



2022



DAN'S LEGACY FOUNDATION
ANNUAL REPORT

WWW.DANSLEGACY.COM

The 2022-2023 fiscal year was a remarkable one for Dan's Legacy, with record fundraising success contributing to our rapid growth. More funds meant the addition of more therapists, social workers, and outreach workers, which in turn meant we were able to help more than 600 youth in our counselling program, up from 400 the previous year.

As we emerged from the COVID-19 pandemic, we experienced not only a time of rapid expansion but also of reunion. The reopening of community centres allowed us to get back into the gym and work side-by-side with the youth in our Fitness program; we added a second location at Collingwood Neighbourhood House in East Vancouver to our Cultural Workshops for Indigenous youth; and we all celebrated together - in person at long last - at our 9th Annual Chefs' Charity Dinner fundraiser at the Shaughnessy Restaurant in Vancouver in November.

Connection to community is so important for our collective mental health, and after two years of social distancing, we now have a greater understanding of what our youth clients, most of whom have grown up in government care, experience. Helping them to stand firmly rooted in the community, particularly with employable job-skills, is another way we helped our clients move forward independently. Our Intro to Cook training program expanded to include the addition of a social enterprise which will provide a further level of professional training in the food service industry for the youth, as well as generate funds to become a fully self-sustaining program.

All of these accomplishments are due to the phenomenal work of the staff and the Board at Dan's Legacy.

From the first time I met Barb and Tom making a presentation to the Delta Police Board - (when I followed them out of the room determined to provide whatever support I could), to the five years I served on the Board of Directors, most recently as its President, it has been my honour to work with such an outstanding group of dedicated, professional and philanthropically-minded people. The positive impact that Dan's Legacy has on marginalized but deserving young people is exceptional, and continues to make a difference in their lives every day.

There are more good things ahead, and I encourage everyone to stay tuned!

Peter Buxton, K.C.
President

MESSAGE FROM
THE CHAIR

VISION AND MISSION

VISION

At risk youth, through insight and empowerment, have the opportunity to achieve their full potential and contribute to their community.

MISSION

To provide youth who have experienced trauma, with effective counselling, education, vocational and other support programming.

KEY FACTS



2022

Number of therapists	10
Number of therapy team managers/clinical supervisors	2
Number of youth clients in 2022	600
Client load per therapist	25
Average monthly sessions for counselling team	300
Approximate outreach hours per month	250
Average hospital on-call hours per month (currently)	25
Indigenous youth clients	45%
LGBTQ2S+ youth clients	30%
Number of client overdoses per month	15
Average fatalities per monthly overdoses	2
Number of client self-harm or psychosis situations per month requiring hospitalization	25
Number of youth & young mothers accessing food bank each week	150
Number of youth attending Sunday dinners each week	50

“THE ONLY TIME YOU SHOULD BE LOOKING DOWN ON SOMEONE IS WHEN YOU’RE HELPING THEM BACK UP...”

- DESTINY NEWTON, DAN’S LEGACY YOUTH CLIENT



CORE COUNSELLING PROGRAM

In the past year we greatly increased our ability to provide services to at-risk youth in the community by doubling our counselling team to 10 therapists, as well as increasing our outreach team to three social workers and five outreach workers. Although we started to come out of the pandemic in 2022/2023, there was no end in sight to the opioid overdose crisis which entered its sixth year, devastating communities in BC. Our harm prevention approach to this problem, however, continues to be one of the most effective ways we can have an impact, as we are operating upstream and getting in front of the youth when they first ask for help. And with the combined efforts of our outreach team who provide the necessary stabilization process for our clients – food security, links to safe housing, clothes, medicine, a phone to contact us and the opportunity to receive job skills in our clinically supported cook training course – we worked with over 600 youth and helped to divert the majority of them from street entrenched addiction, lifelong mental health issues, overdose and suicide. We know there will always be another young person asking for our help, and when they do, we will be there.





INDIGENOUS CULTURAL WORKSHOPS

In 2022 we launched our Indigenous Cultural Workshops with Foundations School in Surrey, which later expanded to include Guildford Learning Centre and later Collingwood Neighbourhood House in East Vancouver. Designed and facilitated by an Indigenous Elder with whom we have worked for many years, the youth were introduced to culture and community which helped to build resiliency. The program wrapped up for the season in June with a land-based excursion for 50 youth to Camp Potlatch in Howe Sound. The camp was supported by Elders and Knowledge Keepers from Squamish First Nation as well as our team of therapists and social workers.

24/7 EMERGENCY SERVICE

The COVID-19 pandemic delayed the start of our 24/7 On-Call service as hospital emergency departments employed strict health and safety protocols, but we aim to launch this service with BC Children's Hospital in summer 2023. When a youth is admitted to emergency for overdose or self-harm, and is asking for help, staff will alert Dan's Legacy and one of our therapists will attend and connect with the youth. There's a very small window of opportunity and if we can make contact with the youth before they are discharged, the likelihood of them choosing to engage with our counselling and wrap-around support programs greatly increases.

