

# Kinsight>

## Annual Report 2018

### Kinsight>

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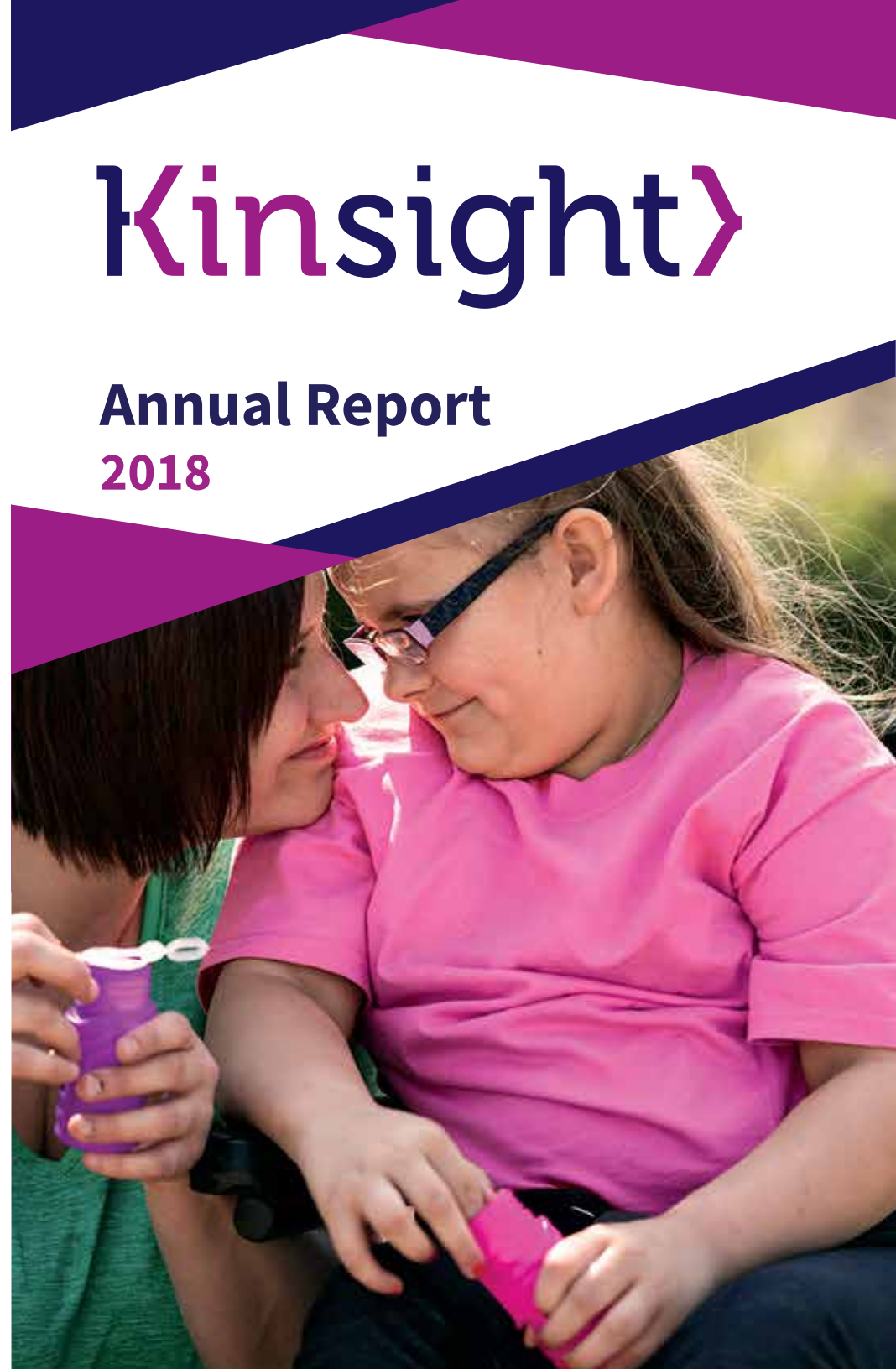
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## Board of Directors

<b>President</b>	Winston Cummins	<b>Directors</b>	Grace Bergman
<b>Vice President</b>	Bob Kashyap		Tammy Chesman
<b>Treasurer</b>	Ryan Pearce		Shannon Henderson
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			Alison Baines

Everyone's welcome.  
Everyone belongs. Everywhere.

# A Message from the President and CEO



*In 2017, we paused* – purposefully – to reflect on what is important to us and to those we serve. We engaged in conversations with our employees, families and partners to learn more about their hopes for the future. And we used that information to make some significant changes.

