



# 2023 ANNUAL REPORT



Dan's Legacy Foundation



604-532-2100



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# MESSAGE FROM THE PRESIDENT

The 2023–2024 fiscal year saw more gains in incremental growth with Dan’s Legacy, as we grew our therapy and outreach teams, solidified administrative support structures, and increased awareness of our programs and services through successful public relations and fundraising initiatives.

The outfall from the COVID–19 pandemic continued to reverberate through our communities, including increased housing unaffordability, food insecurity and worsening mental health issues. To that end, Dan’s Legacy’s uniquely pro–active, harm prevention approach to addressing these issues holistically continued to make an impact.

This year we worked with more youth than ever before, readjusted certain wrap–around programs to better meet the needs of our clients, and launched our successful social enterprise and catering business job–skills training program.

Rapid growth often outpaces the supportive framework of any organization, and we solidly addressed that issue this year with the design and implementation of new policies and procedures. These processes provide the structural integrity necessary to secure our operations, allowing us the ability to confidently maintain our current trajectory, and seek further growth opportunities moving forward.

With the implementation of our first financial audit, as well as the program evaluation project underway with researchers from the UBC School of Nursing’s Stigma and Resilience Among Vulnerable Youth Centre (SARAVYC), we look forward to fiscal 2024–2024 with renewed energy and positivity, as well as gratitude towards our youth clients who have entrusted us to help them discover their own potential.

Kelso Kennedy  
President, Dan’s Legacy Foundation 2023–2024

“  
This year we  
worked with  
more youth than  
ever before...  
”



# OUR SHARED COMMITMENT

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## MISSION

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



## VISION

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





“  
Dan’s Legacy has benefited from increased financial support over the past year and as a result, we have been able to serve more clients.”

- Barbara Coates, Executive Director

2535

Counselling Sessions

671

Youth Clients

558

Grocery Hampers

250+

Outreach Hours a Month

175

Fitness Sessions

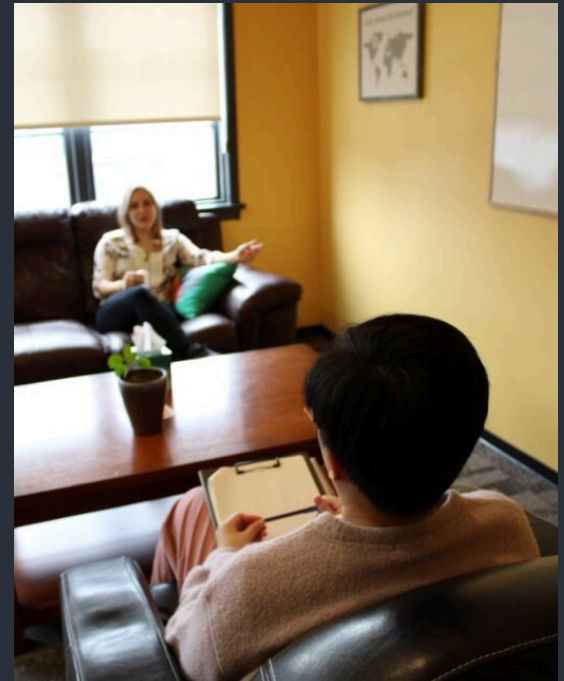
- 14 Therapists
- 2 Therapy team managers/clinical supervisors
- 25 Client load per therapist
- 182 Referred clients
- 134 Self-referred clients
- 40% Indigenous youth clients
- 30% LGBTQ2S+ youth clients
- 15 Number of client overdoses per month
- 2 Average fatalities per monthly overdoses
- 25 Client self-harm or psychosis situations requiring hospitalization
- 50 Youth accessing Grocery Hamper program each Monday



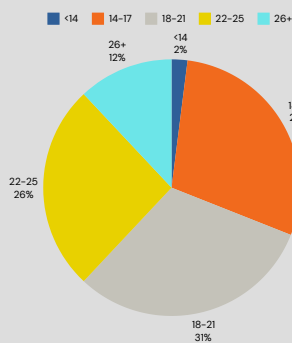


# Core Counselling Program

Dan's Legacy underwent significant growth this past year through the continued development and delivery of our programs, as well as the standardization of operational procedures, all while maintaining our focus on addressing our clients' psychosocial needs through a holistic lens. Our core Counselling program, consisting of 14 registered therapists, provided a total of 2,535 counselling sessions to 671 youth clients. These counselling sessions were delivered primarily in-person at our offices in New Westminster and Surrey, as well as in the facilities of our numerous community partners. With the introduction of the self-referral portal on our website, we further reduced barriers to support for the youth. Accessibility has always been one of our top priorities, and the growth of numbers of clients served this past year is a testament to the success of our approach



