



Stone Soup:

A Recipe for Community

Annual Report 2015



What is Family and Community Support Services (FCSS)?

FCSS is a partnership between local municipal governments, Métis settlements, and Alberta Human Services.

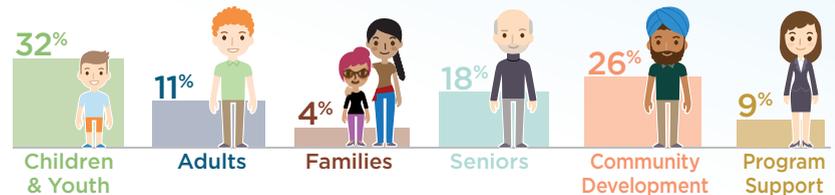
Within the parameters of the FCSS Act and Regulation, each municipality or Métis settlement determines how the FCSS funding they receive should be allocated to best meet the social programming needs of their community. Local FCSS programs are part of the larger provincial program that collectively ensures Albertans have access to a strong network of preventative social supports. Red Deer & District FCSS supports programs that help to accomplish its vision of empowered individuals, healthy families, and caring communities.

Red Deer & District FCSS Funding

Red Deer & District FCSS creates connections through the projects we fund. We connect isolated seniors to cheerful volunteers, desperate people to agencies with expertise, suicidal teens to counsellors and abused partners to projects that give them confidence to leave a relationship and rebuild.

Annual reporting is based upon:

- Qualitative data: project level outcomes and personal evidence of client outcomes.
- Quantitative data: demographics and surveys.



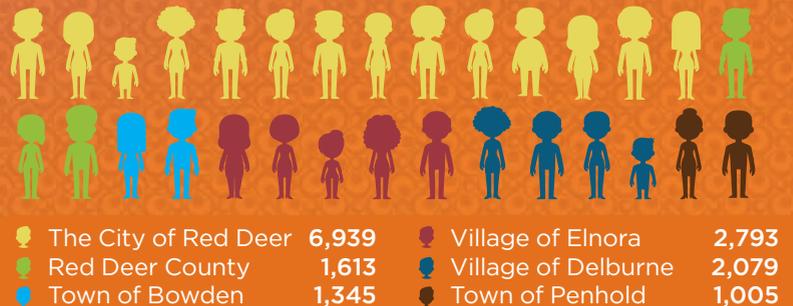
Funding Distribution Amongst Populations

2015 Funding & People Served

Partner Contributions (\$ In Thousands)



FCSS served a total of 15,774 people



Helping: 411 Aboriginal Participants 403 Newcomers <5 years in Canada

FCSS funding is provided through Alberta Human Services and the six partner municipalities; administrative support is provided by the Social Planning department of The City of Red Deer. There is a strong collaboration between all of these partners. Within the FCSS regulations, the Province of Alberta provides 80% of the funding and partner municipalities provide the remaining 20%.

Child & Youth Projects

Operation of the Benalto Playschool

Benalto Playschool

Rural Mentoring Program

Big Brothers Big Sisters of Innisfail

Bowden Play & Learn Playschool

Bowden Play & Learn Society

Immigrant Youth Program

Central Alberta Refugee Effort (CARE)

Family School Wellness

Chinook's Edge School Division

Delburne Playschool

Delburne Playschool Society

Elnora Playschool

Elnora Playschool

School Age Child Care

Red Deer Child Care Society

Why people are accessing our services:



2,929

Age Appropriate
Development

Community Liaison Workers

Red Deer Public School Division

Family School Enhancement Counselors

Red Deer Catholic Regional Schools

Big Brothers Big Sisters of Red Deer & District

Red Deer Youth & Volunteer Centre

Boys and Girls Clubs of Red Deer & District

Red Deer Youth & Volunteer Centre

Spruce View Playschool

Spruce View Rural Child Care Society

Penhold Youth Club

Town of Penhold



Child & Youth Project Outcomes

Outcomes include positive development, personal well-being, and connection to others.

✓ **89%** of participants in the **Family School Wellness** program achieved one or more goals in their case plan.

“The Family School Wellness worker made me balance out my life, set some goals and take an honest look at my decision making. I feel I have changed a lot since September.”
Client, Chinook's Edge School Division.

✓ **46%** said the **Immigrant Youth Program** helped them make new friends and **46%** said it helped them develop English language skills.

“You inspired me to do good things and make better choices in life.”
Client, Central Alberta Refugee Effort

✓ **90%** of participants at the **Boys and Girls Clubs of Red Deer & District** said the programs helped them feel good about themselves.

“The guidance and understanding given [my son] has affected him in such a positive way. A warm thank you to staff and volunteers that help and care about these children. Without them he would be a different little boy.” **Client family, Boys and Girls Clubs of Red Deer & District.**

Family Projects

Infant Preschool Wellness Program
Family Services of Central Alberta (FSCA)

“Being a part of the Infant Preschool Wellness Program has helped me with recognizing my child’s emotions and addressing them accordingly, learning that there are lots of different resources for parents and children in the community.”

~ Client, FSCA

Why people are accessing our services:



Family Project Outcomes

The main outcome for this project is improved social well-being for families through teaching positive parenting techniques.

✓ **95%** of clients have experienced an increase in their knowledge and skill of positive parenting practices in the Infant Preschool Wellness Program.

“The biggest thing I have learned from common-sense parenting is a better explanation of child development. How a parent can influence which skills in a child can be strengthened just by being attentive, loving, nurturing, and playful.”
Client, FSCA.

