



The McCreary Centre Society

# Annual Report

## 2000-2001

October 2001

Report on Activities Conducted  
October 2000 to September 2001.



# Our mission is...

To foster wider understanding of the importance of youth health, increase knowledge about youth health needs and issues, promote a continuing commitment to youth health issues, and initiate and implement innovative projects which directly address unmet health needs of young people.



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# Chairperson's Report

## 2000-2001

The events in the USA in recent weeks seem to overshadow all else and make our day-to-day concerns at MCS seem trivial.

Once again this has been a momentous year at McCreary, a bit of a roller coaster ride. Each major event seemed to be a mixture of bitter and sweet. We assumed full tenancy of Overlynn on January 1 but have, 10 months later, been unable to secure offsetting revenue to cover the increased rental and operating costs. After a long process of discussion and recruitment we selected and were excited to have hired our first full time ,paid Executive Director, only to have her resign 2 months later. We started off the 2000-2001 fiscal year with a budget surplus but have entered fiscal 2001-2002 with a serious cash flow crisis and now, a possible deficit.

Our staff has had a very successful year as far as projects and publications go. However, the heavy production schedule and our more recent financial uncertainties have been distracting for them. I anticipate that Aileen Murphy will report on the accomplishments and activities of the past year in more detail in her report. During the course of the year we have had to adjust to resignations by Eva Veres (NTIAH – Educational Resource Center), Beth Veitch (Administrative Coordinator), and our Executive Director, Jane Hood while at the Board level, Barbara Kroon has stepped down. Ginger Gosnell and research assistants Colleen Poon and Natalie Franz have moved on as their projects are now completed.

In addition to our project work we have undertaken a number of exciting initiatives during this past year. We have committed to doing AHS III in the spring of '02, helped launch the BC Consortium for Youth Health, and have taken the lead role in an exciting youth for youth Internet conference (Planet Health). We are in the field conducting our first qualitative research project (on Homeless Youth), finished a groundbreaking study of adolescents in custody, and are very proud of our highly successful aboriginal adolescents report (Raven's Children) and Next Step project. In addition, our group helped bring a Canadian youth voice to the recent International Association for Adolescent Health Congress in Brazil this past May. Many thanks to Amy Leung for her excellent work in putting a video presentation together on MCS and for the Brazil congress.

We have begun to extend our work within the more formal academic environment. This is in response to changes in research funding nationally and to our goal of diversifying our research base. These efforts have included establishing a Formal

Agreement with Simon Fraser University, increasing collaboration with the Youth in Society Project at University of Victoria, submitting a number of papers based on AHS II to peer review publications and contributing chapters to several books. Through the Consortium process the MCS is working to define, strengthen, and formalize its working relationships with the academic community in BC and nationally.

During the past year, especially with the release of our many excellent reports on a diverse adolescent populations e.g. Aboriginal, street, ethnic youth, there have been increasing external demands on staff time. They are being asked to make presentations, to attend workshops, to participate in committee work, to write letters of support, and to answer requests for data or information. In addition, our Youth Advisory Committee and Web Team has been kept very busy with a number of projects (B4, Planet Health) and are receiving requests for their input on youth participation strategies.

As I re-read and reflect on last years' Annual Report I am struck by several things that occurred in this past year and which were unexpected. Firstly, our world has changed dramatically because of Sept 11<sup>th</sup> and we must now face the challenges that will follow. These may include being more sensitive to the changing needs of our BC youth and working with them to design projects that will address those needs. Secondly, the predicted transition at MCS began but is yet to be fully achieved. I may have been Board Chair for 1 year but I have also been Acting Executive Director for these past 2 months. Where we go from here is unclear. Thirdly, my vision for the future of MCS remains the same but the creation of the BC Consortium for Youth Health has become an important process towards the achievement of that vision. This process may determine MCS's future. Fourthly, it is surprising that, given all that has happened this past year, I still managed to write such a short report. I apologize if I have left something important out.

I would like to stress what I see as the critical challenges for MCS in the coming year:

- Getting our financial administration working better.
- Building a better provincial context for adolescent/youth health issues.
- Expanding and strengthening the network of youth-specific organizations.
- Adjusting to the realities of university-community research funding.
- Continuing to be flexible and creative in our approach to youth issues.

I believe these to be realistic goals that our dedicated staff and supportive Board and Youth Advisory Council structure can help us achieve.

