

The McCreary Centre Society

Annual Report 2004-2005

October 2005



Report on Activities Conducted
October 2004 to September 2005.

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.

Table of Contents

Chairperson’s Report	6
Youth Advisory Council Report	8
Managing Director’s Report	9
Research Director’s Report	12
Nominating Committee Report	14
People Involved	15
Board of Directors	
Youth Advisory Council	
YAC Alumni	
MCS Staff	
Consultants	
Legal Counsel	
Accounting Consultants	
Advisory Committees & Partnerships	17
Adolescent Health Survey III	
Next Step’s Advisory Committee	
Raven’s Children II	
Canadian Health Network	
SFU Psychology Research Group	
University of Minnesota	
YACLink	
Funders	22
Publications List	23

Chairperson's Report

2004-2005

It has been *A YEAR OF MANY ACCOMPLISHMENTS* because of the exceptional work of the McCreary Centre Society staff and Board. The McCreary Community is becoming a reality with many shared activities as well as resources. The conference “Early Adolescence, Vulnerability and Resilience” that the McCreary Foundation hosted and in which both the McCreary Society staff and the Youth Advisory Council participated, was extremely well received by all who attended. As well, the June McCreary Community Sharing event allowed us to learn more about each groups’ special works and projects. Thanks to the staff for pulling this together for us.

A very poignant change for the McCreary Society Board will happen this year as Roger Tonkin formally leaves the Board of McCreary Society after 28 years of developing this organization and mentoring it through its many evolutions to what we are celebrating today. Roger is a true visionary who has constantly taken this organization to new levels by his “pollination” skills. All of us who are part of the McCreary Society “thank you” for your past years of contributing in such a meaningful way to the health and future of B.C. youth. We hope that you will be able to remain an advisor to us as you continue to work within the McCreary Community.

This is also a very special year for the Youth Advisory Council celebrating their 10-year anniversary. They have been contributing to B.C. youth by modeling meaningful youth participation within McCreary, supporting other community youth and organizing their annual B4 conference for 10 years. Our congratulations go out to both the present YAC and the YAC Alumni who helped to develop this energetic group of young citizens.

The McCreary staff has continued their exceptional work with the AHS III, supported by the hard work of Minda Chittenden, our Research Associate. With the co-ordination of Aileen Murphy, the resourceful Managing Director, they developed a 5-year plan for the AHS IV which has been shared and approved by MCFD, one of our major sponsors and stakeholders. Elizabeth Saewyc, our Research Director, has been invaluable on many levels as well as providing excellent updates at the Board meetings. Alison Liebel continues to be our “communication expert” and our connection with so many others across Canada representing McCreary with the Canadian Health Network. Many other project-based staff have contributed to the success of McCreary this year. A special thanks goes to David Sadler for his

development of the awesome Next Steps package and for his on-going work with local youth group projects. Aileen and Jennifer Cameron, the Administrative Assistant, have also done an exceptional job of co-coordinating all the property management issues that have been a necessary part of being a “landlord”.

The Board has been very active and involved this year. As a group we participated in some informal strategic planning and looked at ways to make McCreary more visible within the greater community of service providers and academia. Many ideas flowed from the board members that we will be working with for the next few years.

Financial sustainability is always an issue with a non-profit organization and Tim Agg has done a wonderful job keeping us informed and feeling positive about our financial future. David Cox has kept us connected to the SFU programs and the many projects that are joint with McCreary. Sherry Van Blyderveen has been able to present the SFU student voice and we will miss her on the Board as she is leaving B.C. Thanks to Cathy Still for being our voice on the McCreary Community Ad Hoc Committee. Opreet Kang as a board member remains an important key to the McCreary Community as she single-handedly represents ALL of the components and their interconnectedness. Anne Carten has been an excellent support with the AHS III and the ongoing business of developing our resources and connecting with our community. Golda Adjei-Achampong and Poonum Kang have worked hard with the YAC Council, organized an excellent B4 conference and also participated with the McCreary Board this year. Everyone is contributing in many special ways so thanks to all of you and a special thanks to Aileen, Tim and Roger this year who have helped me *tippy-toe* in Roger’s very big shoes!

Respectfully submitted,

Pat Mauch
Chair, McCreary Centre Society Board

Youth Advisory Council Report

Breaking Barriers & Building Bridges (B4)

This year's annual Breaking Barriers and Building Bridges (B4) youth lead conference brought with it a few changes. Although it took place once again in the spring, the conference was held for the first time ever at the Zajac Ranch in Mission. The focus of this B4 was to bring together a diverse group of youth, from across British Columbia, to learn about social issues as well as develop new skills to bring back to their communities. The participants were able to connect and network, but most importantly have a great time.