✓ **FSCA staff has said the Under Six Club continues to draw strong attendance and promote inclusivity and friendship.**

“The kids love to play and interact with other kids. There are a lot of good learning experiences and fun activities. The staff is very personable and ready to listen and give advice if asked. We love it here.” **Client, FSCA.**



Adult Projects

Learning Together Program

Central Alberta Refugee Effort (CARE)

Walk-In Clinic

Vantage Community Services

Central Alberta Poverty Reduction Alliance Community Mobilizer

Central Alberta's Safe Harbour Society for Health & Housing

Stronger Individuals & Families through Counseling

Shalom Counseling Centre of Alberta

Why people are accessing our services:



4,650 Personal Wellness

"I was able to process and feel emotions and realize how far I have come. Also I realize that what I experience inside is normal and healthy."

~ Client, Shalom Counseling Centre.



Adult Project Outcomes

Outcomes include personal well-being in dealing with life's difficulties, and community connection and engagement through awareness and use of programs and services available.

 **75%** of participants in the Learning Together Program agreed they knew more about how to access community resources because of the program.

 *When you're a newcomer, you feel alone and unimportant. This program helps to take care and also to learn something you may not have had the chance to learn where you come from." Client, CARE.*

 **60%** of clients said they'd experienced an increase in their coping skills (visualization, progressive body relaxation, letter writing, reframing the situation, cognitive restructuring) after a single Walk-In session at Vantage Community Services.

 *The team of counselors reinforced my ability to cope with these issues by reminding me to focus on my strengths of character and also acknowledging and understanding the turmoil." Client, Vantage Community Services.*



Senior Projects

Golden Circle Outreach

Circle of Red Deer Seniors' Society

Home Support

Family Services of Central Alberta (FSCA)

Red Deer Meals on Wheels

Red Deer Meals on Wheels



Why people are accessing our services:

1,640 Community participation and networks

“Thank you for making something that seemed so scary and overwhelming for our dad so simple and pleasurable. We feel lucky to have good food and good people visit every day.”

~ Client family, Red Deer Meals on Wheels.



Senior Project Outcomes

Outcomes include connection with others, measured through the extent to which people have the support of family, friends and others.

✓ 100% returned surveys of Red Deer Meals on Wheels rated 5 out of 5 for interaction with drivers.

“Meals on Wheels staff delivered to a long term client and noticed he seemed “off.” She notified the family who immediately went to check on him. He was experiencing a stroke and his family was able to get him to hospital – demonstrating the importance of our program and interaction with our clients.”
Program Manager, Red Deer Meals on Wheels

✓ 94% of Home Support clients agree they had increased support to live independently through the program.

“The majority of Home Support clients request services due to their desire to stay in their homes longer and avoid having to go into a seniors home. Their preference to have a Home Support worker is also due to the fact that they will be provided with community resources with the idea of avoiding isolation and promoting activities.”
Program Manager, FSCA



Community Development

Six FCSS Community Workers and four Community Facilitators work in the partner municipalities to help identify and address issues, and connect and engage the community.

Stone Soup

As people in the community become more engaged they begin to offer their own contributions. Just as the soup soon becomes much richer, so do the relationships in our community. In the end there is enough nourishing soup for everyone and all have learned the magic of sharing and working together.



Community Initiatives

- The Downtown Community Development Committee (DCDC) - Red Deer
- Community capacity building initiatives:
 - Community Gardens - Elnora, Delburne, Springbrook, Red Deer
 - Early Childhood Mapping Project
 - Day supports for people experiencing homelessness
- Delburne Belonging Project
- Central Alberta Poverty Reduction Alliance (CAPRA)
- Seniors Wellness
- Red Deer Community Safety Ad-Hoc Committee (Safety Strategy)

FCSS Regional Projects

Each year some funds are set aside for projects and events to benefit all partner communities.

This year some of these funds were used for:

- Aging well
- Direct Service Retreat
- Small Acts Matter
- Early Childhood Development

“The Bowden Committee of CAPRA has succeeded in raising awareness that poverty exists right in our town, and have proven exactly that. Now we are all more conscious of what is necessary to eradicate it.”

~ Bowden resident

Thank you to...

2015 Volunteer Participation

2015 FCSS Board Members

Judith Hogan/Ray Reckseider, *Councillors, Village of Delburne*
Lloyd Lane, *Councillor, Town of Bowden*
Richard Cloutier, *Councillor, Village of Elnora*
Kathy Sitter, *Councillor, Town of Penhold (Board Chair)*
Jean Bota, *Councillor, Red Deer County*
Richard Lorenz/Christine Moore, *Councillors, Red Deer County*
Janice Kong/Lauren Dawson *Citizen Representatives, Red Deer*
Walter McKay, *Citizen Representative, Red Deer*
Pam Corsiatto/Valdene Callin, *Citizen Representatives, Red Deer*
Milt Williams, *Citizen Representative, Red Deer*
Buck Buchanan/Ken Johnston, *Councillors, The City of Red Deer*
Lynne Mulder, *Councillor, The City of Red Deer*

2015 Social Planning Staff - The City of Red Deer

2015 Regional Partners FCSS Staff



2,272
volunteers

35,900
volunteer hours



For more information
on FCSS initiatives, visit
www.reddeer.ca/fcss

p | 403-342-8100
e | fcss@reddeer.ca