

# SPRING 2026 Newsletter



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## Here comes the sun!

We made it through another winter! As the days begin to get longer, it feels very spring like at the McCreary office. We have the excitement of new growth as we prepare for our new downstairs neighbours to open their doors, as well as the return from hibernation of our popular *Taking Pride* project. You will find more details about these, and what else we have been up to, in the following pages. There are also contributions from our Young Indigenous Research Team, Youth Research Academy, Youth Advisory and Action Council, and Minister of Health's Youth Advisory Council on Health and Wellness. We hope you enjoy it.

## Welcome Paws for Hope

For much of McCreary's existence we have shared office space with *Options for Sexual Health*. First at 'the old mansion' and then for the past 22 years at our East Hastings Street location. We were deeply saddened to see Options move out at the end of March due to their ongoing funding challenges. We will miss seeing them every day and hope that they are able to secure the level of funding they so desperately need to provide essential sexual health services across the province.

We were unsure who might be interested in the space when Options moved out, so were ecstatic when *Paws for Hope Animal Foundation* decided it would be the perfect (or maybe even purrfect?!) location for their first permanent clinic space. The space is currently being renovated and will allow Paws for Hope to host monthly free wellness clinics, operate a pet food pantry, and provide boarding for cats and small animals in their foster care program. This may not be good for McCreary staff productivity but our data shows it should definitely be good for everyone's mental health!



Paws for Hope has started setting up in their new home.

## Taking Pride is back

Taking Pride, our healthy relationships skill building workshop for 2SLGBTQ+ youth, was delivered across the province for five years before funding ran out in 2024-25. We are delighted to announce that we have secured funding through Health Canada via a partnership with *SARAVYC* to adapt the curriculum from its current six modules to a shorter weekend long version. The updated format will move away from youth-led facilitation and will be delivered directly by McCreary staff. The new funding will also allow SARAVYC to offer sexual health training to interested 2SLGBTQ+ groups.

To learn more about Taking Pride or to request a workshop for your group, contact [evelyn@mcs.bc.ca](mailto:evelyn@mcs.bc.ca).

# BC AHS updates

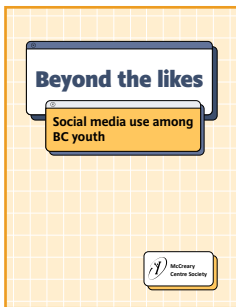
After over eight years as Coordinator of the BC Adolescent Health Survey (BC AHS), Ren Forsyth moved on from their role. We wish Ren all the very best in their next chapter and thank them for all their contributions to the survey and to McCreary. We will be looking to hire a new coordinator in the fall and will be advertising the position through our community mailing list. If you would like to join the mailing list, please email [mccreary@mcs.bc.ca](mailto:mccreary@mcs.bc.ca).

## Recent BC AHS releases

The most recent fact sheets to be released from the 2023 BC AHS cover topics as varied as **sleep, eating disorders, FASD, transit use and safety**, and **concussions and mental health**. Coming soon will be fact sheets on self-harm, young carers, and international students.



Examples of 2023 BC AHS fact sheets.



The most recently released full-length BC AHS report was **Beyond the likes: Social media use among BC youth**.

The report takes a timely look at the role of social media in the lives of male, female, and non-binary youth. It explores youth's experiences with social media, links to health and well-being, problematic use, and supports for young people needing help for their social media use.

### Some key findings from the report included:

- Most youth were on social media on their most recent school day, with females the most likely to do so (79% vs. 73% of non-binary youth vs. 69% of males). Females were also the most likely to use social media after their expected bedtime (74% vs. 67% of non-binary youth vs. 61% of males).
- Youth who were on social media after bedtime were more likely than their peers to report poorer health and well-being. For example, they were less likely to have slept for at least eight hours the previous night (34% vs. 58%), and were more likely to have experienced extreme stress in the past month (15% vs. 9%). They were also more likely to have been cyberbullied (18% vs. 10%) and to have perpetrated cyberbullying (10% vs. 4%) in the past year.