We kicked off the year with a new name: we're Kinsight (formerly Simon Fraser Society for Community Living). "Kin" is a nod to families who are at the core of everything we do, and "sight" speaks to the wisdom and vision of the families who founded us 60 some years ago, and to those who will continue to shape our future. To us, family means all of the children, youth

and adults we work with, as well as our employees, and community, business and funding partners.

With our name change, and a new website behind us, our conversations have turned to refreshing our strategic plan. You have told us that our vision – *Everyone's Welcome. Everyone Belongs. Everywhere* – is compelling and relevant. And our work going forward will be to review our strategic directions with input from you: our leaders, employees, families and partners.

In the pages ahead, you will find stories and examples of how we carry out our vision and strategic priorities every day.

Each of the following sections represents one of our five strategic goal areas: Vision, Contribution, Flexibility, Belonging and Independence.

As you read through this report, we hope you will share your thoughts, ideas and hopes for how we can continue to support people in building meaningful relationships and fulfilling lives. Your input will help set our strategic direction for the next five years – just in time for our 65th anniversary (founded: September 24, 1954).

Winston Cummins, President, Board of Directors  
Christine Scott, Chief Executive Officer

**Stay Tuned!**



The “Elevator Dance” at the Tri-Cities playgroup

# Vision

Our Vision, “Everyone’s Welcome, Everyone Belongs, Everywhere” guides everything we do. We support community members to be welcoming at home, at work and in their neighbourhoods.

## We Do This By

- Working with local Parks and Recreational programs to improve access to programming for children, youth and adults with disabilities
- Celebrating successes like the former Kinsight youth group that is now operating through a Port Coquitlam community centre. The group has expanded the number of attendees and focuses on friendships and new connections for youth
- Encouraging seniors to spend time with other seniors at Century House
- Moving a weekly playgroup for parents and young children out into the community – relocated from a Kinsight location to Qayqayt Elementary School in New Westminster

## Venesta’s Story

### Creativity and connections through art

Over the past few years, Kinsight’s community inclusion staff have been helping people identify and explore their artistic interests and abilities. As part of the emphasis on lifelong adult learning, art classes are offered so that people can experiment with different techniques and mediums, develop new skills, and broaden artistic appreciation.

For those interested in expanding their creative circles, the program branched out into the community, allowing the artists to meet and learn from other artists.

Venesta is one of the budding artists who is benefitting. She and her other creative peers are enjoying weekly drop-in sessions at Leigh Square Community Arts Village – a welcoming space. They are exploring a new community of inspiration and are forging friendships with others who share their passion for art.

Venesta’s new connection, Zena, has inspired her to learn to sketch, and she regularly checks in with her mentor for guidance.



# Belonging

Our mission focuses on building meaningful relationships and fulfilling lives. We know that a welcoming community is an important first step. People need to know that they belong.

## How We Foster Belonging

- Individuals and community hosts are partnered through Kudoz to share interests
- Families and their children are supported through many life transitions and exciting milestones, such as entry into kindergarten, high school or the workforce
- Groups are attending our Thursday night meet-ups in local restaurants and pubs, and are getting to know other patrons and servers
- Parents who initially met through Kinsight's parent networking group are now organizing their own meetings in the community to share interests and support one another
- Connections are forged through the Building Caring Communities initiative, where people meet new people and form lasting relationships

## Graham's Story

### Horsing around improves confidence

Over the past year, Kinsight's Adult Services team has increased its focus on cross-program collaboration, which allows people like Graham to have greater access to a full range of Kinsight staff and resources.

With support from a Kinsight Community Connector, Graham discovered he had a passion for horses. Together, they found an opportunity for Graham to volunteer with the North Fraser Therapeutic Riding Association, a role that allowed Graham to build confidence and develop relationships with Association staff.

The Community Inclusion staff teamed up with Kinsight's Employment Services staff to help Graham develop additional skills to pursue a part-time job with Pharmasave. Graham is enjoying greater independence, new connections, and meaningful ways of participating and belonging.



Becky enjoys coffee during a lively lunch hour

# Independence

We are dedicated to promoting community-based services that foster relationships and independence. Our team members work alongside people to explore options and to live in and fully enjoy their communities.

## We Do This By

- Developing new affordable and accessible housing in Coquitlam and Port Moody, including our partnership with St. Andrew's United Church, Catalyst Community Developments and SHARE to create new community services and inclusive housing
- Supporting youth who want to have a voice in their school experience: youth are crafting letters to take to their Individualized Education Planning meetings
- Connecting people with employment programs and training, and providing on-site job coaching to provide the skills they need to perform

## Shannon's Story

### A place to call my own

After a crisis at home, Shannon needed to change her living arrangement, and Kinsight moved quickly to identify a staffed home for her. Initially designed as a temporary location, Shannon stayed in the residence for more than 10 years.

She and the other three women who shared the home were supported by a caring team that was committed to helping the women develop and increase their skills. As Shannon grew her abilities, she began to express a desire to live on her own. Staff worked alongside Shannon and her family to help her reach important milestones.

They developed a transition plan to help her move from the group home to an apartment where she could live more independently.

Today, Shannon and her friend Dawn share a two-bedroom townhome. She comes and goes as she chooses, pays her own bills, and is learning to cook more complicated meals. A staff person is available to help out, when needed, and together they remain focused on growing her skills and independence.



# Flexibility

We know that people’s interests and needs change over time, and we strive to respond with flexible and highly individualized supports.

## We Do This By

- Working with youth and families to explore new options for after school activities or childcare
- Partnering on the development of condominiums that offer a range of options that best match each individual’s level of independence – from staffed to fully independent living
- Supporting people to transition from the Community Inclusion program to receiving home-based supports that better meet their needs

“This family-led effort to research new after school opportunities, speaks to our core. Kinsight was founded by families more than 60 years ago – out of their desire to create more opportunities for their children. And, this initiative is one more example of how we support families and communities to welcome all people.”

— Gareth Williams, Director of Family & Children’s Services

## Parents’ Story

### Seeking after school alternatives

For many parents, planning for their child’s transition out of childcare is an unnerving and overwhelming experience. Parents want safe, enjoyable activities for their children, and the traditional after school options don’t always fit their needs.

As a result, a number of parents and youth teamed up with Kinsight and staff from local parks and recreational programs to explore a variety of creative solutions.

Through a series of discussions, the group identified a number of alternative programs and activities such as Sea Cadets and Place des Arts.

Today, that momentum continues to build, and the group is committed to exploring additional options, with support from Kinsight.



Making friends on a sunny day

# Contribution

We work alongside people to identify and plan activities and services that matter the most to them. Through exploration, people decide how they would like to share their skills and talents, and they seek out opportunities to develop new interests.

## Ways This Shows Up

- People are engaging in “Discovery,” a process that helps unlock the passions and talents they share with others in their communities
- A former Kinsight youth group member has now returned as mentor for other youth
- Youth Leadership Council members are giving back to their communities by volunteering at the Tri-Cities Food Bank and raising money for the youth centre in Port Coquitlam

## Lindsay’s Story

From exploration to employment

People involved with Kinsight’s Employment Services spend time identifying the kind of paid work they want to do, and developing skills to pursue their careers.

Lindsay is driving her own employment journey, and checks in with the Employment Services team for encouragement and career development support.

Lindsay began working with an Employment Facilitator when she was ready to explore career options such as office work, retail and food services. With support, Lindsay landed a position at Me-n-Ed’s Pizza, where she is a valued member of the restaurant’s team.

Since then, Lindsay has branched out on her own job search. She has independently landed a second job, as a noon-hour supervisor with a local school district.



# Programs & Services

We promote options and opportunities for people to have meaningful relationships and fulfilling lives. We're Kinsight and we work alongside families of children, youth and adults with developmental delays or disabilities to support growth, development and personal well-being.

## Children, Youth & Families

	People Served
<b>Infant Development</b>	A home-visiting program, we work alongside families to implement play-based strategies to help children, <i>birth to 3</i> , grow and develop at a pace that is right for them. <b>441</b>
<b>Supported Child Development</b>	For children up to 12 years who have extra support needs in a preschool or child care setting, and <i>youth 13-19</i> who require support in their home. Consultants work with families, youth and children, together with childcare and preschool programs, to develop strategies to encourage child development and promote inclusion. <b>616</b>
<b>Key Worker &amp; Parent-to-Parent Support</b>	Key Workers assist families in understanding the unique developmental needs of children and youth who may have Fetal Alcohol Spectrum Disorder or a brain injury that results in similar neuro-developmental needs. We also provide information to other community professionals to assist them to support and include children and their families. <b>159</b>
<b>Early Intervention Therapy</b>	Through our partnership with SHARE Family & Community Services Society, we work with children, their families and other service providers in New Westminster to help children participate in everyday activities. We also help families to access therapy in the Tri-Cities. Early Intervention Therapists support children to develop a range of skills and abilities – from strength and balance to language and self-care. <b>187</b>
<b>School Age Therapy</b>	Together with SHARE Family & Community Services Society, services are delivered in collaboration with families and school based teams in New Westminster to support the development and implementation of Individual Education Plans (IEP's). <b>84</b>
<b>Youth Services</b>	Our Youth Leadership Council advocates on behalf of youth, giving voice to young people's dreams and aspirations as they enter into adulthood and make an impact in their communities. <b>All</b>