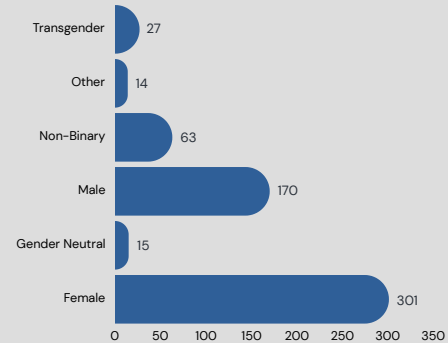
Distribution of Registration by Age Range



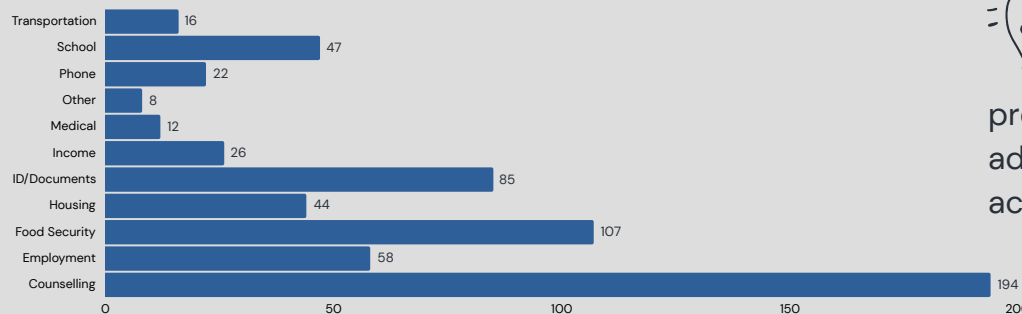
Age Distribution by Registration Type



Client Reported Gender Identity



Client Reported Identified Needs



Since we opened up our website for youth to self-refer to our programs, 316 clients took advantage of this private and accessible opportunity.



# Wrap-Around Support

To ensure the best outcomes in therapy for our clients, we identify their immediate needs first during the stabilization process. Here is where our Social Work and Outreach teams work directly with each client, supporting them in any number of ways to ensure they have their needs met. Securing safe housing, applying for Income Assistance, obtaining ID, opening a bank account, ensuring prescription medications are up-to-date, and providing food security are just some of the myriad of ways our team supports our clients. This year we took the opportunity to review our wrap-around support programs, and enhanced them in the following ways:



# Grocery Hamper Program



Food insecurity continues to be a major concern for our clients, and our Grocery Hamper program is uniquely designed to mitigate this need. Stocked with fresh produce, meat, dry goods and other essentials recovered in our Food Collection program, youth enjoy a personal “shopping” experience at our new facility in New Westminster, where they stock up on groceries each Monday. In 2023, we provided 558 grocery hampers to our clients.



# Fitness Program

Many of our youth clients experienced multiple foster care placements in childhood, which affected their ability to take part in school or community sports and recreation programs. We know that exercise improves physical health which is directly related to improved mental health, and our Fitness program was designed to provide this additional level of support to our clients. With the closure of the Canada Games Pool and Recreation Centre in New Westminster for upgrades, we moved the program to the Burnaby/Edmonds Community Centre this year. In 2023, 175 supervised fitness sessions were provided to the youth to support their physical health and maintain mental health stability.



# Indigenous Cultural Workshops



Indigenous youth make up 40% of our client base, and it is critically important to connect the youth to community and culture to support their mental, physical, and spiritual journeys to wellness. Working in collaboration with an Indigenous Elder and Carver, as well as our community partners at the Surrey School District and Collingwood Neighbourhood House in Vancouver, 63 Indigenous youth were engaged in carving workshops. The Collingwood Welcome Pole carving project provided a unique learning opportunity for the youth to learn alongside lead carver Mike Billy, a 7th generation skwxwu7mesh (Squamish) canoe carver. The youth learned about the significance of the canoe to the skwxwu7mesh way of life.





# Cook Training Program

Our Cook Training Program (formerly Intro to Cook) has been operating continuously since 2021, and teaches basic cooking techniques to youth with barriers to educational or employment opportunities. Using recovered food sourced from our food collection program, and under the direction of professional staff chefs, the youth repurpose the product in a commercial kitchen into soups and stews which are then sold through our Dan's Diner social enterprise. Participants graduate with their FoodSafe certification, and our team provides support securing employment in the food service industry, or enrolling in higher levels of education to obtain Red Seal Certification.