- In-person victimization was also more common among youth who were on social media at night. For example, 29% had experienced physical sexual harassment in the past year, compared to 16% of those who were not on social media at night; and 9% had perpetrated in-person bullying in the past year (vs. 6%).
- Males and females who were on social media at night were more likely to report poor body satisfaction and an eating disorder compared to their same-gender peers who did not use social media after bedtime. For example, 24% of males who used social media at night reported the lowest levels of body satisfaction, compared to 17% of males who did not go on social media after bedtime.
- A potential benefit of using social media was enhanced social connections. For example, youth who accessed social media the previous school day were more likely than those who did not use social media that day to have at least one close in-person friend (94% vs. 92%) and online friend they had never met in person (37% vs. 32%).
- In the past year, 18% of youth reported their social media use had become problematic enough to need help (27% of non-binary youth vs. 22% of females vs. 14% of males). For youth of all gender identities, the factor most strongly associated with problematic social media use was reporting that their online gaming was also at a point where they needed help.
- There were some gender-specific factors associated with problematic social media use. For example, for males (but not females or non-binary youth) there was a strong link between regularly exercising at a gym or rec centre and needing help. For females, problematic alcohol use was strongly tied to problematic social media use, in a way not seen for males and non-binary youth.
- There were also some gender-specific protective factors that reduced the likelihood of problematic social media use. For youth of all genders, spending enough time with friends was important. However, the quantity of friends was particularly important for males, whereas for females it was having friends they could share their ups and downs with that was important.
- Other factors were protective for youth of all gender identities, including having caregivers who monitored their time online; experiencing supportive and understanding relationships with family; feeling connected to school; spending time in nature; and taking part in physical activities and other extracurriculars that youth found enjoyable and meaningful.





McCreary's Annie Smith on CTV's breakfast show.

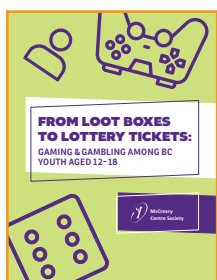
The report was released with a series of well attended **webinars** and also received media attention including a live segment on CTV's breakfast show. The report is available to download at [mcs.bc.ca/pdf/beyond\\_the\\_likes.pdf](https://mcs.bc.ca/pdf/beyond_the_likes.pdf).

**Reports on nicotine use, First Nations youth health, and physical activity will be released in time for the next school year. The nicotine use report will be released on May 13<sup>th</sup>, with webinar presentations scheduled for:**

- 🌟 **Wednesday, May 13<sup>th</sup> from 10am-11am PDT** (<https://us02web.zoom.us/j/86086102814>)
- 🌟 **Wednesday, May 13<sup>th</sup> from Noon-1pm PDT** (<https://us02web.zoom.us/j/82636212786>)
- 🌟 **Thursday, May 14<sup>th</sup> from 1pm-2pm PDT** (<https://us02web.zoom.us/j/85729400413>)



## From loot boxes to lottery tickets curriculum & posters available

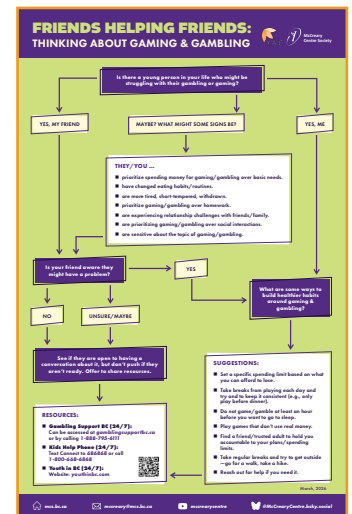
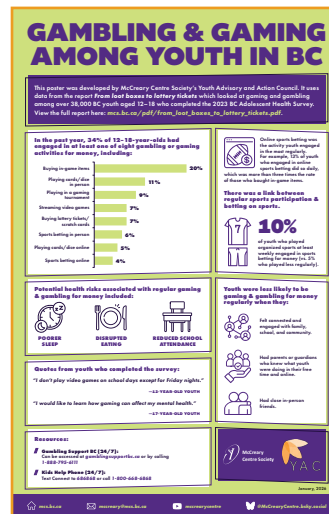


Another BC AHS report that continues to receive media interest is ***From loot boxes to lottery tickets: Gaming & gambling among BC youth aged 12-18***, which looks at gaming and gambling among BC youth. Findings from the report have now been incorporated into a workshop that can be facilitated with high school students.

The interactive workshop aims to support youth to reflect on their gaming and gambling, recognize when their playing might be becoming problematic, and learn about resources they can access if they need help. The core two-hour curriculum also has a range of additional activities that can be added to keep discussions going and delve further into the topics.

