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# A Word From Our CEO

I share with you another edition of our wonderful newsletter, designed to show you a snapshot of our work over the past several months. To say it has been a busy year would be a massive understatement! As you read this publication, another school year has come to a close, and we are busy preparing for the summer camp season.

Hundreds of children and youth from across New Brunswick will spend a week of their summer vacation canoeing, hiking, and tenting in some of the province's most beautiful wilderness areas—all under the careful supervision of our well trained staff. Sleep-away summer camps are a dying breed here in New Brunswick, but the positive impact they can have on children and youth is significant. Personally, I have been involved in camps in one form or another for 25 years. From my first experiences years ago, to the camps I am involved with here today, I have seen many youth experience profound positive change from their time at camp.

Apart from the fun and excitement, summer camps expose children and youth to the outside and physical world around them, they engage campers in a world of imagination and creativity unlike any other experience. In our case, campers sleep in tents, spend time canoeing, cooking over an open fire, swimming in lakes and streams, sleeping under the stars and making fantastic lifelong friends.

We want to give our deepest thanks for all of our honorary campers out there who continue to help us change lives every year. If you find yourself looking for something to do, feel free to take a drive to North Lake, NB and visit us at Camp Tippy Canoe, home to the world's best apple crisp—cooked over an open fire of course.

John

## Ebb and Flow

Every program requires revisions and changes after a time. In 2014, we decided that program was Making Waves. Not that the program was unsuccessful—quite the contrary. Despite being successful for over a decade, we always felt we were not reaching as many youth as we should. We felt that a change in the structure of our delivery would make the program even better.



The most significant challenge Making Waves participants always seemed to face was a question of transportation. Given their very restrictive budgets, it was often difficult for schools to find the money required to bus their students to a conference in the Fredericton area. As a result, we always worked with a fairly limited amount of schools, and generally had about 50-60 participants attending the conference each year.

In response to this, we changed the delivery model from a single provincial conference to four regional ones. In this way, we were able to effectively quadruple the number of participants in the program, including those involved in the leadership skills training portion of the program. We were also able to engage several new schools. By all accounts, the changes were a fantastic success. One we hope to build on in 2015 and beyond.



## Positive Thinking



In January of this year, PFY welcomed a new addition to the family. Dots NB has begun spreading roots within the organization and moving towards the development of a number of new initiatives. Project Coordinator Cindy Miles has been hard at work, building on past successes and moving Dots into this exciting new era.

Chief among these new initiatives is the development of a youth leadership project. Dubbed Leadership In Action for Youth Mental Health, these new groups will assist the project coordinator in program development and delivery within NB schools. This model is similar to other PFY offerings like the New Brunswick Youth In Care Network and Making Waves and has proven to be remarkably successful.

By tapping into our existing relationships with schools throughout the province, Cindy is preparing to build upon current mental health initiatives in a big way. With new funding and fresh ideas, 2015-16 is set to bring yet more innovations for the promotion of positive mental health in New Brunswick.



# Cooking Towards Independence

In partnership with the Children's Aid Foundation and the Sobeys Cooking Towards Independence Program, the NBYICN has been designing and hosting cooking classes for youth leaving care. With a focus on the multiple dimensions of food literacy, these workshops offer youth aged 17-26 the opportunity to develop their food safety and preparation skills, to learn more about food, and how they can eat healthy on a budget.



We've put together two workshops so far, and we have two more in the plans for the next few months. The first pair included menu items such as: Spicy butternut squash and sweet potato soup, chocolate chip cookies, shepherd's pie, apple crisp, banana curry, chicken korma, cucumber riata, chapatis, and victoria sandwiches.

While we're not sure yet what the next two will bring, we're pretty confident it'll continue to be just as delicious. If you know of someone from care who might be interested and who would benefit from this type of workshop, contact our network coordinator at [rlippett@partnersforyouth.ca](mailto:rlippett@partnersforyouth.ca).

## On the Road

# ROADMAP

The Roadmap Program is one of our most important projects. Since 2008, this program has been delivered in both Francophone and Anglophone communities. It engages youth participants in personal development activities related to a number of important financial

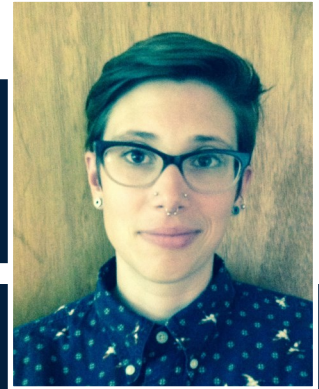
concepts, such as: budgeting, money management, and making sound financial investments.

In 2013, we opted to revise our long-term vision for the Roadmap Program. More specifically, we wanted to concentrate on the needs of youth who are in provincial care and in custody. We hosted focus groups with youth in care and youth in custody around the Province so as to engage them in this revision. In the end, our new and updated version maintains its unique emphasis on financial literacy, and also reflects the needs of at-risk youth by expanding its reach to focus more concretely on career development.

Beginning in January 2015, PFY Project Coordinators Robyn and Tom were on the road, delivering the program to youth at the New Brunswick Youth Centre (NBYC) and Portage Atlantic. The 24 participants worked through eight core modules, learning about a variety of essential career development concepts such as: employability skills, post-secondary education, job searching, job profiling, interview skills, professionalism, and resume and cover letter writing. Enhanced by a unique adventure-based learning format, the Roadmap Program concludes with a day-long social and emotional learning event. In this way, participants further develop their teamwork skills and their ability to set goals. They also learn to make responsible decisions and be self-aware through team survival exercises, shelter building activities, and a variety of outdoor-education games. We're coming off a fantastic first round and are looking forward to doing it again with new groups in the fall!

