

# 2010

*Acadia Centre for  
Social & Business  
Entrepreneurship*

**ACSB***E*



**TRI-COUNTY CHILD & YOUTH ACTION  
COMMITTEE (CAYAC)**

**LOCAL PRIORITIES FOR PROSPERITY 2010-2012**

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## Executive Summary

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In October, 2009, the Tri County Child and Youth Action Committee – in partnership with the Nova Scotia Health Research Foundation – contracted the Acadia Centre for Social and Business Entrepreneurship to conduct community consultations that would help establish CAYAC’s priorities for the coming years. These consultations were intended to ‘localize’ the eight priority areas identified in Nova Scotia’s Child and Youth Strategy (youth homelessness, youth volunteering, school readiness, mental health services, youth involved in crime, physical activity, low income families, and dropout rates). The unanswered question at the heart of this project was:

**What activities or projects should the Tri-County Child and Youth Action Committee pursue in order to achieve a maximum positive impact in the various communities within Shelburne, Yarmouth, and Digby Counties?**

To help answer this question, ACSBE organized and facilitated three public consultations in February 2010: one each in Digby, Shelburne, and Yarmouth Counties. The public consultations included key informants from government agencies, non-profit organizations, and community groups who serve children, youth, and families directly. Additional consultations were planned and promoted for the general public (unaffiliated but concerned citizens), however response was low and they did not inform the project. ACSBE also administered – with the help of the Tri County Regional School Board – nearly 400 surveys to secondary students across the three Counties. These youth offered insights and ideas that would generally not have been available from service providers.

In this report you will see a detailed account of the conversations that took place and the ideas that were shared throughout the consultation process. Although some of the results are qualitative and anecdotal in nature, there are also several tables that compare local issues and opportunities in a quantitative or ranked manner. This report is largely segmented in two distinct ways. First it is segmented by County, to allow CAYAC – which covers a vast geographic region – to identify the needs of *individual* regions. Second, it is segmented by respondent-type; on one side are the youth who bring a unique and often candid perspective, while on the other side are service providers who may see opportunities and issues through a different lens based on their professional experiences.

The line of questioning, as you will see, is also dual-focused. First and foremost, the consultation questions are designed to identify the most pressing issues and most promising opportunities for children, youth, and families in each community. Secondly, though, there are questions aimed at discovering how CAYAC as an organized group can be more effective. In essence, these two lines of questioning go hand in hand:

- a) What are the issues and opportunities within each community?
- b) What can CAYAC do about them?

These consultations led to the ordering of the most important issues and opportunities within each County, as follows:

Five most significant issues or problems facing youth, as ranked by students

Digby County	Yarmouth County	Shelburne County
<ol style="list-style-type: none"> <li>1. Teen smoking</li> <li>2. Hanging out with nothing to do</li> <li>3. Teen drug or substance abuse</li> <li>4. Teen alcohol abuse</li> <li>5. Parental divorce</li> </ol>	<ol style="list-style-type: none"> <li>1. Teen smoking</li> <li>2. Teen alcohol abuse</li> <li>3. Teen drug or substance abuse</li> <li>4. Parental divorce</li> <li>5. Teen pregnancy</li> </ol>	<ol style="list-style-type: none"> <li>1. Teen smoking</li> <li>2. Teen alcohol abuse</li> <li>3. Teen drug or substance abuse</li> <li>4. Hanging out with nothing to do</li> <li>5. Parental divorce</li> </ol>

*Full ranking of issues seen in the body of the report*

Five most significant issues or problems facing children, youth, and families as ranked by service providers

Digby County	Yarmouth County	Shelburne County
<ol style="list-style-type: none"> <li>1. Teen alcohol use</li> <li>2. Teen drug or substance abuse</li> <li>3. Youth hanging out with nothing to do</li> <li>4. Families or individuals living below the poverty line</li> <li>5. Teen smoking</li> </ol>	<ol style="list-style-type: none"> <li>1. Families or individuals living below the poverty line</li> <li>2. Teen drug and substance abuse</li> <li>3. Teen pregnancy</li> <li>4. Teen alcohol use</li> <li>5. Unsafe sexual activity</li> </ol>	<ol style="list-style-type: none"> <li>1. Families or individuals living below the poverty line</li> <li>2. Lack of physical exercise or activities among teenagers</li> <li>3. Low self-image or self esteem</li> <li>4. Lack of parental supervision for adolescents and teens</li> <li>5. Abusive or unhealthy romantic relationships between youth</li> </ol>

*Full ranking of issues seen in the body of the report*

Five most promising opportunities for youth, as ranked by students

Digby County	Yarmouth County	Shelburne County
<ol style="list-style-type: none"> <li>1. A place to go outside of school where I can hang out with my friends</li> <li>2. Sport and recreation opportunities</li> <li>3. More part-time work opportunities</li> <li>4. A safe place for youth to go who have an unstable home environment</li> <li>5. Opportunities to travel and be exposed to new cultures</li> </ol>	<ol style="list-style-type: none"> <li>1. A place to go outside of school where I can hang out with my friends</li> <li>2. A safe place for youth to go who have an unstable home environment</li> <li>3. Sport and recreation opportunities</li> <li>4. Opportunities to travel and be exposed to new cultures</li> <li>5. More part-time work opportunities</li> </ol>	<ol style="list-style-type: none"> <li>1. A place to go outside of school where I can hang out with my friends</li> <li>2. More part-time work opportunities</li> <li>3. A safe place for youth to go who have an unstable home environment</li> <li>4. Sport and recreation opportunities</li> <li>5. Opportunities to travel and be exposed to new cultures</li> </ol>

*Full ranking of opportunities seen in the body of the report*

Five most promising opportunities for youth, children, and families, as ranked by service providers

Digby County	Yarmouth County	Shelburne County
<ol style="list-style-type: none"> <li>1. A safe place for youth to go who have an unstable home environment</li> <li>2. Broader exposure to career opportunities that fit their skills, abilities, and passions</li> <li>3. Extra-curricular learning/educational opportunities</li> <li>4. Sport and recreation opportunities</li> <li>5. More adults or professionals youth can talk to about difficult situations</li> </ol>	<ol style="list-style-type: none"> <li>1. A safe place for youth to go who have an unstable home environment</li> <li>2. Extra-curricular learning/educational opportunities</li> <li>3. Youth groups and clubs</li> <li>4. Broader exposure to career opportunities that fit their skills, abilities, and passions</li> <li>5. Opportunities to participate in community projects that matter to them</li> </ol>	<ol style="list-style-type: none"> <li>1. A safe place for youth to go who have an unstable home environment</li> <li>2. Opportunities to participate in community projects that matter to them</li> <li>3. Extra-curricular learning/educational opportunities</li> <li>4. Sport and recreation opportunities</li> <li>5. More opportunities in the arts (music, writing, art, drama, dance, etc)</li> </ol>

*Full ranking of opportunities seen in the body of the report*

These consultations also led to a number of observations and recommendations for CAYAC as follows:

#### **Recommendations:**

1. Help youth find a safe place to go
2. Pursue small, specific, tangible achievements in the short-term
3. Communicate with service providers *regularly*
4. Build trust and understanding between service providers through networking and professional development
5. Propose and champion inter-agency opportunities that individual organizations may not see
6. Identify, publicize, and lobby for financial resources (lobby for sustained funding)
7. Consider opening the Committee to be more inclusive
8. Promote CAYAC's specific, measurable achievements
9. Provide support for existing infrastructure and successful organizations
10. Attempt to identify and enlist additional youth mentors and leaders
11. Work to address regulatory barriers that prevent collaboration between agencies
12. Create an inclusive resource guide for all things related to children, youth, and families
13. Assume a leadership role in pursuing 1-2 opportunities at a time, understanding it may not be everyone's preferred opportunity

#### **General Observations:**

1. It is impossible to define a 'smoking gun' issue that – if addressed – will satisfy everyone
2. Issues and opportunities are mostly consistent across Counties, and 'haven't changed much'
3. Service providers and publics generally feel over-consulted, under serviced

4. Perception of problems facing children, youth, and families may be different from reality (no statistical evidence to support findings).
5. Interconnectedness of issues makes cause and symptom difficult to verify
6. CAYAC not currently perceived as an active entity in serving children, youth, and families
7. Slight undertone of competition between service providers

The next step for the Tri-County Child and Youth Action Committee is to be strategic in selecting opportunities or issues to pursue based on what is seen in this report. In order to ensure such decisions are strategic, it is important for CAYAC to ensure that any future initiative:

- Is well-aligned with its vision: **Children and youth are healthy, safe, and nurtured, and responsible – and given the right opportunities to be the best they can be.**
- Addresses at least one of the eight priority areas identified in the province's child and youth strategy
- Has an internal champion within CAYAC who has a passion for taking a leadership role in the initiative
- May complement – but not duplicate – an effort that is already underway
- Is realistic based on CAYAC's financial and human resources
- Has the potential to make a visible, specific, measurable impact on one or more communities
- Includes all relevant stakeholders and partners who are working towards the same end
- Is well communicated to everyone, including service providers and relevant publics

The role for Tri-County CAYAC is clear. Although there are numerous community challenges and opportunities vying for attention (and funding), the overarching message is this: **CAYAC must now focus on the 'Action' component of its name.** Students and service providers have spoken, and they have put forward their candid opinions about how CAYAC can be helpful. They did this by identifying their priorities in both a quantitative and qualitative manner. Although there are bound to be a few who will second guess CAYAC's future choices and decisions, we believe that – overwhelmingly – people will be energized as CAYAC leads by example. We also believe they will trust that CAYAC is acting in the interests of the *entire* community. Although it is not possible to be 'everything to everyone', we know that CAYAC will make every effort to unite the community to seize tomorrow's opportunities.

*NOTE: We strongly encourage everyone who has read this executive summary to gain a better understanding of our recommendations by reading the report body in full. Although the executive summary provides an overview of our approach and findings, they must be explained in detail to be fully understood and appreciated.*

*It should also be noted that after this report had been deemed complete, **we received a large number of student surveys from two French-language schools** (ecole secondaire de Par en Bas and ecole secondaire de Clare). Although these surveys are not considered in the body of the report, they are included in full for consideration in Appendix D*

## Introduction & Project Objectives

In June 2009, the Tri-County Child and Youth Action Committee (herein referred to as CAYAC) – in partnership with the Nova Scotia Health Research Foundation – issued a formal request for proposals for the *Identification of Priorities for the Tri-County CAYAC*. The objectives of the project were clearly stated as follows:

- A hired consultant will work with the Tri-County CAYAC members, the Child and Youth Strategy and other key informants from government departments, agencies, other organizations (including NGO's), service providers and the community to gather information, and analyze data from information gathering sessions relevant to the creation of a priority plan for each county in the Tri-County CAYAC.
- In consultation with the Tri-County CAYAC, the consultant will analyze and report on the data to be included in the Final Report.
- Write a Final Report describing the data gathering, analysis, identified priorities and recommendations with the potential impact of the priorities on the lives of children, youth and families in the Tri-County catchment area.