The curriculum has already engaged 60 Grade 10-12 students, and evaluation data shows that young people really appreciated the opportunity to learn and talk about these topics. The majority of students who participated also noted they had fun in the workshop and learned something new about gaming and gambling, including ways to lower the risk of their gaming or gambling becoming problematic. Many students also described planning to change their behaviour around screen use as a result of their engagement in the workshop.

To supplement the curriculum and to accompany the report, McCreary's Youth Advisory and Action Council (YAC) has created a **key findings poster for a youth audience**, as well as a **new addition to their friends helping friends series** about how youth can support a friend who might be struggling with their gaming and gambling. Both of these posters are also available in French and can be found on the **YAC's page** on our website.



The YAC's gambling and gaming key findings poster and their latest friends helping friends poster.

**If you would like a copy of the workshop curriculum materials to facilitate a workshop or if you would like McCreary staff to bring the workshop to your school or community, please contact [mccreary@mcs.bc.ca](mailto:mccreary@mcs.bc.ca).**



# YIRT preparing a report about First Nations youth health



Following the successful launch of *Raven's Children VI: Indigenous youth health in BC*, the Young Indigenous Research Team (YIRT) is happy to share that the report is being well used and we have had lots of positive feedback from service providers and educators, as well as from young people. Seeing how relevant the report is to youth in BC has been a terrific way to kick off our spring.

With *Raven's Children VI* now out, our primary focus has shifted to the upcoming First Nations report. We are currently deep in the analysis and writing phase, and we are working hard to have that report ready to launch for the community this summer.

We are also excited to announce that a couple of members from the current Youth Research Academy (YRA) are officially joining the YIRT. Having them transition from the Academy into the YIRT brings a wonderful energy to our circle. Their fresh perspectives will be a huge help as we finalize our upcoming reports and continue our efforts to see our research turned into action. We are looking forward to a busy spring and summer of connection and research, and we cannot wait to get the new First Nations report out to you all very soon.



To learn more about the YIRT, please visit [mcs.bc.ca/young\\_indigenous\\_research\\_team](https://mcs.bc.ca/young_indigenous_research_team).

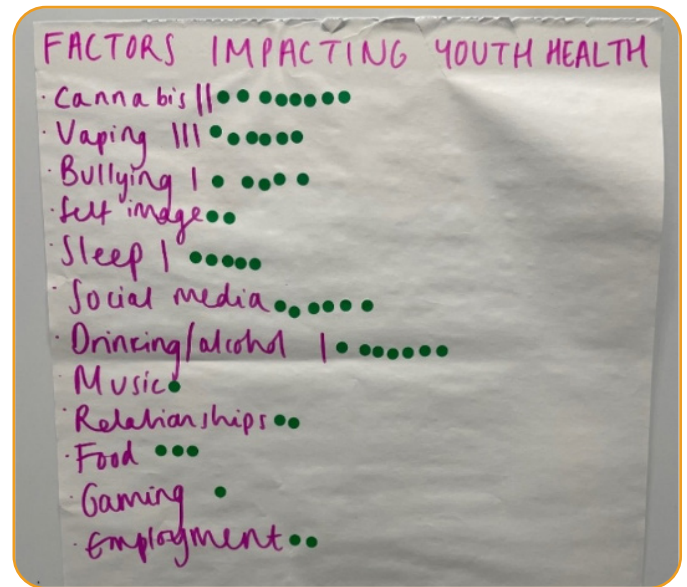
## Next Steps continues to engage young people in BC AHS data

The Next Steps workshop is designed to engage youth in the BC AHS results through interactive activities and discussions. It also provides opportunities for participants to develop project ideas that address findings from the report and support local youth health and well-being.

This winter, we published a report sharing a summary of what 570 young people discussed during Next Steps workshops conducted in 13 urban and rural communities across BC. The report shares youth's responses to the 2023 BC AHS data, and their recommendations for supporting youth health. It includes their perspectives on physical and mental health; substance use; time spent online; and relationships and connections. A copy of the report can be found at: [mcs.bc.ca/pdf/2025\\_the\\_whole\\_picture.pdf](https://mcs.bc.ca/pdf/2025_the_whole_picture.pdf).