### Family & Individual Support

We work together with families on an individual or group basis to seek information, answer their questions and identify their priorities. We offer home visits, networking sessions, support for meetings, workshops, and referrals to community and professional services. **65**

### Transition Planning

Working with families and youth beginning at approximately age 15, we support the transition to and throughout adulthood. People are supported to receive information, access referrals and to connect with other families, youth and adults served. **115**

### Total:

**1667**



Cruising along

## Adult Services

### People Served

#### Employment Services

Our Employment Services group works with employees and employers to support onsite training and job coaching, accessibility and accommodations, and effective workplace relationships. Our goal is to help youth and adults obtain meaningful, paid employment, which can expand social networks, increase independence, self-determination and economic well-being.

42

#### Community Inclusion

We seek out and facilitate opportunities for people to fully participate in and contribute to their communities. The Community Inclusion program helps people to explore and engage in activities where they can share their skills and interests, volunteer, prepare for employment, and make new social connections.

86

#### Housing

We offer people choices in a variety of living environments. Depending on individual needs and preferences, support ranges from a few hours a week to 24 hours a day.

77

**Shared Living:** living in a home with a family or another person who shares their daily life and interests. This model encourages personal relationships, connection to the community, and well-being

**Semi-independent living:** people living in their own home, as independently as possible, with varied levels and schedules of support

**Staffed homes:** living in a home with one to three roommates, with ongoing support

#### Community Outreach

We assist people living in the community to maintain and increase their independence, keep up their homes and engage in daily living activities.

9

#### Skill Development

We offer time-limited, goal-oriented support in the development of new skills to support learning. Examples of practical skill development include taking transit, preparing meals, or helping people explore options in their community.

24

#### Community Connections

Community Connectors help people find welcoming places in community, where they can discover new passions and interests, and build relationships with people who share their interests. Connectors also assist people to learn skills and build confidence to help them to organize and lead community interest groups and gatherings.

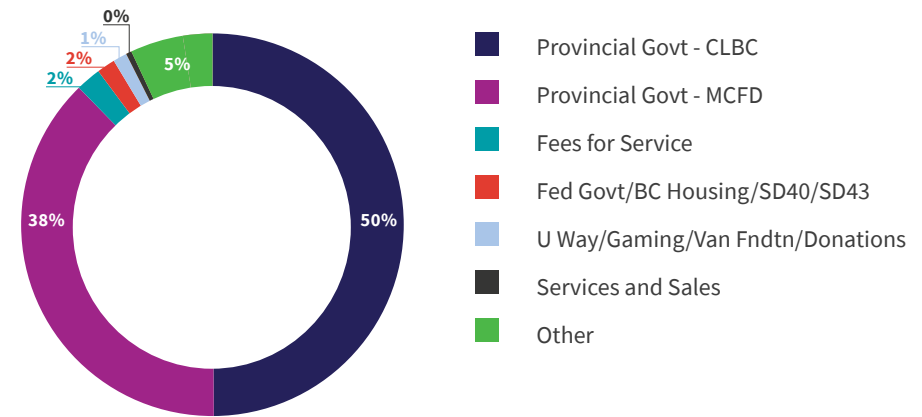
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#### Total:

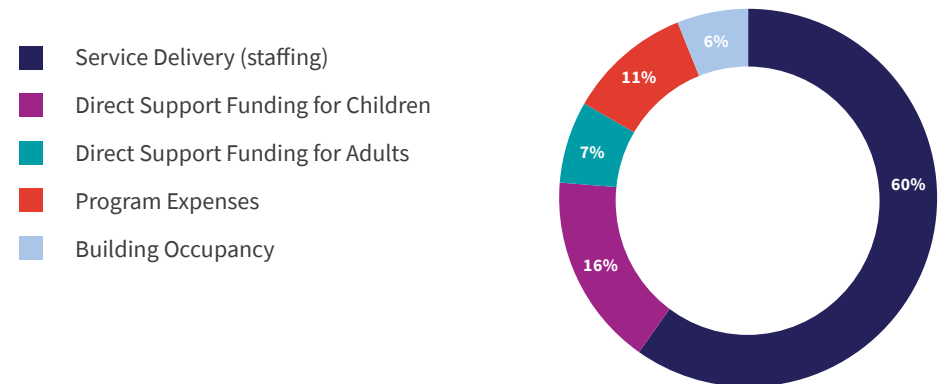
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# Financial Highlights

## Revenues: \$14,976,187 (audited)



## Expenditures: \$14,266,666 (audited)



## Our Funders

We are grateful for the support and financial assistance of the Province of British Columbia and others, including:

