

John Howard

THE JOHN HOWARD SOCIETY OF FREDERICTON
La SOCIÉTÉ JOHN HOWARD DE FREDERICTON

2016 Annual Report



1955-2016

Thank you for 61 outstanding years...

... to our members, donors and funders for your support

“This program showed me I can change. I just need to slow down and think things through. I am going to keep working on myself and actually talk to people about my problems instead of walking away.”

Managing Anger and Difficult Emotion Participant

... to our partners, collaborators and clients for your commitment

This year, the John Howard Society of Fredericton will celebrate 61 years of community engagement in Fredericton. To all of our partners and supporters we’d like to say thank you for helping us make sure that the at-risk population of Fredericton continues to have a voice.

Since 1955 we’ve been working to ensure that those most in need of services in the community get the support they need, when they need it. Support at the right time can mean that small challenges don’t grow into big problems.

And from the beginning you’ve been working with us – our members, donors, funders, community and academic partners, volunteers and supporters. Thank you for making these 61 years so successful. With continued support we hope to be prepared to meet the challenges of the future.

As we enter our 62nd year, we’re proud of the progress we’ve accomplished in partnership with community agencies, stakeholders, governments, researchers and families. Our record of success is a result of the power of those collaborations – a testament to how collective action fosters engagement, empowerment and results. Our focus will continue to be on generating collaborative approaches required to grow and thrive as a community.

Presidents message

Over the past 61 years, the John Howard Society of Fredericton has been committed to increasing public safety by providing assistance to individuals and families who are, or who are at-risk of coming into conflict with the Criminal Justice System. Towards this end, we provide support to individuals who, at times, have incredible barriers such as: addiction and mental health concerns, individuals living in poverty, homeless and near homeless persons, individuals struggling with a history of abuse and neglect and men and women who want a pathway forward but who also carry significant barriers to employment and social inclusion.

In our efforts to help individuals move forward, we employ strategies and values that foster **creativity, self-reliance, community building** and **resiliency**. These philosophical underpinnings guide our daily work and are integral to the success we experience working with vulnerable populations.

Over the past three years, our agency (like many other non-profits) has struggled with fiscal realities and has experienced *significant cuts in program funding*. Individuals in our region are also impacted by our changing economic landscape and have experienced higher rates of unemployment, increases in part-time and temporary work and lower household incomes. Likewise, we are also seeing a rise in mood disorders, substance abuse and significant increases in drug-related crime. However, as the need for effective social programming increases, the financial resources for such work has been on the decline.

In order to respond to the growing need for support services in our community, the John Howard Society of Fredericton has employed the same strategies and values promoted to our clients: **creativity, self-reliance, community building** and **resiliency**. In 2015 – 2016, we leveraged our creativity and community building capacity to adjust to fiscal realities in order to meet the needs of our target population. Just as we work to increase resiliency in our clients, we have increased our own capacity to respond to change and challenges. We have sought out creative solutions to help offset the impact of cuts in program funding and are pleased to report that in **2015- 2016 the John Howard Society of Fredericton provided support services to over 1000 individuals**.

In 2015 – 2016, we embraced great change and experienced great growth! We sought out new partnerships and found new opportunities such as, the Outreach Program (a program for Homeless Individuals) designed and delivered in partnership with Capital Region Mental Health & Addictions Association. Also, through the support of Fredericton Community Foundation and ESIC, we have been able to provide supports to recent affordable housing recipients; increasing access to supports to assist in maintaining housing. We are also proud to report that a new four unit affordable housing build has been completed thanks to Social Development and the Homelessness Partnering Strategies fund.

Socrates is attributed to saying “The secret to change is focusing all of your energy, not on fighting the old, but on building the new”. Just as we help our clients embrace change, we at the John Howard Society have also learned to harness adversity to build new growth.

Pamela Bishop
Board President



12,000

Thanks to the Fredericton community kitchen, Meals were served from our location.



102

Certified as highway signallers.



395

Accessed direct support services.

In this past year...



Were provided with soft skill development support.



16

Were provided affordable housing.