McCreary staff have continued to facilitate workshops throughout the 2025–2026 school year. Students have identified a number of hot topics they would like to develop projects to address, including sleep, especially the impact of screen time and social media on sleep; a need for more youth friendly spaces in communities; and vaping and other substance use.



Students identified and prioritized factors impacting youth health in their community during a Next Steps workshop.



A toolkit is available to guide adult supports (e.g., teachers, Public Health Nurses, youth workers) to facilitate the workshop with youth in their communities. This toolkit is available at [mcs.bc.ca/next\\_steps](https://mcs.bc.ca/next_steps).

If you are interested in having McCreary staff facilitate a Next Steps workshop in your school or community, please contact [mccreary@mcs.bc.ca](mailto:mccreary@mcs.bc.ca).

## Haida Gwaii Student Voice

Throughout the 2025–2026 school year, McCreary staff have regularly met online with high school students from schools across Haida Gwaii to discuss the factors impacting local youth health and well-being. In April, we spent a week on Haida Gwaii supporting Grade 10–12 students to engage in their local 2023 BC AHS data, as well as data from the *Haida Gwaii Student Voice Survey*.

The *Haida Gwaii Student Voice Survey* was first developed in 2024 by local students supported by McCreary and was conducted again in 2025. It is intended to complement the BC AHS, and explores topics and experiences unique to students living on Haida Gwaii.

To inform the district's 2026–2030 Strategic Plan, students discussed survey findings, highlighted areas where they felt the school district was supporting students well, and offered their suggestions for potential improvements. Students particularly appreciated all the district does to provide opportunities for them to share their voice, engage in sports, as well as the meaningful connections and supports they receive from trusted adults at school.

Based on the data and their own experiences, students have begun planning projects they can lead in their schools to improve student health and well-being. Project ideas include digital storytelling, inter-school events, and peer mentoring programs. The week flew by and we are looking forward to continue to support Student Voice on Haida Gwaii!



Haida Gwaii students share their vision for their school.



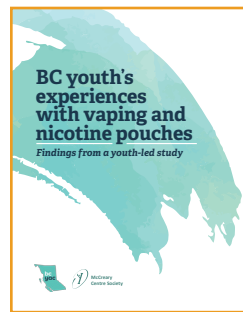
McCreary staff in Haida Gwaii.

## Minister of Health's Youth Advisory Council on Health & Wellness

The Minister of Health's Youth Advisory Council on Health and Wellness (BC YAC) is a group of youth from across the province who offer youth perspectives on current health issues, including vaping. The group is facilitated by McCreary for the BC Ministry of Health and the BC Ministry of Education and Child Care.



After a very busy 2025, we ended the year with our annual Holiday Party to celebrate everything we had achieved, and to spend time socializing together. We played some games while decorating gingerbread houses, which was a lovely way to unwind and end our year!



To start 2026, we reflected on what we had achieved in 2025 and started to plan for this year. Our goals include using our recent report on BC youth's experiences with vaping and nicotine pouches to create more resources, such as posters that we can display in our schools. We also want to share presentations of our key findings and recommendations to school staff, parents, and other interested groups. We have already presented to one Parent

Advisory Council and are looking for more opportunities to share our findings and youth's suggestions.

We were honoured to be joined by the Minister of Health, the Honourable Josie Osborne, at our February meeting. We shared our report findings with her and reflected on why it is that we love being part of the BC YAC—one reason being it gives us an opportunity to share our opinions with those in power and make youth voice heard! It was great to be joined by the Minister and share our opinions directly.

We are currently planning our fourth annual in-person weekend gathering which will take place this summer at the SFU Burnaby campus. We always enjoy these weekends as we get to spend time with one another while developing our skills and creating resources to share.



To learn more about the BC YAC, please visit [mcs.bc.ca/bc\\_yac](https://mcs.bc.ca/bc_yac).

# Youth Research Academy turning 10



The Youth Research Academy (YRA) is a group of youth aged 16 to 27 with experience in the government care system. Members of the YRA are trained to carry out research projects of interest to youth in and from government care and the agencies that serve them.

The YRA is currently in its tenth cohort, and will celebrate its 10-year anniversary in June! We have begun preparing for a celebration party which will be held during BC Child and Youth in Care Week and will hopefully include alumni from every cohort. We are looking forward to celebrating with everyone.

