

# Supporting Young Families Through Collaborative Practice

Our Approach to Prevention & Early Intervention



CHOICES  
FOR YOUTH





CHOICES FOR YOUTH

- **Founded in 1990**
- **Non-profit, registered charity**
- **Professional services agency**
- **1600+ youth served annually**
- **130+ staff members**
- **Multiple service, programming & housing sites**

Through innovative programming and social enterprises, we help youth and emerging adults secure stable housing, education and employment, while working toward family stability and better health.

**HOUSING**



**EMPLOYMENT**



**FAMILY**



**HEALTH**



# THE SHIFT TO PREVENTION

- **Numbers rising steadily over the past few years**
  - 2014 CFY worked with 800 clients
  - 2018 CFY worked with 1600 clients
- **50% of the homeless population in St. John's arrived in the city within the past 4 years**
- **67% of our clients have past or present experiences with the child apprehension system.**
- **Prevention means:**
  - Working with young families
  - Providing interventions and supports in rural, remote and small towns
  - Avoiding negative outcomes and high costs



# Family & Natural Supports

## OUR GOAL

**Reducing intergenerational cycles of poverty and homelessness for pregnant and parenting young women and their children.**





# Working With Young Families



- **Housing First for Youth (HF4Y)**
- **An adapted approach for young families**
- **Evolution of working with pregnant & parenting young women at CFY**
- **Integrated services site**



# Momma Moments Team

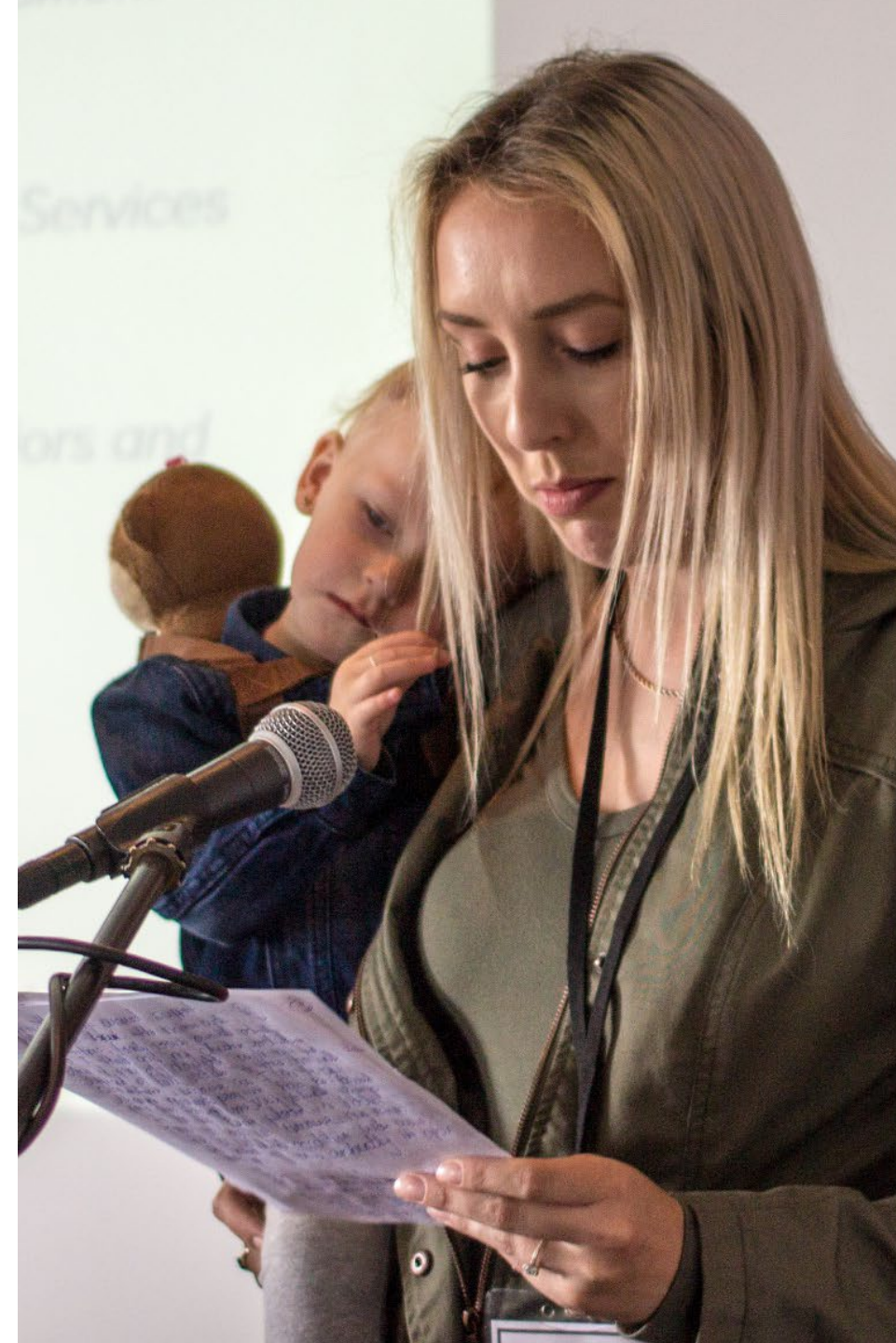
- **Service delivery: Peer to Peer + Wrap-around Support**
- **Focus on participants and a broader community-based approach is key to success**
- **More than a mom. Must work with mothers as women, as whole people.**





# Impact & Success

- **Reduced rates of childhood apprehension.**
- **Children avoid the trauma of separation and experience a stable and safe home life.**
- **Greater educational and employment outcomes for families**
- **Social return on investment**
  - **Measured quarterly; third party provider**
  - **Ranging from 5.25 to 6.62 over the past 5 quarters**





# Looking Ahead

- **Currently expanding the program to offer additional supports to our families.**
- **Natural Supports team**
- **Youth and Family Therapist**
- **Expansion of services across the province**
  - **Youth Hubs - Integrated Service Delivery model**
  - **Focus on small towns, rural and remote communities**

SHARE YOUR VISION FOR  
YOUTH IN NL



"If you can't love  
yourself, how in the hell  
are you gonna love somebody  
else? Can I get an AMEN  
4P in here?" - R4P941

MAKING MUSIC  
LIVING JOYFULLY  
HAPPY, READING, WRITING  
LIVING

Children Matter ✓  
♥♥ Joey





CHOICES  
FOR YOUTH

**MAIN  
OFFICE**

261 Duckworth Street  
St. John's, NL  
A1C 1G9  
**P.** 709.754.0446  
**F.** 709.726.3125

**OUTREACH & YOUTH  
ENGAGEMENT CENTRE**

12-16 Carter's Hill Place  
St. John's, NL  
A1C 6N5  
**P.** 709.754.3047  
**F.** 709.754.6102

**THE CHOICES  
SHELTER**

12-16 Carter's Hill Place  
St. John's, NL  
A1C 6N5  
**P.** 709.757.3050  
**F.** 709.757.6051

**THE  
LILLY**

52-58 Bond Street  
St. John's, NL  
A1C 1S8  
**P.** 709.739.1019  
**F.** 709.739.1091

**SOCIAL ENTERPRISE &  
EMPLOYMENT CENTRE**

117 Ropewalk Lane  
St. John's, NL  
A1E 3C9  
**F.** 709.552.1063

**WWW.CHOICESFORYOUTH.CA**

[info@choicesforyouth.ca](mailto:info@choicesforyouth.ca)

**f** facebook.com/choicesforyouth  
**t** @choicesforyouth