our Program Manager, Wendy Wittmack for helping the program to sustain through this difficult transition period. I am happy to report that we are now back on stable ground.

Our team of dedicated and skilled staff continue to put the youth at the centre of the work we do here at Peak House. Their report is contained later in this document. Our Clinical Supervisor, Vikki Reynolds continues to provide ongoing support and trainings for our staff team on a regular basis. She has also contributed significantly to the organization and consultation of the therapeutic systems here at Peak House. Management has increased staff training opportunities this past year has seen a significant number of workshops and training opportunities for our entire staff team. Peak House presented information about our program to other provincial resources, and within community forums. Our therapists will present their work at the Therapeutic Conversations 9 Conference in May of 2010.

I would like to thank our funders, dedicated volunteer Board of Directors, our staff team, the youth's professional support networks, partners in the community, and all of the families and friends of Peak House staff and residents for making 2009-2010 another successful year for the Peak House program!

Thank you to the Peak House community for all of your hard work and commitment in supporting the young people we serve.

*Janelle Kelly*  
Executive Director

## Program Manager's Report

As I look back on the year it has been extremely busy, but rewarding. Our annual BBQ was another success with youth attending from as far back as 15 years and sharing with staff where they are in their lives today, some have families, others are working in the addictions field.

Peak House has accepted several practicum students from Vancouver Community College, City University and Douglas College. During the Christmas season, our program volunteered with Greater Vancouver Christmas Bureau. The youth were very involved in the process and expressed their appreciation for being able to give back to other young people in their community. Based on youth and staff feedback Peak House will commit to engaging in additional service in the future. Every year at Peak House there are new challenges, our team continues to move forward with confidence in assisting youth and their families in regaining their lives from drugs and alcohol.

### **Staff Comings and Going**

Tania LaSalle Intake Assessment Counselor announced in the spring she would be going back to school to pursue her Masters. We are pleased to announce that Roisin Donnelly who has been with Peak House for over 5 years was the successful candidate for this position.

Matty Devenish full time youth counselor announced early in the year he would also be leaving to attend fulltime school. Matty will continue to stay connected to Peak house while on the relief list. Welcome back to Kinga Robinson who was on Maternity Leave, she is the proud Mom of a little girl.

We have two new full time youth counselors, Warren Whyte and Jessica Muth both are great additions to our team. The team over the last year has been involved in many workshops most which have been offered free of charge from Vancouver Coastal Health. Our therapists will present at the Therapeutic Conversations 9 Narrative conference in Vancouver later this year. We look forward to having our staff team in attendance for much of the 3-day conference, where I trust they will leave with new ideas to bring to their work at Peak House.

The last year has brought a few challenges our way, I would like to thank Janelle Kelly our Executive Director who put her energy and commitment to the program and pulled us through. I believe we are now on stable ground.

I would like to thank the Peak House team for their strong commitment and incredible work with youth and their families.

Thank you to the Board of Directors for their commitment over the last year. I look forward to the coming year and all it will bring.

*-Wendy Wittmack*  
Program Manager

## Clinical Supervisor's Report 2009/10

In my role as the Clinical Supervisor I continue to meet with both the Youth Counselling Team and the Therapist Team on a monthly basis. I also facilitate monthly Witnessing Groups, which put the focus on the culture of Peak House and a live supervision of the staff team in front of the youth, who participate as witnesses. These groups serve to invite youth into the community of Peak House in a broader way, and put the staff in positions of being questioned around their work in the presence of the youth. I also continue to offer trainings to the entire staff team as required. In June I delivered the first "Peak Speaks" address, which took place at Vancouver Community College in a new and on-going partnership with Peak House. The talk addressed some of the ethics of the work of Peak House including doing justice, resisting oppression, and witnessing sparkling moments of change.