In August 2009, after a successful submission, CAYAC and the Nova Scotia Health Research Foundation contracted the Acadia Centre for Social and Business Entrepreneurship (ACSBE) to carry out the work described above. The submitted proposal can be viewed in its entirety in Appendix C.

In the time since then, ACSBE facilitators have worked on behalf of CAYAC to carry out this work, the results of which are described at length in the following pages. As

you progress through the report, you will note that it follows a natural progression from the 'big picture' all the way down to the intricate, County-specific details and insights that emerged during our research. The report begins with an overview of the events and circumstances leading to the creation of this project, and is followed by a description of the methods and processes ACSBE used to arrive at our conclusions and recommendations. The most important parts of the report, of course, are the recommendations and conclusions which begin on page 29.



Located in rural Nova Scotia, the Tri-Counties of Digby, Yarmouth, and Shelburne, are home to more than 13,500 children and youth aged 0-19 (Statscan)

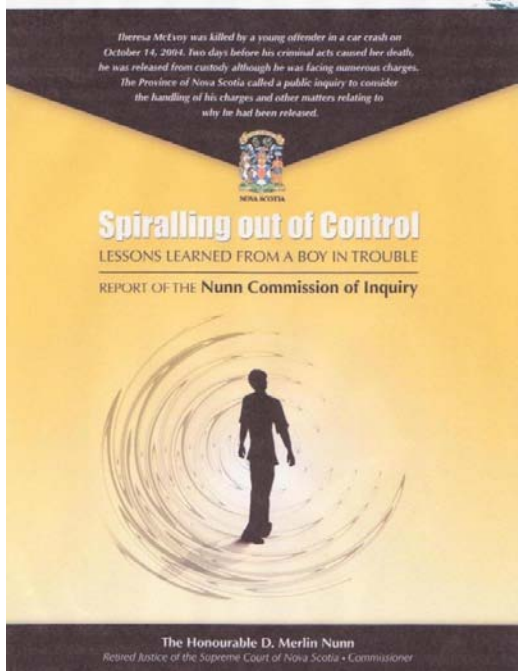


You should also note that we have chosen to divide this report along County lines. That is, instead of grouping Shelburne, Digby, and Yarmouth Counties together as one unit, we have segmented them in a deliberate attempt to contrast the various issues which may exist within each one. We wanted to ensure that for the purpose of creating effective local strategies, we did not *assume* that the critical issues were homogenous among the three Counties.

Let's begin with a look at the origin of this project.

## Pretext and History

This study – intended to establish clear local priorities for the Tri-County CAYAC – has actually been in the making for at least six years. In fact, the origin of this project can be traced all the way back to 2004's Nunn Commission report, entitled '*Spiralling out of control: Lessons learned from a boy in trouble*'. The Nunn Commission is summarized as follows:



The Nunn Commission's 2006 report '*Spiralling out of Control*' was influential in shaping Nova Scotia's child and youth strategy

The **Nunn Commission of Inquiry** was a landmark public inquiry into Canada's youth criminal justice system. It was chaired by the Hon. D. Merlin Nunn, a retired Justice of the Supreme Court of Nova Scotia. The Nunn Commission examined the events of October 14th, 2004-in which Theresa McEvoy, of Halifax, Nova Scotia, a 52 year old teacher's aide and mother of three boys, was killed when the car she was traveling was broadsided by another vehicle. The car was stolen and was being driven at high speeds by a serial young offender who had been mistakenly released from jail just two days previously. The 16-year old had been released from jail despite the notable issue of having 38 outstanding criminal charges pending against him.

The Commission convened on June 29th, 2005. Over 31 days of testimony, Commissioner Nunn heard from 47 witnesses, including the families of the principals, policing agencies, Government and court officials, educational officials, and the legal establishment. The Commissioner was charged with:

- determining what happened
- what the youth criminal justice policies and procedures were at the time and whether they were adequate
- determining what actions of law enforcement and Justice officials took in relation to this incident
- determining the reasons why the offender was released, and
- judging adequacy of legislation governing youth criminal justice in Canada



The Commissioner tabled his final report on December 5th, 2006. The report tabled 34 recommendations in the areas of youth justice administration and accountability, youth crime legislation, and prevention of youth crime. The Commissioner's findings focused much attention on the deficiencies of the Youth Criminal Justice Act, which was cited as an important factor that led to the tragedy.

Since the Nunn Commission's report was published in 2006, the province of Nova Scotia has taken clear and direct steps to ensure its strategies for children, youth, and families are consistent with the Commission's findings. Specifically, these efforts have led to the creation of two complementary, province-wide strategies:

First, there was the ***Time to Fight Crime Together*** strategy. This strategy was developed "to help Nova Scotians feel safe and be safe in their communities by reducing and preventing crime in partnership with organizations, communities, and individuals."<sup>1</sup> This strategy, which was released in December 2007, called for a \$15 million investment over four years for new and expanded anti-crime initiatives. Specifically, this funding was to be used "to create a mental health court program, expand attendance centres, provide grants for youth activities, develop senior safety programs and create a new team to focus on crime prevention and work with communities."<sup>2</sup>

More important to the Tri-County CAYAC, however, is the province's Child and Youth Strategy entitled '***Our Kids Are Worth It***'. This comprehensive strategy, also unveiled in 2007, focuses on

"coordinating resources to fill service gaps between five key government departments: Health, Community Services, Justice, Education, and Health Promotion and Protection. The Child and Youth Strategy sets out a comprehensive plan and vision to ensure children and youth are healthy, safe, nurtured, and responsible – and given the right opportunities to be the best they can be. It is not just about more programs and services, but about improved access and coordination of existing services into more sustainable and effective supports for children, youth, and families."

Each of these steps has – over several years – helped lead to the project before us right now. The purpose of this next step is to answer the question "**how can we implement the recommendations of these studies on the most local level in a way that reflects the interests of very specific geographic communities?**" It is our belief that by the time you finish this report, you (CAYAC) will be armed with sufficient information to make informed local decisions.

Before proceeding, however, it is important to suggest that geographic differences between the Tri-Counties are not the only factor which may influence CAYAC's approach. Although geographic separation certainly creates the need for a tailored approach in each community, cultural variations

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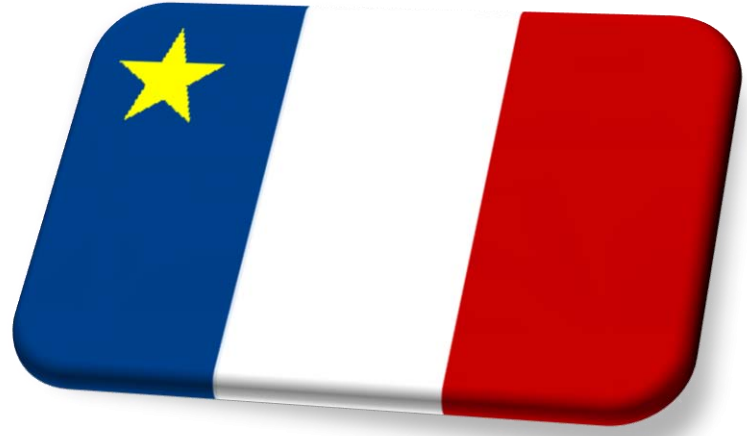
<sup>1</sup> Nunn Commission Backgrounder

<sup>2</sup> <http://www.gov.ns.ca/news/details.asp?id=20071210002>

resulting from language differences must also be considered. To some extent, these language differences were considered in a 2009 report compiled by Pyra Management Consulting Services.

The project, simply entitled 'Reseau Sante – Nouvelle Ecosse' emanated from Nova Scotia's French Language Services Act, which was proclaimed in 2004 and came into effect December 31, 2006. The Act was intended to reaffirm the government's commitment towards promoting the development of its Acadian and francophone community and maintaining the French language for future generations. The stated purpose of the 2009 project was to: **"conduct community consultations across the province to identify the health and wellness needs and priorities of the Acadian and francophone community."**<sup>3</sup>

This report, although not designed to address youth francophone issues exclusively, did contain a number of findings relevant to youth living in francophone communities. These recommendations included:



**Any future CAYAC initiatives should take into consideration the unique needs of the Tri-Counties' francophone population. These needs were well documented in a 2009 report by Reseau Sante.**

- Work with community and health care stakeholders to create support for the development and implementation of youth health centres in the Acadian and francophone communities where they do not currently exist.
- Ensure that the youth health centres can address the need for mental health services, sexual health education and addictions services for youth.
- Consider program offerings outside of traditional classroom and student counseling approaches to foster a safe environment for discussion of mental health issues.
- Develop alternative ways to encourage physical activity other than traditional sports.
- Coordinate program and service offerings so that school, community and health services all work together to help youth learn to cope with stress.
- Make sure that youth health centres are able to encourage active participation by youth in program and service offer design including development of peer education programs.
- Develop mechanisms to educate parents to better understand health risks and to better communicate with their children.

Although these were just some of the many recommendations pertaining to youth, it is important that as CAYAC advances with its decision-making process, it reflects upon and incorporates the needs highlighted in this report. This is particularly true in certain regions within the Tri-Counties, including the greater areas of Clare, Meteghan, Pubnico, Argyle, Wedgeport, Saulnierville, and others. We would call particular attention to page 26 of the report, where the consultants reflect on a number of direct consultations with youth. These consultations are captured at length but generally fall into six categories called 'conversations':

<sup>3</sup> Reseau Santé Community Consultation Report, 2009, Pyra Management Consulting Services Inc.

First conversation: *“We are all growing up too fast...”*

Second conversation: *“Teach us...” about sexuality and addictions, mental health, nutrition/healthy lifestyles, and stress*

Third conversation: *“Teach our parents...”*

Fourth conversation: *“Make us feel safe.”*

Fifth conversation: *“Help us, help ourselves”*

Sixth conversation: *“French services?”*

Although you will see that most issues are consistent with those facing English-speaking youth, we believe this report should be referenced on an ongoing basis as CAYAC creates new opportunities.

## Methodology and Process

The fundamental purpose of this project is to help provide the Tri-County Child and Youth Action Committee with timely, accurate, and relevant information about the issues and opportunities facing children, youth, and families in the Tri-Counties. Further, it is intended that CAYAC will use this information to make specific decisions about how they can best contribute to their vision, which is:

**Children and youth are healthy, safe, and nurtured, and responsible – and given the right opportunities to be the best they can be.**

With this end in mind, ACSBE and CAYAC engaged in discussions about how to best accomplish this, and agreed upon a multi-faceted approach that included the following:

### *Community Consultations with Relevant Service Providers*

To understand the needs of the region’s children, youth, and families, it is intuitively important to seek the opinions of those who provide direct service to them. For this reason, ACSBE – with support from CAYAC – organized and facilitated a series of three public consultations with service providers in Shelburne, Digby, and Yarmouth Counties (one consultation in each County). These service providers included a wide range of individuals representing:

- Junior high and high schools
- Sports and recreation organizations
- Government agencies, such as the Department of Community Services
- Various health-related organizations
- Municipal governments
- Youth groups and faith-based organizations
- Law enforcement
- Non-profit organizations, such as Southwest Early Childhood Intervention
- Social support organizations
- School boards

These individuals were invited to participate in consultation sessions together – separate from the general public – for several reasons. First, it was assumed that due to their unique position serving the community, these representatives would be most engaged by a discussion with each other (where they

could share their success stories, opinions, and frustrations with their peers). The most important reason for taking this approach, though, was that we feared that the general public (i.e. youth, families, children) would be less inclined to share their candid opinions in the presence of public officials and government employees (the same employees they sometimes depend upon for service and support). This was a difficult decision to make, as there are obvious benefits to merging the two groups (service providers and the general public) together. However, we made a deliberate decision to proceed in this manner to achieve the best outcomes.

Each service provider consultation lasted for two hours, and employed the following approach:

- **In-take survey** – as the various service providers arrived, each was given a short questionnaire to complete. The questionnaire featured questions relating to the social challenges and priorities facing children, youth, and families in the particular region. The full results of these in-take surveys can be found in Appendices E, F, and G for Yarmouth, Shelburne, and Digby Counties, respectively (approximate 15 minutes)



Public community consultations - like this one - were instrumental in identifying the issues facing children, youth, and families in the Tri-Counties

- **Small group discussions** – in each of the sessions, the entire group was sub-divided into groups of 4-5 individuals, and each sub-group was asked to circulate the venue to answer a number of pre-determined questions (which appeared on flip chart paper). These questions, which can be seen in their entirety in Appendices E, F, and G, were directly related to the 8 priority areas found in the province's child and youth strategy. They are: dropout rates, low income families, youth involved in crime, school readiness, mental health, physical activity, youth volunteering,

and youth homelessness (approximately 1 hour)

- **Survey about CAYAC** – at the conclusion of the small group discussions, the participants were reconvened and given a short, two-question survey about CAYAC. Specifically, the questions asked the respondents to indicate how CAYAC could be more relevant to their individual organizations. These surveys were completed individually, and the full results can be seen in Appendices F and G for Shelburne and Digby Counties, respectively (Yarmouth participants did not complete this survey for lack of time) (approximately 10 minutes)
- **Large group discussions** – once the second surveys were completed, ACSBE facilitated a full group discussion about (a) the issues discussed in small groups, and (b) how CAYAC could make a greater impact in the community. The results of these discussions are captured throughout the report. (approximately 35 minutes)

The service provider consultations took place as follows:

Location	Date	# of service providers participating
Yarmouth County – Yarmouth Wesleyan Church	January 28, 2010	36
Shelburne County – Sherose Island Recreation Centre	February 2, 2010	22
Digby County – Digby Fire Station	February 10, 2010	39

### *Community Consultations with Children, Youth, and Families*

Clearly, an important step in understanding the issues and opportunities facing children, youth, and families is to ask them directly. For this reason, ACSBE – again with support from CAYAC – prepared and promoted a similar, two-hour public consultation for the general public. These consultations were promoted aggressively in local newspapers and through various community partners (including many of the service providers listed earlier). The intent of these consultations was to provide the general public an opportunity to voice their opinions in a free and positive way, absent from any influence from service providers or government officials. Unfortunately, turnout to these consultations was poor: 4 individuals attended from Yarmouth County, 1 from Shelburne County, and none from Digby County.



Yarmouth Junior High students like these two were among the nearly 400 students surveyed for this report

There are a number of possible explanations for this low turnout, including (a) poor timing (b) overall indifference in the community (c) lack of awareness, or other reasons. An assessment of this is beyond the scope of this report, however.

### *Student Surveys*

Although we were not able to reach the general community through public consultations, we were highly successful in reaching the student population through a number of paper questionnaires administered in schools. These surveys, whose results can be seen in Appendices B, C, and D, for Yarmouth, Shelburne, and Digby, respectively, were delivered to a number of schools with the support of the Tri-County Regional<sup>4</sup> School Board, and were returned to ACSBE upon completion. These 8-question surveys were designed to provide students an opportunity to share their opinions and ideas in confidence, and were completed as follows:

County	School	# of surveys completed	Grades surveyed
Yarmouth	Yarmouth Junior High School	126	7, 8, 9
Yarmouth	Maple Grove Education Centre	81	7, 8, 9
Digby	Digby Regional High School	88	9, 10, 11
Shelburne	Barrington Municipal High School	84	9, 12

*\*Please note that after this report had been deemed complete, **we received a large number of student surveys from two French-language schools** (ecole secondaire de Par en Bas and ecole secondaire de Clare). Although these surveys are not considered in the body of the report, they are included in full for consideration in Appendix D*

You will also see the results of these surveys discussed at length throughout the body of the report.

### *Individual Interviews*

The final component of our research process was to conduct one-on-one interviews with any individuals who were unable to attend the consultations, but who wished to share their input. Although we began this process with a list of 16 people, only 3 were able to make time to be interviewed personally. The results of these interviews are interspersed through the body of the report as necessary, but are generally consistent with all other results.

## Community & Service Provider Consultations

As previously noted, we originally planned to conduct two consultations in each region (two apiece in Shelburne, Digby, and Yarmouth Counties). In each community, one consultation was intended to be for

<sup>4</sup> <http://www.novanewsnow.com/Education/2009-09-23/article-606700/Yarmouth-Junior-High-sporting-pink-on-the-soccer-field/1>



solely for those who provide direct service to youth and families, while the other was intended for the community-at-large. While the service provider consultations were very successful, only five people attended the community-at-large consultations between the three Counties.

In order to ensure consistency between the three regions, we very deliberately ensured that we asked the same questions to each group. These questions – and selected responses – were as follows:

## Drop Out Rates

### Question 1 - What 2-3 factors do you think are most likely to prevent youth from staying in school or in another educational program? (Select answers seen below)

<i>Shelburne County</i>	<i>Yarmouth County</i>	<i>Digby County</i>
Lack of support at home (Mom and dad may be there physically but not engaged or communicating with their kids)	Creating a vision for all kids as individuals that they can succeed and that a program offers something “real” at the end	Dissatisfaction and or lack of interest with curriculum (not engaged, don’t see relevance to “real life”
Not all students can “fit” the current methods (curriculum)	More guidance counsellors	(Negative) perception of the value of education
Lack of confidence: poor self confidence, literacy challenges	More ‘alternative’ schools	Self-esteem and self-confidence issues
Not enough child care for young mothers	School curriculum to be more inclusive of the skills, abilities, and interests of students	Earlier identification and intervention re: learning difficulties/styles

### Question 2 - What do you think it would take to get youth to stay in school or an educational program in this area? Who is responsible for making this happen?

<i>Shelburne County</i>	<i>Yarmouth County</i>	<i>Digby County</i>
Alternative education program for special circumstances (Department of Education/School Boards)	Opportunities to access personal asset assessment that is supportive	Increased options in high school curriculum (i.e. overhaul in PSP (Public School Program) to make more relevant and meaningful) e.g. Vocational programs
Available and affordable tutoring and mentoring	More investigation into who drops out and why	Increased support for elementary students to build critical literacy/math skills; especially at-risk students who are below grade level
Increased career counselling	Home support/tutor programs	Fewer electronic devices
More information about the economics of a good education	Wider curriculum choices	More relevant programming, such as the O2 Program



## School Readiness

Question 1 - In your opinion, what does “school readiness” look like for children entering school for the first time? How do you define it?

<i>Shelburne County</i>	<i>Yarmouth County</i>	<i>Digby County</i>
Emotional self control	Social skills (sharing, listening, following directions, self-control/managing emotions)	Being “prepared” socially, physically, academically (unique to every child)
Respect for self and others	A child with no “visible” mental health issues	Awareness of what “school” is
Ability to handle change	Supported and stable family unit	Involvement of families to help prepare all members of the family not just the child
Being “okay” with the separation for both kids and family	Diversity exposure for kids (autism)	Immunization

Question 2 - What 3-4 groups or individuals must work together to improve school readiness?

<i>Shelburne County</i>	<i>Yarmouth County</i>	<i>Digby County</i>
Parents (family members)	Families/guardians	Community groups that work with families
Elementary schools to provide info on what is expected of children	Government departments (health, education and health promotion & protection)	Daycare teachers, school principals, teachers, parents unlicensed providers
TCRSB	Schools	Library programs
Family resource centre	Community services	Early intervention, mental health

## Youth Involved in Crime

### Question 1: Why do you feel that youth in our communities become involved in criminal activities?

<i>Shelburne County</i>	<i>Yarmouth County</i>	<i>Digby County</i>
Boredom	Peer pressure	Survival
Peer pressure (looking for belonging/acceptance)	Financial issues/poverty	Boredom, limited activities
Lack of support from family (sports, activities, school)	Lack of parental support (presence, guidelines)	Lack of support at home (lack of parenting skills, lack of communication skills)
Lack of evening programs especially in isolated areas	No sense of community	Limited recreation activities

### Question 2: What types of youth criminal activities do you feel are most prevalent locally?

<i>Shelburne County</i>	<i>Yarmouth County</i>	<i>Digby County</i>
Theft	Theft	Theft / break and enter
Drinking, Drugs (using, selling)	Drugs (possession, trafficking)	Vandalism, mischief
Hate crimes & bullying on Internet and face to face	Vandalism	Assault, bullying, sexual abuse
Sexual abuse, prejudice (i.e. Date rape aggression)	Sexual violations	Underage drinking, drugs

### Question 3: How can we educate youth or prevent them from being involved in criminal activities?

<i>Shelburne County</i>	<i>Yarmouth County</i>	<i>Digby County</i>
Provide positive alternatives to focus on (recreation/social clubs, youth groups, youth leadership)	Educate and provide parenting skills to young families	Recreation activities /facility (basketball court, rink, skate park, mentor)
Expand connections with community/students, sense of place, ownership, belonging, compassion in and out of school	Give them a sense of belonging in the community	Increase education to youth and families re: drugs/alcohol and alternate ways to deal with stress
Educate community/families	Mentorship	Prevention services
Work opportunities	Start young (preschool)	Community and culturally based leadership

## Mental Health Services

### Question 1: How would you define 'mental health services'?

<i>Shelburne County</i>	<i>Yarmouth County</i>	<i>Digby County</i>
Overworked, understaffed system	Providing services to address the needs of mental well-being of the population – prevention, identification, education, counseling, follow-up	Providing support to children, youth, adults, families, and general community, re: emotional, social and mental well-being
Working with the community/networking	Slow process	Psycho-educational groups provided re: anxiety, anger, social skills, parenting, etc.
Services not known in community	Stress Management/coping skills	Emergency services (crisis situations)
Respond to identified needs (assessment, recommendations, intervention)	Too reactive – not enough resources in prevention	Positively viewed place where many can go build wellness in order to de-stigmatize

### Question 2: If our County was considered to have the “best mental health services in the province”, what would that look like?

<i>Shelburne County</i>	<i>Yarmouth County</i>	<i>Digby County</i>
24/7 access to services and quick turnaround	Mental health helpline (counseling line)	Accessibility for all
Broader mandate (eating disorders, depression, anger management, peer help groups, divorce, healthy relationships)	Inter-agency cooperation with public health, school board, addiction services	Decreased stigma, increased normalization of mental health issues
More awareness/education on what mental health looks like in children/youth	Offsite services – community based programs	More doctors, counselors, supports groups, outreach
Community based services/programs	Consistent – retained staff	More public awareness of what they do

## Youth Volunteering

**Question 1: What types of volunteering activities do you think youth would be most interested in? Do they currently exist within our community?**

<i>Shelburne County</i>	<i>Yarmouth County</i>	<i>Digby County</i>
Things that they are good at so they are the expert	Anything involving technology/computers (Eastlink, Th'YARC)	Sports
Sports (players, managers, coaching, time keeping)	International exchange opportunities (Split rock, Giving perspectives and building leadership)	4H, Scouts, Guides
Youth as mentors, tutors	Sports oriented (players, coaches, referees)	Peer mentoring
Explore volunteerism as a curriculum requirement	Mentoring/tutoring for younger children by high school	School advisory committee

**Question 2: How do you think we could get more youth to volunteer?**

<i>Shelburne County</i>	<i>Yarmouth County</i>	<i>Digby County</i>
Start early	Get their input – just ask	Recognition / respect
Market & offer rewards (certificate, donation to an organization of choice, letter for portfolio)	Really value what kids have to offer	Model the behaviour
Their communities have to ask and include them in meaningful activities	Leadership development	Provide transportation
Offer how volunteering is a part of career development and social networking	Make “community service” a real credit in high school	Increased program choices (e.g. Scouting and other choices)

## Youth Homelessness

### Question 1: What do you know (or not know) about homeless youth in your community?

<i>Shelburne County</i>	<i>Yarmouth County</i>	<i>Digby County</i>
Employment issues	Aware is exists	If you don't have an address you cannot access financial support
It is a neglected topic	Some will trade sex for a bed to sleep in	No emergency shelter, no transitional housing or support
Who helps? DCS (boarding, 16-18 year olds - lost group)	There is a gap between 16-19 (child welfare, income assistance)	We did not realize that "youth" is considered 15-34 years of age
Family – conflicts, supports, counseling	For youth it's easy to hide – can couch surf	Community is not aware about our homeless issue, don't know it's a problem

### Question 2: Who is currently providing services or assistance to homeless youth?

<i>Shelburne County</i>	<i>Yarmouth County</i>	<i>Digby County</i>
SHYFT – Yarmouth and area	Income assistance	School staff
Shelburne – our house	Extended family	Tri-Country Women's Centre
Juniper House	DCS to a point/family services and children's services	Family support (community members, friends)
Extended family and friends	Salvation Army	Church/religious affiliates

## Low Income Families

**Question 1: What kind of programs or services are you aware of that work with low income families in this area?**

<i>Shelburne County</i>	<i>Yarmouth County</i>	<i>Digby County</i>
Churches	Christmas Daddies	Kids Sport/Jump Start
DCS	Yarmouth County schools	DALA programs
Public Health (Enhanced home visiting)	Tri-Country Women's Centre (youth homelessness, sexual health, financial counseling, advocacy, support work)	Tri-Country Women's Centre
Tri-Country Women's Centre	Juniper Place	Churches

**Question 2: What kind of supports (programs, services) would you like to see in our area?**

<i>Shelburne County</i>	<i>Yarmouth County</i>	<i>Digby County</i>
Access (transportation, location of services in own community – outreach)	Youth shelter	Incentive programs for adult mentors
Affordable recreation opportunities for youth 0-12, 13-18	More support for existing successful programs	Youth centers / more access to public facilities
Universal child care	Family planning centre	More transitional programs
Quality, affordable housing	Inexpensive education opportunities	Education on managing budget, nutrition, etc.

## Physical Activity

**Question 1: What local trends in physical activity should – or could – CYAC help to advocate or encourage to an even greater extent?**

<i>Shelburne County</i>	<i>Yarmouth County</i>	<i>Digby County</i>
Encourage youth to participate in fitness classes	Access/availability to all – not just “rep” teams	Advertising information view Facebook/Twitter
Mentors (especially boys)	Advocate for more diverse activities in Phys Ed classes (yoga, dancing, running clubs, technology incorporated, free time activities)	Support transportation to community activity clubs/teams
Activities in rural communities	Active transportation (slow traffic, make lanes, bike racks)	More community support & collaboration
Resources/funding for registration/equipment	More free programs	Increase healthy activities for all ages

**Question 2: What would it take for you to believe that children are becoming more physically active? What information would you need? What results would you need to see?**

<i>Shelburne County</i>	<i>Yarmouth County</i>	<i>Digby County</i>
Hard data	Research on local community	Provincial policies in minimum daily physical activity
Seeing kids outside being physically active	Less obesity / see kids playing outside more often	Lower obesity rates, more visibility of children at parks/biking etc.
Healthier alternatives for food	Physical activities integrated into the curriculum	Training for B.Ed students in facilitating physical activities in the classroom
Less strain on health system	More support for programs	Increased enrolment/funding in community programs

## How can CAYAC be more valuable to service providers?

What the Tri County Child and Youth Action Committee wants, more than anything, is to be known as an organization that adds value to children, youth, families, and the people who serve them. It really is that simple. But as an organization in its relative infancy, CAYAC is still working to determine what niche they can help fill, and what the community’s hot button issues are relative to children and youth. Recognizing this, ACSBE posed these two questions – exactly as they appear below – to the groups of service providers:



While all responses to these questions can be seen in Appendices F and G, what follows is a small sample of direct quotes:

## Looking at Tri-County CAYAC's purpose and goals (which were distributed to the group), what could CAYAC do to best help you or your organization better serve children, youth, and families?

*"Spread more knowledge throughout communities of **what resources are available out there to help**. Help coordinate the different organizations work together to be productive."*

*"Let us do presentations so that they have a clear picture of what we (different agencies) offer. Within that, enable us to present the pressing issues/concerns we have that pertain to youth. Support communities to come together (service providers) **so we can share our ideas/initiatives and network with one another**. It is very important that we know and trust each other."*

*"Consolidate resources **so that not everyone is reaching out for the same money**."*

*"Organize **regular meetings of its members and other community groups to allow for networking, proposal, plans, funding opportunities, and partnership possibilities** in regards to services/supports for children and youth in the Tri-Counties."*

*"**Break down barriers so interagency cooperation** can well and truly occur and flourish."*

*"**Articulate to the Provincial government departments** it represents to take the lead in tackling identified areas of interest by providing necessary funding and resources, specifically in a manner that allows small towns in Nova Scotia access to programming needed."*

*"**Be more transparent and visible**. This would be a beginning as few really are aware of what CAYAC does and can provide. With the varied membership there is a wonderful opportunity to provide a cohesive plan for services. As an educator all aspects affect out students, poverty, mental health, recreation, careers, etc. and as educators we cannot do it all. **We need to be working together**."*

*"**Visit and get to know what we do, services we offer**. Have an annual gathering of agencies so we get know each other. Easier to work with when we have met."*

*"**Respect that the youth organizations in the Acadian communities of Clare and Argyle have a specific need related to their language and culture, youth centres in their area must function in French**. The French school is the focal point of community activities for these youth. We have to recognize that volunteering is not what it used to be – that 2 parents work – up at 6 am finish supper at 7:30, studies, etc. it is unrealistic to add volunteering to this schedule. We need transportation and paid youth coordinators in each high school."*

## Please finish this sentence: CAYAC would be a very useful organization if...

***"...they took into account the issues discussed today, and with continued partnership/communication with "us", create plans to aid these issues, and continue to put those into action."***

***"It worked toward achieving stated goals and picking a few initiatives and getting them done. All these "issues" have been known/identified for eons. Let's do something!"***

***"The work was done quicker. Less process and more action is needed ASAP."***

***"...they were more inclusive and flexible! I attended a gathering 2 years in Yarmouth – took the day from my work – enjoyed the session and when talking to members mentioned I would be interested in sitting on the committee. I was told [...] that it is a closed committee and I would not be allowed to join. It takes a community to raise a child, and partnerships are important."***

***"...it were visible/active in the community and could parlay concerns/problems into effective, government funded programs and initiatives."***

***"They hired a transition worker to support youth 16-23 yrs as they move from high school to employment. Many youth do not participate in post-secondary training/education and need support in order to become productively integrated into our community through employment."***

***"...it could find ways to realize its own goals. The "words" of the goals are "right on". If it could relate to grass roots groups that work with community youth. If it could define one program to focus on at a time and pull groups together to work together on one program.***

***Simple is good – pick one outdoor activity and mobilize everyone around it – get groups working together. So many programs are offered over and over to a small number of people – others are distant from these programs, many others, this is true of social services, recreation, etc".***

***"We were working together and not having everyone trying to protect their own slice of the pie."***

***"...they could lobby government to make it possible for moms to stay home and parent their children (more than one year). Children do not receive the kind of attentive parenting which was more prevalent up until the past 30 years or so. Two parent working families are not able to give children the kind of guidance needed and more and more children are turning to the internet for communication/advice, etc. from peers and also "unknowns". A lot of youth problems stem from inadequate parenting from an early age. Moms who are willing to stay home should be compensated."***

***"They believed us when we identified a need/crisis."***

***"It supported more service delivery and less management."***

***"We could have true cooperation and eliminate jurisdictional/territorial squabbles in order to best serve the needs of the client we all share and stop wasting scarce resources in duplication of services."***

## Student Consultations

The insight you have seen thus far in the report is clearly very important. It comes directly from the men and women who serve children, youth, and families every day. We value their opinions not only because of their proven ability to be leaders and professionals in the community, but also because of their presumed ability to bring a level of objectivity to the table. As opposed to the students – who were asked what they wanted as *individuals (the “me” perspective)* – the service providers were asked to approach this exercise looking at the *entire* community’s wellbeing (i.e. what would be best for the long-term/big picture of all children and youth). We believe this distinction is important.

