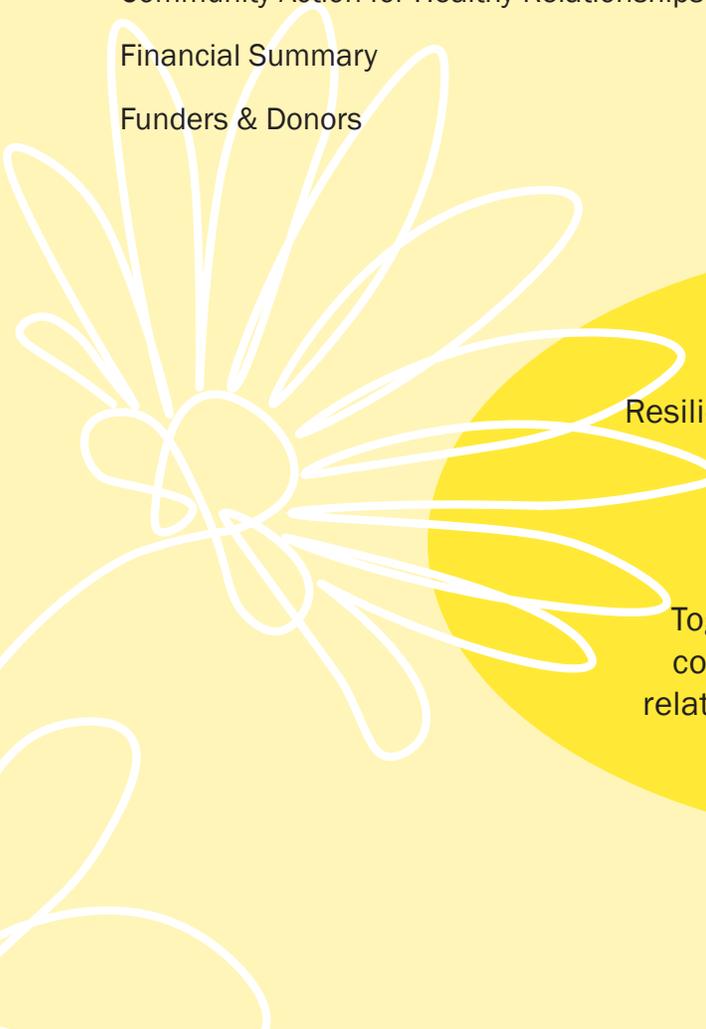




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Our Vision

Resilient Individuals | Resourceful Families
Responsive Communities

Our Mission

Together with individuals, families and communities, we build trusting, caring relationships to empower positive change.



Our Team

2020 - 21 Board Members

| | |
|------------|-----------------|
| Chair | Darin Flemmer |
| Vice Chair | Sandy Worobec |
| Treasurer | Linda West |
| Directors | Alice Arthur |
| | Jackie Da Cunha |
| | Tracy Proulx |

2020 - 21 Management Team

| | |
|---------------|--------------------------|
| Brandy Berry | Executive Director |
| Pam Pearce | Program Manager |
| Velvet Buhler | Program Manager |
| Tammy Pirnak | Office & Finance Manager |

2020 - 21 Staff

| | |
|----------------------|--------------------------------|
| Aimy Schamehorn | Home Visitor |
| Angel Blaszczyk | Home Visitor/ FASD Mentor |
| Ashley Cloutier | Home Visitor |
| Erin Chapotelle | Family Connections Educator |
| Darcy Dafoe | FASD Mentor |
| Deonne Dranchuk | Home Visitor/ FASD Mentor |
| Shellina Esch | Home Visitor |
| Irene Fitzsimmons | Thrive Mentor |
| Jen Frizell | FASD Mentor |
| Mandy Hancock-Teynor | PCAP Mentor |
| Lori Heywood | Home Visitor/ PCAP Mentor |
| Ilona Hoglander | FRN Hub Navigator |
| Emily Knoop | FASD/PCAP Mentor |
| Luanne Murphy | Home Visitor |
| Michelle Okoren | Home Visitor |
| Kelly Rogers | FRN Hub Navigator |
| Leena Underwood | FASD/PCAP Mentor |
| Susan White | Home Visitor |
| Pam Yeomans | Thrive Mentor |

Message from the Executive Director

As I reflect on this past year, I am instantly drawn to the myriad of challenges we have faced. Although these challenges forced us to deal with loss, grief, uncertainty, and change they also highlighted our amazing resilience. Resilience can be defined as “the capacity to recover quickly from difficulties” and I feel our team, board, clients, and community partners have persevered and are a shining example of resilience.

It is sometimes difficult to find the successes and accomplishments at times of uncertainty. I would like to take this opportunity to share what I have experienced and witnessed this past year and thank everyone involved.

Our Agency and staff have been challenged to reflect on and shift how we do our work in the context of a global pandemic. We have been asked to explore new and different ways of working, all the while continuing to remember Healthy Families Healthy Futures philosophies, vision and mission. We have continued to offer quality and meaningful services without hesitation or interruption. Our staff have found creative and innovative ways to support the individuals and families we serve and have done an exceptional job of being open to new ideas, contributing to problem solving, and moving forward in positive ways. Thank you!

Our program participants continued to trust in our agency and staff, access services in various ways, showed us flexibility, patience, and unbelievable resilience. I appreciate how participants and staff worked and continue to work together to keep each other safe.



Our management team stepped up when it was needed the most. Their sense of humour brought laughter and light when times felt dark and I continue to admire their diligence and dedication.

The Healthy Families Healthy Futures Board worked together to provide guidance and support the Management team in being responsive to our constant and changing circumstances, including a total restructure of the management team and the COVID-19 pandemic.

We have been able to cultivate new relationships and partnerships that reach farther than our own communities. I am excited by all of the opportunities we have had to connect with others in our sector at a time of increased isolation.

Our funders have supported shifts to our program delivery, showed confidence in our ability to provide quality services, and have been understanding that this year Covid-19 has greatly impacted our communities. I would like to thank them for their commitment to supporting our rural communities and our agency.

We were successful in our applications with Children’s Services and would like to celebrate our participation in the three

separate Family Resource Networks. These new opportunities have helped us embark on some new paths and have continued to support some existing ones. Although this change was sometimes uncomfortable, and brought with it loss and grief, it also brought excitement and new opportunities. I feel that we are moving forward in an impressive and cohesive way that I am proud of.

We have been offered many opportunities to grow as an agency, as a team, and as individuals. Everyone has gone above and beyond.

I would like to thank each and every staff, board member, program participant,

community partner, and funder who has trusted us, worked together with us to support positive change, and who has contributed to Healthy Families Healthy Futures accomplishments.

I am honored and humbled to be able to lead my team and this agency. I look forward to sharing in the experiences, successes, and challenges facing us in the upcoming year.

I have learned that we can weather any storm and emerge stronger as long as we work together



Executive Director

“
"The strength of
the team is each
individual member.
The strength of each
member is the team."
~ Phil Jackson
”



Message from the Board Chair

As we complete our 20th year in unique fashion, I would like to share some thoughts about the past, the present, and the future of our organization.

Although I was not a Board Member when Healthy Families Healthy Futures began, I worked in an agency that was involved in its creation. I remember talking with some of the founding members about the Healthy Families concept and the research that showed how effective this program had been. The more I learned about it, the more I liked it.

As a former Program Coordinator and Executive Director with FCSS in Athabasca, I was aware of the importance of prevention and early intervention services for families and individuals. I saw the challenges that people faced and knew there was a need for this agency. With the creation of Healthy Families Healthy Futures, I saw how it opened so many doors, provided direction and support, and empowered individuals and families to learn and thrive.

Throughout the years I have been involved on the HFHF Board, I have seen the organization grow stronger under the careful direction of our Executive Directors Linda West and Brandy Berry. Although both Directors have unique skills, they both respond to challenging situations from a strength-based perspective. They both have a strong commitment to the organization, but more importantly, they are both committed to the people that make the organization work.

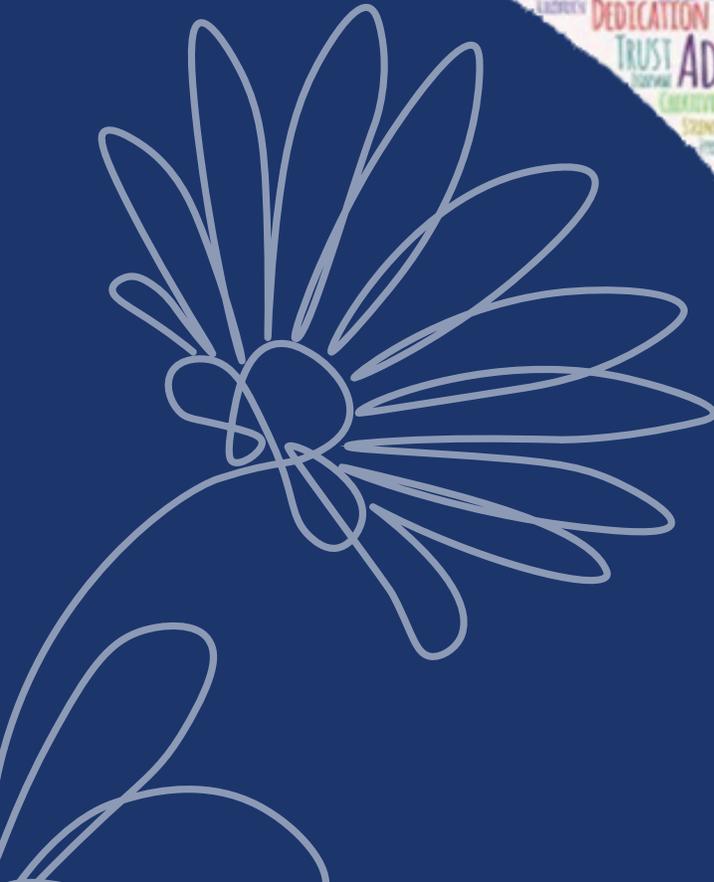


As an organization that values relationships, seeing the strengths in each other has been critical in the work we do. Practicing this builds confidence and a sense that we can overcome any obstacles. As the uncertainty of the pandemic unfolded over the past year, it was evident that our commitment and our strength-based approach allowed us to adapt and move forward, supporting each other, our clients, and the communities we are working in. In short, we have been an example of resiliency.

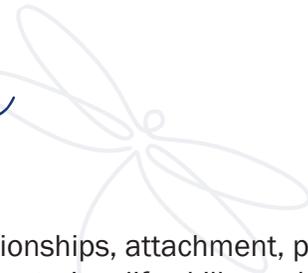
As we look back at this year, I hope we will see more than the struggles and hardships. I hope we will also see the skills and courage of those who worked hard every day overcoming obstacles to make sure our families and communities remained strong. I want to thank everyone for their efforts in the past year including staff, volunteers, clients, agency partners, and funding partners. I am inspired by all of you!

Darrin Flemmer

Board Chair



Family Resource Networks



In April 2020, the Provincial Government's Children's Services Ministry announced the successful grant funding applicants for its new Family Resource Networks (FRN). The FRNs are designed to deliver prevention and early intervention services and supports across Alberta to families with children from infancy to 18 years (<https://www.alberta.ca/lookup/frn-search.aspx>). Healthy Families Healthy Futures was the recipient of two Family Resource Network Hub locations – one in Westlock and one in Whitecourt. These Hubs act as central referral points for families requesting assistance to build on their strengths and develop strong familial units. Community agencies, health authorities, or individuals looking for supports and resources may make referrals.

The **Rural Connections Family Resource Network** consists of different agencies partnered to provide Spoke services in Smoky Lake, Waskatenau, Vilna, Thorhild, Thorhild County, Westlock, Westlock County, Barrhead, Barrhead County, and surrounding areas. Our Hub is located in Westlock and housed by Healthy Families Healthy Futures.

Healthy Families Healthy Futures Home Visitation – One-on-one parenting strategies for parents-to-be and caregivers with children aged 0 - 6. Long-term support to strengthen caregiver-child relationships, promote healthy childhood growth and development, and encourage safe home environments.

WJS Family Resilience Program – Provides support for families with children and youth aged 7-18. Family support workers use a strength-based approach to engage with families in their homes and communities. Areas of focus may include

healthy relationships, attachment, positive discipline, mentoring, life skills, and child development. We work collaboratively with families to help them make sense of their children and youth, and to feel more confident in their ability to meet their children's needs.

Family Capacity & Connection – Caregiver Education and programs focusing on child development, asset building, parenting, and strengthening family bonds. Provided by the Town of Smoky Lake, Thorhild County, HFHF Westlock, and Barrhead FCSS.

Supporting Parents and Alberta's Rural Kids (SPARK) Family Resource Network

is our Whitecourt FRN Hub. We opened a new office to act as the FRN Hub in this community while partnering with different agencies providing Spoke services. The region covered is Whitecourt, Mayerthorpe, Woodlands County, Swan Hills, Fox Creek, Valleyview, Lac Ste. Anne County, Lac Ste. Anne Summer Villages, Onoway, and surrounding areas.

The Northern Lakes Family Resource Network

serves the families of Athabasca, Lac La Biche, Plamondon, Boyle, Calling Lake, Grassland, Caslan and surrounding areas. Healthy Families Healthy Futures is a proud member of this FRN providing the Spoke service of Home Visitation throughout this region.



Healthy Families Healthy Futures or Town of Fox Creek Home Visitation – One-on-one parenting strategies for parents-to-be and caregivers with children aged 0 – 6. Long-term support to strengthen caregiver-child relationships, promote healthy childhood growth and development, and encourage safe home environments.

Town of Whitecourt Family Support/ Diversion Services – The Whitecourt & Area Family Support Program (FSP) provides support and counselling to families with youth 7-18 years of age. The services may be provided in-home and/or in the community, and will build upon informal supports and resources.

The services include, through a combination of direct and virtual means:

- Family and/or individual counselling;
- Family support;
- Skill development; and
- Case management and coordination of services.

Family Capacity & Connection – Caregiver Education and programs focusing on child development, asset building, parenting, and strengthening family bonds. Provided by the Town of Whitecourt, Swan Hills FCSS, and the Town of Fox Creek.



Home Visitation Program

Home Visitation services offer in-home mentorship, from a dedicated Home Visitor, starting as early as pregnancy and extending into the first six years of a child's life. Caregivers of children 0-6 look to us for guidance to help navigate the challenges of parenting and enhance caregiver capacity to simulate and nurture their child's development.

2020 brought changes as we said goodbye to Sturgeon County and expanded our Home Visitation services to include 2 new regions – Lac Lac Biche and Smoky Lake. It is an exciting opportunity to reach more families and help them be the best parents they can be!



Being creative while providing virtual Home Visitation services due to COVID-19.

Goals of Home Visitation are to:

- promote positive parent-child relationships
- grow parenting knowledge and skills
- foster healthy pregnancies and child development
- help families identify and access formal and informal support and service networks available
- assist in the identification and pursuit of family goals

Our families are saying:

"I was going through post-partum and I thought that I was doing a horrible job as a mom. I had no idea what I was doing but [my worker] made it better as she helped me understand my strengths and that I was doing a good job!"

"We got more confidence in taking care of our child even though we are both first time parents."

"They make me feel confident in raising a child."

"This program has been helpful especially for young single moms like myself. The workers make motherhood seem not as scary and hard."

Services are offered in Athabasca, Calling Lake, Lac La Biche, Smoky Lake, Vilna, Waskatenau, Thorhild, Westlock, Lac Ste. Anne County, Mayerthorpe, Whitecourt, Woodlands County, Swan Hills, Fort Assiniboine, Barrhead, and surrounding areas.



2,376

Hours of HOME VISITATION

A Success Story....

An infant was born 12 weeks early and spent the first couple months of her life in the NICU. Now, a year later, she is standing and on her way to walking! The Home Visitor watched this little one and her caregivers experience the many milestones that come in the first year of development and supported ongoing learning. Also in the last year, the primary caregiver has had some health issues - newly discovered Type 2 diabetes and cancer. HFHF home visitors were able to support mom through her struggles with her health by providing emotional support, problem solving and referrals. Due to the use of a postnatal nutrition screen, the caregiver was referred to a registered Dietician who she credits with giving her some excellent nutrition advice. The caregiver is more confident in feeding herself and her family. The Home Visitor continues to support this family and looks forward to watching them grow and learn together.



179

LOOKSEE
DEVELOPMENTAL
SCREENS COMPLETED



43

ASQ SCREENS COMPLETED

157

FAMILIES SERVED



24

PICCOLO CHECKLISTS COMPLETED



1,539

REFERRALS
TO COMMUNITY
AGENCIES &
SERVICES



"All families are different and unique. But they all have one thing in common - Love."

~ unknown



FASD Mentorship Program

Athabasca, Lac Ste. Anne County, Westlock & Whitecourt

FASD Mentors support individuals who have Fetal Alcohol Spectrum Disorder (FASD) by developing a relationship, providing advocacy, and helping with goal setting. Mentors assist individuals to build on existing life skills and support healthy decision making.

Each individual supported by our program is unique, and have areas of both strengths and challenges. Our program participants show great resilience even though they sometimes are faced with complex difficulties. Our Mentor's role is to support program participants to build and maintain healthy lifestyles, including enhancement of life and social skills, while strengthening community involvement, support and networks.

FASD Mentors utilize Prevention Conversation and FASD 101 training and conversations to reduce stigma and increase awareness in our rural communities.

HFHF is pleased to announce additional funding from the NWC FASD Network to further extend services to include the communities of Calling Lake, Barrhead, Swan Hills, and Fort Assiniboine.

For more information on FASD assessment/diagnosis or training contact the Northwest Central FASD Network

<http://nwcfasd.ca/>
Call or text
780.305.8757



Our participants say the best thing about our program is...

"(It) helped me with getting support I needed in a difficult time in my life and continues to be helpful."

"We filled in the FASD application and I have something to look forward to. (Light at the end of the tunnel)."

"Just having someone able to help me with direction in breaking down what I want to accomplish into measurable steps has helped me to finally begin working towards my goals in a productive manner."

"Having my worker stay working with me even through my addictions and helping me get the help I needed."

91

INDIVIDUALS
SERVED

1,261

HOURS OF FASD
SESSIONS COMPLETED
WITH INDIVIDUALS

677

REFERRALS MADE TO
COMMUNITY AGENCIES
AND SERVICES



Parent Child Assistance Program (PCAP)

Athabasca & Westlock

Healthy Families Healthy Futures has been supporting women to reduce or stop alcohol and/or drug use during pregnancy since 2009. PCAP Mentors support healthy pregnancies and encourage healthy life choices for program participants and their children. The PCAP Mentors' role focuses on improving program participant; social and emotional wellbeing, connection to community resources and networks, positive community experiences, increased independence, a reduction in isolation and stress levels.

PCAP Mentors utilize Prevention Conversation to increase awareness of FASD and encourage healthy pregnancies and babies. As communities become increasingly informed, with a growing awareness about the work of PCAP, an increased community-level awareness of FASD and reduced stigmatization of clients results.

What Our Participants Are Saying...

"My eyes have been opened to all the local resources, and I've gained a lot of useful knowledge and information. Being a first time mother doing it alone, I thank you for everything you've taught me and my daughter...don't know how or where we would be without this program."

"I've gained useful knowledge and moved forward with support."

"They have showed me how to be the Best Mother I can be."

"She was unstoppable, not because she did not have failures or doubts, but because she continued on despite them."

~ Beau Taplin



While up north, a Healthy Families Healthy Futures program participant had the chance to take part in a winter festival and a competition for snow sculptures during moose harvest. They won first place and a visa gift card!

Westlock Family Connections



Westlock Family Connections offers quality and meaningful child development, caregiver capacity and skill building programs for caregivers with children aged 0 - 18. Opportunities are offered for caregivers to make meaningful social connections, participate in caregiver education,

access child and youth developmental screening and other local supports and resources. Our programs help caregivers understand and enhance their skills to support children and youth in their social, emotional, physical, and intellectual growth and development.



TRIPLE-P SESSIONS



UNIQUE PARTICIPANTS



PARENT ED PROGRAM SESSIONS



12

LOVE AND LOGIC SESSIONS
(Parenting the Love and Logic Way and Early Childhood Parenting Made Fun)



71

ASQ-3 (AGES AND STAGES QUESTIONNAIRES COMPLETED)



62

ASQ-SE (AGES AND STAGES SOCIAL EMOTIONAL QUESTIONNAIRES COMPLETED)

98

FAMILIES REGISTERED WITH OUR PROGRAMS



17

CHILD DEVELOPMENT PROGRAM SESSIONS



Thrive Outreach Program

Athabasca & Westlock

Thrive Outreach Mentors utilize a trauma-informed, relationship-based approach to support individuals impacted by family violence, domestic violence, and elder abuse. Mentors meet one-on-one with program participants to; evaluate personal safety and support safety planning, provide emotional, court, and referral support, provide opportunities to explore the cycle and types of abuse, and work with clients to identify and attain individualized goals for themselves and their families. Mentors also support individuals to understand the impacts of family and domestic violence on children.