Our cohort this year started in September and will run until the end of May. We have had a very busy year and have worked on many projects in our time at McCreary. We are just wrapping up a contracted project which had us analyzing three different surveys. This has been one of our main projects and we've enjoyed the process of analyzing data, writing the results up, pulling together the key findings, and providing recommendations based on our findings.

The YRA has also researched and created presentations on transitioning out of care in different countries worldwide. It was interesting to research different practices and consider them in relation to our unique experiences as well as the data we have analyzed in our province.

We have liked having the opportunity to share our findings and experiences with community partners, such as at TRRUST Collective Gatherings, with Ministry of Children and Family Development staff, and with the BC Liquor Distribution Branch. The conversations we had here were so interesting as we have looked at lots of data around substance use, and it gave us the chance to present data back to organizations and use our voice to influence policies. We also had the privilege to meet with Dr. Jennifer Charlesworth, BC's Representative for Children and Youth, when she visited the YRA.

It has been enjoyable to engage other young people in our Youth Transitioning Out of Care survey. We have attended events and visited community programs to administer surveys to young people, and have promoted the YRA and McCreary's other youth groups to these youth.

As we near the end of the YRA program, we have been reflecting on our time with McCreary and how much we've enjoyed it. This program has allowed us to gain work experience in data and research, and make connections with people working in this field. It has also allowed us to connect with youth with similar experiences to us, and over our time here we have developed strong relationships with one another that we will continue even once our cohort has finished. McCreary has provided us with so many opportunities to make an impact in different areas, which we have really valued, and feel that we have worked on projects that are meaningful and will hopefully make a difference for future youth in care.

We might be coming to the end of our time in the YRA, but our final month is going to be busy! We are planning to host a Research Slam with the aim of helping to develop and pilot questions for the 2028 BC AHS, specifically around AI and mental health. We are looking forward to working with and mentoring younger students on this and being able to pass down the knowledge we have gained this year to other youth. We are also currently developing workshops around the experiences of youth in care and hope to facilitate these sessions with interested community partners. Finally, we are starting to think about our next steps and being supported to find opportunities available to us.

## Youth Transitioning Out of Care Study

The YRA continues to conduct the Youth Transitioning Out of Care longitudinal study. The study was developed in 2019 by a previous cohort of the YRA, and aims to understand what is working well and what could be improved for young people transitioning out of government care in BC.

Early in the new year, the YRA prioritized recruitment for the study in preparation for the fifth annual report. We learned how to do survey administration at outside agencies and conducted a session at a Vancouver youth serving agency. We also compiled email contacts from across the province and reached out to service providers and organizations who support youth in and from care to ask them to share the survey with youth they work with.

The fifth annual report from the study builds on findings from previous reports. We started by creating analysis plans and selecting variables that were relevant to the different sections of the report (e.g., housing, education, health and well-being). We also determined which outcomes to look at in relation to different supports and protective factors that could be helpful for youth transitioning out of care. We have been running analyses, writing up our findings, and having conversations to reflect on the findings that have stood out to us. These early conversations will help to guide the reflections and recommendations that are included in the report. Some of us have also been exploring qualitative responses from study participants about what they are passionate about, their goals for the next six months, and how to better support youth transitioning out of care.

The findings so far show some of the challenges youth transitioning out of care experience but also the supports and protective factors that can help during that transition. We plan to release the report in May and will be scheduling presentations of the findings.

**The YRA are continuing to invite youth aged 18-27, who are in or from government care, to participate in the study. Youth interested in participating can contact [yicstudy@mcs.bc.ca](mailto:yicstudy@mcs.bc.ca) for the survey link.**

**For more information about the study, please visit [mcs.bc.ca/youth\\_transitioning\\_out\\_of\\_care\\_study](https://mcs.bc.ca/youth_transitioning_out_of_care_study).**

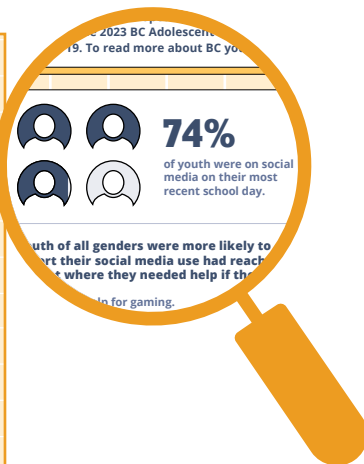
# Youth Advisory & Action Council



McCreary's Youth Advisory and Action Council (YAC) is a group of young people aged 15–24 who work on projects to improve youth health, and facilitate the **Youth Action Grants** program.

We started 2026 by reviewing our 2025 strategic plan, discussing what went well, and planning our goals for 2026. We pledged to review these throughout the year to ensure that we are on track to achieve our goals.

We've been busy creating lots of posters and infographics. We recently released an infographic on ways adults can support youth with their social media use. This poster is available at [mcs.bc.ca/pdf/supporting\\_youth\\_with\\_social\\_media\\_use\\_poster.pdf](https://mcs.bc.ca/pdf/supporting_youth_with_social_media_use_poster.pdf).



The YAC's infographic for the social media report.

We also released two posters using McCreary's **From loot boxes to lottery tickets: Gaming & gambling among BC youth aged 12–18 report** (see [page 3](#) for more details) and are now working on a poster for youth sharing findings from the report on nicotine use that McCreary is about to release. As a group, we really enjoy making these posters as it allows us to look through the data and then use it in a creative way. We particularly enjoy the process of choosing data to include, thinking about the layout, and then coming up with designs!

We have also spent some time developing a workshop on mental health and well-being, which we are delivering in early May to youth in Vancouver. We have used the BC AHS data to create trivia questions, as well as designing other activities such as a community mapping template. We're looking forward to engaging other youth with BC AHS data and having a conversation around mental health supports.

If you or a youth you know live in the Lower Mainland and might be interested in joining the YAC, please email [youth@mcs.bc.ca](mailto:youth@mcs.bc.ca).



## Youth Action Grants

Youth Action Grants (YAGs) are facilitated by the YAC, and provide up to \$750 for youth-led projects that address key findings from the BC AHS and aim to improve youth health and well-being. We wanted to highlight a few of the projects we have funded recently. It's inspiring to see students lead projects that support their health and well-being, and we are proud to support these efforts.

**West Kootenay**—Students in West Kootenay received a YAG to organize a field trip to Ainsworth Hot Springs, aiming to help youth de-stress and connect to the land. Following a visit to the hot springs, students played games and dined together at a local Indigenous restaurant, which helped foster connection and build relationships among the students.



Ainsworth Hot Springs.

**Metro Vancouver**—A student in Vancouver received a YAG to install portable solar-powered chargers in their local library, alongside posters they created about renewable energy sources. The project aimed to inform youth about renewable energy and its impact on the environment, and show how youth can make small-scale sustainable choices. The project also aimed to increase youth's safety by ensuring they had a safe accessible place to charge their phone in case they needed to contact someone or transit home.

**Vancouver Island**—We have funded multiple student-led projects in Vancouver Island schools, and it is great to see so many students involved. One project saw students purchase fresh fruit to hand out in classes, and organize nutrition lessons and outdoor exercise classes for their peers to increase awareness of healthy eating. Another group of students restored their school's community garden after it had become neglected. They tilled and replanted the garden to provide a space for students to sit and de-stress. A third group of students created a sensory room in their school that they filled with fidget toys, bean bags, and tables where students could do work. The space provides students with a low-stimulation environment where students could work or relax.

**YAGs are available to BC youth aged 12–19 for youth-led health and well-being projects. Application forms are available in [English](#) and [French](#).**

Learn more at [mcs.bc.ca/youth\\_action\\_grants](https://mcs.bc.ca/youth_action_grants) or by emailing [youth@mcs.bc.ca](mailto:youth@mcs.bc.ca).



# Youth-Friendly North Shore project completed

In March, we concluded a three-year project facilitating youth engagement in the *Youth-Friendly North Shore* initiative led by Bunyaad Public Affairs for the District of North Vancouver.

To conclude our role in the project, we facilitated our final focus groups where youth shared their experiences of living on the North Shore and identified what felt welcoming and youth-friendly, as well as areas where their community could improve. Youth identified a number of factors that contributed to their sense of safety and welcome, including the presence of supportive adults in youth-specific spaces, having access to nature, and community centres and programs designed with and for young people.