Nevertheless, it is clear that any analysis of the issues and opportunities facing children and youth would be deeply insufficient if it did not incorporate their viewpoints. For this reason, the second of our two consultation groups for this project was a sampling of youth aged 13-19. In total (and as you saw earlier) we surveyed 379 students across the Tri-Counties, representing four different schools and many different grade levels. We asked them a series of questions, some of which were open ended (you will see those here), and others which were based on rankings (you will see those in the next section of the report). The open ended questions – and selected answers – were as follows (full results can be seen in Appendices B, C, and D for Yarmouth, Shelburne, and Digby Counties, respectively).

**Question 1: In your opinion, what is the single biggest challenge facing youth in your age category today?**

<i>Shelburne County</i>	<i>Yarmouth County</i>	<i>Digby County</i>
Smoking, alcohol use and drugs	Drugs, alcohol, smoking	Discrimination, abuse, bullying
Peer pressure	Violence, abuse	Drugs, smoking alcohol use
Sex, STDs and teen pregnancy	Poverty / homelessness	Nothing to do
Boredom	Fitting in, racism, bullying	Sex related issues

**Question 2: In your opinion, what would it take to get more youth (i.e. people in your age category) participating in volunteer opportunities?**

<i>Shelburne County</i>	<i>Yarmouth County</i>	<i>Digby County</i>
Make it more fun	Working with friends	More opportunities
More variety	Make it more interesting	Rewards / incentives / reasons
Incentives (pizza party, looks good on resume etc)	Incentives (discounts, recognition, etc.)	Make it fun
Appeal to interests	More opportunities	More advertisement / promotion

**Question 3: The term 'youth engagement' means "involving young people in the creation of their own destinies." If you were trying to explain to an adult or parent what it would take to better engage or interact with youth in your community, what would you tell them?**

<i>Shelburne County</i>	<i>Yarmouth County</i>	<i>Digby County</i>
"We need more opportunities to interact."	We need role models	"We want more interesting activities."
"Stop being so serious because we are just teens going to school. We need to have fun."	"We want to do what we love but we need their support / encouragement."	"Recognize the difference of opinions between adults and teenagers / don't judge / be more understanding."
"More community events."	"Talk to youth the same way you would talk to your adult friends."	"We want more connections with each other / more time to hangout and bond."
"More activities / resources."	"We would say that we need a place where we could be safe and dream and didn't have to worry about our problems."	"Be more active, not lazy."

**Question 4: In your opinion, who is the MOST responsible for helping youth (i.e. people in your age category) be safe, nurtured, and responsible?**

<i>Shelburne County</i>	<i>Yarmouth County</i>	<i>Digby County</i>
Parents	Parents	Parents
Teachers / counselors	Teachers / school workers	Teachers
Youth group leaders / mentors	Role models	Counselors
Government	Yourself / me	Police

## Comparison of Issues & Opportunities by County

So far in this report, we have seen a great deal of commentary from both service providers and students. This qualitative input has been very insightful and should be carefully considered by CAYAC when establishing its priorities. Furthermore, this commentary will better enable CAYAC to *justify* its decisions in future proposals and initiatives. Truly, there is little substitute for the direct words spoken or written by concerned citizens and stakeholders. However, as we noted earlier, an important part of our consultation process was to complement this commentary with quantitative data. In contrast to the commentary, which tends to be more anecdotal, this quantitative data is the result of forced-choice questions that were posed to both students and stakeholders.

The purpose of this section in our report is to examine the results of these ranked surveys, and we will begin by examining the issues/challenges.

**Table 1: Issues and challenges as ranked by students, in order of importance, by County**

*Responding to the question: Listed below are several social issues that sometimes affect youth in a negative way. In your opinion, how big is each of the following issues for people your age in your County right now? (I.e. if you think people in your age group are greatly affected by these issues, check 'a major problem')*

*\* i.e. teen pregnancy was the 14<sup>th</sup> most important issue in Digby County, the 5<sup>th</sup> most important in Yarmouth County, and the 7<sup>th</sup> most important issue in Shelburne County. The 'Overall' column is simply a combination of all three Counties*

Answer Options	Digby County	Yarmouth County	Shelburne County	Overall
Teen smoking	1	1	1	1
Teen alcohol use	4	2	2	2
Teen drug or substance abuse	3	3	3	3
Hanging out with nothing to do	2	8	4	5
Parental divorce	5	4	5	4
Peer violence/bullying	7	6	6	7
Teen pregnancy	14	5	7	6
Low self-image or self-esteem	6	9	8	8
Unsafe sexual activity/Sexually transmitted diseases (STDs)	9	6	9	9
Racism or other discrimination	17	18	10	17
Poor eating habits	10	11	11	11
Lack of adults who understand youth issues or struggles	8	10	11	10
People dropping out of school	13	17	13	14
Lack of physical exercise or activities among teenagers	16	19	13	19
Theft, burglary, or vandalism	20	13	15	13

Emotional child abuse by parents or adults	21	20	15	20
Personal financial management	22	21	17	21
Abusive or unhealthy romantic relationships	17	16	18	18
Lack of parental supervision for adolescents and teenagers	19	14	19	14
Eating disorders/mental illness/depression	14	11	19	12
Getting and keeping part-time jobs	12	26	21	22
Too few role models to look up to	23	21	22	22
Lack of resources/support such as counselling	23	28	23	27
Poverty	11	14	24	16
Sexual abuse or rape	27	24	25	25
Physical child abuse by parents or adults	25	25	26	26
Suicide or self-harm	28	23	27	24
Adult homelessness	26	27	28	28
Youth homelessness	29	29	29	29

Generally speaking, the responses you see in this table are self-explanatory. Overall, smoking, drugs, and alcohol are perceived as the most prevalent issues facing students. Not far behind are other high-profile issues such as bullying/peer violence, teen pregnancy, and STDs. Although it is difficult to suggest that any results seen here were 'expected', the facilitators' lack of knowledge of these communities also makes it very difficult for us to express surprise, either.

However, it is interesting to note that youth homelessness ranked last among students in each of the three Counties. This contrasts sharply with the opinions of service providers (as you will see later). There are two logical explanations for this. First, it is likely that this is a problem hidden from plain view, of which many students may not be aware. The second reason is that when students were responding to the question, they may have been evaluating it in terms of frequency rather than severity. This may be the case for several other issues as well, including sexual abuse, self-harm, or others. They are simply less visible.

**Table 2: Issues and Challenges as ranked by service providers, in order of importance, by County**

*Responding to the question: Listed below are several socio-economic problems that sometimes affect communities in a negative way. In your opinion, how big is each of the following problems in your County, with specific consideration to how it affects children and youth?*

*\* i.e. teen pregnancy was the 22<sup>nd</sup> most important issue in Digby County, the 3<sup>d</sup> most important in Yarmouth County, and the 24<sup>th</sup> most important issue in Shelburne County. The 'Overall' column is simply a combination of all three Counties*

Answer Options	Digby County	Yarmouth County	Shelb. County	Overall
Families or individuals living below the poverty line	4	1	1	1
Teen drug or substance abuse	2	1	8	2
Teen pregnancy	22	3	24	14
Teen alcohol use	1	4	7	2
Unsafe sexual activity	10	5	14	6
Lack of parental supervision for adolescents and teenagers	17	6	4	9
Eating disorders/mental illness/depression	13	7	21	13
Peer violence or bullying	15	8	14	12
Lack of physical exercise or activities among teenagers	7	8	1	5
Youth hanging out with nothing to do	3	8	12	4
Lack of good parenting skills	12	8	6	8
Low self-image or self-esteem	8	12	3	6
Sexually transmitted diseases (STDs)	20	13	25	21
Teen smoking	5	14	14	10
Emotional child abuse by parents or adults	13	14	19	17
Abusive or unhealthy romantic relationships between youth	19	14	5	16
Youth homelessness	24	17	28	25
Lack of resources/support such as counselling	10	17	21	15
Students dropping out of school	28	19	10	22
Poor eating habits or dietary choices among youth	5	19	10	10
Too few role models to look up to	21	21	8	20
Adult homelessness	26	22	31	28
Personal financial management or financial education	16	23	14	19
Sexual abuse or rape	30	24	27	28
Lack of adults who understand youth issues or struggles	9	24	14	17
Physical child abuse by parents or adults	26	26	25	27
Youth not being able to get or keep part time jobs	25	26	12	24
Lack of activities that families can participate in together	17	28	21	23
Vandalism, theft, or burglary	22	29	19	26
Racism or other discrimination	29	30	29	30
Suicide or self-harm	31	31	30	31

Once again, with this service provider survey, it is very difficult for the facilitators' to measure the results against any preconceived expectation (we didn't really have any). However, there were a few variations worth noting:



- Overall, it appears that concerns over teen pregnancy and unsafe sexual activity were much higher in Yarmouth County than in Digby or Shelburne.
- Generally speaking, it appears that service providers may have tried to focus on the root problems more so than the symptoms. This may explain why each group ranked 'living below the poverty line' as the number one issue.
- Digby County appears much more concerned with eating habits and dietary choices, while too few role models appears to be a more pressing issue in Shelburne County. Youth homelessness appears to be perceived as a larger issue in Yarmouth County. It is important to remember, though, that variation in these rankings and figures may be attributed to small sample sizes.