12

Participants received their GED diploma



120

Received housing support services.

Programs and Support Services

Over the past year, agency staff have had the opportunity to work with participants within the following programs:

Adult Intervention Program: Provides facilitation of individual counselling based interventions, determined by the needs of the Woodstock Probation Office.

Programs include:

- Alternative Measures
- Anger Management
- Self-Referral Anger Management
- Partner Abuse Program
- Personal Interventions

Alternative Measures Program: Alternative Measures is a pre and post court referral program, which provides for "alternatives" to court proceedings. The program offers a constructive way to deal with non-violent, low risk adult offenders, who accept responsibility for their crimes. Serious and violent crimes, intimate partner violence, and specific other cases of family violence are not eligible for this program.

The process involves victim(s), adult or youth offenders, and the community, in a search for solutions that promote reparation and reconciliation. The program provides the opportunity for adult offenders to acknowledge what they have done and to work at making amends, thereby avoiding a criminal record.

The goal is to help restore community harmony and enhance the personal safety of citizens and their property.

Anger Management for Men: is designed as a cognitive approach to positively impact aggressive, violent and pro-criminal behaviour. Consisting of 10 sessions that are normally offered over a 10 week period, the program focuses on the development of participant self-awareness and self-management. The information that is presented is meant to create an empowering environment for participants, introducing them to tools that will allow them to build effective beliefs, thoughts, attitudes, behaviours, skills and habits.

Anger Management for Women: Designed to provide participants with an opportunity to become more skilled at managing difficult emotions in a way that leads to healthy, productive outcomes. Throughout the 10 sessions, women will develop a deeper understanding of their emotional experiences and will be provided with some basic tools to manage these emotions more effectively.

At Home and Beyond Program: Recognizing the need for life skills and housing retention training for recently housed individuals, the John Howard Society of Fredericton, in partnership with the UNB Community Nursing program and TD Financial, have developed a 20 module, ten week group-based training program that will help formerly chronic and episodically homeless individuals develop the skill sets required to maintain long-term housing. This program, *At Home and Beyond Program* (AHBP), aims to reduce evictions and rejections of housing by supporting recently housed individuals during this critical transitional phase.

AHBP has four components that will ultimately increase housing retention for recently housed individuals:

1. Group-based housing retention training
2. Individual support, action planning and community engagement planning
3. Preliminary development of peer-support network for recently housed individuals
4. Tenant/Landlord Linkage and Relationship Building

Community Academic Learning Program: an academic upgrading program designed for learners who want to improve their academic abilities in order to further their educational and employment goals.

Each learner is given a math, reading and writing assessment to determine his/her academic starting point. Individualized learning plans are developed to help the learner progress at his/her own pace. There are five units of study: math, reading, writing, science and social studies. Class sizes are small and learners are able to attend either part time or full time depending on their financial, work and family circumstances.

Community Housing Build: During the summer of 2013 the agency received partial funding through the Homelessness Partnering Strategies fund to develop a new four unit 1 bedroom apartment building. The goal of this project is to provide new opportunities for individuals currently living on the streets to access affordable housing. At present the agency has secured appropriately zoned land, completed designs and been provided with the initial approval from the City of Fredericton to move forward with our project.

Once Provincial support is finalized, four new units will be completed with the hopes that four additional people will be housed before the end of 2015.

Community Maintenance Program: reinforces the skills that have been identified as the most effective in reducing recidivism:

- identifying and maintaining pro-social relationships and support
- emotions management
- clear thinking and decision making and developing a pro-social lifestyle and behaviours.

The program offers much-needed support and encouragement to participants as they readjust to life outside the institution.

CMP is a multi-target program. This means it is designed to meet the needs of people who were incarcerated for different types of criminal behaviours including Crime for Gain, Substance Abuse, General Violence, and Partner Violence. It is not intended for sexual offenders, for whom a program specific to their needs has been created.

Outreach Program: The *Housing First Outreach* program is a coordinated effort across our community to help support high acuity clients who present much higher needs than the regular population.

The core principles of a Housing First program are as follows:

- Immediate access to permanent housing with no housing readiness requirements
- Consumer choice and self determination
- Individualized recovery oriented and client driven supports
- Harm reduction
- Social and community integration

A key element of Housing First is ensuring clients have access to permanent, affordable and safe housing while providing or brokering the necessary supports to ensure they stay housed. The service provider will identify opportunities and barriers in the housing sector, while procuring permanent housing stock for the Housing First program and work with clients in the housing program to connect them with the necessary supports to ensure stability and success in tenancy.

Strengthening Families Program: involves elementary school children, 12 to 20 years of age, and their families in 14 family training sessions using family systems and cognitive behavioral approaches to increase resilience and reduce risk factors. It seeks to improve family relationships, parenting skills, and youth's social and life skills.

Supportive Housing Program: The Supportive Housing Program is a shared initiative between Social Development Housing Division and the John Howard Society of Fredericton Inc. The purpose of this program is to offer supportive, subsidized one bedroom apartments for non-elderly adults as they work towards self-sufficiency. Ultimately, once the person has reached self-sufficiency they will be transferred into other non supportive subsidized housing. The program follows the Housing First principles when working with tenants to achieve their goals.

Housing First focuses on three rules for all tenants:

- Pay the rent on time;
- Do no harm;
- Cause no damage.

The Housing First model allows the Support Worker the ability to mould all expectations around the three basic rules. In this way, tenants learn to become responsible for their behaviours, while at the same time, gently learning socially acceptable methods of responding to tenant-landlord relationships as well as community expectations.

Transit Fare Assistance Program: Since 2006, The John Howard Society has applied for bus tickets through the City of Fredericton Transit Fare Assistance Program. Tickets received from the City of Fredericton are then distributed to participants for a variety of reasons including: employment search, mental health & addictions meetings, access to food bank etc. In 2013, four hundred (400) single-ride bus tickets provided clients with the opportunity to access public transportation.

Youth Anger Management Program: assists youth, 15-19 years of age, in examining the effectiveness of their chosen behaviors and correlating these behaviors with their plans for their future. Through a one-on-one or group based approach, participants determine their situations and initiate positive changes by working to:

- Identify the precursors to violent behavior.
- Identify the impact of violent behavior on self and others.
- Recognize thinking patterns that lead to violent behavior and reframe them into thinking patterns that lead to non-violent, self-managed behavior.
- Identify how stress and tension can lead to violent behavior. Identify risk factors, triggers, and high-risk situations.
- Develop skills to communicate effectively. Establish a plan (lapse & relapse).

Board, Staff and Supporters

Board of Directors

The John Howard Society of Fredericton is fortunate to have a dedicated and diverse Board of Directors all sharing a passion for supporting and strengthening our community

Pamela Bishop
President

David Bemrose
Vice President

Barb MacMullin
Treasurer

L.A. Henry
Secretary

Joanne Thomson
Member

Michael Miller
Member

Scott Ronis
Member

Staff Team

The John Howard Society of Fredericton staff members bring a wide range of experience and diverse perspectives to the organization. Our staff members are passionately committed to our mission and values, and to achieving our vision of a safer community

John Barrow
Executive Director

Lisa Edward
Office Manager

Anne-Drea Allison
Program Coordinator

Dawn Hartling
Program Coordinator

Leo Groenenburg
Program Coordinator

Mavis Doucette
Program Coordinator

Sarah Rasmussen
Program Coordinator

Volunteers

We are grateful to those who volunteered their time with the John Howard Society of Fredericton Inc.

**St. Thomas University
Social Work Program:**

Lauren Stoddard

**University of New Brunswick
Nursing Program:**

Brian Comer
Megan Corby
Jennie Kukula
Jennifer MacSween
Katlin ODonnell
Laura Skinner
Ashley Spracklin
Emily Wetmore

Maintenance Services:

Karl McLellan

Nashwaaksis United Church
Community Supper Christmas
Celebration

**Saint Mary's Anglican
Church**
Strengthening Families Program

**Brunswick Street Baptist
Church**
Strengthening Families Program

Special Thanks to our supporters and Partners:

