

Halton Region Community Investment Fund Impact Report 2018



About Halton Region Community Investment Fund

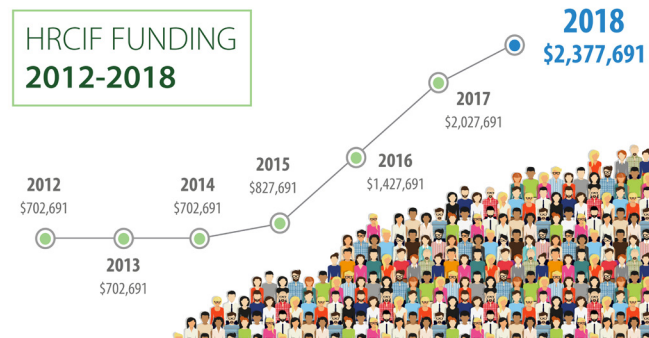
The Halton Region Community Investment Fund (HRCIF) enhances the health, safety and well-being of Halton residents by providing funding to non-profit social service and community health programs and initiatives. Grants are awarded through three categories of investment that provide a mix of single and multi-year funding opportunities. Collaborative applications that improve coordination and collectively achieve impact are encouraged.

Between 2012 and 2018, the HRCIF grew from \$702,691 in annual funding to **\$2,377,691**, an increase of 238 per cent.

An additional \$300,000 of HRCIF funding was approved through the 2019 Budget and Business Plan to help support initiatives that emerge from Halton's Community Safety and Well-Being Plan. The Plan was approved by Halton Regional Council and the Halton Regional Police Services Board in 2017 to enhance collaboration with community organizations on a wide range of issues that impact safety and well-being in the region.

In 2018, HRCIF funding was allocated to 55 programs and initiatives that support mental health; maintain housing or prevent homelessness; strengthen services to older adults, children and youth; improve food security; enhance safety and well-being; and support residents who are vulnerable to negative social, economic or health outcomes.

Of these 55 grants, 25 were approved through the 2018 allocations process and 30 received second- or third-year funding that was awarded through a multi-year commitment in 2016 or 2017. This report highlights 2018 grant recipients and profiles several initiatives that illustrate the impact of HRCIF investments in Halton.



HRCIF Overview

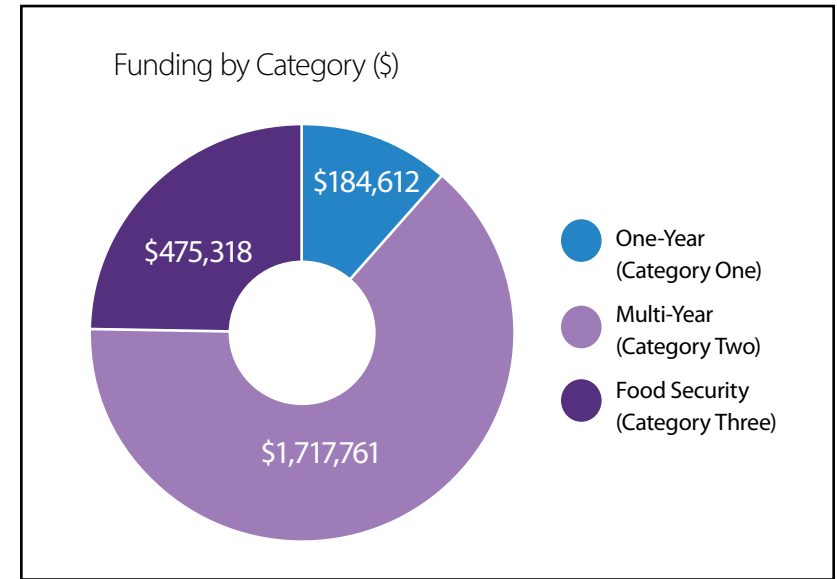
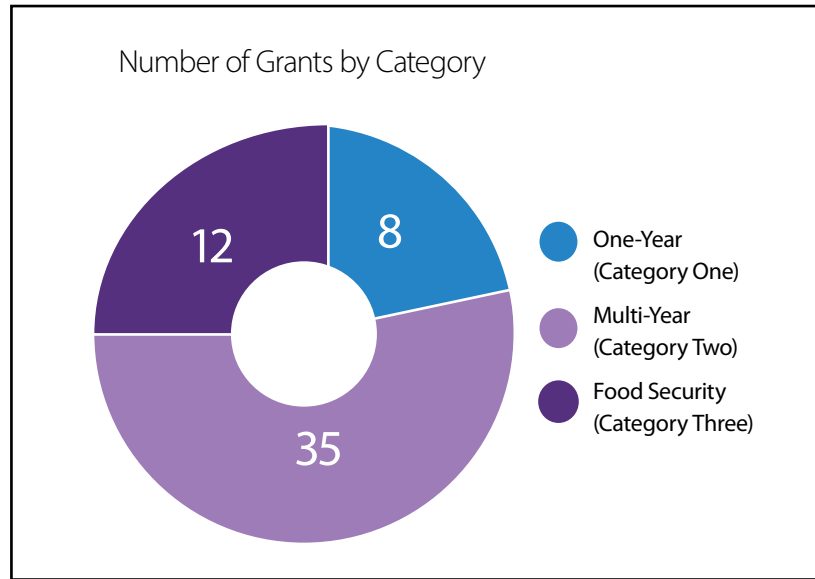
The HRCIF has **three categories of funding**:

- **One-Year - Category One:** Funding is for short-term, small capital and/or innovative projects. Funding is awarded for one year and up to \$30,000.
- **Multi-Year - Category Two:** Provides up to three years of funding for programs and initiatives.
- **Food Security - Category Three:** Provides up to three years of funding for programs or small capital improvements that enhance food security.

HRCIF applicants must demonstrate impact in at least one the following **priority areas**:

- Support **safety and well-being** through proactive approaches
- Support residents with **low incomes** and/or other social, economic or health vulnerabilities
- Maintain **housing** and prevent **homelessness**
- Provide supports that meet the needs of **children and youth**
- Provide supports that meet the needs of **older adults**
- Support positive **mental health** in the community
- Enhance **food security**

HRCIF 2018 by the numbers



Programs by Funding Priorities*

In 2018, the HRCIF supported a wide range of initiatives that strengthened the health, safety and well-being of Halton residents within funding priorities.



*Organization can select more than one funding priority

Increasing Support for Dementia Caregivers – Acclaim Health

The Issue:

Caregivers are often referred to as the “hidden patient”. The exhaustion, stress and daily challenges of caring for a loved one with dementia can be overwhelming and too few caregivers have access to supports and resources to help them cope. As the journey of caring for a loved one evolves, caregivers may find their own physical and mental health at risk without strategies to support well-being and self-care.

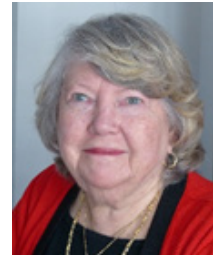
The Response:

With the help of a Category Two grant, Acclaim Health is providing timely supports to more than 800 caregivers throughout Halton. The program includes:

- One-on-one consultation by phone, in home or at other locations in the community. Caregivers are supported to develop coping strategies, solve problems related to their unique care issues and receive information and resources.
- Full-day workshops for caregivers who require a higher level of support and/or face a greater risk of burn-out. Workshops focus on managing and reducing stress and integrating self-care into day-to-day life. Participants have an opportunity to learn from caregivers with similar experiences and gain knowledge from presenters on a range of dementia and self-care issues.
- The Acclaim Health *‘Halton Dementia Guide for Caregivers’* provides information on services available in the community, self-care tips, and other important considerations for caregivers.

HRCIF Investment: A total of \$85,500 over three years

Marilyn’s Story



“We belong together,” says Marilyn, of her husband Murray to whom she’s been married to for 54 years. He proposed on Valentine’s Day, and they have been going strong ever since. That’s why Marilyn has been so determined to keep Murray living at home with her, even though he has had dementia for 20 years.

Marilyn admits it is getting harder to take care of him. “He’s just not there now and it’s difficult to see him that way. It’s getting tough to get him out of bed in the morning, and I’m getting tired, really tired.”

As a registered nurse, Marilyn knows how important it is to take care of yourself mentally and physically when you’re caregiving for someone and she began attending Acclaim Health programs.

“It’s fantastic. We all share, and we all seem to gain support from each other. I’ve made some good friends there because we’re all going through the same thing. You don’t feel so alone.”

She has attended a self-care workshop, which she says has given her the “freedom” to think about herself. “It just lifted my spirits,” says Marilyn, who is now receiving one-on-one support to plan the next steps of Murray’s care.

A Chance for Every Child – Radius Child and Youth Services

The Issue:

When a child or youth makes a disclosure of abuse, it is critical to ensure timely access to service to mitigate trauma and begin the healing process. Unfortunately, abuse continues to be a prevalent issue and there are often lengthy wait times for clinical services.