I want to extend our sincerest thanks to each of our staff, to our Board members, and to the YAC for all that they have done this past year. Past Chairs Basil Robinson, Diane Champion Smith, Patricia Mauch, and Lena Farina were particularly help during the long recruitment process. I would like to single out Aileen Murphy and acknowledge her extraordinary contributions this past year. I



extend our best wishes, prayers and appreciation to Dodie Katzenstein as she continues her battle with cancer. Somehow she still finds time to help us out with wise advice and careful editing.

We at MCS can be justly proud of the contributions we have made during this past year. The excellence of our research, the quality of our publications, and the user-friendly nature of our web site are our public face to the province and beyond. At a private level MCS is a wonderful collection of altruistic, energetic, skilled and caring folk who are passionate about youth. Lets make sure that we keep it that way!

Respectfully submitted,

Roger Tonkin

# Treasurer's Report

The year, June 1, 2000 to May 31, 2001 has been one of many changes. First and foremost from a financial perspective is the change in personnel. Nancy Sorenson has been hired to replace Beth Veitch, who after many years of service has left. We wish Beth well in her future endeavours.

With the change in personnel we have made a conversion to on line and Simply Accounting and it is anticipated that the Directors will receive monthly financial reports. The financial reports are available as separate sheets and our financial position is self-evident . In the next six months it is anticipated that \$196, 716.00 will be received and we have undertaken to cut some costs in completing the projects to which we have committed.

On behalf of the directors would like to thank the firm of Ellis Foster Chartered Accountants for their assistance and Nancy Sorenson for her diligent work on our behalf.

Respectively submitted,

Grace Eadie

# Nominating Committee Report

The following have consented to stand in nomination for the 2001/2002 Board of Directors of The McCreary Centre Society:

Tim Agg  
Grant Connell  
David Cox  
Grace Eadie  
Lena Farina  
Opreet Kang  
Pat Mauch  
Kim Schonert-Reichl  
Roger Tonkin

# YAC Report (Youth Advisory Council)

## **YAC Retreat**

The YAC started 2001 with a strategic planning meeting in January, in Sechelt BC. The weekend-long retreat was an opportunity for the YAC to flesh out their ideas and to form goals and priorities around internal YAC policies, areas of interest, and project management. The retreat proved to be an excellent team-building and planning exercise, yielding the following three priorities for 2001 / 2002:

- Breaking Barriers & Building Bridges (B4) Conference(s)
- Youth-Friendly Training for Adults
- National / International Exposure

## **Breaking Barriers & Building Bridges (B4)**

The B4, a weekend-long conference designed to provide youth with leadership skills and an opportunity to network, has increasingly become the signature piece by which the YAC is identified and subsequently catapulted its reputation to a credible example of meaningful youth participation. This is an accomplishment that the YAC does not take lightly and kept in mind when starting its planning for the sixth annual B4. With the help of two summer students (YAC members), the YAC started laying the foundation for organizing the next B4 (scheduled for November 2001).

Due to McCreary's current fiscal difficulties, the YAC have decided to postpone this year's B4 conference until the Spring of 2002. This postponement will provide the YAC with a unique opportunity to develop fundraising and promotion skills, seek out more partnerships with other youth-for-youth and youth-serving organizations, and improve plans for the next B4.

## **Workshops & Presentations**

Keeping with the McCreary tradition of producing valuable resources, members of the YAC have been involved in the design, development and production of a number of youth-friendly resources. Included in this list of resources are six "YACshops: Workshops By Youth For Youth," and a workshop designed specifically for adults organizations on "Becoming Youth-Friendly."

As in other years, the YAC have had a strong presence in the community. Members of the YAC have facilitated a number of workshops at various conferences and events in BC, promoting the work of McCreary, bringing back valuable information about current youth issues, and continuing to develop a strong network of youth participation supporters.

Respectfully submitted,

Youth Advisory Council

# Research Activities Report

Over the past year, several of McCreary's multi-year research and youth participation projects came to a close, resulting in the release of eight reports by the summer 2001. Our research activities continued to build on the Adolescent Health Survey (AHS) with topic-specific, in-depth analysis of the school-based data, and by adapting the AHS to assess the health of vulnerable populations of BC youth. Our youth participation projects engaged young people in responding to the research and also promoted the development of leadership skills.