## Staff profile: Robyn Lippett

For some, working with society's more underprivileged members is more than just a career choice. Enter Robyn Lippett who, despite being a relatively recent addition to our staff, has no shortage of experience working with at-risk youth.



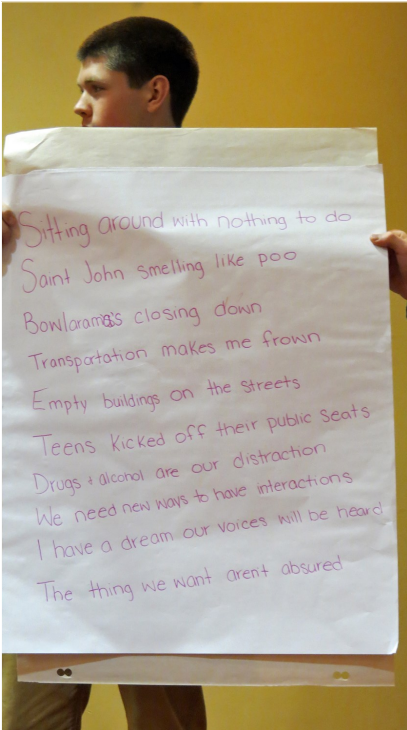
Raised in the Toronto region, Robyn chose to forgo the bustle of her hometown in 2003 when she moved out east to study English Literature at Acadia University. Following graduation, Robyn worked for a number of organizations, delivering outreach programs and support services to at-risk youth, notably in the fields of sexual health, inclusive education, and healthy youth relationships.

In 2012, Robyn returned to her studies to complete a social work degree at St. Thomas University. Shortly after completion, Robyn agreed to pick up the mantle of PFY Project Coordinator. She now heads up both the New Brunswick Youth In Care Network and our new and improved Roadmap Program. Working at PFY has also given her the chance to use her extensive experience in outdoor education and adventure-based training, something she says was sorely lacking in her previous jobs.

Her favourite PFY memory?

"It was the last day of our first Roadmap group. This one guy had really started to come out of his shell and mentioned he was interested in becoming a personal trainer. He asked if I lifted weights and then offered to give me some pointers. I agreed, and he began essentially giving me a personalized training plan. Suddenly here I was, watching this guy, who would have had limited experience in any teaching role, doing an amazing job of giving me tips and pointers. By the end, a bunch of other participants were following along, hanging on to his every word. It was amazing.

## Spread the Word



Every few weeks, we pump out another edition of our regular e-bulletins. These short informational pieces offer insight on issues that impact the lives of youth both in New Brunswick and beyond. In developing this discussion tool, our primary goal is to help raise the level of dialogue on a number of important issues. We want to engage people throughout our communities on questions that are important to youth and to the future of our province.

These e-bulletins are part of our strategy to accomplish this goal. If you haven't signed up to receive our e-bulletin, you may do so by going to our website at [www.partnersforyouth.ca](http://www.partnersforyouth.ca). There you can find a link on the front page that will allow you to sign up. Spread the word! Become a part of the conversation! We want to hear what you think on these important subjects.

The logo for "eBulletin" features the word "eBulletin" in a bold, orange, sans-serif font. The letter "e" is lowercase and smaller than the rest of the word. The text is centered within a white rectangular box that has a black border and a black 'X' shape drawn across it from corner to corner.



## Spread the Word

2015 marks a number of firsts for PFY, not the least of which being our entry into the blogosphere. To date, we have published three blogs, including one written by a participant in our Making Waves program. If you haven't checked them out, you should! They're a great way to kick start good and important conversations around the office or dining room table. You can access our blog anytime by going to our website and clicking on the Blog link in the main menu.



*There are cases where youth continue to be abused or neglected in various ways after their entry into the care system. To say that such cases are common is an exaggeration, but to ignore them entirely or try to hide them is irresponsible.*

**Youth in Care are a Collective Responsibility | March 26**

*Most people don't understand youth in our position. We want to learn, but we have trouble with our anger, anxiety and stress. Most schools don't know how to deal with it."*

**Talking With No Voice | March 18**

*"We can't put off Sex Ed in classrooms anymore. Being open about a person's own sex life, and teaching a teenager that there is a healthy safe way to have one themselves is a difficult task, but somebody has to do it and find a way to do it unbiasedly.*

**Why Teach Youth About Sex and Healthy Relationships? | February 26**

## January in Hawaii



Fire up the jets. With August just around the corner, we're gearing up for another round of our 12 Trips fundraiser. In eight years since we started drawing, we have handed out over \$420,000 in trips and cash prizes. That includes one trip and four cash prizes every month, as well as yearly early bird draw worth \$5000.

### How does it work?

Tickets are \$144 or \$12/mth and can be reserved in advanced by contacting our CEO John Sharpe at 506-462-0323. Any amount of tickets left unclaimed will be sold at TD Banks around the province from September on, until we run out. The draw is sold out every year, so getting in early is definitely a good idea!



### How can you stay in the loop?

Both the trip and cash prize winners are announced at the start of each month on our Twitter feed. You can also find a full list of this year's winners on our website. Just go to [www.partnersforyouth.ca](http://www.partnersforyouth.ca) and click on the 12-in-12 link on the main page. Oh—and you may also want to start planning your next mid-winter vacation.

## On the Horizon

This first full week of July marks the first week of our Tippy Canoe camp schedule. Our seasonal camp staff has been hard at work these last couple weeks, clearing out trails and prepping the canoes for this year's two elementary school, three middle school, and one high school leadership camp.



All but the elementary camps are approximately one week in length and include substantial out-tripping components. As always, our camps are completely full, including our new elementary girls empowerment camp, which is already shaping up to be a fantastic success.

Keep your eyes on future e-bulletins, our Twitter feed, and our website for more camp updates as the summer paddles on.



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