The focus of the Youth Counsellor Supervision meeting continues to be practice based skill development, and we have begun to watch DVDs of youth counsellor's conversations with youth. The monthly meeting is organized collaboratively, and we set the agenda based on the current issues the Youth Counsellor team is addressing collectively in their work. At times the format is experiential learning, at times it is skill based related to counselling conversations. I continue to circulate articles that are practice based and related to the work of the team.

The Therapist Team Supervision meeting also takes many forms, and sometimes follows directly after my participation in sessions, as part of a live supervision model. We watch pieces of therapeutic work, or discuss actual sessions I have participated in. The Therapist team is presently developing a for a narrative Therapy Conference they have been invited to present at, and we have strategized the ethics theory and practice based work they will present. We also include our practicum students whenever that is possible, as it provides supervisory experience for the student, and brings some lovely questions forward in terms of making our work public. I also meet individually with each therapist monthly for a closer look at their work. This often includes DVDs or live supervision of group or individual sessions.

The amount of transparency in the supervision at Peak House continues to be impressive, and speaks to an ethic of accountability on behalf of the team at Peak House, the level of trust within the team, and a solid commitment to learn.

I completed my PhD this year. The work of Peak House, and my continued involvement across time with this amazing program, was a large part of my writing. It has been an honour to be involved with the team of professionals at Peak this year. I honour everyone's continual struggles to both stay in line with our collective ethics and keep being of use to youth and their families at the centre.

In solidarity & with respect,

*-Vikki Reynolds, PhD RCC, Peak House Clinical Supervisor*

## Staff Team's Report 2009/10

The Peak House staff team has had another busy year helping young people in their desire to find freedom from the grips of drugs and alcohol. Many beautiful stories come to mind when reviewing our work with Peak House youth and their families. These stories continue to help inspire us as we witness young people reconnecting with their loved ones, getting back into school, singing songs, writing poetry, laughing with their friends, being silly at karaoke on Saturday nights etc.

Both the youth counsellor team and the therapy team have had a productive year contributing to the long history of innovative therapeutic practices at Peak House. The youth counsellor team worked hard to co-write new Discovery Group modules to better serve the needs of the youth. Discovery Group is an integral part of the program and is a psycho-educational afternoon group that addresses a variety of topics which include poetry, internet safety, boundaries, relapse prevention and so forth. They sought out the youth's feedback and then integrated the feedback into the Discovery Groups to create more helpful modules that address the ever changing trends in youth culture.

The therapists were asked to present an aspect of their recent work at the Therapeutic Conversations 9 Narrative Conference in Vancouver. Allison and Dennis created a unique method of documenting young people's insider knowledge through the use of video. They spent many hours reviewing the footage, highlighting a number of key themes that young people spoke about that were integral to them finding freedom from their suffering. In the spirit of youth helping youth, the video library has now become an ongoing resource for the youth who reside at Peak House.

The staff team has also changed over this past year. Matty Devenish left his full time Youth Counsellor position to pursue full-time education, while Jessica Muth and Warren Whyte were a welcomed new addition to the team and Kinga Rosbinson returned from a maternity leave.

The year has offered many success stories and a few in particular come to mind.

- Over the last six months, there have been four, one-year sobriety cakes celebrated by Peak House Alumni! This offered inspiration to youth who resided in the program and further enriched the Peak House community.
- Several alumni are participating in post-secondary education programs!
- Many alumni have called and updated the team on their experiences of travel abroad.
- The Peak House team continues to work collaboratively with their community partners and have successfully transitioned a number of youth to other alcohol and drug residential programs as a way of supporting the youth's long term goals of finding freedom in their lives.

- The team continues to hear back from youth who left the program without a commencement, who share how much their lives have been impacted by the positive and supportive culture that is alive in Peak House.
- We also witnessed many families' joy at being able to reconnect with their young person and have a taste of hope again that change is possible. It has indeed been a busy year.

We look forward to the upcoming year and have faith that those looking to change their lives will be welcomed into a healing community here at Peak House.

