



LOCAL LOVE

2018 Community
Impact Report



United Way
Kingston, Frontenac,
Lennox and Addington

The Impact of Local Love

Join thousands of donors who choose to change lives every day, right here in KFLA, by giving to our community through the United Way.



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@unitedwaykfla

www.unitedwaykfla.ca

Mission

To build and strengthen our community by bringing people and resources together to facilitate change.

Vision

We see a future where people are self-sufficient in a community where individuals live with hope, dignity and a sense of belonging.

Values

We will be known as an organization that:

- Operates with integrity, transparency and accountability to the highest ethical standards to ensure public trust
- Provides leadership in driving social change, partnerships and collaborative innovation
- Respects community wisdom by considering diverse viewpoints
- Harnesses and engages the talents and resources in our community to enhance a philanthropic culture
- Promotes volunteerism through creating awareness and engagement

Strategic Direction

Engage Our Community

- Facilitate community collaboration to address root causes, focus on prevention and provide intervention and support for vulnerable populations
- Intentionally engage diverse groups in all that we do
- Expand partnerships with the community and agencies

Communicate The Impact

- Be a leader in understanding and communicating the social issues impacting our community
- Increase awareness through targeted communication strategies
- Maintain and protect our brand and reputation

Invest In The Future

- Align and implement fundraising strategy to include multiple channels and diversification
- Leverage technology
- Sustain, growth, retain and develop human resources (staff, volunteers, donors, board)





**Your support
makes a
difference**

Community Impact

United Way strategically invests in programs and initiatives that focus on underlying causes to create lasting change. We research and understand the social issues in our community, working with agencies, donors, volunteers and partners to fund evidence-based programs and address the root causes of issues.

The Community Investment Strategy provides a framework for volunteers and the United Way Board of Directors, helping them in their decisions to invest in programs and initiatives that have the maximum impact. For the full Community Investment Strategy report visit: <https://www.unitedwaykfla.ca/CIstrategy>

Approach

The United Way KFL&A invests in the community in two ways:

Meeting immediate needs through funded programs

We fund community programs that provide intervention, support and prevention, and are based on an evidence-based framework, with program evaluation and outcome measurement at an individual level.

Funded programs facilitate positive change at the individual level. These programs meet people where they are by providing interventions and supports, crisis management, meeting basic needs and addressing barriers as they arise.

Preventative programs address the issue before symptoms appear. They identify early risk factors and attempt to reduce the likelihood of negative social, behavioural, economic and health outcomes.

Changing Lives Locally



Geographic Distribution

Client Numbers

Kingston	43,818
Frontenac	3,865
Lennox & Addington	5,083

Addressing Root Causes through collective impact

We invest in collective impact initiatives that focus on identifying an issue through research, addressing root causes of this issue, pilot programs to confirm a collective theory of change and systemic and policy changes to address the issues identified and evaluation at a community scale.

Collective impact facilitates positive community-wide outcomes through research, and by engaging key stakeholders, including frontline agencies, private sector, the community at large, all levels of government and, most importantly, people with lived experience.



Community Investment by the Numbers

Helping Kids Be All They Can Be	19,932 Clients Served	8 Agencies	14 Programs
Building Strong and Healthy Communities	7,849 Clients Served	24 Agencies	31 Programs
Moving People From Poverty to Possibility	25,542 Clients Served	10 Agencies	19 Programs
Total	53,323 Clients Served	42 Agencies	64 Programs

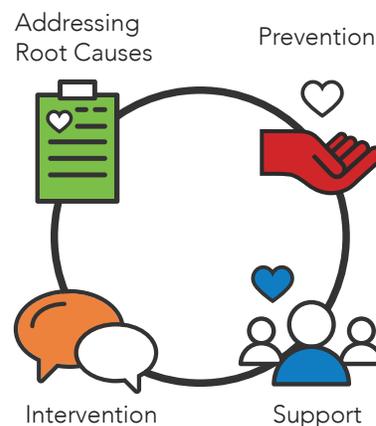
Four Pillars of Community Investment

Addressing Root Causes: using analysis and research to identify the issue, with system-wide approaches to correct or eliminate root causes.

