



**United Way  
Centraide**

**East Ontario  
Est de l'Ontario**

# PROJECT BE

## UNITED WAY EAST ONTARIO

During the 2019 Government of Canada Charitable Workplace Campaign (GCWCC), the Youth Cabinet focused fundraising efforts and raising awareness on refugees and at risk youth. Through these efforts, **\$271,290** was raised to support investments in addressing homelessness, refugee settlement and youth mental health and addictions in Ottawa and Outaouais through Health Partners, Centraide Outaouais and United Way East Ontario.

The following is a breakdown of the **\$105,348.41** invested through United Way East Ontario. This document also provides an overview of the types of programs Project Be funds are supporting, and the impact that this investment is having in our community.

### ADDRESSING HOMELESSNESS

United Way East Ontario invested over \$261,314.01 to support homeless youth programs in the City of Ottawa. **The GCWCC Youth Cabinet Project BE contribution for this investment was \$30,369.96**, and has committed to supporting 167 youth that prevent or reduce homelessness. Some examples of the type of support programs available are:

- **Intake, Assessment and Referrals:** Youth partake in pre-move in and outreach meetings that engage, build rapport and assist with transition into building. Assessments focus on a participating youth's strengths and areas that require development, in order to refer them to life skills programs. Youth programs connect participants with other services such as employment and school programs as well as other community services.
- **Individual counselling and group sessions:** Staff provide support to youth to work on goals for housing stabilization, meeting basic needs as well as social, personal, vocational and educational domains.
- **Develop Goal Plans:** Four programs work with youth to develop individual goal plans and steps to take action. Plans include pro-social activities, conflict resolution, as well as work, education and housing support services. Many plans involve supporting youth as they transition into an adult living environment.
- **Community engagement:** Youth programs include regular building meetings that focus on youth engagement as well as positive neighbor relations. Support services work with youth both on-site and in the community depending on each youth's individual case plan and subsequent needs.
- **Find safe and reliable housing:** Staff work with partners and landlords to ensure that youth are successful in their housing unit.

### REFUGEE AND NEWCOMER SETTLEMENT

This year, United Way East Ontario invested over \$294,770.70 to support United for Refugees and Employment for Newcomers programming in the City of Ottawa. **\$25,617.63 was invested through the GCWCC Youth Cabinet Project Be campaign**, and is committed to supporting 575 individuals in programs that provide employment training and professional development for newcomers. Some examples of the types of employment training and professional development available are:

- **Skills Training:** Six week training in trades research, certification in health and safety, the labour market, employment prep, and Canadian workplace culture. The training includes a three week co-op placement with an employer in their trade.
- **Job Specific Training:** immigrants and marginalized women participate in job specific training that lead to viable job opportunities.
- **Employment Counselling:** individual job search coaching and advice tailored to each client.
- **Career Development Workshops:** advice and coaching from HR professionals, on resume development, networking, interview preparation and video recorded mock interviews.
- **Events:** employment related topics with guest speakers and presenters.
- **Resource Centre:** access to computers, printing and office facilities to assist with job search.
- **Volunteer and Internship:** Coordinated opportunities to gain work experience.

## YOUTH MENTAL HEALTH AND ADDICTION

United Way East Ontario invests \$317,086.17 into youth-related mental health and substance abuse supports, of which **\$49,360.82 is contributed by the GCWCC Youth Cabinet Project Be campaign.** Over 468 young people and children have benefited from programs that provide mental health supports when they are needed most. Some activities delivered at the community level include:

- **Achievement Centre:** Youth can enroll in the centre to set and take action on goals.
- **Prevention Program:** Workshops are delivered to young francophones in schools as part of the Active Life and Health Course. Sessions are held for grades 7 to 9 students.
- **Addiction Services:** Youth deemed to be a high risk are offered addiction services and on-call supports, including referrals, counseling, site visits to treatment centres, distribution of supplies and case management functions.
- **Support for Indigenous Youth:** Youth therapy, outreach and crisis support is offered to indigenous youth that values and incorporates traditional teachings.
- **Adolescent Parent Supports:** Young parents are given on site assistance through individual and group counselling sessions to address potential risk factors, strengthen child-parent relationships, and improve outcomes for both mother and child.
- **Parent Support Line:** A telephone helpline and mobile support are offered to parents with children who have mental health or addiction issues.

A few impacts of this investment include:

- 82% of participating youth saw improved academic or employment success
- 92% of youth saw reported an improvement in mental health outcomes
- One program found housing for 20 youth.
- 83% of participants reduced substance use after attending counselling sessions or addiction programs.