The Response:

Radius Child and Youth Services (Radius) is a community-based agency that provides specialized clinical assessment and treatment services to children, youth and families affected by abuse and neglect.

Through a multi-year HRCIF grant to enhance staffing levels, Radius is providing timelier assessment and treatment services to 150 children and youth ages three to 18 each year. Treatment often includes support for anxiety, mood disorders and difficulties coping in school.

In addition to direct clinical services, the agency provides training and consultation to professionals and service providers to strengthen the capacity of community partners to support children and youth dealing with abuse related trauma.

HRCIF Investment: A total of \$75,000 over three years

System Navigation for Youth – Halton Children’s Aid Society

The Issue:

In 2017, the Town of Halton Hills and Halton Region led the development of a Youth Service Network to explore opportunities to strengthen services for youth. It was identified that the needs of youth are increasingly complex and that support is needed to help them connect with services.

The Response:

With a Category Two grant, the Halton Children’s Aid Society extended its Bridging the Gap program to provide system navigation to Halton Hills youth. The System Navigator works with a wide range of services to identify and partner with youth ages 14 to 24 that require support with issues such as mental health, addictions, financial challenges and family and peer relations. More than 50 youth will benefit from the program each year.

HRCIF Investment: A total of \$365,000 over three years

Help for June

My name is June (name changed for privacy reasons) and I’m a Grade 10 student. I’m also a survivor of child abuse.

I came to Radius after being abused by my uncle for several years. At first I was uncomfortable telling my story, but, with the help of my therapist, I soon opened up. She helped me understand that the abuse was not my fault and, after 16 months of therapy, I felt stronger, braver and more like a normal teenager.

The tools and strategies that therapy helped me with made a big difference in my life. My grades went up, I began making friends and I started planning for the future. My hope is to one day become a social worker so that I can help kids who have been through what I have.

Infant Food Bank – Milton Community Resource Centre

The Issue:

The Milton Community Resource Centre (MCRC) partnered with the Milton Salvation Army to open the Infant Food Bank in 2007. The program was developed to address an identified gap in infant supplies for families with low incomes. With steady population growth and greater awareness of the program, demands on the Infant Food Bank have continued to grow – additional capacity was needed.

The Response:

With the support of a Category Two grant from the HRCIF, the Infant Food Bank supports more than 70 families per month with the goal of meeting 80 per cent of each family's infant supply needs. Funding has supported the program to enhance staffing, expand hours of operation and focus on strategies to increase donations.

In addition to meeting immediate needs for infant supplies such as formula, cereal, baby food and diapers, staff make referrals to MCRC programs and help families navigate services in the community. This includes providing opportunities for children to become involved in activities that foster healthy development.

HRCIF Investment: A total of \$59,552 over three years



Returning to Work – STRIDE

The Issue:

The return to work process can be challenging for individuals who have been on leave to address a mental health issue. Taking steps to reintegrate into the work environment is critical, but not everyone has access to the supports they need.

"Having plans for how I will deal with work stressors makes the stress of returning to work feel less overwhelming."
- Workshop participant

The Response:

With the support of a Category One grant, STRIDE (Supported Training and Rehabilitation in Diverse Environments) is delivering a Return to Work workshop series to help individuals with a mental health issue build the confidence and skills they need to go back to work. Clients learn strategies to navigate workplace issues, manage stress and maintain wellness through self-care practices.

HRCIF Investment: \$8,105 in 2018

Halton Drug Treatment Court – Elizabeth Fry Society Peel-Halton

The Issue:

Individuals sometimes become involved in the criminal justice system due to behaviours related to substance use. In addition to dealing with criminal charges, these individuals often experience a range of addiction-related harms such as difficulty maintaining relationships, employment loss and precarious housing.

The Response:

In 2013, the Halton Drug Treatment Court was established to provide an alternative approach to individuals 18 and older who commit crimes related to a substance use issue. The program seeks to reduce further criminal behaviour by supporting participants to address their addiction. The Court is a partnership with the Crown, Halton Regional Police Service and community partners. The program is built on an abstinence model in which participants are required to engage in regular drug screening to ensure they remain substance-free. The Judge and Crown have the ability to drop, reduce or stay charges based on the progress of participants.

“If it wasn’t for the Drug Treatment program I would have continued to keep using, and I would have continued in a downward spiral.”
– Drug Treatment Court participant

Through a multi-year investment from the HRCIF, the Elizabeth Fry Society of Peel Halton is providing intensive case management supports to Drug Treatment Court participants. This includes working with clients to develop a detailed treatment plan, coordinating services and monitoring progress towards goals and objectives. Over the course of the grant the Elizabeth Fry Society will support nearly 60 Drug Treatment Court participants.