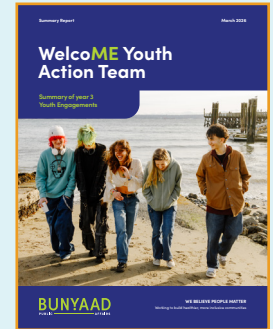
## They also offered a number of recommendations including the need to:

- ☀ Improve transit safety and affordability on the North Shore, including providing free or discounted transit for youth. Also, ensure there is seating, shelter, and garbage bins at all bus stops.
- ☀ Ensure youth have access to low-barrier, youth specific, one-stop-shop services like *Foundry North Shore*, specifically to support youth mental health and substance use.
- ☀ Increase awareness of existing youth programs and services.
- ☀ Ensure youth have access to employment training and opportunities.
- ☀ Reduce discrimination against youth and ensure they are treated with respect, and that their voices are included in decisions that affect them and their community.



An ideal North Shore community, designed by youth focus group participants.

**A summary of the final year of engagements prepared by Bunyaad Public Affairs is available here: [docs.dnv.org/documents/welcome-cohort3-report.pdf](https://docs.dnv.org/documents/welcome-cohort3-report.pdf).**



**Youth's key recommendations from all 3 years can be viewed at: [docs.dnv.org/documents/welcome-consolidated-recommendations.pdf](https://docs.dnv.org/documents/welcome-consolidated-recommendations.pdf).**



## Youth Health Ambassadors continue to facilitate conversations in their school

McCreary's Youth Health Ambassadors (YHA) are high-school students from across BC who are trained to facilitate conversations with their peers about various health topics. Recent conversations have included subjects as varied as climate anxiety and ways that schools can support youth mental health. YHA members are also currently providing their perspectives on student engagement and school connectedness to a PhD student who is completing their doctoral thesis in this area.

**Any BC youth who will be in Grade 8-12 for the 2026-27 academic year and might be interested in becoming a YHA can connect with Evelyn at [evelyn@mcs.bc.ca](mailto:evelyn@mcs.bc.ca).**



## Evaluations update

These past few months have involved starting some new evaluations, including developing plans and measures for their roll-outs. One of these evaluations is part of a larger collective impact initiative, with the municipality who is the funding agency acting as the backbone. The funder implemented a shared evaluation framework for all the funded initiatives within the collective, so that comparable data could be collected to assess outcomes for the collective impact initiative as a whole. Agencies are also encouraged to add their own evaluation questions to ensure data is collected which is relevant to each individual agency as well as the collective as a whole.

This model of collective impact, which involves independent evaluations contributing to outcome data for the collective as a whole, can perhaps help to inform future directions for TRRUST Collective Impact and other initiatives that are working at a cross-agency and cross-systems level. For example, TRRUST is continually looking to increase the depth and breadth of the data collected and shared among agencies to answer everyone's common questions about what is working well and what is needed to improve outcomes for youth transitioning out of care.

Findings from another evaluation we are carrying out for a provincial youth skill-building program have helped to inform follow-up steps for the program. Feedback from participants was that they felt they would benefit from staying involved with the initiative after program completion, because it could help them to maintain a sense of connection and to motivate them to continue practicing the skills they had learned in the program. Program staff recently acted on these evaluation findings by implementing an alumni network and a monthly drop-in practice group for program alumni. This process demonstrates how evaluation findings can help to inform the ongoing development of an initiative.



**For more information about our evaluation services, contact [evaluation@mcs.bc.ca](mailto:evaluation@mcs.bc.ca).**

## Students at McCreary

A Douglas College Youth Justice Diploma student on practicum at McCreary recently developed a youth-informed resource for high school educators supporting youth in care in BC. The project combined existing literature with focus groups involving former youth in care to identify key barriers and supports impacting educational success. Findings were translated into practical strategies for educators, alongside guidance on terminology, the transition out of care, and ways to strengthen school/home communication based on youth perspectives.

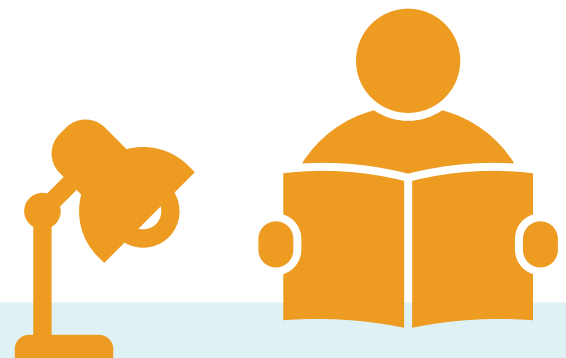
A University of Victoria Masters of Public Health student completed their practicum focused on Indigenous youth health by exploring financial well-being with the Youth Research Academy. They will return this summer to complete their thesis work looking at Indigenous youth health in the context of school connectedness.