YAC Development

This year has been one of transition for the YAC. Four YAC members have transitioned out, as they feel that they can better serve the YAC in a supportive fashion as YAC Alumni. The YAC has produced for the first time ever applications for new YAC members in order to learn more about youth entering the group. This new process has allowed the addition of five new members. Currently, the YAC is networking with other youth groups through conferences such as the YAC-Link project. The YAC continues to grow as a group and is looking forward to all the changes ahead.

Respectfully Submitted,

Golda Adjei-Achampong
Youth Advisory Council Member

Managing Director's Report

The past year represented the beginning of some new directions for the McCreary Centre Society. It was first full year that the Society has spent in our new building so we have been learning the “ins and outs” of property management. Elizabeth Saewyc came on board as our Research Director in the summer of 2004. Over the past year she has begun to develop new partnerships between McCreary and university-based researchers. And one year ago Roger Tonkin stepped down as Chair of the Board. As McCreary's founder and leader for the past twenty-seven years this has represented a significant transition as the Board's Executive Committee and staff began to take on some of the roles and responsibilities that we have relied on Roger to do for so many years. In spite of these new directions, the actual work of the Society has remained consistent with our values and mission – we are committed to promoting the health of BC youth through community-based research, education and youth participation projects.

Adolescent Health Survey Research

In 2003, McCreary conducted its third provincial population-based Adolescent Health Survey (AHS) of youth in grades 7 through 12. Over the past decade, over 70,000 BC students have participated in the three surveys. The AHS represents the most comprehensive source of information on risk and protective factors among BC youth. In the past year the following AHS projects were conducted:

- **Trends Report:** This report – *British Columbia Youth Health Trends: A Retrospective 1992-2003* - highlights improvements over the past decade as well as remaining challenges in youth health. In addition, it offers commentary on factors influencing health in selected groups within the BC school population, and a comparison of BC's youth health status with that of other jurisdictions.
- **Youth in Custody:** A modified version of the AHS was administered to young people detained in the province's three custody centres. *Time Out II: A Profile of BC Youth In Custody* highlights the health and behaviours of this vulnerable population of young people, and provides comparisons with youth in school and with youth who participated in the first AHS of youth in custody conducted in 2000.

- **Fact Sheets:** Six topic-specific fact sheets have been developed using the AHS III data – tobacco, alcohol, marijuana, illegal drug use, physical activity and body weight.
- **Ravens Children II** – The AHS offers the unique opportunity to examine the health and behaviours of Aboriginal youth attending school in BC. In total, over 4,800 youth self-identified as Aboriginal on the three surveys. The *Raven’s Children II* report will provide important information on the health of Aboriginal youth in school, as well as on trends over the past decade. *Ravens Children II* is due to be released later this fall.

Youth Projects

As an organization, McCreary models youth participation. Young people are involved on our board, staff, project advisory committees and Youth Advisory Council (YAC). The Society also undertakes projects that engage young people in health and community issues. Over the past year the following youth projects were conducted:

- **Next Steps:** The Next Steps is a workshop that engages youth in responding to the AHS III research results and developing action plans to promote youth health in their community. Based on our experience conducting previous Next Steps and other youth projects, a new comprehensive Next Steps Workshop Toolkit was developed. It contains all the materials needed to conduct a one-two-or three day Next Steps event. The kit was promoted extensively to schools and community agencies. To assist groups facing financial barriers, McCreary distributed a total of \$10,000 to agencies that applied for assistance in undertaking their community-based Next Steps. The Next Steps workshops are underway this fall in communities around the province.
- **AHS Fact Sheets for Youth:** As a summer project, a high school student was hired to use the AHS information to create a series of “youth-friendly” fact sheets. The five fact sheets – on sexual health, mental health, alcohol and drug use, body weight and eating habits, and smoking - are being used as hand-outs at Next Steps workshops and are available on McCreary’s website.
- **B4 Youth Conference:** Planned and facilitated by our YAC along with staff support, the 2004 B4 was a great success! This represents the ninth annual provincial B4 conference. Approximately 100 youth and supportive adults from over twenty different organizations attended the weekend event at Camp Zajac and participated in a variety of health and youth leadership workshops, along with networking and social activities. A YAC member was hired to prepare the follow-up B4 “scrapbook”.
- **YACLINK:** Three Youth Advisory Councils (YACs) – McCreary, Powell River and Tla’Amin – have partnered on this project. *YACLINK: the urban-rural*

youth leadership training connection is intended to build the capacity of our YACs while also developing a “youth-friendly” resource (workshop and booklet) to assist other organizations or communities who wish to develop a YAC. Two weekend leadership training weekends were held in September 2005; the YAC LINK workshop will be piloted in two communities later this fall.