Prevention: programs and efforts help clients avoid future problems, promoting healthy functioning.

Intervention: purposeful actions taken to reduce symptoms, alleviate and resolve problems and improve the wellbeing of clients.

Support: assistance to people in distress through programs that provide material, emotional support and a sense of belonging.



Breakdown By Focus Area

Volunteers and professional staff annually review agency applications and recommend funding to our Board of Directors. We are grateful to all our volunteers who spend hours reviewing applications and visiting agencies.

Helping Kids Be All They Can Be

Our goal is to ensure children and youth are valued and supported, with opportunities and resources to help them reach their fullest potential.

We Focus On

- Engagement in learning
- Connectedness and community involvement
- Emotional and physical wellbeing

19,932
children and youth
accessed programs
to reach their
highest potential

3,173 were supported in becoming resilient and self-confident

15,824 had help getting ready to learn and graduating high school

935 were supported in developing empathy and positive relationships

14 high-impact programs that provide interventions, supports and prevention

The Issue



1 out of 3

Ontario girls in grades 6 to 10 report feeling **depressed** each week

73% of female youth



58% of male youth

report significant **mental health concerns** including **depression** and **anxiety**



1 in 10

children in Kingston live in **food insecure** households

1 in 5 girls

will become victims of **childhood sexual violence**



students living in low-income areas of Kingston are

twice as likely

to drop out of school

Building Strong and Healthy Communities

Our goal is to help people connect to supports they need, have positive mental health and increase personal safety.

We Focus On

- Connection
- Physical & mental wellbeing
- Safety

7,849

people were helped by programs and initiatives supporting personal wellbeing and safety

2,488 had help with physical or mental health challenges

448 were safe from violence, abuse and neglect

4,013 were supported and helped to access community services

31 high-impact programs that provide interventions and supports

The Issue



1 in 2

adults will experience a mental health crisis by age 40



1 in 5

Canadians over 15 years old have one or more disabilities that limit them in their daily activities

62% of older adults with vision loss report they seldom leave their homes for recreation or leisure



Kingston and Area has the **second highest** rate of sexual offences against youth reported to the police in Canada



Moving People from Poverty to Possibility

Our goal is to help people by reducing the impact of poverty and improving access to shelter and affordable housing.

We Focus On

- Housing stability
- Food security
- Financial security

25,542

people were helped by programs and initiatives in meeting their basic needs and moving them out of poverty

2,228 had access to emergency shelter, affordable housing, and resources to support financial security and sustainable employment

20,219 had access to affordable and nutritious food

3,095 had access to resources to lessen the impact of poverty

19 high-impact programs that provide interventions and supports

The Issue



0.6%

Kingston rental vacancy in 2018, the lowest in Ontario



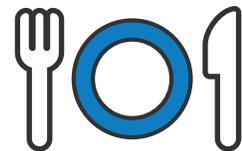
42% of people experiencing homelessness in Kingston are children and youth



17,895 people in Kingston are living below the poverty line

4 million

Canadians are food insecure. The majority of food insecure Canadians are working



Homelessness

2018 Point in Time Count

A Point in Time (PiT) Count is a census, or count, on a single night that provides a snapshot of people experiencing homelessness. It includes a survey to collect information about homeless populations to help communities better understand their experiences. 2018 marked the second national PiT Count in Canada. Kingston was 1 of 60+ communities who participated. Funding was provided through the Federal Homelessness Partnering Strategy, and the Count was conducted by United Way KFLA in partnership with the City of Kingston, community organizations and the help of 80+ community volunteers. Of the 152 people encountered, 98 completed surveys.

