

# Youth Services List 2018

Changing Lives Locally



**United Way**  
Kingston, Frontenac,  
Lennox and Addington

Where to connect youth who are dealing with homelessness or at risk of becoming homeless.

### **Kingston Youth Shelter**

234 Brock Street, Kingston  
*Emergency Shelter for youth who have no place to stay.*

Graham Snider  
Housing Support Worker (for youth 16-24yrs)  
613-766-3200  
[graham@kingstonyouthshelter.com](mailto:graham@kingstonyouthshelter.com)

### **Family Mediation Program**

*Youth age 16-24 yrs experiencing family conflict and at risk of homelessness; referrals can be through agency, youth or family.*

Vivienne Parent  
Family Mediation Worker  
613-766-3200  
[families@kingstonyouthshelter.com](mailto:families@kingstonyouthshelter.com)

### **Kingston Youth Transitions**

*Transitional housing for youth ages 16-24yrs in need of supportive housing to learn basic life and living skills.*

Transitional Housing Program  
Ph: 613-767-2710  
[transitions@kingstonyouthshelter.com](mailto:transitions@kingstonyouthshelter.com)  
Application Form: <http://kingstonyouthshelter.com/wp-content/uploads/2015/11/kingston-youth-transitions-application.pdf>

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### **Home Base Housing**

540 Montreal Street, Kingston

Tara Everitt  
Youth Homelessness Systems Coordinator  
613-776-9996  
[teveritt@kingstonhomebase.ca](mailto:teveritt@kingstonhomebase.ca)

### **Kingston Youth Services**

*For youth ages 16-24yrs who face imminent risk of becoming homeless.*

Alicia Howell  
Prevention Diversion Case Manager  
613-776-9996  
[ahowell@kingstonhomebase.ca](mailto:ahowell@kingstonhomebase.ca)

Megan Ross  
Prevention Diversion/Housing First Case Manager  
613-776-9996  
[mross@kingstonhomebase.ca](mailto:mross@kingstonhomebase.ca)

### **RISE @one4nine**

*Permanent and supported transitional housing for youth  
\*\*Referrals for supported housing via Prevention Diversion Staff.*

Amy Candon  
Case Manager & Program Coordinator:  
613-542-7579  
[acandon@kingstonhomebase.ca](mailto:acandon@kingstonhomebase.ca)

Rebecca Dew  
Housing Case Manager  
613-547-5471  
[rdew@kingstonhomebase.ca](mailto:rdew@kingstonhomebase.ca)

Danielle Dillon  
Housing First Case Manager  
613-542-7579  
[ddillon@kingstonhomebase.ca](mailto:ddillon@kingstonhomebase.ca)

### **Rapid Rehousing and Housing First**

*Case management and support in finding and maintaining housing for youth, with medium to high acuity, who are homeless.*

Danny Milne  
Housing First Case Manager  
613-776-9996  
[dmilne@kingstonhomebase.ca](mailto:dmilne@kingstonhomebase.ca)

Michelle McKinnon  
Housing First Case Manager  
613-776-9996  
[mmckinnon@kingstonhomebase.ca](mailto:mmckinnon@kingstonhomebase.ca)

### **ONE ROOF Kingston Youth Hub**

426 Barrie Street, Kingston

*Services include one-on-one support, engaging group programs and workshops, and easily access to mental health, addictions, housing, education, family, life skills and employment services.*

Ashley O'Brien  
Youth Hub Coordinator  
613-776-9996  
[onerroof@kingstonhomebase.ca](mailto:onerroof@kingstonhomebase.ca)

Megan Ross  
Housing Support Worker  
613-776-9996  
[mross@kingstonhomebase.ca](mailto:mross@kingstonhomebase.ca)

A partnership between more than 22 youth serving organizations, working together to support youth ages 16 - 24 years.