GROWTH OF OUR COMMUNITY PARTNERSHIPS

Over the last few years, we developed 15 partnerships with community organizations across Metro Vancouver that provide housing, recovery, education, training and work-ready support programs for youth aged out of foster care and other youth at risk. Our focus is on assisting the youth who struggle to thrive in these programs and, without intervention, are likely to end up homeless and in street-entrenched addiction within three to five years. We embed our therapists in these organizations which reduces barriers to service for the youth, meets them where they are, and helps them to feel comfortable enough to build a trusting relationship in a familiar setting. Our community partnerships cover East Vancouver to Surrey, and in 2023 we plan to extend our reach into Langley and potentially the Tri-Cities.

Also this year we entered into a collaboration with the nursing faculty at Kwantlen Polytechnic University; psych nursing students from Kwantlen are conducting research projects on our programs as part of their studies. We plan to further this research with the UBC School of Nursing in 2023/2024 who will be evaluating our clinical programs.

2022/2023 LIST OF COMMUNITY PARTNERS

- Aunt Leah's Place – New Westminister & Downtown Vancouver
- Union Gospel Mission – New Westminister
- Broadway Youth Resources Centre (PCRS) – Vancouver
- Ray-Cam Cooperative Centre – East Vancouver
- Collingwood Neighbourhood House – East Vancouver
- RICHER Table – East Vancouver
- Pacific Community Resources Society – North Surrey
- Guildford Learning Centre – Surrey
- Foundations School - Surrey
- Fraser Region Aboriginal Friendship Centre Association (FRAFCA) – Surrey
- Alexandra House – South Surrey (White Rock)
- Zero Ceiling Society – Whistler

INTRO TO COOK



In February, 2023 we completed the second year of our “Intro to Cook” job-skills training program, doubling enrollments from 24 students in Year One to 42 in Year Two. Of the graduates, approximately half are working, applying for work, enrolled in higher levels of skills training or applying for post-secondary education. As expected, seven students remain in therapy with our counsellors, and four are seeking other forms of support. None of these youth would have been able to imagine the possibility of a future had it not been for our clinically supported training program.

During the year, our students had the opportunity to gain work experience through catering for a Truth and Reconciliation Day feast for 100 people at our community partner Collingwood Neighbourhood House, feeding approximately 70 people at our land-based four-day camp at Camp Potlatch, and running an appetizer station at our 9th Annual Chefs’ Charity Dinner fundraiser in Vancouver. Funding was also secured through the Ministry of Social Development and Poverty Reduction, as well as The Co-operators, to provide paid practicum work experiences to 10 of our students.

Success stories varied but all were indicative of the difference our team of professional chef instructors, therapists, social workers and outreach workers made to each of the students: one youth could not pay attention in class and had trouble staying on task, but they secured a job at Wendy's and makes breakfasts 4 days a week; one youth with a learning disability completed the program and then enrolled at Vancouver Community College in the hospitality retail program; one youth completed six weeks of training and then withdrew due to their anxiety issues – our therapy team continued to work with them until they were able to step back in to the program and graduate. They went on to a paid practicum work opportunity in a professional kitchen and have plans to enroll in the Asian Culinary Program at Vancouver Community College.



For fiscal 2023/2024 we plan to launch "Dan's Diner", our social enterprise that will provide work experience to graduates of "Intro to Cook" in business management. Pre-made soups, stews, chilis and other lunch items will be offered for sale to the community from our new space on 11th Street in New Westminister. This program is funded in part by the City of New Westminister through Public Safety Canada's "Building Safer Communities Fund".



TESTIMONIALS | LETTERS FROM INTRO TO COOK STUDENTS

"NICK"

When I heard about Dan's legacy I was not sure if I wanted to go into it but I am so glad I decided to. This course has helped me with getting back into the cooking and working mode. It has also helped me with my people skills and getting to know more friends. The best thing about this course was probably meeting new people and making friends. I am glad to have Luke and Claudia as teachers while I was here.

They have both helped me learn more about working in restaurants and kitchen skills to better prepare me for my future in the restaurant industry. I am so thankful for this opportunity that Dan's legacy has given me. It is so generous of them all to give us and everyone the opportunity to better our lives and cooking and kitchen skills and people skills for our futures.

"JOHN"

For Dan's Legacy, it was the training program that helped me get me out of the house and get back into cooking after a long lock in for covid. After the first few weeks into cooking, I was looking into more recipes and trying new ways, like making the pasta by scratch or measuring proper measurements for big to small cookie size. Having so much support for how I am doing day to day was a new adjustment for me, both the chefs and counsellors, it was very nice and not so overwhelming. Now talking about how there were new ways to support the students, like the camping trip, workout program and counselling. Not to mention, the assistance with workBC is a big help for someone like me who is used to the face to face approach and I'm not good with paperwork. The vibe here is also good for what I would have thought would be like for back into hard training that I am so used to, but working here was more fun than boring.