Key Findings

- Fewer people were unsheltered and sleeping rough on the night of the 2018 Pit Count compared with 2016
- More youth were living in transitional housing in 2018 and fewer youth were in shelters than in 2016
- Fewer people indicated that they had experienced multiple episodes of homelessness in 2018 than in 2016

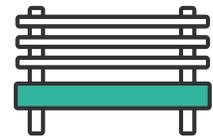
Top six barriers to permanent housing in 2018

- 49% Not enough income
- 44% Rent is too high
- 41% Housing not available
- 27% Mental health issues
- 22% Unemployment
- 20% Family conflict or breakdown

1,275 households are on the social housing wait list as of July 31, 2018

81

people were experiencing absolute homelessness



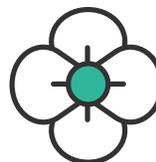
overall **152** people were identified as homeless which includes those in shelters, transitional housing and couch surfing



55%

of people experiencing homelessness identified as women, much higher than the average **27%** who identify as women across Canada

188 days average length of time people spent homeless within the past year



5%

of respondents indicated that they had served in the Canadian Armed Forces or the Royal Canadian Mounted Police in 2018

24%

of respondents indicated that they were **First Nations, Métis or Inuit** in 2018, up from 13% in 2016



Youth Homelessness

United Way of KFL&A has been working closely with partners, agencies, youth on developing and implementing a community plan to prevent and end youth homelessness.

Our goal is that, by 2020, 80 per cent of youth who enter the homelessness system in KFL&A will be housed within 30 days.

By pursuing this goal, we have made progress as we focus our attention and efforts on identifying and removing the barriers that keep young people from accessing safe, suitable, and sustainable housing, and ensure that every young person in KFL&A has a place to call home.

Youth account for one in five of the people living in Canada's homeless shelters. In 2013, this number was even higher in Kingston at one in three. Over the past five years, that figure has returned to the national average in Kingston, thanks to a collective effort by the community.

Home Base Housing has a community outreach program to learn more about people who are homeless on the streets of downtown Kingston. In 2013, fifty percent of them were youth; this number dropped to 17% in 2016 and in 2017 there were hardly any youth identified through the street count.

Youth Engagement

Listening to young people provided us with insight into how youth homelessness can occur, and solutions to address them. Youth Council participants and youth in the community helped us identify the primary root causes: family conflict, addictions and mental health and education and unemployment.

Successes to Date

Family Mediation: This worker provides supportive services to address conflict, improve communication and facilitate healthy reunions between youth and their families. With a 95% success rate, over 135 families and youth have been helped.

Youth Outreach: A Youth Outreach Worker is funded, through Addictions & Mental Health Services KFL&A, to provide cognitive e therapy and referrals to youth who are homeless with mental health issues. 150 youth were served.

Intersections: This program is delivered by Youth Diversion and provides intervention, navigation, and coordination of services for children and youth under age 18 who are at risk of becoming involved with the justice system. This program helped 93 children and youth, the youngest child served was 6 years old.

LGBTQ+ Mental Health: A program that addresses the mental health of gender-diverse youth in a safe place is facilitated by the Canadian Mental Health Association. LGBTQ+ Supports: FUSE, is a group for queer, trans, gender queer, two-spirit, lesbian, gay, bisexual, pansexual and questioning youth, provided by HIV/AIDS. Regional services (HARS) at One Roof Youth Hub in Kingston.

Transitional Housing: With the opening of a six-person transitional home for youth aged 16-19, Kingston is now home to increased transitional housing programs, offering transitional living options for 24 youth for up to 24 months. The Kingston Youth Shelter Transition program provides living accommodations, life skills training, and counselling for youth to facilitate the transition to independent living.

Currently, 100 percent of residents in transitional housing are working full-time and attending school. Overall, 11 youth have graduated from the program to date. All of them have moved on to stable independent living arrangements. Additionally the United Way supports a Transitional Housing program at Rise@149, with 21 self-contained apartments for youth.

One Roof: Youth Hub: One Roof provides opportunities for 27 agencies to provide coordinated services and a safe space for youth in crisis, emergency needs. 215 youth were served

Education and Awareness:

Awareness Campaign: Youth homelessness has been featured through Kingston Transit with youth stories appearing on buses, as well as in all schools.