*-The Peak House Staff Team*

## School Report 2009/10

One highlight this year for Peak House School was visiting Linda Meinhardt at her 16<sup>th</sup> and Arbutus store. For a short time this year, the residents were all young women. I thought it would be inspiring for them to meet a woman in business and hear her story.

Linda Meinhardt gave us a tour of her store, including the legal department, accounting and catering. She spent over an hour telling us how she got her start, her struggles with school and family life and her ultimate victory! (plus, she fed us many delicious sandwiches and pastries) The young women spent time looking at and sampling the astonishing products in her store. It was inspiring!

Post-secondary outings have become an important part of our school experience and many students state this is the best part of the school week. We were able to support one resident in the goal to become a marine biologist by booking a private, preview tour at the UBC Beaty Museum of Biodiversity. We saw the blue whale skeleton before the museum was officially opened!

Classroom credit has expanded again! This year we had support from administration a number of school boards who gave our students credit for Community Service Hours based on daily and weekly chores completed at the residence. These hours are important in the Graduation Transitions Program and are required by all BC students. We also have four students who have been given credit for Foods and Nutrition (10/12) based on menu planning and food preparation at the residence plus additional classroom activities, including work in the Food Safe Level 1 course.

A student arriving at Peak House School who can commit to ten weeks and has the support of their referring school administration may earn credit in Planning 10, P.E. 8-12, Foods and Nutrition 8-12 and get credit for 120 hours of Community Service! This has been a wonderful gift to offer our Peak House residents as they struggle with stay-go thinking. It truly has helped some of them stay.

Peak House School Rules OK!

*-Janet Eviston,*  
Peak House teacher

# **ANNUAL REPORT AND ORGANIZATIONAL PLAN**

## **PACIFIC YOUTH AND FAMILY SERVICES SOCIETY**

### **PEAK HOUSE PROGRAM**

#### **APRIL 1, 2009 – MARCH 31, 2010**

### **I. Introduction to the Peak House Program**

#### **Mission Statement:**

***Within a residential setting, we assist adolescents and their families in emancipation from substance misusing, problem lifestyles.***

Peak House is a ten-week residential treatment program for substance misusing adolescents. Established in 1988 by Pacific Youth and Family Services Society, the program serves youth from all parts of British Columbia who, due to the serious nature of their substance misuse, require a more intensive level of service than can be provided in their home community.

The first 2 weeks of the program has been designed to provide a safe, less intensive environment where youth and staff can assess the youth's readiness to participate fully in the highly structured, eight-week treatment and aftercare phases of the program.

#### **Program Philosophy**

While we do not think that any one model, theory, or framework holds a monopoly on what is effective for young persons struggling with the problem of substance misuse, we make the assumption that all young persons would like to be "the authors" of their own lives. Furthermore, we assume that young persons are able to do so because of the knowledge they have in regards to healing patterns and solution wisdoms that work for them. In concert with utilizing this philosophy in our therapeutic work, we provide young people with a part-time school program, life skills education, drug and alcohol relapse prevention planning, fitness and wellness programming, acupuncture, medical support, mental health support (when necessary), community resource education, creative arts programming and the opportunity for family therapy.

We think of our work within the context of collaboration- we collaborate with clients in opening space for their discovery of new (or forgotten about) stories and ways of being. We believe that all young persons are capable of rediscovering and remembering their preferred qualities, strengths and resources given a safe-enough environment and the support of their community members both at home and within our program.

#### **Family and Community Cooperation**

We believe that the problem of substance misuse can retreat or disappear when young persons, together with their families/caregivers and other concerned community members stand with clients against factors and situations that greatly

contribute to the problematic use of drugs and alcohol. Peak House takes the position that we all share the responsibility of creating opportunities for youth, whose lives have been taken over by drugs and/or alcohol, to thrive in a healthy, supportive community. In this spirit, we continue to provide a standard of service that honors and matches the courage, commitment, and determination of our youth.

Our primary funding source, the Vancouver Coastal Health Authority, is very supportive of our efforts to find new ways to provide service that best serves the needs of youth and the communities in which they live.