**Table 3: Opportunities as ranked by students, in order of importance, by County**

*Responding to the question: The Tri-County Child and Youth Action Committee wants to help make more opportunities available to you and your peers. Some of these are listed below. Please tell us how important each of these services or opportunities is to you.*

*\* i.e. sport and recreation opportunities was the 2<sup>nd</sup> most important opportunity in Digby County, the 3<sup>rd</sup> most important in Yarmouth County, and the 4<sup>th</sup> most important opportunity in Shelburne County. The 'Overall' column is simply a combination of all three Counties*

Answer Options	Digby Co.	Yarmouth Co.	Shelb. Co.	Overall
A place to go outside of school where I can hang out with my friends	1	1	1	1
Sport and recreation opportunities	2	3	4	2
A safe place for youth to go who have an unstable home environment	4	2	3	3
More part-time work opportunities (i.e. night and weekend jobs)	3	5	2	4
Opportunities to travel and be exposed to new cultures	5	4	4	5
More opportunities to participate in the arts (music, writing, art, drama, dance, etc)	6	8	6	6
Opportunities to work or socialize with people you don't normally get to be around	9	6	10	7
Opportunities to communicate or hang out with people my age from different areas of Nova Scotia or Canada	6	10	7	8
Opportunities to participate in more activities with my family	10	8	9	9
Extra-curricular learning opportunities	8	7	13	10
Opportunities to participate in decisions made by	12	11	12	11

my community or local government				
Opportunities to start a business or become more entrepreneurial	14	13	8	12
Opportunities to volunteer in the community	12	14	11	13
Opportunities to participate in or create a community project that matters to me	13	12	14	14
More adults or professionals to talk to about difficult situations	11	14	15	15

As you can see from the table above, there is very little discrepancy between Counties in the way students prioritized potential opportunities. You will also see that the variation between the top priority and the bottom priority is not very large (approximately 0.6 points out of a total of 4.0). It is natural for this to happen when asking people to evaluate opportunities that – for the most part – are favourable to them. Although this table may be slightly different if we had asked the students to rank them in order of importance (instead of ranking each one on a scale of 1-4), we expect it would appear mostly the same.

Overwhelmingly, the top priority for students in each County is ‘*a safe place to go outside of school where I can hang out with my friends*’. Although the students were not asked to elaborate on what such a place would look like (and perhaps this could be the theme of future student focus groups), it does give CAYAC a clear idea of their needs and motivations. Other points of interest include:

- Students recognizing that some of their peers have unstable home environments (resulting in that opportunity ranking third overall)
- The need for more part time work opportunities – this contrasts sharply with how service providers ranked the importance of this opportunity
- The apparent lack of interest – at least comparatively speaking – in having more adult resources available (to talk about difficult situations)
- Opportunities for travel and new culture exposure were ranked very highly. Although this may appear costly or impractical on the surface, modern technology may facilitate this process

**Table 4: Opportunities as ranked by service providers, in order of importance, by County**

*Responding to the question: Listed below are a number of services or opportunities that are – or could potentially be – made available to youth. Please tell us how important you think each of these is to the successful nurturing of children, youth, and families in your County*

*\* i.e. sport and recreation opportunities was the 3<sup>d</sup> most important opportunity in Digby County (tied with extra-curricular opportunities), the 4<sup>th</sup> most important in Yarmouth County (again, tied with three others), and the 3<sup>d</sup> most important opportunity in Shelburne County (tied again). The ‘Overall’ column is simply a combination of all three Counties*

Answer Options	Digby County	Yarmouth Co.	Shelb. County	Overall
A safe place for youth to go who have an unstable home environment	1	1	1	1
Extra-curricular learning/educational opportunities	3	2	3	2
Youth groups and clubs	6	3	7	5
Sport and recreation opportunities	3	4	3	4
A place youth can go and hang out	6	4	11	6
Broader exposure to career opportunities that fit their skills, abilities, and passions	2	4	5	3
Opportunities to participate in or create a community project that matters to them	10	4	2	9
More opportunities in the arts (music, writing, art, drama, dance, etc)	9	8	5	9
More peer support (i.e. peers that children and youth can talk to about difficult situations)	8	9	8	7
Opportunities to volunteer in the community	13	10	11	12
More adults or professionals youth can talk to about difficult situations	3	10	8	7
Opportunities for youth to work side-by-side with adults	12	10	8	11
Opportunities for youth to participate in decisions made by local communities or local governments	15	13	13	13
Opportunities to travel and be exposed to new cultures	11	14	16	14
More part-time work opportunities (i.e. night and weekend jobs)	13	15	14	15
Opportunities to start a business or become more entrepreneurial	16 (3.25)	16 (2.96)	14 (3.44)	16

Just like the students, service providers across the Tri-Counties indicated their top priority was for youth to have a safe place to go outside of school. Although they were not asked to elaborate on what such a place might look like, the fact that both students *and* service providers are saying this should send a clear message to CAYAC (which we will explore further in our recommendations).

What makes this table a little bit more difficult to interpret, as you may notice, is the extremely small variation between the top and bottom priorities. Once again, opportunities were evaluated on their own merits, and not ranked against other opportunities. However, this could also be considered a signal that any opportunity CAYAC chooses to address would be well received. Indeed, there was not a single opportunity which received a score of less than 2.96 out of a possible 4.0.

# Conclusions, Observations, and Recommendations for CAYAC

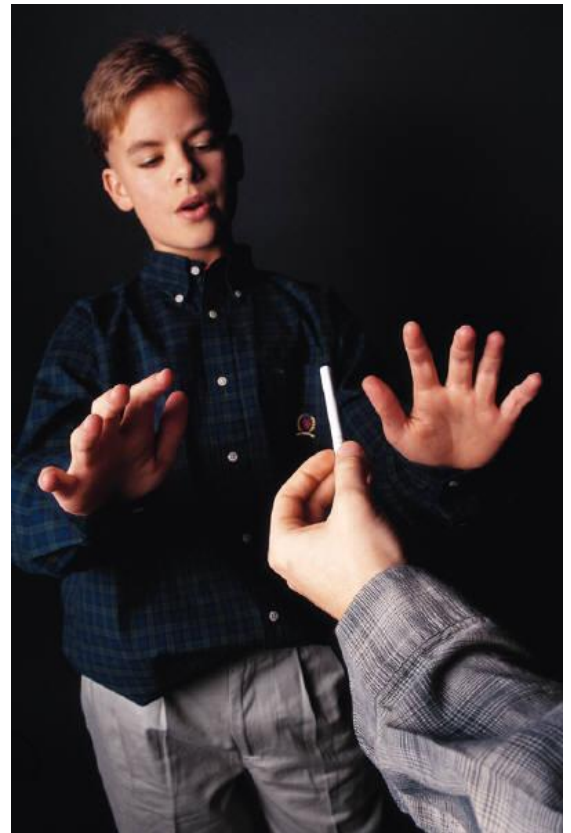
## CONCLUSIONS and OBSERVATIONS

### 1. Difficult to pinpoint a 'smoking gun' issue

Throughout the course of our various consultations and surveys, it proved very difficult to identify one single issue so large, obvious, and pointed that it calls for immediate action at the expense of all other issues. Although the tables seen earlier in the report provide some strong indications of community priorities (i.e. a safe place to go after school, alternate living arrangements for children with unstable home environments), it truly depends on who you ask. Naturally, all of these opportunities seem – on the surface – to be important, and indeed each one *is* important to somebody (different people – even service providers – have had different experiences with these various issues and opportunities and would prioritize them differently.) That being said, almost all participants were sympathetic to all issues, and almost all opportunities were generally looked upon favourably.

### 2. Issues are generally consistent across the three Counties, and 'haven't changed much'

One of the most common remarks we heard during our research – particularly among service providers – was “these are the same old issues we’ve always been dealing with”. Although these remarks are understandable, we believe they indicate some level of frustration among service providers as they continue to see the same issues prevail. One possible suggestion for CAYAC, as you will see in the recommendations, is to illustrate measurable progress in one or more of these problem areas. We believe this would give service providers and community leaders much-needed reassurance that their efforts are indeed making a difference. It is also interesting to note that – with a few exceptions (which have been noted) – there was very little variation in issues and opportunities between Counties. This is – inherently – neither a good thing nor a bad thing, simply an observation.



Although the issues threatening youth have not changed significantly, there is a real perception that they are growing. Alcohol, drug use, smoking, and teen pregnancy are all seen as major issues in the Tri-Counties

### 3. Service providers and publics generally feel over-consulted, under-served

Interestingly, many of the service providers indicated they are experiencing a little bit of 'consultation fatigue' (many participants expressed this directly). That is, being consulted on the issues facing children, youth, and families in their region without any direct feedback or action from the consultant (in this case, ACSBE or CAYAC). However, upon further reflection we believe that it is not – in fact – over consultation that is proving frustrating, but rather the lack of perceived action emanating from the consultations. We draw this conclusion from the fact that – almost unanimously – service providers expressed a desire for more (not fewer) opportunities to get together with each other to discuss issues and opportunities. Furthermore, they indicated they would feel very positive if CAYAC representatives attended their individual organizations' meetings on a regular basis.

In this sense, we would suggest that service providers are feeling over-consulted on a macro scale (i.e. a consultant soliciting their opinions on general issues), and yet under-consulted on a micro scale (i.e. CAYAC coming and meeting with them one-on-one). We will discuss the ramifications of this observation later in the recommendations.

Finally, we have little evidence to conclude that – overall – the general public also feels over-consulted. Although it is true that perhaps it was the consultation *method* that did not generate public engagement, it may also be that the public is increasingly being invited to public forums such as these, and simply cannot attend them all.

### 4. Perception of problems facing children, youth, and families may be different from reality (no statistical evidence to support findings).

Although ACSBE has made a diligent effort to provide the most accurate and relevant information to CAYAC, it is also true that this report's findings cannot be considered statistically relevant by academic standards. That is, even though issues like teen smoking, alcohol, and sexual behavior are *perceived* to be paramount, we lack the data that would be required to prove this. Although we certainly place a tremendous amount of faith in the perceptions and



An overall lack of awareness may explain why students and service providers were at odds on the severity of youth homelessness in the Tri-Counties. While they may not be sleeping on the street, some youth do not have permanent housing.

observations of service providers, these observations remain mostly anecdotal based on their individual and organizational experiences. We also lack the information that would be necessary to measure the potential impacts of these opportunities and issues. For example, while service providers generally place a very high value on additional extra-curricular activities for youth, the net socioeconomic impact of this opportunity – compared to others – is not fully known. For CAYAC, this simply means that although this report is an excellent decision-making tool, it is not a statistically significant tool.

#### **5. Interconnectedness of issues makes cause and symptom difficult to verify**

As you review the many issues presented in this report (i.e. abuse, vandalism, racism, etc), you will also note that it is very difficult to delineate between the fundamental issues and the symptoms of the issues. For example, is teen smoking a root issue, or simply a byproduct of some other underlying issue? It is very difficult to know for certain, however we raise this point because there appear to be various opinions among service providers. Nevertheless, we do not see this as a major determinant in CAYAC's future decision-making.