Mental Health Planning Day: Held on March 23, 2018 at the Discovery Centre at Fort Henry. Over eighty participants including youth attended the session bringing a wealth of perspectives to the discussion and initiated a plan to help youth in crisis and coordinated mental health planning.

Lt. Governor's visit: The Lt. Governor of Ontario, Elizabeth Dowdeswell visited Kingston in January 2018 to learn more about our community approach to addressing the issue of youth homelessness.

Queen's Park: United way worked with Sophie Kiwala, then MPP of Kingston and the Islands, to coordinate our second Youth Homelessness Awareness day at Queen's Park in March 2018, bringing together MPPs of all parties to learn more about the issue.

Youth Forum: Youth organized the fourth annual Youth Summit, attended by more than 80 youth. They increased awareness through practical, interactive workshops on topics that are important to youth.

Educators' Forum: As a result of input at these forums, a Youth Services Listing was developed to help connect youth with local programs and services.

New initiatives

Youth in Frontenac County: Two new rural youth outreach worker positions, initiatives and programs have been introduced in the rural area to start addressing the needs of youth.

Mental Health: Work for this initiative has continued in three areas: 24-hour walk-in for crisis support; post-crisis and peer support; and post-emergency discharge planning.

Strategy for Indigenous Youth: We have started speaking with different groups and individuals to gain insights including Elders to gain a better understanding of the unique needs of Indigenous youth.

Focus on Female Youth: We have a high rate of female homelessness and a high rate of human trafficking, addictions and mental health among women of all ages. United Way's Women United Committee is focusing their attention on these issues and exploring a partnership for a research initiative to identify root causes.

L&A Youth Hub – Prince Edward Lennox & Addington Social Services and United Way jointly supported the creation of the L&A Youth Hub in the Memorial Building in Napanee. 21 partner organizations provide a range of services.

Youth Homelessness- 2018 Point in Time Count

In the past five years, we've listened to youth, worked with numerous agencies, school boards, government and representatives from all sectors to collectively learn about the issue of youth homelessness in the area. We have opted to focus on prevention, providing timely intervention, and building a sustainable network of supportive resources. This approach has ensured that youth homelessness in our community becomes a treatable issue, rather than a chronic one.

Youth-specific results from the 2018 Point in Time Count survey

- 56% of surveyed youth identify as female
- 41% of surveyed youth identify as male
- 11% of surveyed youth identify as transgender or gender nonconforming

89% of surveyed youth self-identified as having mental health issues

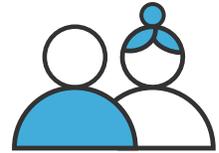
Exploring Root Causes

Listening to young people has provided us with insight into how youth homelessness can occur. Youth have helped us to identify the primary root causes, as:

- Family conflict
- Addictions and mental health
- Education and unemployment

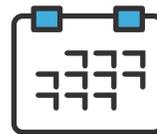
17

the average age surveyed youth became homeless



52%

of surveyed youth had stayed in an emergency shelter in the past year compared with 80% of surveyed adults



4.6

months the average length of time surveyed youth had spent homeless in the past year

37%

of surveyed youth identify as lesbian, gay, bisexual or queer

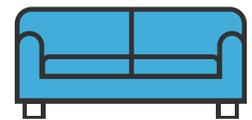


30%

of surveyed youth self-identified as Indigenous

167

youth were identified as precariously housed in 2018.