The Pacific Youth and Family Services Board of Directors encourage and support the efforts of the Management Team to find inventive ways to meet the increasingly complex needs of our clients.

## II. Peak House Program Evaluation

The reporting period for the following statistical analysis is April 1, 2009 to March 31, 2010.

<b>Table 1: Overview of 2009/10 data regarding occupancy and program completion</b>	
<b>Total Number of Intakes</b>	<b>48</b>
<b>Average Days on wait list</b>	<b>54.7</b>
<b>Average age of first use</b>	<b>12.5</b>
<b>Average age entering treatment</b>	<b>16.31</b>
<b>Occupancy Rate</b>	<b>80.5</b>
<b>Completion Rate Assessment</b>	<b>73%</b>
<b>Completion Rate Commencement</b>	<b>40%</b>

### Discussion of data:

**Number of Intakes:** The number of intakes this reporting period was 48.

**Wait List:** The average number of days a young person waited for treatment has continued to decrease from previous years. In 2007/2008 the average wait totaled 73 days, decreasing to 56 in 2008/09 and down to 54.7 for the 2009/10 year.

In 2004, the Peak House program length increased from eight weeks to ten weeks directly impacting the availability of the program beds. There is always a waitlist for Peak House program beds, indicating the urgent need for more treatment beds for B.C youth.

**Average Age of First Use:** Youth accessing the Peak House program in 2009/10 reported, on average, 12.5 years as their age of first drug use. Table 1.1 details the history of Peak House young people's, self-reported, age of first use.

<b>Table 1.1: Historical Average Age of First Use</b>	
2003/04	11.9 years
2004/05	11.3 years
2005/06	11.4 years
2006/07	12.4 years
2007/08	11.5 years
2008/09	12.75 years
2009/10	<b>12.5</b>

**Average Age of Clients:** The average age of clients accessing the Peak House program has decreased slightly in the 2009/10 reporting period.

<b>Average age:</b>	2006/07	17.3 years
	2007/08	17.2 years
	2008/09	16.9 years
	2009/10	<b>16.3 years</b>

The average time elapsed between client's age of first use and entering Peak House is, on average, 3.8 years. Youth accessing our program are involved in drug/alcohol use and a lifestyle that involves associated risks for an average 3.8 years before entering to the Peak House program.

**Occupancy Rate:** Our occupancy rate remained consistent with the last reporting period (80.5%). Because it takes a great deal of preparation for clients to enter the Peak House program, we focused on meeting client's needs around preparation to enter the program. This meant that, at times, intake dates were postponed due to a lack of client readiness. In many of these cases, we found that clients were more likely to remain in the program if we allowed them more time for detoxification and preparation.

**Completion Rate:** The implementation of the assessment phase has dramatically increased the ability of youth to successfully complete our program. Our completion rate for this reporting period increase by 3% to reflect a 73% completion rate. We had a total of 48 youth enter Peak House during 2009/10. The breakdown is as follows:

- 48 youth entered the assessment phase
- 13 youth did not move into the treatment phase
- 35 youth moved from assessment into treatment – 19 of those youth successfully completed the program.

**Table 1.2: Comparative Overview of Occupancy and Completion Rates**

	2007-2008	2008-2009	2009-2010
Total Number of Intakes	44 (female n=28, male n=16)	53 (female n=34, female n=19)	<b>48</b> (female n=30, male n=18)
Average Days on wait list	74	55.51	<b>54.7</b>
Average age of first use	11.5	12.75	<b>12.5</b>
Average age entering treatment	17.2	16.9	<b>16.31</b>
Occupancy Rate	81%	81%	<b>80.5%</b>
Completion Rate	64%	70%	<b>73%</b>

Based on the number of youth who moved into treatment from assessment.

### III. Substance Use

Peak House serves clients from all over the province of B.C. The following table presents data collected at intake reporting young people's "drug of choice" (D.O.C.).