#### **6. CAYAC not currently perceived as an active entity in serving children, youth, and families**

Service providers – as you have seen – were very eager to attend and participate in a thoughtful discussion about social issues and opportunities facing children, youth, and families. They brought to the consultations a wealth of good ideas and a real passion to create positive change. Unfortunately, however, is that CAYAC is not currently perceived as an active player in helping create this change. Throughout the consultations, we heard several comments such as *"I didn't even know CAYAC existed", "I thought CAYAC disbanded", or "I remember coming to a consultation with CAYAC a few years ago, but didn't hear from them again."*

Now, the good news in all of this is that CAYAC – in spite of its apparent lack of visibility – does not have a *negative* reputation. That is, nobody seems to be of the opinion that CAYAC is being unhelpful. They just aren't sure what CAYAC does, who is involved with it, or what their priorities are. We will address potential solutions to this challenge in great detail in the recommendations section of the report.

#### **7. Slight undertone of competition between service providers**

It is not at all surprising that – overwhelmingly – service providers voiced a dire need for additional financial resources to assist their clients and constituents. This is a common concern in the government and non-profit sectors that transcends any regional boundaries. Interestingly, however, is that while many service providers emphasized a need to work more closely together, there were – at times – suggestions that these organizations are competing for the same dollars. Although this was not discussed at any great length (as discussions of financial resources can easily monopolize time), it does speak to the need for CAYAC to promote closer



partnerships, joint projects, and less competition for increasingly scarce provincial, federal, and municipal funds. This will be discussed at length in the recommendations.

## RECOMMENDATIONS

### 1. Help youth find a safe place to go

<sup>5</sup>Although we have already seen that the issues and opportunities were ranked very closely



Helping create a safe living space for children with unstable homes should be a top priority for CAYAC

together (making it difficult to pinpoint one ‘smoking gun’ issue), the data we do have suggest at least one thing: the number one priority – in every community – is for CAYAC to help find (or advocate for) a safe haven for youth with unstable home environments. This opportunity was unanimously ranked #1 by students and service providers alike. It is for this reason that we recommend CAYAC immediately begins working to help resolve this issue in each of the three communities.

Unfortunately, this issue is not easy to resolve in the short term. When people

think of youth shelters, they naturally think of shelters that tend to be expensive from both a capital cost and operating cost

perspective. And although the process seems to be well underway in Yarmouth (by the Supportive Housing Youth Focus Team, or SHYFT), such does not appear to be the case in Shelburne or Digby County. We believe CAYAC has an important role to play in this process, primarily through advocacy and support (which should help secure the funding required to secure such a facility).

It is also important to note that a youth shelter is – in some respects – a treatment of a symptom rather than a root problem. Although this does not change the urgency with which such a facility is required in the short-term, CAYAC may also choose to focus on other issues such as early childhood intervention or parenting programs. These services, while often less urgent, are likely important in preventing the long-term need for youth shelters.

<sup>5</sup> <http://myfeetarentugly.com/blog/wp-content/uploads/2009/04/parents-fighting.jpg>



## 2. Go for small, tangible wins in the short-term

Two things – above all else – became very clear during our consultations. First, is that CAYAC is an organization recognized to have tremendous *potential* to add value to local service providers and residents. Second, is that the next time these service providers hear from CAYAC, they would *really* like CAYAC to be at the ‘action’ stage.

Right now, most service providers are *feeling* overworked, understaffed, and underfunded, and it is with this in mind that we recommend that CAYAC focuses on small, specific, highly time-bounded, and visible opportunities in the short-term. Although it’s true that these smaller opportunities may not have the long-term impact CAYAC may want, service providers are suggesting this is what they want and need to see. Truly, they want to see CAYAC ‘rolling up its sleeves’ to do some very specific tasks. This point was driven home in one consultation when a participant said “I’m not even that concerned about *what* project CAYAC chooses to work on, as long as they do *something*”.

The facilitator looked for confirmation that this represented the general viewpoint of the group, and the group seemed to agree.

So, what are these potential short-term projects? Although there were numerous suggestions during the sessions, some examples include: creating a comprehensive resource guide or director for children, youth, and family services, hosting further networking events for service providers, identifying funding for a local kids’ help phone, establishing a regional newsletter, creating a ‘clearinghouse’ of website for resources, or arranging more student volunteer opportunities (either NSCC or high schools)



Opportunities in the arts - music, drama, fine art - were ranked highly by students in the Tri-Counties.

## 3. Communicate with service providers regularly

In order for CAYAC to build the trust and respect of service providers on an ongoing basis, it is very important that the Committee creates a mechanism or system for communicating with the service providers on a regular basis. This will help reassure service providers that CAYAC is a stable and dependable organization that will serve as a proactive resource for them. Although we have already discussed the possibility of creating a regular (monthly, bimonthly) newsletter, CAYAC should also consider having its members regularly visit (or at a minimum call) different

service providers in the Tri-Counties. The nature of these visits needn't even be formal, as long as they give the service providers ample opportunity to raise their ideas and challenges with CAYAC. An important add-on to this recommendation, of course, is that CAYAC must be prepared to take some type of action based on the feedback they receive at these visits. Even if it is not CAYAC that tackles the issue that is raised (and indeed, most often it won't be), it is important for CAYAC to always ask "who *could* help with this issue" and "can CAYAC do anything to help with this issue?" In this sense, CAYAC may discover a valuable role as a 'connector' or as a champion for ideas that exist within an organization without the resources to explore it.

#### 4. Build trust and understanding between service providers through networking

As we saw earlier, many people in the community are somewhat unaware of what CAYAC is or what it does. This was not completely surprising. What is perhaps more troubling, though, is that many service providers indicated they are unaware of *each other's* roles in the community. That is, it appears that in the process of serving their clients and constituents, service providers may lack adequate opportunity to catch up with other organizations. This has all sorts of potential consequences, such as missed opportunities, program and service overlap, and perceived competition.

Although CAYAC cannot entirely solve this problem, we believe there is a real opportunity for them to take a leadership role on this issue. In fact, they are perfectly positioned to do so. Specifically, we recommend that CAYAC organizes quarterly or semi-annual, face-to-face networking event between all relevant agencies or service providers. This networking opportunity needn't be a full-day (and probably shouldn't be), but

should provide each organization

with an opportunity to: (a) meet and talk with new people (b) share their success stories (c) gather input for their programs or ideas (d) discuss funding opportunities and (e) engage in some type of professional development/skill building activity. Of course, it would be incumbent upon CAYAC to ensure these sessions are well organized, well promoted, relevant, and that they amount to more than simply an informal 'meet and greet'.



There is a clear need and desire among service providers for further networking and professional development opportunities

**5. Propose inter-agency opportunities that individual organizations may not see**

One of the expected by-products of communicating with service providers regularly is that CAYAC will be able to identify joint programs and partnerships between organizations. Although this will not always be an *easy* task, we believe it would be highly valued by service providers and would further CAYAC's reputation as a collaborator and matchmaker. These potential inter-agency opportunities may simply be a new idea that emerges, or may be an opportunity that responds directly to a local or provincial government priority. In this respect, it is very important for CAYAC's members to remain current in knowing these government priorities (i.e. funding programs, goals) and communicating them in a timely manner to service providers.

**6. Identify, publicize, and lobby for financial resources (lobby for sustained funding)**

Many of the 90+ service providers we consulted with are really counting on CAYAC to identify and lobby for financial resources to address the key issues in each community. And with the help of the student surveys and service provider input seen earlier in this report, we now believe CAYAC has a good working knowledge of what those issues are. Simply put, some of these agencies and organizations – on their own – lack either the human resource capacity or political connections to influence change or action at a high level. It is perceived – or at least hoped – that CAYAC, due to its direct mandate from the province (as part of its child and youth strategy) will be more successful in lobbying or advocating on behalf of the Tri-Counties than any single organization could on its own. ACSBE believes there is a real opportunity here, although it should be noted that too much energy spent here may offset CAYAC's ability to make short-term, manageable gains discussed in Recommendation 1 (above).

**7. Consider opening the Committee to be more inclusive**

Currently, the Tri-County Child and Youth Action Committee is comprised of 19 members

representing a variety of agencies and organizations across Shelburne, Yarmouth, and Digby Counties. This includes individuals from the RCMP, various recreation and health departments, community service organizations, and school boards. Together, these individuals represent a wide cross-section of interests and viewpoints, and CAYAC does not immediately appear to



**More than anything else, youth in each County have expressed their desire for a safe place to 'hang out' with their friends**

exclude any particular segment of people who service children, youth, and families.

Nevertheless, several of the participants within the service provider consultations expressed concern about how the members were selected. More importantly, though, many indicated they would be interested in serving on the committee if the opportunity arose. This is a very encouraging sign, and we would recommend that CAYAC at least *considers* expanding the membership of the group. This would likely result in greater community buy-in for the Committee, and ultimately better results. Although it will not be easy to determine how (and if) to restructure the membership, CAYAC might want to consider at least adding more positions.

Finally, in keeping with this discussion, several participants indicated they would like to see members of the general public represented on CAYAC, as opposed to simply service providers. This, they felt, would help CAYAC better represent the interests of the general community, and see the issues from a different perspective. This, of course, is CAYAC's decision to make.

#### **8. Promote CAYAC's specific, measurable achievements**

Although it may appear a bit self-serving, we strongly recommend that CAYAC works hard to promote or highlight its achievements in the community. While it is inherently difficult to do this, we believe it is important to remind the community of what CAYAC is and – more specifically – what it has done. It is especially important that CAYAC is able to tie this into Recommendation 1 (above), by promoting measurable, specific things that have been accomplished as a result of its work.

A good example of this would be to promote something like: CAYAC assisted Organization X in acquiring \$10,000 in funding to deliver Y project. This would be in contrast to promoting something much more unclear like: CAYAC continues to work hard at all levels of government to advocate for youth issues. While this may be true, we believe that constituents would like to see achievements and outcomes that are more specific (in contrast to ongoing efforts that may or may not be creating change). This does not mean CAYAC cannot also promote their ongoing efforts, however we believe the promotion of tangible achievements and actions in the short term will be more effective.

#### **9. Provide support for existing infrastructure and successful organizations**

Interestingly, during our consultations, we had to work very diligently to keep participants focused on solutions and not simply problems (although properly identifying the problems unquestionably important). This is probably due to the natural human tendency to focus on what you don't have rather than what you do. Nevertheless, it is extremely important to point out that the participants do feel – overall – that there are many excellent programs, services, and infrastructure in each of the regions. For example, they cited many positive sports organizations, recreation facilities, youth leaders and influencers, and extra-curricular opportunities.



The reason for pointing this out is that there *seemed* to be more of an interest in CAYAC identifying and supporting these community pillars, in contrast to seeking to create new ones. In this sense, there was a general feeling of ‘let’s build on our strengths’ as opposed to ‘let’s cover our weaknesses’. From a practical standpoint, perhaps what this means is ‘let’s try to get more funding for a successful community program’ as opposed to ‘let’s scrap what we have and create new programs or initiatives.