Canadian Health Network

The Canadian Health Network (CHN) is a Health Canada website that provides Canadians with access to reliable health information on the Internet. McCreary is one of five partner agencies across the country that together serve as the Youth Affiliate for the CHN.

The main focus of McCreary’s work over the past year has been to continue to develop the new Special Youth Area (SYA) – a section of the CHN that will be accessible to youth. The SYA design that was developed during the summer of 2004 was tested with youth across the country over the winter and then modified based on youth and CHN staffs’ feedback. During this past summer, a marketing plan was developed that outlines a range of strategies for promoting the SYA when it is launched by CHN next spring.

In Closing

2004-2005 was a good year for McCreary! A personal thanks to the core staff group – Alison, Minda, Jennifer and David – who truly work as a team and give the best of themselves to McCreary. I appreciate the support of the Board over the past year, especially Pat and Tim who have been unfailingly generous in offering their time and advice. And finally thank you to Roger for his mentorship. Even though he will no longer be my “boss,” I look forward to seeking his wisdom and inspiration in helping guide the work of the Society in the years to come.

Respectfully submitted,

Aileen Murphy
Managing Director

Research Director's Report

In addition to providing scientific consultation on McCreary's existing and new research projects, the Research Director's role includes several other functions, and here is a highlight of this year's activities based on those roles:

Ensure McCreary's research conforms to ethical standards and, where needed, has appropriate university-level ethics approval

This year I have either submitted or participated in 8 applications to ethics review boards at SFU, UBC, and the London School of Hygiene and Tropical Medicine, U.K.; the majority of these ethics approvals have been related to student projects, usually as subsidiary applications to larger projects at McCreary.

Assist in the ongoing development and expansion of the McCreary Student Group

As part of this role, I developed the new data access policy and procedures for students, which the board approved, and set up a system for monitoring and helping students refine their research questions and analytic strategies. Seven new members have joined the Student Group during the past year, from nursing, public health, and psychology, representing 4 different universities, both undergraduate and graduate programs. To ensure strengthened collaboration and assistance for students who are using McCreary data in their thesis or dissertation work, I have become a member of the thesis and dissertation committees of McCreary Student Group members from both SFU and UBC (and informal committee member for the epidemiology student from London School of Hygiene and Tropical Medicine.

Promote peer-reviewed publication of research activities at MCS

McCreary data have been reported in a growing number of peer-reviewed abstracts, conference presentations at national and international professional meetings, and published in peer-reviewed journals. This year, McCreary data were published in 2 book chapters, 1 journal article, and a published abstract. However, the publishing process takes months, and sometimes years, so it is equally important to note 2 additional manuscripts were submitted, one of which has already been accepted for a special issue of *Child Welfare* journal for April 2006, and 8 abstracts have been submitted by students and McCreary researchers for national and international conferences.

Assist in developing a strong, diversified funding base, by facilitating researcher collaboration with McCreary for projects and secondary analysis of McCreary data

The year began with a newly funded research project that extended an international collaboration with Minnesota and New Zealand; since then, three specific proposals have been submitted to CIHR by academic researchers with McCreary named as a collaborating organization, and proposed analyses of McCreary data as part of the research plan. All three were chosen by CIHR for full proposal development, each for potential multi-year funding beginning next year.

Serve as an ambassador for the McCreary Community and its research program

My opportunities to represent McCreary and our research have ranged widely, from Pediatric Grand Rounds at BC Children's and other local presentations, to a consultative workshop on substance use surveillance with Health Canada in Ottawa, to a workshop on international measures of stigma and HIV risk behaviors for USAID in Washington DC, to a presentation at the International Association for Adolescent Health meeting held in Lisbon, Portugal. Wherever I've presented, McCreary research has been received positively, and with great respect for the rigor and youth-focused approach to our methods.

Respectfully submitted,

Elizabeth Saewyc
Research Director

Nominating Committee Report

This year's Executive Committee served as our Nominating Committee and calls for nominees circulated on their behalf.

The following Board Members have decided not to stand for re-election: Sherry van Blyderveen and Roger Tonkin

The following Board Members have agreed to serve another term:

Tim Agg

David Cox

Opreet Kang

Pat Mauch

Cathy Still

Anne Carten

The following nominations for new Board Members are submitted:

Suzanne Dorey and James Latham.