Another University of Victoria student will spend the next couple of months at McCreary on practicum from the Child and Youth Care Program.

A team of Vancouver Community College nursing students have completed a practicum with TRRUST supporting the work of the pets passion project. Their work built on that of previous practicum students as they piloted curriculum for nursing students on trauma-informed care for patients with pets and developed resources for use in health care settings.

Finally, we are welcoming two summer students through the Canada Summer Jobs Program. The students will be supporting a range of projects over the next eight weeks.

***We thank all the students for their contributions to McCreary.***



# TRRUST continues to work to improve outcomes for youth transitioning out of care in Metro Vancouver



Now in its 12<sup>th</sup> year, TRRUST Collective Impact continues to bring partners together to address the challenges experienced by youth aging out of care. McCreary acts as the backbone organization for the collective.

The Collective Young Leaders (CYL) are currently developing projects

to increase connection among youth transitioning out of care. They have been busy applying for Neighbourhood Small Grants to fund their ideas. The CYL is also recruiting young people aged 18–24 with care experience to join them.

As many member agencies within the collective are struggling with capacity issues, we have developed a couple of short-term passion projects. The aim of these projects is to ensure we can continue to make gains for youth transitioning out of care without asking people for a lengthy time commitment.

The pets passion project has focused on reducing barriers for youth aging out of care with pets, including developing resources for youth and service providers, as well as curriculum for post-secondary students going into social services and health care fields. The project is wrapping up by partners creating some video content to accompany the post-secondary curriculum.

Members of the food-security passion project have created a calendar of available food resources. They have also talked with youth about their experiences accessing food programs, gaps in existing supports, and concrete ideas to improve food security for young people transitioning from care. A report sharing findings from those conversations will be released shortly.



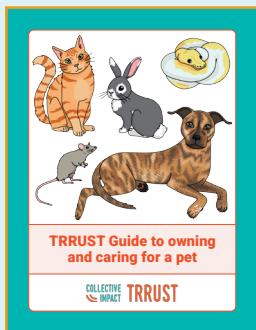
**Scan the QR code for the Vancouver Food Asset Map.**

**The 2025 food calendar is available at [mcs.bc.ca/pdf/trrust\\_food\\_calendar\\_2025.pdf](https://mcs.bc.ca/pdf/trrust_food_calendar_2025.pdf).**

The ongoing working group attempting to improve housing outcomes is excitedly awaiting the completion of the Oakridge housing development where five units have been allocated to youth from TRRUST partners. Originally slated for a March move-in, the building construction has been delayed and it now looks like it might be early fall before the units are move-in ready.

Shared measurement is a core component of any collective impact initiative. In December, TRRUST hosted its annual data walk event. The event engaged TRRUST members in a review of available data and key indicators, and gathered their insights and ideas. Since the event, the shared measurement working group has been reviewing everyone's reflections, and a final report from the 2025 data walk can be found at: [mcs.bc.ca/pdf/2025\\_trrust\\_data\\_walk\\_final\\_report.pdf](https://mcs.bc.ca/pdf/2025_trrust_data_walk_final_report.pdf).

The whole collective continues to meet quarterly, and recently met at Creekside Community Centre for a gathering focused on supporting youth transitioning out of care during times of fiscal restraint. Participants discussed ways to work together and make the most of reduced resources to find ways to ensure youth receive the supports they need as they transition out of care.



**TRRUST's guide to owning and caring for a pet is available at: [mcs.bc.ca/pdf/trrust\\_youth\\_pet\\_guide.pdf](https://mcs.bc.ca/pdf/trrust_youth_pet_guide.pdf).**

**The guide for service providers can be found at: [mcs.bc.ca/pdf/trrust\\_pets\\_guide\\_service\\_providers.pdf](https://mcs.bc.ca/pdf/trrust_pets_guide_service_providers.pdf).**

**To learn more about TRRUST, get involved, join the CYL, or join the collective's mailing list, please contact [trrustmanager@mcs.bc.ca](mailto:trrustmanager@mcs.bc.ca).**



**Founded in 1977, McCreary Centre Society is a non-government not-for-profit committed to improving the health of BC youth through research, evaluation, and community engagement projects.**



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