<b>Table 2: Provincial Use</b>	<b>2009/2010</b>
<b>Substance</b>	<b>Percentage of program participants self-report of drug of choice n=53</b>
Alcohol	43.75%
Crack Cocaine	6.25%
Crystal Methamphetamine	8.33%
Cocaine	6.25%
Cannabis	18.75%
Heroin	8.3%
Ecstasy	8.3%

<b>Comparison of percentage of program participant's self-report of drug of choice 2008/09 and 2009/10. Province-Wide.</b>				
2008/09		2009/10		Difference
Alcohol	21%	Alcohol	43.75	+22.75%
Crack Cocaine	17%	Crack Cocaine	6.25	-10.75%
Crystal Methamphetamine	1%	Crystal Methamphetamine	8.33	+7.33%
Cocaine	25%	Cocaine	6.25	-18.75%
Cannabis	17%	Cannabis	18.75	+1.75%
Heroin	1%	Heroin	8.3	+7.3%
Ecstasy	1%	Ecstasy	8.3	+7.3%

	2008/09	2009/10
Poly-drug use	79%	87.5%
Single drug use	21%	12.5%

**Summary:** Youth report an increase in alcohol use, up over 22% from the last report period. Cocaine and crack use declined this year compared to 2008/09.

#### **IV. Client Characteristics**

Data regarding Peak House client characteristics is presented below. When possible, a comparative analysis is presented tracking change over time.

Gender	2007/08	2008/09	2009/10
Female	64%	64%	<b>62.5%</b>
Male	36%	36%	<b>37.5%</b>

#### **Gender Diversity:**

The gender balance at Peak House has continued to demonstrate more female than male clients accessing the program. To our knowledge, we have not served any transgender or transsexual clients in the past four years. Our team has been focusing on ways to improve our program accessibility for transfolks who may want to utilize our service. We have altered our intake and referral documentation to be more trans-inclusive and continue to consult with local trans-youth services in our efforts to improve the accessibility of our program.

Ethnicity 09/10	n=48
Asian	-
First Nations	25%
Caucasian	62.5%
African	8.3%
Middle Eastern	-
Indo-Canadian	-
Latin American	-
Other	4.2%

**Diversity:** Peak House continues to serve a diverse client population and we are always looking to improve our cultural accountability to youth in our program. Peak House has a reputation for being a safe, respectful and inclusive program for young people from various cultural positions and backgrounds. In 2009-2010 young people continued to have the opportunity to explore cultural belonging as a theme in their therapeutic work throughout the program.

<b>Reported Sexuality 09/10</b>	<b>n=48</b>
GLBQ youth (gay, lesbian, bisexual, queer, questioning)	8.3%

**Sexuality:** In 2009/10, 8.3% of the young people who came through the program were “out” in the program. We work to ensure that the Peak House program remains a safe place for youth of all sexualities, signaling that the house is a queer-friendly space through art, literature and information about GLBTTQ issues and fostering awareness about sexual diversity in our community resource programming.

<b>Young Parents 09/10</b>	<b>n=48</b>
Percentage of youth who were young parents	2%

As a program, we continue to incorporate particular attention to the needs of young parents in order to help them succeed.

<b>Reported Socioeconomic Position of Youth Intaked</b>	<b>09/10 n=38</b>
Low	57.89%
Mid	-
High	42.10%

**Mental Health Status**

Over the past year, the number of youth who accessed the Peak House program in 2009/10 diagnosed with a co-occurring mental health problem prior to entering the program increased.

<b>Mental Health Status</b>	2007-2008	2008-2009 n=18	<b>2009/10 n=43</b>
Diagnosed, Co-occurring Mental Health Concern	28%	42%	65.38%
No Mental Health Concerns	19%	58%	60.46%

<b>Legal Involvement</b>	2007/08	2008/2009	<b>2009/10</b>
Percentage of Residents with Legal Involvement	27%	32%	27.08%

## Legal Involvement

There was a decrease in program participants with current criminal justice system involvement and/or pending charges in 2009/10. The Completion rate for those with legal involvement is reported in section V.