It is recommended that Roger Tonkin serve as *Special Advisor to the Board*. It is also recommended that Aileen Murphy and Elizabeth Saewyc serve as ex officio members of the Board

Respectfully submitted on behalf of the Nominating Committee.

People Involved

MCS Board of Directors 2004-2005

Chairperson	Pat Mauch
Secretary	Poonum Kang (YAC Representative)
Treasurer	Tim Agg
Directors	David Cox
	Opreet Kang
	Cathy Still
	Roger Tonkin
	Sherry van Blyderveen (Student Research Representative)
	Golda Adjei-Achampong (YAC Representative)
	Anne Carten

MCS Youth Advisory Council

Golda Adjei-Achampong	Amanda Murray
Alex Chin	Nathan Penner
Courteney Chin	Monica Pietramala
Herminia Diaz	Julie Richards
Jesse Dostal	Martin Tutt
Kyle Hazlewood	August Ustare
Silvia Hua	Laura Ward
Poonum Kang	Ethan Wilson
Jaiminder Kang	Evangeline Zhou

YAC Alumni

Minda Chittenden	Opreet Kang
Suzanne Hay	Terence Lowe

MCS Staff

Managing Director	Aileen Murphy
Bookkeeper	Carmen Costea Michele Hosseini

Communications Coordinator	Alison Liebel
Administrative Assistant	Jennifer Cameron
Youth Participation Coordinators	Willow Dunlop David Sadler
Research Associates	Minda Chittenden Colleen Poon
Research Assistants	Brittany Dixon Trica McDiarmid Zina Lee
Youth Staff	Kim Arora Jaiminder Kang Anil Rawal Laura Ward

Consultants

Rita Green, Statistics Canada
 Martha Joy
 Dodie Katzenstein
 Lisa May, May Communications
 Kim van der Woerd

Legal Counsel

Anthony B.P. DuMoulin - DuMoulin and Boskovich

Accounting Consultants

Ernest & Young Chartered Accountants

Advisory Committees & Partnerships

Adolescent Health Survey 3 Inter-Ministry Committee

Barry Anderson
Director of the Information
Department
Ministry of Education

Sheri Landles
Community Programs Division
Ministry of Public Safety and Solicitor
General

Jayne Barker
Mental Health and Youth Programs
Ministry of Children & Family
Development

Mark Creighton
Director of Legislation & Inter-
agency Branch
Ministry of Human Resources

Dr. Leslie Foster
Adjunct Professor
Child and Youth Care
University of Victoria

John Green
Provincial Youth Services Consultant
Youth Services and Safe Care
Ministry of Children and Family
Development

Anne Kent
Manager, Child & Youth Health
Children's, Women's & Seniors
Health Branch
Population & Health Wellness
Division
Ministry of Health Services

Alex Mann
Policy and Research Analyst
Ministry of Education

Wayne Mitic
Program Manager
Office for Children and Youth

Marilyn Shinto
Senior Manager
Accountability & Performance
Improvement Branch
Ministry of Children & Family
Development

Phil Swartz (Chair)
Director
Youth Services and Safe Care
Ministry of Children and Family
Development

Wayne Wei
Performance Management Analyst
Accountability & Performance
Improvement Branch
Ministry of Children & Family
Development

Elise Wickson
Director
Women's & Seniors Branch
Ministry of Community, Aboriginal
and Women's Service

Next Step Advisory Committee

Anne Carten
Clinical Nurse Specialist
Vancouver Coastal Health

Mark Gifford
Program Director
Vancouver Foundation

Ginger Gosnell
BC Youth Representative
Assembly of First Nations

Nicole Herbert
Director of Programs
Federation of BC Youth in Care
Networks

Silvia Hua
Youth Advisory Council Member
McCreary Centre Society

Jim Latham
Retired Superintendent; Asst
Superintendent
Agassiz School District; Chilliwack
School District

Asja Major
Program Manager
National Crime Prevention Centre

Paul Mulholland
Youth Services Consultant
Ministry of Children and Family
Development

Caitlin Padgett
Projects Coordinator
YouthCO AIDS Society

Raven's Children II Advisory Committee

James Andrew
Aboriginal Programs Coordinator
Faculty of Medicine
University of British Columbia

Lucy Barney
Program Manager
Chee Mamuk

Kim C. Brooks
Manager
BC ACADRE

Nathan Cardinal
Researcher
Centre for Native Policy and
Research

Julie Dawson
Executive Director
Services to Aboriginal Children and
Families Branch
Ministry of Children and Family
Development