## Research

Three topic-specific Adolescent Health Survey reports were released in 2000-2001. Aboriginal students' responses to the 1998/99 AHS were highlighted in a special report - *Raven's Children: Aboriginal Youth Health in BC*. *Raven's Children* was formally released at a celebration held at the Native Friendship Centre in November. *The Girls' Report: The Health of Girls in BC* was produced for the BC Ministry of Women's Equality. It uses the 1998/1999 AHS to spotlight the physical and emotional health of girls in this province. Two SFU graduate students, Colleen Poon and Natalie Franz, prepared a report on the sexual health of BC youth - *Making Choices: Sex, Ethnicity and BC Youth*. Six fact sheets were also completed in the past year. Fact sheet topics include connectedness, marijuana, Chinese youth, physical activity, weight issues and injuries.

In the spring 2001, McCreary completed two research projects that focused on the health of BC youth who are growing up in adversity – street youth and youth in custody. *No Place to Call Home: a profile of street youth in British Columbia* presents the responses of approximately 500 street-involved youth in six BC communities. The study's findings generated considerable interest in the media in late March. The health and risky behaviours of young offenders in BC's nine youth custody centers are profiled in the report *Time Out: a profile of BC youth in custody*. This study was conducted under contract with Justice Services, Ministry for Children and Families.

The SFU Psychology Research Group continued to collaborate with McCreary. Monthly meetings were held at McCreary to discuss students' research interests. In the past year, the AHS was the data source for theses on eating disorders, and physical activity and psychological well-being, and students presented AHS data at several psychological conferences.

## Youth Participation

The Next Step process encourages youth and communities to use McCreary's research to stimulate action. Ten Next Step workshops, involving close to 400 youth, were held around the province during 1999-2001. Members of McCreary's YAC and staff assisted in facilitating six of these workshops. The priority health issues and recommendations for action identified by participants at Next Step events were compiled into the report – *Our Communities- Our Health: Young people discuss solutions to their health issues* that was released in March 2001.

Using the medicine wheel or four directions, the Next Step process was adapted for Aboriginal communities. McCreary's Aboriginal Youth Health Project Coordinators facilitated workshops in eleven Aboriginal communities during 2001. Among the concerns expressed by youth at these Next Step events was the lack of opportunities that Aboriginal youth have to participate in decision-making in their communities. In response, a survey was developed and distributed to BC's tribal Chiefs. The survey solicited the leaders' views on youth participation. The results of the Aboriginal youth project are available in two reports – *The Aboriginal Next Step: results from community health workshops* and *Youth Participation in Aboriginal Communities*.

To support young peoples' meaningful involvement in the voluntary sector, McCreary's Youth Advisory Council developed six skill building workshops for youth called YACshops. YACshop topics include communication skills, how to start a youth council, introduction to leadership, taking leadership to the next level, team building, and creativity. A workshop for adults who work with youth was also developed to assist adults and organizations at becoming more youth-friendly. A separate workshop manual was prepared for each of the seven YACshops.

## Current Projects

Projects currently underway at McCreary include a follow-up to *No Place to Call Home*. This project involves a qualitative study exploring how and why youth under the age of 19 years come to be on the streets of Vancouver, and a quantitative survey of homeless youth in Vancouver aged 19 to 24 years. A special report examining BC youths' experiences of violence over the past two decades is being prepared, and the research team is beginning to gear up for the third provincial Adolescent Health Survey scheduled for spring 2002.

Respectfully submitted,

Aileen Murphy

# Webteam Report

The Webteam is a group of 6 young people working together in creating youth friendly resources for the Internet. Coordinated by Alison Liebel, the Webteam members learn about the Internet, web page design with HTML, graphic design skills, and various software involved in creating web pages, all the while keeping up with newest trends in web design.

This year the Webteam's main project has been planning, designing, and creating the on-line conference for youth. The conference, Planet Health, is based on the face-to-face workshop *The Next Step*. Youth are given opportunities to discuss and prioritize issues and come up with action plans around issues youth feel are important to them. The on-line conference pulls imagery from *Jetson's* space age, 50's look and features interactive components like a trivia game, feedback forms, and message boards. This is the most interactive Internet project McCreary has done to date. This is accomplished through a partnership with the TeenNet project out of the University of Toronto who utilize interactive technologies on the Internet extensively. Results from Planet Health will be used to help evaluate and offer direction for developments in the youth component of the Canadian Health Network website and within the CHN Youth Health Consortium.