## Homelessness prevention workers for Frontenac County, incl. services for youth

### Southern Frontenac Community Services

4295 Stage Coach Road, Sydenham  
613-376-6477

Jacquie Turcotte  
Youth Liaison  
613-376-6477 ext. 207  
[jacquie.turcotte@sfcsc.ca](mailto:jacquie.turcotte@sfcsc.ca)

Krista Dayman  
Homelessness Prevention Worker  
613-376-6477 ext. 211  
[krista.dayman@sfcsc.ca](mailto:krista.dayman@sfcsc.ca)

### Northern Frontenac Community Services

1020 Elizabeth Street, Sharbot Lake  
613-279-3151

*\*Family Counsellor can provide brief services for Youth 16+; bridge/refer to appropriate supports.*

Martha Johnston  
Youth Liaison  
613-279-3151 ext. 305  
[marthaj@rfcs.ca](mailto:marthaj@rfcs.ca)

Brandon Leach  
Family Counsellor  
613-279-3151 ext. 116  
[counselling@rfcs.ca](mailto:counselling@rfcs.ca)

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### Kingston Interval House

*Young women ages 16+ yrs with/without children experiencing domestic violence/abuse in need of support, connection to services. \*Women do not need to reside in the shelter to receive Outreach Services.*

In-Shelter Youth Workers  
Outreach Workers  
(Aboriginal, French language services available)  
Agency phone number: 613-546-1833  
Direct crisis line: 613-546-1777

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### Lennox & Addington Interval House

174 Centre Street North, Napanee  
*Shelter for female victims of domestic violence age 16+yrs with/without children.*

Emergency short-term (up to 3 days) hotel accommodation in Napanee for male and female homeless youth  
- coordinated through L&A Interval House: 613-354-0808

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### Addiction & Mental Health Services KFLA

107 Wellington Street, Kingston

#### Youth Support Program

*Homeless youth or youth at risk of homelessness experiencing addiction/mental health issues.*

Madison McIntosh  
Youth Case Manager (for youth 16-24yrs)  
C: 613-328-8457  
[mmcintosh@amhs-kfla.ca](mailto:mmcintosh@amhs-kfla.ca)

Intake & Referral: Monday-Friday, 8:30am-4:30pm  
Kingston & Frontenac: 613-544-1356  
Lennox & Addington: 613-354-7521

#### Addiction & Mental Health

*Additionally, the agency offers professional counselling for youth (and adults) with addiction and mental health issues, ages 16 yrs+.*

#### 24/7 Crisis Phone Line

Kingston/Frontenac: 613-544-4229  
Toll Free: 1-866-616-6005

Lennox & Addington: 613.354.7388  
Toll Free: 1-800-267-7877

## Addiction & Mental Health Services KFLA

### CRISIS Walk-in Services

Monday-Friday, 8:30am-4pm

- 385 Princess Street, Kingston
- 70 Dundas Street East, Napanee

### Mobile Crisis Services

Kingston/Frontenac:

Monday-Friday from 8:30am-8pm, Saturday-Sunday and holidays from 2pm-midnight

Lennox & Addington:

Monday-Friday from 8:30am-8pm

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### Maltby Centre

100-31 Hyperion Court, Kingston (main office)

*Clinical counselling services for youth up to 18 years and their families, to address mental health concerns like anxiety, depression, suicidal thoughts, emotional regulation, trauma impact. Services include general counselling, individual and group, CBT and DBT, trauma assessment and treatment, and access to psychiatry to support treatment.*

Walk-In Clinics for youth (from Noon to 6:45pm for last appointment):

- Kingston Site – Tuesdays
- Sydenham Site - 1st & 3rd Wednesday each month
- Amherstview Site – Wednesdays
- Napanee Site – Thursdays

### Enhanced Youth Outreach Worker

(age 12-21yrs in Kingston, Frontenac)

*At-risk youth needing help connecting and engaging in community support services. Provides clinical counselling as well as connections to appropriate long-term supports.*

### LGBTQ+ Youth Mental Health

(for youth up to 18 years)

*Provides treatment and support for youth and their families, and clinical consultation to support LGBTQ+ for youth serving organizations.*

### New Mentality Group

For youth 13-25 yrs

*Broad focus on youth mental health and advocacy including gender diversity.*

### Maltby Youth Advisory

For youth 13-25 yrs

*Provides youth perspective and leadership around mental health and autism services delivered at Maltby Centre.*

Office locations throughout KFL&A:

Kingston: 613-546-8535

Sydenham: 613-376-3082

Sharbot Lake: 613-279-2248

Amherstview: 613-634-0057

Napanee: 613-354-6852

Northbrook: 613-336-8934 ext. 231

Jen Whalen

Enhanced Youth Outreach Worker

613-546-8535 ext. 5535

[jwhalen@maltbycentre.ca](mailto:jwhalen@maltbycentre.ca)

Jen Brittain

Social Worker

613-546-8535

[jbrittain@maltbycentre.ca](mailto:jbrittain@maltbycentre.ca)

Tammy Halliday

Program Coordinator

613-546-8535

[thalladay@maltbycentre.ca](mailto:thalladay@maltbycentre.ca)

Amber McCart

Clinical Director

613-546-8535

[amccart@maltbycentre.ca](mailto:amccart@maltbycentre.ca)

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## Youth Hab (housed with AMHS Kingston)

Unconnected youth with mild to moderate, or severe but stable, mental health/addiction issues who are transitioning from children's mental health services to adult mental health services - connections to housing, finances, food, education, employment, health care, life skills, social/recreational.

Shannon Ruddy  
Transitional Age Youth (TAY) Connector  
(for youth 16-24yrs in Kingston, Napanee)  
613-544-9175  
[shannonr@youthab.ca](mailto:shannonr@youthab.ca)

## Canadian Mental Health Association

3-400 Elliott Avenue, Kingston

*Programs & Resources for children, youth and adults designed to help cope with issues surrounding mental health.*

*Youth driven support group programs for Gender & Sexually Diverse Youth up to 25yrs, relating to mental health.*

Agency: 613-549-7027  
[info@cmhakingston.org](mailto:info@cmhakingston.org)

Stephen Hartley  
Program Coordinator  
613-549-7027  
[info@cmhakingston.org](mailto:info@cmhakingston.org)

## St. Lawrence Youth Association

817 Division Street, Kingston  
613-542-9634

*Youth previously or currently placed in detention/custody (Sundance or Achievement St. Lawrence) or by case referral from Probation.*

Cheryl Paquette  
Reintegration Worker  
(for youth 12-18yrs in KFLA)

613-539-6602  
[pcheryl@staff.slya.ca](mailto:pcheryl@staff.slya.ca)

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## Youth Diversion

559 Bagot Street, Kingston

**KAIROS Program** - specializes in treatment for youth who are experiencing any level of substance abuse, personally or with a family member.

**KAIROS** program is also provided through outreach in elementary & secondary schools.

KAIROS: 613-548-4535 ext. 0

KAIROS Counsellors:  
Dale: [dblimkie@youthdiversion.org](mailto:dblimkie@youthdiversion.org)  
Dave: [dbreen@youthdiversion.org](mailto:dbreen@youthdiversion.org)  
Jake: [jbeatty@youthdiversion.org](mailto:jbeatty@youthdiversion.org)  
Jaymi: [jhayward@youthdiversion.org](mailto:jhayward@youthdiversion.org)  
Lora: [ldalessandro@youthdiversion.org](mailto:ldalessandro@youthdiversion.org)  
Tom: [trevell@youthdiversion.org](mailto:trevell@youthdiversion.org)

## Youth Outreach Connector Program

(youth 12-21yrs in Kingston, Frontenac)

*Helping youth connect with programs. Supports for at-risk youth to make healthy life choices, designed to connect youth and their families to services in the community.*

Sophie Harrison-Saxe  
Youth Outreach Worker  
613-548-4535 ext. 226  
[sharrisonsaxe@youthdiversion.org](mailto:sharrisonsaxe@youthdiversion.org)

Youth Outreach Worker  
613-548-4535 ext.  
[@youthdiversion.org](mailto:@youthdiversion.org)

## Absenteeism Mentoring Program

*Enhanced mentoring program for youth at risk of being charged for school avoidance.*

*\*\* Referrals from Attendance Counsellors only.*

Alicia Clark  
Mentoring Coordinator  
613-548-4535 ext. 223  
[aclark@youthdiversion.org](mailto:aclark@youthdiversion.org)

## Intersections Program

*For youth 8-18 years with behaviour issues, at risk of becoming justice involved.*

*\*\* Referrals through Kingston Police / OPP only.*

Litesha Lucas  
Intersections Coordinator  
613-548-4535 ext. 238  
[llucas@youthdiversion.org](mailto:llucas@youthdiversion.org)

## Resolve Counselling Services

417 Bagot Street, Kingston

Counselling for youth up to 25 yrs experiencing social, emotional and/or relationship difficulties.

Youth who are/were in Care of Family & Children's Services after their 16th birthday to age 24, who are transitioning out of Care or have left Care (by choice or by aging out of services).

Youth Counselling Services  
Intake: 613-549-7850

Sarah Liggett  
Youth in Transition Worker  
613-549-7850 ext. 3222  
[sliggett@resolvecounselling.org](mailto:sliggett@resolvecounselling.org)

## Enyongwa'nikonhriyo:hake Program

(We are all building a Good Mind)

Access to services and supports for indigenous youth ages cradle to 18 years in KFL&A, HPE, Leeds & Grenville, Hastings, Quinte, and Lanark County.

Provides services to FNMI children and youth up to the age of 18, by providing culturally appropriate programs to educate and create awareness. These services include but are not limited to, one on one counselling, coping strategies, cultural connections, workshops & group work where possible.

The primary focus of the Child and Youth Well-ness program is to ensure that First Nation, Metis and Inuit children and youth receive supports that are socially, linguistically and culturally diverse, in order to increase their well-being within the community they reside.

## First Nations Youth Outreach Workers

Susan Barberstock  
(Kingston, Frontenac, Leeds & Grenville, Lanark County)  
O: 613-967-3603  
C: 613-827-8917  
[cwcdirector@mbq-tmt.org](mailto:cwcdirector@mbq-tmt.org)

Tracey Gazley (Hastings & Prince Edward , Lennox & Addington Counties)  
O: 613-967-0122 ext. 175  
C: 613-827-7132  
[traceyg@mbq-tmt.org](mailto:traceyg@mbq-tmt.org)







## Larissa's Story: Youth Homelessness

I have been without a home since I was 16, I'm 20 now. I was sexually and physically abused by both parents since I was young. I finally gave up one night and started talking back so they kicked me out that night. Somebody told me there was a youth shelter in Kingston so the next morning I bought a train ticket and decided to check it out.

There I finished high school, and they told me about RISE. Where I am now, you get support, but you also get to live on your own and see what it's like. It's safe. I want to get my own apartment someday. I just finished a placement to get ready for job interviews. I'm planning to go to university.

Youth homelessness is a problem in Kingston. Not everybody notices how hard it is to be homeless. Many youth don't yet know how to act like adults or how they should be treated. I've learned that it's a bad day, not a bad life. You can make the changes you want to make if you focus on them. When you decide you're ready, there are people who want to help.



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Lennox and Addington

[www.unitedwaykfla.ca](http://www.unitedwaykfla.ca)



## Brian's Story: Youth Homelessness

Brian has lived in poverty his entire life. As a young boy, Brian had to struggle to survive, living in unsafe environments, not being able to properly feed himself every day.

Living in poverty affects you, especially at a young age. Brian lived in a very unstable environment with his mother, which in turn, led him to befriend people who were there to bring him down. He started doing drugs as a teenager and drinking excessively. At the age of 16, Brian was homeless, addicted to drugs and alcohol, and had quit school.

He came across a program that was suggested to him by a friend. Youth Services Program at Home Base Housing helps homeless and troubled youth turn their lives around. Brian was accepted into the program. He has been clean off drugs and alcohol for 4 years, lives in his own place, and started working full time. Without the help and funding from the United Way to support his transition through Home Base Housing and into his newly formed life, Brian believes that he would never have been able to achieve these successes.



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[www.unitedwaykfla.ca](http://www.unitedwaykfla.ca)

**Youth System Coordinator**  
1 FTE (City) - Tara

**Entry to System - Coordinated Intake**  
by Prevention Diversion and Shelter Workers



**Shelter Staff (24/7)**

KYS - 1.5 FTE (UW) – day services / weekends for youth in shelter – single staffed  
KYS - 4 FTE (City) – evening / weekends  
For youth in Shelter & Admission – double staffed