48%

of surveyed youth self-identified as having an addiction



22%

of surveyed youth self-identified as having a chronic/acute medical condition

List of Partners

Addiction and Mental Health Services KFL&A
Algonquin and Lakeshore Catholic District School Board
Alma Mater Society of Queen's University
Boys and Girls Club of Kingston and Area
Canadian Mental Health Association
City of Kingston
Enyonkwa'nikonhriyo:hake Program
Family and Children's Services of Frontenac, Lennox and Addington
Home Base Housing
KEYS Job Centre
KFL&A Public Health
Kingston Community Health Centre
Kingston Health Sciences Centre
Kingston Interval House
Kingston Police
Kingston Youth Shelter
Lennox and Addington Interval House
Limestone District School Board
Maltby Centre
Ministry of Children, Community and Social Services
Mohawks of the Bay of Quinte
Napanee & Area Community Health Centre
One Roof Kingston Youth Services Hub
Ontario Provincial Police
Pathways to Education

Prince Edward - Lennox & Addington Social Services
RBC
Resolve Counselling Services
Rural Frontenac Community Services
Southern Frontenac Community Services
St. Lawrence Youth Association
United Way of KFL&A
Youth 2 Kingston, Frontenac, Lennox & Addington
Youth Diversion
Youthab

For more information on Youth Homelessness in the KFL&A area, check out our Youth Homelessness report at www.unitedwaykfla.ca/youth

“ When I was 15, I lived out of my duffel bag. It was very heavy, it contained everything I had. I asked to stay at friends' houses or slept in the backs of office buildings. I found a housing program that also had support for mental health. It felt great to have my own bed and be able to eat breakfast. Now I volunteer helping other youth. ”

– **Brandon,**
homeless at age 15



I am 17 years old and have lived in Frontenac county all of my life. When I was 10 my mom moved out with my 2 older siblings.

My mom was in the hospital a lot.

She wasn't able to care for me so I stayed behind with my dad. He struggled with bills and most of the time we had no heat, and were short of food. I missed a lot of school because I had to keep the wood stove burning and the water running. My dad has mental health problems and he would have angry outbursts and kicked me out of the house a lot. I couch surfed and never knew where I was going to stay next.

Having my family break down was really hard on me, I constantly worried and I felt alone. I began to develop anxiety and depression and I didn't know where to turn to get help.

When I was 16, I began working with the Rural Youth Worker.

Since then, I have been referred to a mental health worker, have gotten onto Ontario Works and now am living with a room mate in the village where I grew up. I no longer feel so alone and I know where to turn for help when I need it.

My goal now is to focus on getting the right medical attention, completing my high school education and I feel I can now positively look towards my future.

— Olive, homeless at age 16



Food Access

Food Access has emerged as a theme for poverty reduction in Kingston and Area, providing enhanced access to sufficient, safe and nutritious food for all residents of KFL&A.

The Food Access Steering Committee looks at ways to address the issue of food access. The City of Kingston and United Way of KFLA chair this initiative and from it, two strategies have emerged:

- Mobile Markets providing affordable, fresh produce
- Partnership with school boards and unions regarding the use of school properties for community use, including mobile markets, community meals/cooking

On August 27, 2018, Good Food Stands launched across Kingston, Frontenac, Lennox and Addington, as part of a 12-month pilot project. Good Food Stands are open to the public, once a month, offering a variety of fresh produce at reduced prices.

Good Food Stand locations in KFL&A:

- Regiopolis-Notre Dame Catholic High School
- Sydenham High School
- Napanee District Secondary School
- LaSalle Secondary School
- Bayridge Secondary School

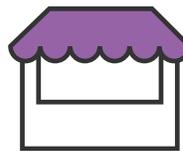
Tony Deodato & Sons Ltd. supplies fresh produce at discount pricing, which allows this to then be sold at a reduced price.

A coordinator from Kingston Community Health Centres facilitates program delivery at each school from 3 to 5:30 p.m. for one afternoon each month during the year.

Progress

From August 2018 to May 2019

5 Good Food Stand locations held at schools in the KFL&A region



Over **1,200** visits providing improved access to fresh fruits and vegetables

More than **\$8,000** in produce has been sold, increasing access and affordability



Over **4,000kgs** of healthy, fresh food was sold at affordable prices

The Good Food Stand initiative is co-funded by the City of Kingston, United Way of KFL&A, and the Community Foundation for Kingston & Area. In-kind marketing and evaluation support has been provided by KFL&A Public Health.



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