## School

Over the past two years, more than half of the youth who entered our program were connected to a school. While at Peak House, young people work on setting up an Independent Education Plan with the teacher who works part-time with program participants.

<b>Living Situation</b>	<b>2008-2009</b>	<b>2009-2010</b>
Living with parent (s)	60%	58%
Living with other family member	4%	1%
On Independent Living	4%	2%
In Foster Placement	15%	18%
With no fixed address	11%	21%
In the care of MCFD	28%	31%

## Living Situation

Although young people entering our program require a housing plan (somewhere to go in case they decide to leave on short notice), 21% of our clients last year were homeless. This is an increase of 10% from last year. These clients are presented with an extraordinary challenge upon entering the program as participating in a therapeutic program without having housing in place presents a barrier to success. As a program, we will continue to work with community stakeholders to advocate for housing for all youth who access treatment.

## V. Client Characteristics With Relationship to Completion

We continue to identify trends, and review the characteristics that contribute to a young person's success or lack of success in their journey to a substance-free lifestyle. One of the most critical factors continues to be community capacity, both in identifying concerns and having the resources to assist and support youth prior to treatment and in their transition from the Peak House community back into their home community.

## Mental Health Concerns and Assessment Phase Completion Rates

<b>Mental Health Concerns</b>	<b>Completion Rate 2009/10</b>
Co-occurring Disorder	<b>63% (n=19)</b>
No Mental Health Concerns	<b>80% (n=26)</b>

In 2009/10, 63% percent of youth entering treatment with a diagnosed co-occurring mental health problem completed the program.

## Living Situation and Assessment Phase Completion Rates

Living Situation	Percentage of youth n= 48	Completion Rate
Living with parent(s)	58%	82% (n=28)
Living with other family member	1%	50% (n=2)
Living Independently	2%	25% (n=4)
In Foster Placement	18%	56% (n=9)
With no fixed address	21%	50% (n=10)
In the care of MCFD	3%	53% (n=8)

## Family Sessions and Completion Rates

# of Family Sessions	Completion Rate 2008/09	Completion Rate 2009/10
0	52% (n=23)	50% (n=10)
1	50% (n=2)	75% (n=4)
2+	100% (n=6)	100% (n=10)

For a number of years, our statistics have shown that young people whose families are able to attend 3 or more family sessions complete the Peak House program.

While family meetings are not an option for some young people, we continue to strive to locate and help re-build young people's 'communities of concern' in order to help them reach their treatment goals.

## Legal Involvement and Completion Rate

Legal Involvement and Completion Rate		
	% of youth with legal involvement	Completion Rate
2007/2008	28%	70% (n=10)
2008/2009	32%	72% (n=18)
<b>2009/2010</b>	<b>27%</b>	<b>77% (n=10)</b>

The completion rate (client's completing the assessment phase) for those youth with legal involvement was 77%.