**25 FTE (City)**  
Graham Assessment

**Prevention Diversion Staff (1:20 ratio)**  
HBH - 1.5 FTE (City) - Alicia FT / Megan PT  
SFCs - .3 FTE (City) - Kristia  
**KYS - .75 FTE (City) – Graham: outreach**  
Lower Acuity (score 1-3): to provide brief intervention – may be housed or un-housed  
Moderate-High Acuity (score 4+): transfer to assessment for housing supports

**Assess for Housing First / Rapid Re-Housing / Housing Case Management Staff (1:15 ratio)**  
(Moderate to High Acuity)  
(find, secure, maintain housing; plus co-plan with referral agencies to become part of overall team)

**High Acuity**  
SFCs - .3 FTE (City) – Kristia  
HBH - 1.0 FTE (City) – Danny  
- 1.0 FTE (UW/HPS) – Michelle

**Program Exit**  
Shelter or PD staff link youth to natural supports and mainstream services as required – youth exits

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Shelter or PD staff link youth to natural supports and mainstream services as required – youth exits

**ONE ROOF - Youth Services Hub**  
Program Coordination (UW) – Ashley (1.0 FTE)  
Housing Support Program (UW) – Megan (.5 FTE)  
Collaborative Program Delivery Model – 22 youth serving agencies that provide one-on-one support, engaging group programs and workshops focusing on easy access to mental health, addictions, housing, education, family, life skills and employment services.

**Transitional Housing Staff**

- KYS Yonge - 1.5 FTE (UW)
- FT - Denise, plus PT - nights & weekends
- KYS Elmwood – 1.5 FTE (UW)
- Opening end of April - nights & weekends
- HBH RISE - 2.2 FTE (UW)
- Evening/Weekend Programs
- 1.7 FTE – life skills, crisis
- Amber (1 FTE Mon-Thurs)
- Stephen & Amanda (.7 FTE Fri-Sun)
- .5 FTE – Case Management – Amy Candon
- HBH 5 FTE (HBH)
- .5 FTE – Program Coordination - Amy Candon

**Pilot Programs Staff**

- KYS - 1 FTE (UW) Family Mediation Worker
- assist families/youth to return home when appropriate, connect to supports
- AMHS - 1.0 FTE (UW) Mental Health Worker
- assist homeless/at-risk youth to connect to mental health supports
- GMHA - 1.0 FTE (UW) LGBTQ+ Worker
- wkly workshops for gender diverse youth dealing with mental health
- Youth Diversion - 1.0 FTE (UW)
- Intersections program: (referral by police/OPP - ages 8-18)
- early intervention, service coordination for children & youth, at risk of involvement with justice system
- SFCs/RFCs - 1.0 FTE (UW) Rural Youth Liaison Workers
- 2 PT workers in Frontenac County, to connect with rural youth, better understand unique issues, work closely with schools and youth serving agencies to connect youth with

**YH System Staffing Summary**

- City (11.1 FTE)
- 1.0 FTE - Youth System Coordinator (HBH)
- 4.0 FTE - Shelter Evening/weekend Staff (KYS)
- 1.5 FTE - PD Staff (HBH)
- 1.0 FTE - PD Staff (KYS - outreach)
- .3 FTE - PD Staff for Youth (SFCs)
- 3.0 FTE - HF Case Management Staff (HBH)
- .3 FTE - HF Case Management Staff (SFCs)
- HBH – (1.5 FTE)
- .5 FTE - Program Coordination (HBH)

**UW – (13.2 FTE)**

- 1.5 FTE - Day (24/7) Shelter Staff (KYS)
- 1.5 FTE - Transitions (24/7) Yonge (KYS)
- 1.5 FTE - Transitions (24/7) Elmwood (KYS)
- 1.7 FTE - Life Skills/Crisis Staff (HBH)
- .5 FTE - Case Management Staff (HBH)
- 1.0 FTE - Family Mediation Pilot (KYS)
- 1.0 FTE - Mental Health Pilot (AMHS)
- 1.0 FTE - LGBTQ+ Pilot (GMHA)
- 1.0 FTE - Intersections Pilot (Youth Diversion)
- 1.0 FTE - Rural Liaison Workers (SFCs/RFCs)
- 1.5 FTE – ONE ROOF Youth Service Hub (HBH)





@unitedwaykfla



**United Way**  
**Kingston, Frontenac,**  
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