Thrive Outreach Mentors work in the community to increase awareness and decrease the stigma associated with family violence, relationship, and elder abuse. Mentors actively work within schools and youth serving organizations to promote healthy relationships.

437 REFERRALS MADE

100+ INDIVIDUALS SERVED

878 TOTAL SESSION HOURS

What Our Participants Are Saying...

"Feeling a sense of being heard, supported, connected with agencies and services for overall well being along with the encouragement for healthy decision making."

"[My worker's] uncompromising integrity, empathy, availability and confidentiality has restored to me a sense of safety in letting my guard down and a confidence that her only objective is to help me with no other agenda. In my world, Thrive has been one of the few safe zones."

"[My worker] has made me feel comfortable, heard and respected. She continues to check in with me when life gets away on me and I haven't checked in. That has offered a sense of comfort and security. Thanks to Thrive I feel connected to my community resources, empowered to set boundaries, make decisions and feel a sense of security for my daughter and I."



“Plans of action and support and encouragement and so much more was given to me by these amazing ladies that I never would have expected. Safe to say I am in a far better place mentally, emotionally, and physically, than I was before! Without Every single person in your office giving me help when I so desperately needed it, I would be living on the street or dead. The kindness and generosity, and fellowship you all gave me is invaluable, I thank you all for everything you do for me.” ~ Thrive Participant

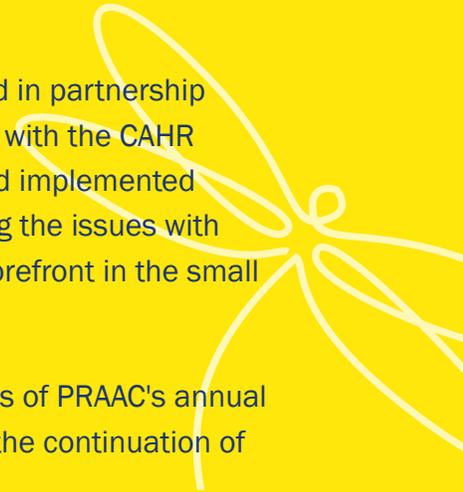
WALK A MILE IN HER SHOES®

The Athabasca Prevention of Abuse Action Committee (PRAAC) has worked in partnership with Healthy Families Healthy Futures in Athabasca since 2009. Together, with the CAHR Leadership Team, the members of PRAAC have successfully organized and implemented many successful fundraising and awareness events that have helped bring the issues with family violence, and the voices of the survivors of family violence, to the forefront in the small community of Athabasca.

Once again, the community of Athabasca supported the fundraising efforts of PRAAC's annual Walk a Mile in Her Shoes® event. \$17,250 was raised directly impacting the continuation of Thrive services in the community.

Thank you Athabasca!

Visit www.athabascapraac.ca



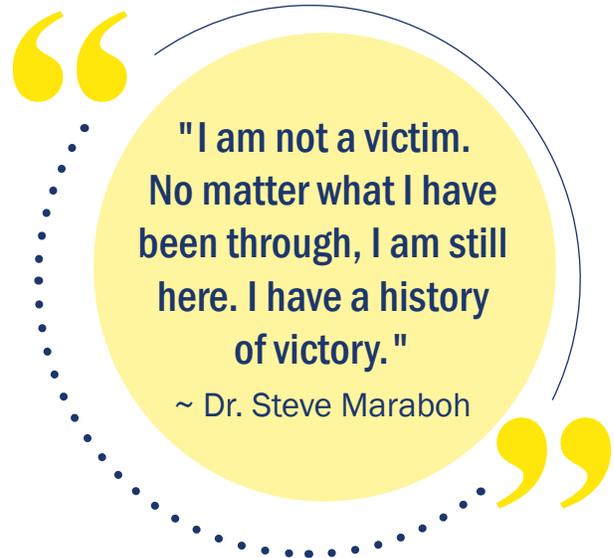
Community Action for Healthy Relationships (CAHR) Network

In 2011, a regional collaborative comprised of community members from Athabasca, Barrhead and Westlock came together to form the Community Action for Healthy Relationships (CAHR) Network to address the issue of family violence.

The Network's vision is "Our Rural Communities Free of Relationship Abuse". CAHR staff, partners, contractors, and volunteers have worked diligently to address gaps in services in our communities to help people deal with family violence.

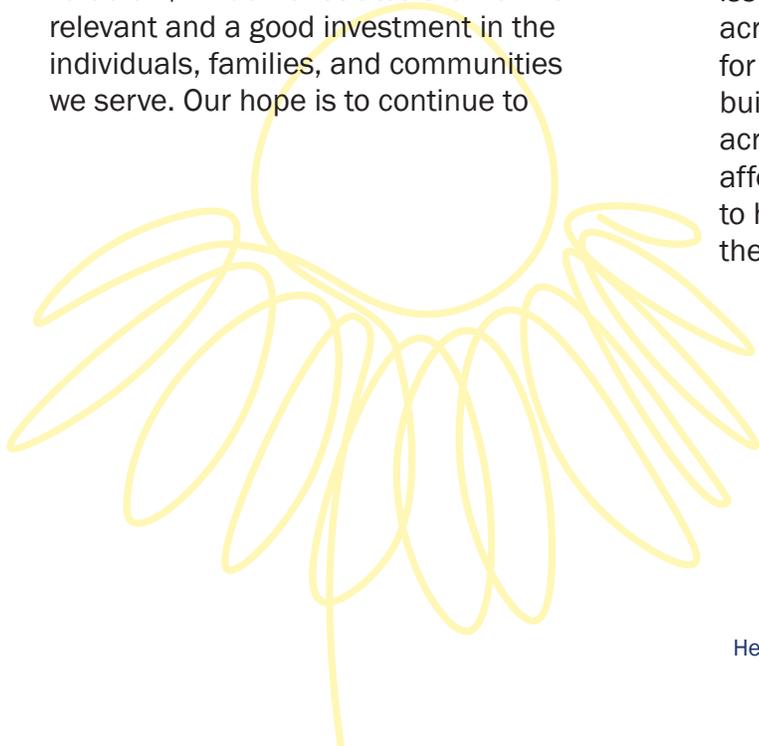
CAHR's commitment to taking action against family violence and relationship abuse has reached thousands of people and have set the standard for creating safe and inclusive communities.

A Social Return on Investment was completed (2019) clearly indicating the positive influence our programs have in the lives of those impacted by relationship abuse. Knowing that each \$1 has a social value of \$12 demonstrates the work is relevant and a good investment in the individuals, families, and communities we serve. Our hope is to continue to



break down barriers, increase individual, family, and community safety, and provide opportunities to generate awareness and prevention in our rural communities.

Healthy Families Healthy Futures is proud to be involved in Impact by Sagesse. This initiative brings together a network of service providers to address shared issues, enhance services and supports across Alberta and identify opportunities for large scale change. This work will build the capacity of service providers across the province and enable Albertans affected by domestic and sexual violence to have access to high quality supports in their communities.



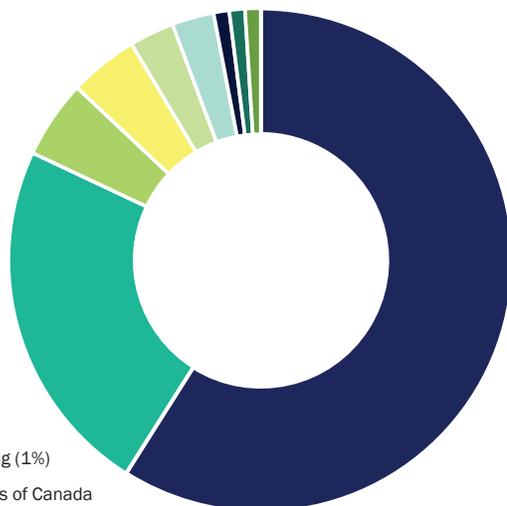
Financial Summary (APRIL 1, 2020 - MARCH 31, 2021)

| INCOME | 2020-2021 | 2019-2020 |
|---------------------------------------|--------------------|--------------------|
| Alberta Human Services | \$727,718 | \$1,386,374 |
| NWC FASD Network | \$276,230 | \$263,922 |
| Public Health Agency of Canada | \$54,554 | \$94,722 |
| Alberta Health Services | \$35,391 | \$35,391 |
| FCSSAA Grant | \$33,227 | - |
| Canadian's Women's Foundation Grant | \$16,969 | - |
| Community Foundations of Canada Grant | \$15,690 | - |
| Donations & Fundraising | \$15,895 | \$26,591 |
| Interest, Memberships & Other Grants | \$ 59,734 | \$38,806 |
| Subtotal | \$1,235,408 | \$1,845,806 |
| EXPENDITURES | | |
| Staffing | \$976,541 | \$1,007,588 |
| Client Services | \$111,600 | \$135,641 |
| Administration | \$54,164 | \$37,884 |
| Facility Costs | \$53,845 | \$42,859 |
| Fundraising Costs | \$2,251 | \$3,144 |
| Subcontracts | \$ - | \$574,079 |
| Subtotal | \$1,198,401 | \$1,801,195 |
| <i>Surplus</i> | <i>\$37,007</i> | <i>\$44,611</i> |

A copy of the audited financial report is available on our website at www.hfalberta.com

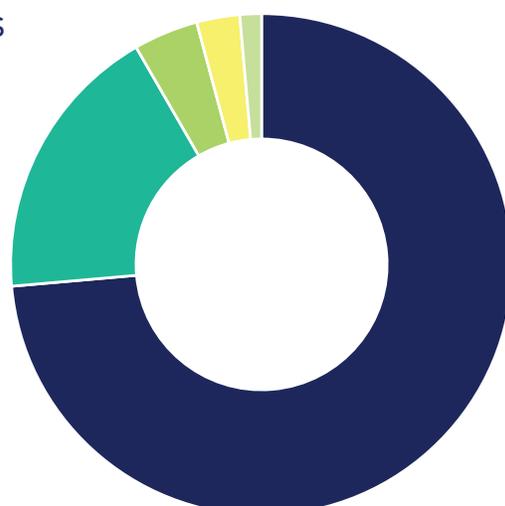
INCOME

- ▶ Alberta Human Services (59%)
- ▶ NWC FASD Network (23%)
- ▶ Interest, Memberships & Other Grants (5%)
- ▶ Public Health Agency of Canada (4%)
- ▶ Alberta Health Services (3%)
- ▶ FCSSAA Grant (3%)
- ▶ Canadian Women's Foundation Grant (1%)
- ▶ Donations & Fundraising (1%)
- ▶ Community Foundations of Canada Grant (1%)



EXPENDITURES

- ▶ Staffing (81%)
- ▶ Client Services (9%)
- ▶ Administration (5%)
- ▶ Facility (4%)
- ▶ Fundraising (1%)



Funders & Donors

We are very grateful for all our donors: each individual, business, foundation, and government agency that supports us in whatever way possible. Our sincere gratitude is extended to the following donors for their generosity and commitment in helping to build Healthy Families Healthy Futures' capacity to serve the rural communities we work in. Your donations and support further the effectiveness of our various programs and allow us to continue investing in the future of the people we serve. Thank you for sharing our vision of a connected community.

Our appreciation also goes to all the fantastic volunteers that help us each year by taking the time and energy to ensure programs and events run smoothly. We couldn't do it without you!

Funders

Alberta Human Services
Alberta Health Services, Mental Health & Addiction
Athabasca Prevention of Relationship Abuse Action Committee (PRAAC)
Canada's Farmers Grow Communities (CFGC) Program
Government of Alberta
Northwest Central FASD Network
Pembina Pipeline Corporation
Public Health Agency of Canada

In-Kind Partners

Associate Medical Clinic
Fisher, Alan - St. Gabriel's Knights of Columbus, Athabasca
Mead Johnson Nutrition
Newbrook Library
Pembina Medical Clinic

DONATE NOW: <https://www.canadahelps.org/en/dn/24088>

Pembina Valley Church of God
Peruniak, Marilyn
Quilting From the Heart
Sekulich, Sage
Sikora, Sherry - St. Gabriel's Catholic Women's League, Athabasca
Sommerville, Carrie
Stadnyk, Kandee
Westlock & District FCSS
Zilinski, Nancy

Community Supporters

\$1,000-\$3,000

Foundation for Foster Adopt Children Today
Sekulich, Laurie
Westlock & District FCSS
Westlock County
Westlock Elks

\$500-\$999

Servus Credit Union, Westlock
United Farmer's of Alberta Cooperative Ltd.

\$100-\$499

Telus Communications



because of you!!!



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