HRCIF Investment: A total of \$85,827 over three years

Cognitive Behavioural Therapy for psychosis (CBT-p) Training for Frontline Workers – Schizophrenia Society of Ontario

The Issue:

Frontline staff are often responsible for administering first-encounter support and care to individuals exhibiting signs of severe mental illness. A growing need was identified by service providers for psychosis-specific training to help de-escalate crisis situations.

The Response:

CBT-p is a therapeutic intervention which, when applied, can result in improved support of those living with mental illness and reduced incidents requiring emergency services. Schizophrenia Society of Ontario has created a CBT-p informed training for frontline workers. With the support of a HRCIF grant, staff at STRIDE and Support & Housing Halton received this intensive five-day training to add the concepts of CBT-p to their response skillset.

HRCIF Investment: \$29,999 in 2018

2018 HRCIF Funded Organizations and Programs

Organization	Program Overview	2018 Grant Amount (\$)	Location(s)			
			Burlington	Halton Hills	Milton	Oakville
Acclaim Health	Support family caregivers who are caring for a loved one with dementia.	28,500
Canadian Mental Health Association - Halton Region Branch	Provide 24/7 mental health and addictions support at the Salvation Army Lighthouse Shelter and in the community.	198,743
Canadian Mental Health Association - Halton Region Branch	Provide free walk-in counselling.	29,768
Catholic Family Services of Hamilton	Support seniors living in self-neglect by providing the services of a cleaning team.	45,591
Catholic Family Services of Hamilton	Support seniors living in self-neglect with case management to improve their environment, prevent eviction and connect to services.	106,400
Central West Specialized Developmental Services	Provide workshops on healthy sexuality to vulnerable clients and provide training for community service workers.	6,050
Distress Centre Halton	Expand a telephone check in program to support people with mental health issues.	27,204
Elizabeth Fry Society of Peel-Halton	Educate girls about the risks of sexual exploitation and support girls who have been exploited.	20,000
Elizabeth Fry Society of Peel-Halton	Provide case management to individuals participating in the Halton Drug Treatment Court.	28,609
Food for Life	Support food collection and distribution to community agencies and partners serving Halton residents that have difficulty affording food.	158,518
Halton Food Council	Support community garden programming for low income individuals and families.	49,194
Halton Food for Thought	Support student nutrition programs that will provide an additional 9,750 Halton students with access to healthy food.	25,650
Halton Multicultural Council	Support vulnerable refugee clients with a settlement plan, information and wrap around support.	33,505
Halton Women's Place	Collaborate with the Reach Out Centre for Kids (ROCK) to support the mental health needs of children living at Halton Women's Place with their parent.	20,000
John Howard Society of Peel Halton Dufferin	Support programming for individuals who are at an elevated risk of committing an offence or being victimized.	20,725
Kerr Street Mission	Train and mentor volunteers to support people in distress, isolated seniors and at-risk youth.	56,000
Licensed to Learn	Support one-on-one, peer-led tutoring programs for low income and at-risk children.	26,764

2018 HRCIF Funded Organizations and Programs - Continued

Organization	Program Overview	2018 Grant Amount (\$)	Location(s)			
			Burlington	Halton Hills	Milton	Oakville
Milton Transitional Housing	Increase availability of transitional accommodation and supportive one-to-one counseling to people in housing crisis.	80,000
Mississauga Furniture Bank	Purchase a delivery truck to provide furniture and household goods to low income and vulnerable clients in Halton.	30,000
Nelson Youth Centres	Provide group, individual and family therapy to support children and youth with emotional, social or behavioural needs.	85,000
Peel Halton Dufferin Acquired Brain Injury Services	Establish a specialized day program in Oakville and provide community-based staff support for residents living with a brain injury.	132,000
Radius Child and Youth Services	Improve access to assessment and treatment programming for children, youth and families affected by abuse and/or neglect.	25,000
ROCK (Reach Out Centre for Kids)	Expand a breastfeeding support program.	47,306
ROCK (Reach Out Centre for Kids)	In partnership with Halton Fetal Alcohol Spectrum Disorder (FASD) Collaborative, support summer camp programming for children and youth with FASD who experience barriers in traditional summer camps.	43,450
ROCK (Reach Out Centre for Kids)	Provide gender-diverse and trans-specific programs and peer support for children, youth and their families.	98,150
St. Christopher's Open Doors - Feeding Halton	Support the expansion of the Fresh Food Markets which provide local food at a discount to individuals with low incomes.	52,500
Schizophrenia Society of Ontario	Train frontline staff at two local mental health organizations in Cognitive Behavioural Therapy related to psychosis.	29,999
Shifra Homes Inc.	Purchase food for food literacy programming for their clients.	5,000
Shifra Homes Inc.	Provide support, residency, and mental health assessment and treatment for young, homeless, pregnant women.	37,000
STRIDE (Supported Training & Rehabilitation in Diverse Environments)	Develop and implement a workshop series to help people return to work after experiencing an absence due to a mental health issue.	8,105
Summit Housing and Outreach Programs	Increase access to food literacy programming, including cooking classes and community gardens for people who require mental health supports.	35,703
Support & Housing - Halton	Purchase a passenger van to transport clients to appointments, food banks, employment and other group activities.	30,000