FITNESS PROGRAM

When public facilities began operating at full capacity post-COVID, our therapist/fitness instructor resumed meeting youth clients twice a week at the Centennial gym in New Westminster. Approximately 20 youth took part in this program each month, and our team developed exercise programs for every client to help unlock the trauma trapped in their bodies.



SUNDAY HAVEN DINNER & FOOD BANK

We know that food security is the number one concern for our clients, many of whom are homeless and all of whom are hungry. Rental costs take up most of their monthly assistance income, and many rely on cheap but unhealthy fast food, and even “dumpster diving”, to ward off starvation. Our food bank and weekly hot meal Sunday Haven community dinner has been our most successful outreach program to date, but having outgrown our location at Aunt Leah’s Place, we decided to put the program on pause in April to engage in a redesign. Clients who are registered with Dan’s Legacy still receive a weekly grocery hamper and we aim to add a hot meal component again in the 2023/2024 fiscal year.





"ASHLEY"

"Ashley" is a 22-year old young woman who lived most of her teenage years in and out of foster care. Her mom struggled with mental health issues, anger management challenges and sexual boundaries. "Ashley" lived all over Surrey and when our therapist met her she was homeless.

"Ashley" internalized the psychological pain of her traumatic upbringing, and self-medicated with cannabis, meth and alcohol. She avoided counselling at first but we made sure she had the opportunities to set up sessions.

During the course of a year she had many setbacks, including drug-induced psychosis, overdose and a suicide attempt. After a severe panic attack she ended up in a hospital psychiatric ward, and our therapist visited her there regularly.

Our social work team helped place "Ashley" in secure housing which gave her the stability she needed to continue regular therapy sessions.

"Ashley" is now working part-time, plans to go back to school and just got her learner's driver's license – she's immensely proud of that achievement.

CLIENT
STORIES

CLIENT STORIES

"JOSEPH"

"Joseph" is an 18-year-old South Asian transgender youth who was referred to Dan's Legacy's counselling program through a family friend for depression, suicidal ideation, substance use concerns, and a history of sexual abuse and trauma. He is in a relationship with another trans youth, and after his family found out, they disowned him. "Joseph's" therapist connected him to stable housing through one of Dan's Legacy's community partners, and helped him obtain financial support through a BC Adult Youth Agreement. "Joseph" has not used hard substances in nearly two months, and is enrolled in a specialized post-secondary computer training program.

"ANGELA"

"Angela" is a 20-year-old Indigenous woman who recently completed Dan's Legacy's "Intro to Cook" job-skills training program, funded in part by a BC Hydro Community grant. While in hospital as an inpatient in the psychiatric ward being treated for severe anxiety and depression, "Angela" was referred to Dan's Legacy for counselling. She had experienced a traumatic childhood, losing her mother to an overdose and having no connection to her father.

"Angela" was timid, hardly spoke, always had her head down and rarely made eye contact. Her mental health challenges, including extreme social anxiety, prevented her from leaving the house most days. She survived on Income Assistance. After several months of therapy sessions, "Angela's" counsellor saw a potential in her that she was yet to discover herself. She was encouraged to apply for Dan's Legacy's "Intro to Cook" program, which would require a face-to-face interview and attendance five days a week for four months. "Angela" did well in the interview, and with support, managed to take transit each day to the course. She grew more comfortable interacting with instructors and other students, eventually having the best attendance of the group and scoring 98% on her FoodSafe exam. From a fearful and anxiety-ridden start, "Angela" began to thrive. Her instructors noted she was standing taller, acting more confident, and quickly learning the cooking skills being taught. In fact, she became so proficient at these skills she began to prepare excellent meals at home and proudly sent pictures of her dishes to her instructors! "Angela" was in the first cohort of graduates from "Intro to Cook" and has been hired by Dan's Legacy as a paid intern to help bridge the transition to full-time work.

MAJOR DONOR LIST 2022-2023

CORE COUNSELLING & WRAP-AROUND PROGRAMS

NAME

AMOUNT

Health Canada Substance Use and Addictions Program	\$2,505,186
BC Ministry of Mental Health and Addictions	\$1,730,000
Public Safety Canada Building Safer Communities Fund (New Westminster)	\$402,300
Public Safety Canada Building Safer Communities Fund (Surrey)	\$315,000
Red Cross "Strengthening Community Capacity to Support Mental Health and Wellbeing" Fund	\$74,501
BC Ministry of Social Development and Poverty Reduction	\$50,000
PayPal Gives	\$27,333
The Cooperators	\$20,000
Young Foundation	\$13,500
SSQ Insurance	\$5,000
The Keg Spirit Foundation	\$5,000
Nita Lake Lodge	Accommodation Sponsor

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