## 2009/10 Organizational Plan Review

<b>Goal</b>	<b>To pursue partnerships and opportunities for funding and support with local business and organizations.</b>
Action Plan	<ul style="list-style-type: none"> <li>• Continue to build relationships with local businesses to garner increased in-kind donation opportunities and cash donations</li> <li>• Continue to build a private donor list</li> </ul>
<b>Outcome</b>	<ul style="list-style-type: none"> <li>• Partnership with VCC to present annual Peak Speaks lecture series fundraising event</li> <li>• Donations received from small local business</li> <li>• Applied for community grants to assist with fundraising and promotion</li> </ul>
<b>Goal</b>	<b>To create increased exposure and generate community engagement to highlight the success of the Peak House program, especially in these times of economic uncertainty.</b>
Action Plan	<ul style="list-style-type: none"> <li>• Create opportunities for increase awareness of program credibility</li> <li>• Develop community lecture series to highlight peak successes and the work that we do in the community</li> </ul>
Outcome	<ul style="list-style-type: none"> <li>• Received Award of Excellence in Addiction from ASAP</li> <li>• Peak Speaks fundraising event was a success</li> <li>• Website upgrade/rebuild with a 'donate' button added</li> </ul>
<b>Goal</b>	<b>To redevelop the Peak House website so that there is Province-wide access to comprehensive information about the program.</b>
Action Plan	<ul style="list-style-type: none"> <li>• Update the website to more comprehensive information to support youth and families and referring agencies</li> <li>• Update the website format to reflect current technology</li> <li>• Create a website that allows for easy upload of current information</li> <li>• Update program information, resources and content</li> </ul>
Outcome	<ul style="list-style-type: none"> <li>• Website redesign was completed this year <a href="http://www.peakhouse.ca">www.peakhouse.ca</a></li> </ul>
<b>Goal</b>	<b>To further involve young person's "communities of concern" in the preparation for and process of substance misuse treatment.</b>
Action Plan	<ul style="list-style-type: none"> <li>• Continue to develop a caregiver/support person component of the therapeutic program in order to better support families with treatment and aftercare planning.</li> <li>• Develop on-site opportunities for families/caregivers to receive education and support regarding problematic substance use.</li> </ul>
Outcome	<ul style="list-style-type: none"> <li>• Continuation of Peak House Alumni group monthly meeting</li> <li>• Continued collaboration and consultation with young people's supports in the community</li> <li>• Ongoing aftercare referrals and aftercare planning</li> </ul>
<b>Goal</b>	<b>To increase Peak House's role within the province of B.C., to strengthen networks of support for youth and families who access the Peak House program.</b>
Action Plan	<ul style="list-style-type: none"> <li>• Conduct outreach to referring agencies across the province in order to increase access to the Peak House program for potential clients.</li> <li>• Continue to advocate for more service provision for youth struggling with problematic substance use.</li> </ul>
Outcome	<ul style="list-style-type: none"> <li>• Presentations at provincial information sessions regarding the Peak House program took place earlier this year</li> <li>• Website upgrade created increased program exposure and information</li> <li>• Program presentations to Youth Detention Centre</li> </ul>

## 2010/11 Organizational Plan

<b>Goal</b>	<b>To pursue partnerships and opportunities for funding and support with local business and organizations.</b>
Action Plan	<ul style="list-style-type: none"> <li>• Continue to build relationships with local businesses to garner increased in-kind donation opportunities and cash donations</li> <li>• Continue to build a private donor list</li> </ul>
<b>Goal</b>	<b>To create increased exposure and generate community engagement to highlight the success of the Peak House program, especially in these times of economic uncertainty.</b>
Action Plan	<ul style="list-style-type: none"> <li>• Create opportunities for increase awareness of program credibility</li> <li>• Continue community lecture series to highlight peak successes and the work that we do in the community</li> </ul>
<b>Goal</b>	<b>To continue to build strong board membership for the society.</b>
Action Plan	<ul style="list-style-type: none"> <li>• Increase board membership</li> <li>• Provide board governance training</li> </ul>
<b>Goal</b>	<b>To explore opportunities to develop an on-site and remote access parent/caregiver support group</b>
Action Plan	<ul style="list-style-type: none"> <li>• Explore equipment required to reach out of town participants</li> <li>• Determine interest from former and current program participants</li> <li>• Explore funding possibilities to staff groups</li> </ul>
<b>Goal</b>	<b>Restructure office administration to reflect recent budget reduction</b>
Action Plan	<ul style="list-style-type: none"> <li>• Seek out administrative efficiencies</li> <li>• Secure part time office support</li> </ul>
<b>Goal</b>	<b>Create opportunities to meet the needs of young people referred with multiple barriers.</b>
Action Plan	<ul style="list-style-type: none"> <li>• Hold staff team day to collaboratively develop strategies and values statement to reflect our commitment to addressing the needs of youth with multiple barriers</li> </ul>

*Thank you to all of our generous donors*

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*Your support really made a difference!*



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