To date, 53 participants have graduated from the program.

## Dan's Diner Social Enterprise & Catering Business



In November 2023, we launched Dan's Diner, our social enterprise, with support from MP Peter Julian, The Honourable Jennifer Whiteside, MLA for New Westminster and Minister for Mental Health and Addictions, New Westminster Mayor Patrick Johnstone and members of City Council, and Elder William Nelson, Elder-in-Residence at the City of New Westminster, who offered the welcome and blessing. Youth participants are provided with a paid work experience 5 days a week in our fully operational café, building skills for the restaurant or food service industry.

We developed a loyal following and with our private catering business, we generated nearly \$35,000 in net sales in our first 5 months of operations.

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# New in 2024-2025

In April, 2024 we launched the 3rd phase of our job skills training program: Warehouse and Swamping Training. Youth participants will learn inventory management skills, loading zone safety, and food sorting and storage. This training program is an extension of our well-established food collection program, which has a significant and measurable environmental impact and mitigates food insecurity in the community. In 2023 we diverted just over 189,000kg of edible food from landfills which translated into 346,000 meals in the community (statistics from FoodMesh).



## 2023/2024 Community Partners

- Aunt Leah's Place – New Westminster & 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





# Client Success Stories

## Cru

Cru initially met the outreach team at our partner site at the Broadway Youth Resource Centre. They were struggling mentally and financially and faced instability and anxiety about having refugee status in Canada. We supported Cru's application for Permanent Resident status, and we are pleased to share that the application was successful!

During their time with us, Cru participated in the Counselling program, our Grocery Hamper program, and the Fitness program. Speaking about their experience, Cru highlighted the impact the staff had on their journey, who provided a reliable support system that offered a sense of security and instilled a great deal of self-belief. They also credit the Fitness program for helping to keep them motivated and the Hamper program for providing readily available access to essential items. This helped to ease some of the financial pressures that were causing them so much stress and anxiety.



## Sadie

Before enrolling in our Cook Training Program, Sadie found the idea of being in a kitchen very intimidating. Our Program Manager, Andrew Wong, asked Sadie what type of restaurant they would like to work in, and Sadie stated "None" because they honestly couldn't picture themselves thriving in this environment.

Fast forward and Sadie is now a whizz in the kitchen and a pretty good baker too! No longer intimidated by the kitchen, Sadie hopes to work in a kitchen part-time while they enroll at the Justice Institute in pursuit of becoming a paramedic.





# A Client's Insight



## Carmen

I would panic when I hear my stomach rumble, and when I felt hungry. It was a trauma response from being homeless in my twenties, and sleeping at bus stops. I went hungry for months. So hungry that I had hypoglycemia, my legs were shaking and I was constantly craving sugar.

I'm glad I finished this program. I didn't think I could go to class or work because of my mental health issues. I was doing nothing with my life and now I'm doing something.

I want to say thank you to my therapist. I feel comfortable talking and sharing my issues with her. It was helpful to be able to text on days I was depressed and not doing well and to have that support on phone calls. She motivated me to do better and was encouraging.

“ We accept you the way you are. ”



I also want to say thank you to the outreach team for listening to my problems and talking to me and helping me. One thing they always said was "we accept you the way you are." That really helped me to come to class every day, especially when I wasn't okay. It made me feel I could be the way I am with all my mental illnesses and still be okay here. Thanks for believing in me.

**Carmen was a participant on our Cook Training program and worked with a Dan's Legacy therapist.**



# Major Donors 2023–2024

- BC Ministry of Mental Health and Addictions \$1,739,413
- Health Canada Substance Use and Addictions Program \$1,146,441 (Y2 of 3)
- Public Safety Canada Building Safer Communities Fund (New West) \$156,988
- Public Safety Canada Building Safer Communities Fund (Surrey) \$103,886
- Red Cross “Strengthening Community Capacity to Support Mental Health and Wellbeing” Fund \$74,501 (Y2)
- TELUS Community Board \$20,000
- Marilyn Snook \$10,000
- Make Way Foundation on behalf of Joan Van Duzer \$10,000
- Convergence Seminars Fundraiser \$5,210
- Tru Earth (Gift-in-kind donor) \$20,000
- Young Foundation \$12,500



# Board of Directors 2034-2024

- Kelso Kennedy – President
- Kristy Hayter – Vice-President
- Jackie Marchand – Treasurer
- (vacant) – Secretary
- Wayne Cousins – Director
- Andrew George – Director
- Ryan Jamieson – Director
- Stephanie Smith – Director
- Tara Sudbury – Director
- Mark Young – Director



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