2018 HRCIF Funded Organizations and Programs - Continued

Organization	Program Overview	2018 Grant Amount (\$)	Location(s)			
			Burlington	Halton Hills	Milton	Oakville
Tetra Society of North America	Support the construction and installation of custom assistive devices for disabled residents in Halton.	5,300	•	•	•	•
Darling Home for Kids	Support a volunteer initiative that provides youth with an opportunity to support Medically Fragile Technologically Dependent (MFTD) children.	12,650		•	•	•
Halton Aphasia Centre	Support individuals to re-build communications skills as a result of aphasia.	10,000	•		•	•
HIPPY Oakville	Help newcomer families provide preschool education to their children.	36,310	•		•	•
S.E.N.A.C.A. Seniors Day Program Halton Inc.	Provide a therapeutic art program for physically and cognitively-impaired older adults.	8,840	•		•	•
The Anglican Church of the Incarnation	Provide recovery support programs for youth living with mental health, substance use challenges and other vulnerabilities.	79,396	•	•		•
YMCA of Oakville	Provide opportunities for low-income and promising youth to develop leadership skills, expertise and certifications in sport and recreation.	49,278	•	•	•	
Community Living North Halton	Develop a retail training program for people with developmental disabilities.	24,000		•	•	
Community Living North Halton	Provide respite and opportunities for school aged children and youth with developmental disabilities to participate in recreational programs.	12,000		•	•	
Food4Kids Halton	Provide food to children who have limited or no food during weekends.	20,059		•	•	
The Bridge from Prison to Community (Hamilton)	Establish a reintegration program in Halton to work one-on-one with ex-offenders and their families.	154,161	•			•
The Women's Centre of Halton	Support the establishment of a location in North Halton for women in crisis, distress or transition.	24,816		•	•	
Acton FoodShare	Increase the amount of meat, fresh fruits, vegetables and dairy products available to food bank clients.	14,000		•		
Canadian National Institute for the Blind (CNIB)	Help blind and partially-sighted older adults adapt to their sight loss.	10,000	•			
Community Living Burlington (sponsor)	Support the Autism Job Club to provide pre-employment skills development to clients with Autism Spectrum Disorder.	29,500	•			
Halton Children's Aid Society	Provide service navigation support for youth aged 14 to 24 in Halton Hills.	121,863		•		

2018 HRCIF Funded Organizations and Programs - Continued

Organization	Program Overview	2018 Grant Amount (\$)	Location(s)			
			Burlington	Halton Hills	Milton	Oakville
Kerr Street Mission	Provide a walk-in cooler/freezer that will increase access to fresh food for clients and expand partnership programs.	36,875				•
Kerr Street Mission	Collaborate with the Halton Fresh Food Box to increase access to fresh fruits and vegetables for food bank clients.	38,860				•
Milton Community Resource Centre	Support an Infant Food Bank that provides clients with diapers, infant formula, infant cereal, baby food and connections to programs.	19,759			•	
Oak Park Neighbourhood Centre	Support a network of service providers working collaboratively to reduce barriers and improve quality of life for people with complex needs.	18,400				•
Oak Park Neighbourhood Centre	Support a weekly seniors chair exercise program.	6,740				•
Oakville Parent-Child Centre	Support neighbourhood-based early childhood education programs.	5,250				•
St. Luke's Anglican Church (Burlington)	Upgrade a community kitchen to support a seniors lunch and food literacy programs.	19,200	•			

Smallest and Largest Grants by Category - 2018 funding



For more information, visit **halton.ca** or call 311.



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