***Planet Health... on-line conference for youth***

In addition to Planet Health, the Webteam has worked hard at updating the "Youth Action" section of McCreary's web site. This lists and outlines all of McCreary's youth participation initiatives, focusing primarily on the current initiatives.

Respectfully submitted,

Alison Liebel



# People Involved

## **MCS Board of Directors**

Chairperson	Roger Tonkin
Treasurer	Grace Eadie
Co-Secretary	Lena Farina
Co-Secretary	Pat Mauch
	Barbara Kroon (resigned Sept. '01)
	David Cox
	Grant Connell
	Tim Agg
	Kim Schonert-Reichl
	Opreet Kang

## **MCS Youth Advisory Council**

Golda Achampong	Poonum Kang
Alex Chin	Cindy Lane
Herminia Diaz	Terence Lowe
Lena Farina	Ken Pearson
Antoinette Fernandez	Monica Pietramala
Suzanne "Sewy" Hay	August Ustare
Brendan Hynds	Vincent "Vinny" Walleen
Patricia Hynds	Laura Ward
Opreet Kang	

## **MCS Staff**

Project Coordinator	Aileen Murphy
Director of Administrative Services	Beth Veitch
Bookkeeper	Nancy Sorensen
Communications Coordinator	Alison Liebel
Education Resources Coordinator	Tom Richardson
Youth Participation Coordinator	Nicole Herbert
Aboriginal Youth Health Project Coordinator	Ginger Gosnell
Youth Network Intern	Suzanne Hay

Research Assistants

Melissa Weigel  
Teresa Lum  
Yvonne Andrews  
Dave Mitchell  
Laura Slack  
Kim van der Woerd  
Amy Salmon  
Aviva Laye  
Jolene Irons  
Kuldip Chahal  
Pixie Mathura  
Zachary Campbell

Research Associates

Avneet Sidhu  
Colleen Poon  
Natalie Franz

Summer Staff

Sienna McMillian  
Poonum Kang  
Evangeline Zhou

Administration support

Lovat Veitch

Webteam

Alex Chin  
Monica Pietramala  
Suzanne “Sewy” Hay  
Cindy Lane  
Jaiminder Kang

**Consultants**

Sharon Helin  
Dodie Katzenstein  
Sheila Martineau

**Legal Counsel**

Anthony B.P. DuMoulin - DuMoulin and Boskovich

**Accounting Consultants**

Ellis Foster Chartered Accountants

## **SFU Psychology Research Group**

Dr. David Cox

Dr. Roger Blackman

Natalie Franz

Colleen Poon

Joti Samra-Grewal

Kim van der Woerd

Paul Buace

Geoff Michell

Avneet Sidhu

Sherry van Blyderveen

# Project Advisory Committees

## Street Youth 2000 Advisory Committee

Anna Russell  
Population and Public Health Branch  
Health Canada

### **Vancouver:**

Gerry Adams  
Urban Native Youth Association

Renata Aebi  
Vancouver Coalition for Children and  
Youth

April Bennett  
Vancouver Aboriginal Child and  
Family Services

Jeff Brooks  
City of Vancouver - Social Planning  
Department

Carol Broomhall  
Van City Place for Youth

Anne Carten  
Vancouver/Richmond Health Board

Sandy Cooke  
Covenant House, Vancouver

Ray Edney  
Vancouver Community Mental  
Health Services

Michelle Fortin  
Watari Research Association

Deena Franks  
Family Services of Greater  
Vancouver

Sherry Grant  
NEXUS

Jenn Horgos  
GAB, the Centre

David Nelson  
Jericho Learning Services

Jorge L. Pinzon  
Youth Health Program, Children's  
and Women's Health Centre of BC

James Tigchelaar  
BC Centre for Disease Control -  
Street Nurse Program

John Turvey  
Downtown Eastside Youth Activities  
Society

Mike White  
Ministry for Children and Families

Brian Williams  
Dusk to Dawn

### **Abbotsford/Mission:**

Duane Huber  
Abbotsford Youth Commission

### **Prince Rupert:**

Pamela De Bartollo  
Edge Youth Society

### **Sunshine Coast:**

Sally Thicke  
Sunshine Coast Alternative School

### **South Fraser:**

Darlene Jamieson  
Ministry for Children and Families

### **Victoria:**

Cindy Anderson  
CRD Health

## **Aboriginal Youth Health Project Advisory Committee**

James Andrew  
Institute for Aboriginal Health

Jeanette Angus  
Indian Homemakers' Association of  
B.C.

Scott Clark  
United Native Nations

Linda Day  
First Nations Chief's Health  
Committee

Toni Edenshaw  
Aboriginal Health Programs  
Division-Ministry of Health

R.J. Evans  
Ministry for Children and Families

Lynda Gray  
Urban Native Youth Association

Cathy Hull  
Office of the Provincial Health  
Officer

J.D. Martin  
Medical Services Branch

Harvey McCue  
Harvey McCue & Associates

Hamid Taghavi  
Health Promotion and Programs  
Branch-Health Canada

Richard Vedan  
School of Social Work-University of  
British Columbia

Joy Ward  
Health Association of B.C.

## **Youth in Custody Report Advisor**

Alan Markwart, Manager  
Justice Services Section  
Ministry of Children and Family Development

## **Sex and Ethnicity Report Reviewers**

Suki Grewal  
Community Health Nurse  
Vancouver/Richmond Health Board

Cynthia Low  
Education Coordinator  
Asian Society for the Intervention of  
AIDS

Pat Mauch  
Community Health Nurse  
Vancouver/Richmond Health Board

Evan Mo  
Outreach Worker  
Asian Society for the Intervention of  
AIDS

David Stevenson  
Urban Native Youth Association

Joy Ward  
Policy Consultant and Aboriginal  
Liaison  
Health Association of BC

# Funding Agencies

BC Ministry of Children and Family Development  
BC Ministry of Health  
Population Health Fund, Health Canada  
Canadian Health Network  
Canadian Foundation for AIDS Research  
InVolve BC  
Human Resource Development Canada  
St. Paul's Hospital  
Canadian Paediatric Society  
BC Gaming Commission  
Supporting Communities Partnership Initiative  
Health Canada, Population and Public Health Branch, BC/Yukon Region

# Publications List

## (2000-2001)

*No Place to Call Home: A profile of street youth in British Columbia* (2001). Burnaby, British Columbia: The McCreary Centre Society.

*Our Communities – Our Health: Young People Discuss Solutions to Their Health Issues. The Next Step Report* (2001). Burnaby, British Columbia: The McCreary Centre Society.

*The Aboriginal Next Step: Results from Community Youth Health Workshops* (2001). Burnaby, British Columbia: The McCreary Centre Society.

Youth Participation in Aboriginal Communities: Feedback from youth and leaders on solutions to youth-related issues (2001). Burnaby, British Columbia: The McCreary Centre Society.

*Girls' Report: The Health of Girls in BC* (2001). Burnaby, British Columbia: The McCreary Centre Society.

*Time Out: A Profile of BC Youth in Custody* (2001). Burnaby, British Columbia: The McCreary Centre Society.

*Raven's Children: Aboriginal Youth Health in BC* (2000). Burnaby, British Columbia: The McCreary Centre Society.

*Making Choices: Sex, Ethnicity, and BC Youth* (2000). Prepared by Natalie Franz and Colleen Poon. Burnaby, British Columbia: The McCreary Centre Society.

### **Topic Specific Fact Sheets**

Safe & Sound: Injury Issues Among BC Youth

Keeping Fit: Physical Activity Among BC Youth

Marijuana: Use Among BC Youth

Healthy Connections: Connectedness and BC Youth

Mirror Images: Weight Issues Among BC Youth

Silk Road: Health of Chinese Youth in BC

Lighting Up: Tobacco Use Among BC Youth

### **YACshops: workshops for youth, by youth**

So You Wanna YAC (2001). Burnaby, British Columbia: The McCreary Centre Society.

Introduction to Leadership (2001). Burnaby, British Columbia: The McCreary Centre Society.

Taking Leadership To The Next Level (2001). Burnaby, British Columbia: The McCreary Centre Society.

Team Building (2001). Burnaby, British Columbia: The McCreary Centre Society.  
Communication (2001). Burnaby, British Columbia: The McCreary Centre Society.  
Creativity & You! (2001). Burnaby, British Columbia: The McCreary Centre Society.