Ginger Gosnell
BC Youth Representative

John Green
Youth Services Consultant
Youth Services and Safe Care Branch
Ministry of Children and Family
Development

Jenna Lafrance
Community Research Associate
Institute for Aboriginal Health
University of British Columbia

Cheryl Matthew
Director
Centre for Native Policy and
Research

Dr. Richard Vedan
Director
First Nations House of Learning
University of British Columbia

Laura Ward
Youth Advisory Council Alumni
McCreary Centre Society

Time Out II Advisors

Charisse Giarraputo
Youth Custody Services, Youth
Justice Policy and Program Support,
Ministry of Children and Family
Development

Mark Gosse
Executive Director, Youth Custody
Services, Ministry of Children and
Family Development

Canadian Health Network Partnership

McCreary is a partner in the Canadian Health Network (CHN), a Public Health Agency of Canada sponsored web site that provides Canadians with reliable, credible health information. McCreary is one of a consortium of 5 organizations that make up the Youth Affiliate of the CHN.

Partners:

Annie de Lorimier,
Project Manager

Eudice Goldberg & Afsoon
Fathollahzadeh
Hospital for Sick Children

Jean-Yves Frappier
Canadian Association for Adolescent
Health

Mark Letassey & Chris Simmons-
Physick
Kids Help Phone

Meg Morrison
TeenNet, University of Toronto

Student Research Group

This is an active research program that involves students in conducting secondary analysis of McCreary's AHS data. The group encourages the participation of students from a variety of disciplines and academic institutions.

McCreary Centre:

Aileen Murphy
Dr. Elizabeth Saewyc
Dr. Roger Tonkin

Professors:

Dr. David Cox, SFU
Dr. Elizabeth Saewyc, UBC

Student Coordinators:

Sherry Van Blyderveen
Brittany Dixon

Student Members:

Weihong Chen
Karen Devries
Brittany Dixon
Patricia Hynds
Yuko Homma
Nadia Kanani
Aviva Laye
Jill Logan
Trica McDiarmid
Melissa Northcott
Sarah Parkes
Sherry Van Blyderveen

Alumni Research Supervisor:

Kim van der Woerd

University of Minnesota Partnership

McCreary's AHS I and AHS II are 2 of 9 teen health surveys from around the US and Canada being used to explore the links between sexual orientation, health, and risk behaviours, especially for bisexual teens. A team of researchers from the Centre for Adolescent Nursing at the University of Minnesota, led by Dr. Elizabeth Saewyc, began this study in 2001. A second partnership led by Dr. Elizabeth Saewyc includes the AHS III in an international study exploring enacted stigma and its link to drug abuse and risky sexual behaviours. Under the leadership of Dr. Elizabeth Saewyc at the University of British Columbia, and Dr. Carol Skay at the University of Minnesota, this study is taking place in 3 different countries: Canada, New Zealand, and the US.

Partners:

Carol Skay
Centre for Adolescent Nursing
University of Minnesota School of Nursing

YACLInk Partnership

McCreary's Youth Advisory Council in partnership with the Powell River and Tla'Amin YAC are developing a workshop and resource to help other organizations start up and sustain a Youth Advisory Council. The workshop and resources combine history, information and "best practices" from all 3 YACs.

Partners:

Powell River Youth Advisory Council

Tla'Amin Youth Advisory Council

Powell River Child, Youth & Family Services

Funders

Funding Agencies

BC Ministry of Public Safety and Solicitor General Gaming Policy and Enforcement Branch

BC Ministry of Children and Family Development

Canadian Health Network, Public Health Agency of Canada

Child and Family Research Institute

Coast Capital Savings Community Fund

Coast Capital Savings Foundation

Government of Canada's National Crime Prevention Strategy

Human Resources and Skills Development Canada (HRSDC)

Michael Smith Foundation for Health Research

University of British Columbia

Vancouver Foundation

Donors

John Radford

Lillian Bain

Carrol and Roger Tonkin

Publications List (2004-2005)

Time Out II: A Profile of BC Youth in Custody (2005). Vancouver, British Columbia: The McCreary Centre Society.

British Columbia Youth Health Trends: A Retrospective, 1992-2003 (2005). Vancouver, British Columbia: The McCreary Centre Society.

The Next Steps: A Toolkit to Engage Youth in Community Action (2005). Vancouver, British Columbia: The McCreary Centre Society.

B4 9 Scrapbook: Breaking Barriers and Building Bridges. Social Awareness "Supporting Yourself & Each Other". (2005). Vancouver, British Columbia: The McCreary Centre Society.