**We strongly believe CAYAC will achieve its greatest success by supporting and listening to existing service providers, as opposed to pursuing its own programs or initiatives that serve youth directly.**

#### 10. Attempt to identify and enlist additional youth mentors and leaders

In each of our service provider consultations, several participants lamented that there were no youth present. According to one participant:

*“We (service providers) are all sitting around here trying to figure out how to better serve youth, but there are no youth here. It doesn’t make sense. The only way to know what they want is to ask them”*

This was not an uncommon sentiment, as many other participants expressed the same need. Of course, ACSBE was quick to point out that we had tried to engage or “ask” the youth by way of public consultations, but that up-take was almost non-existent. We also explained that we would be conducting anonymous surveys of youth in each of the Counties, and participants were generally interested in hearing the results (which we hope CAYAC will choose to share with them)



**Connecting with youth and building their trust is challenging at the best of times. CAYAC may be well served by initiating teen mentorship programs such as GirlsQuest, which provides positive female role models and strong support structures to motivated teenage girls who are ready to explore who they are and discover their community.**

The reason for raising this point is because many adult service providers within government or non-profits – by their own admission – find it challenging to engage youth and acquire their candid feedback. However, based on the consultation feedback, we do believe there is a way to engage youth effectively, and that is by identifying and enlisting more youth leaders. A youth leader, loosely defined, is someone in the community who:

- Tends to be younger themselves (probably 25-40), although this isn't always the case
- Is perceived by youth as being non-partisan and non-judgmental
- Is passionate about working with youth and serving as a mentor
- Is able to communicate with youth on a peer-to-peer level, as opposed to an adult-to-youth level
- Has – through his or her actions – earned the trust and respect of youth in the community

Identifying and enlisting these types of individuals is clearly much easier said than done. However, one particular individual within Yarmouth County was cited as an exemplary youth leader, and his name is Josh Purdy. Josh is the Executive Director of the Split Rock Learning Centre, where he works one-on-one with youth in a number of ways, including: counseling, job search, advocacy, referral to other organizations, training and just quite simply being available for the needs of young people in Yarmouth as they arise. Our recommendation in this case would be for CAYAC to work with its community partners to identify, seek funding for, and enlist more youth leaders like Josh. It is a very rare that someone is able to connect with and inspire change within struggling youth, but it appears to have proven highly effective.

#### 11. Work to address regulatory barriers that prevent collaboration between agencies

As we saw earlier, some service providers feel as though they are operating in relative isolation

from one another. That is, they are at times unaware of other service providers' projects, initiatives, achievements, and challenges. We have discussed this at length and have proposed specific solutions. What is perhaps more troubling, though, is that some service providers wondered aloud whether this challenge was caused by flaws in the system. One participant stated that there may in fact be disincentives for greater collaboration between agencies and service providers. To illustrate this point, the participant spoke of increased client confidentiality regulations which – while logical on the surface – sometimes prevent them from disclosing important information to another partner organization that could better serve the client.



Regulatory red tape and competition for funding is perceived to prevent collaboration between service providers. CAYAC can help reduce this not only by advocating to governments departments, but by bringing service providers together to seek joint opportunities.

Another participant noted that current service funding agreements do not always reward an agency for making appropriate referrals. Instead, the participant suggested, these agreements often reward service

providers (through continued funding) based on measurements that focus on the volume of service rather than the quality of service. As more and more organizations compete for a finite amount of funding, this may encourage them to compete for clients rather than making a good decision that is not in their self-interest.

In reflecting on these points, we are compelled to point out a few things. First is that – for the most part – this is anecdotal evidence. This was not a subject that was explored in great depth within the consultations, and therefore must be considered carefully for its merit (however, it was a suggestion that most service providers appeared to agree with to some extent). Second, it is not entirely clear what ability CAYAC would have to influence change in this area. While it is true that CAYAC should be promoting better partnership and collaboration between service providers, advocating for legislative or regulatory changes to ease this challenge may prove difficult.

## **12. Create an inclusive resource guide for all things related to children, youth, and families**

As we briefly discussed earlier, we believe a good – and measurable – first step would be for CAYAC to create and disseminate a thorough, user-friendly resource guide for all services and programs available to youth and families. Such a resource should – or could – include:

- A full directory of service provider agencies, complete with contact names, staff pictures, locations, websites, email addresses, phone numbers, hours of operation, and insight into what the organization does.
- Stories or testimonials from youth who have successfully accessed these services (if the youth are willing)
- Tools and/or articles that would help youth make decisions on issues such as whether to seek assistance, career planning, mental health, etc. These may be in the form of articles, self-assessments or checklists
- A full list of facilities and non-governmental programs (i.e. recreation, church groups, etc) available to youth and families

Although resources like this have surely existed in some form before, the challenge is that – due to changes in organizations and programs – they are not current. In this respect, we feel it would be necessary for CAYAC – if they choose to undertake this project – to commit the time to annual or semi-annual updates. Indeed the time commitment required to maintain a resource of this magnitude should not be underestimated. A loose framework or model to start with – although not entirely sufficient – would be the Alberta Youth Services Directory, which is made available by the Alberta Children and Youth Initiative. It can be seen at the following address:

[http://www.child.alberta.ca/home/documents/youthprograms/Youth\\_Directory\\_FINAL\\_November\\_20061.pdf](http://www.child.alberta.ca/home/documents/youthprograms/Youth_Directory_FINAL_November_20061.pdf)

## What Should CAYAC do now?

The Tri-County Child and Youth Action Committee now has some very important decisions to make. These decisions will not only shape the community's perception of the organization, but – more importantly – will determine how well children, youth, and families in the Tri-Counties are served into the future. In the end, it is imperative to remember that this project is all about creating positive conditions for children, youth, and families. Although much of our report has been focused on the viewpoints of service providers, CAYAC must always keep in mind that this is only a *means* to achieving its ultimate vision, which is:

**That children and youth are healthy, safe, nurtured, and responsible – and given the right opportunities to be the best they can be.**

In this report, we have presented the issues and opportunities as seen through the eyes of CAYACs stakeholders (service providers and youth). We believe that although much of the evidence remains anecdotal (as opposed to statistically conclusive), CAYAC has some firm marching orders. We believe after reading this report, you will agree. However, it is now time for CAYAC to make decisions and spring into action, and it is important to consider what that decision-making process should look like.

We believe that as CAYAC evaluates opportunities based on this report, they should ask themselves a series of questions:

1. First and foremost, **does the opportunity match with CAYAC's vision** that children and youth are healthy, safe, nurtured, and responsible – and given the right opportunities to be the best they can be?
2. **How many of the eight priority areas** (identified by the Province of Nova Scotia's Child and Youth Strategy) does this opportunity meet? These are: school readiness, mental health, youth involved in crime, physical activity, low income families, dropout rates, youth homelessness, and youth volunteering).
3. **Which regions (within Shelburne, Yarmouth, and Digby Counties) will benefit the most** from this opportunity? Which ones – if any – will benefit the least?
4. **What evidence is there** in this report that suggests this opportunity is worth pursuing?
5. Does this opportunity address a **short-term/urgent need**, or is it focused on resolving a **long-term issue**?
6. To what extent does CAYAC have the **human resource capability** to realistically seize this opportunity?
7. **What financial resources will be required** to pursue this opportunity effectively? Is that realistic?



given our current circumstances? Who might be willing to fund this opportunity?

8. **Which service providers or community partner organizations should we be including** in the pursuit of this opportunity? How can we include them or get them involved?
9. What are the **potential risks and barriers** to pursuing this opportunity?
10. What are some of the **specific, measurable outcomes** that we would hope to achieve by pursuing this opportunity?
11. **Is this the right time** to pursue this opportunity? Has the right time passed? Is the right time sometime in the future?
12. Would any of our **stakeholders NOT support this opportunity**? Why?
13. **Does this opportunity have an internal champion within CAYAC**? Who will take ownership of this opportunity and see it through to a successful conclusion?
14. What is the **best case scenario** for this opportunity (if it turned out exactly as we hope)? What is the **worst case scenario**?
15. What other organizations or individuals in the community are already working towards this same outcome? **What is the partnership opportunity**?

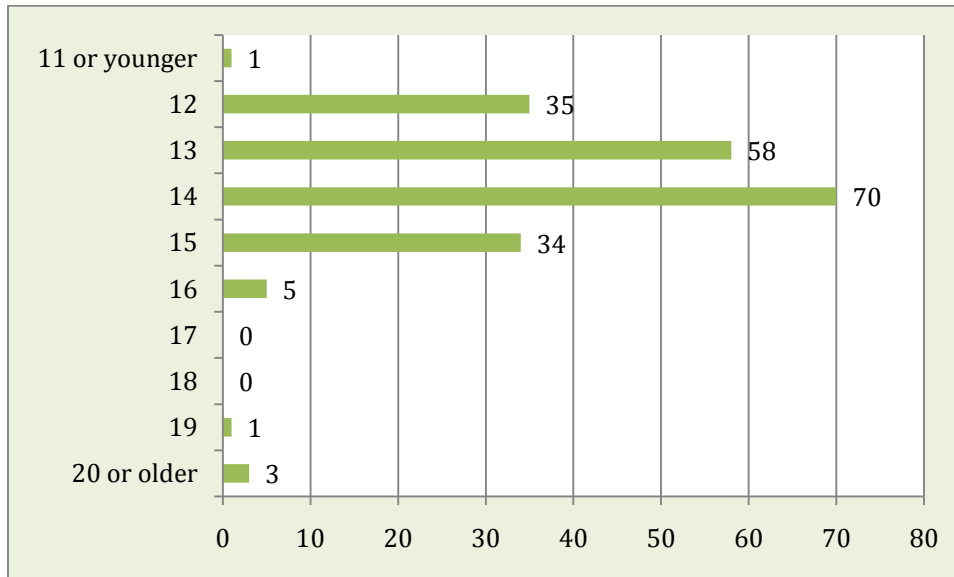
We believe that these thirteen questions should serve as the ‘reasonability test’ for all opportunities CAYAC considers pursuing. If the Committee can successfully answer these questions to their liking, we believe that CAYAC has found an opportunity it can pursue and truly ‘hang its hat on’ in the future. These questions not only help CAYAC determine whether an opportunity aligns well with the community’s needs, but will also help measure it against the Committee’s resources and capabilities.

The ball is now firmly in CAYAC’s hands. We believe the Committee has extraordinary potential to make a difference in the lives of youth, children, and families in Shelburne, Yarmouth, and Digby Counties. It is clear that the organization is comprised of highly capable individuals who have the capacity to drive change and progress. More importantly, it is comprised of individuals who are passionate about the cause. They believe in a better and brighter future for youth and children, and are willing to act in order to ensure it.

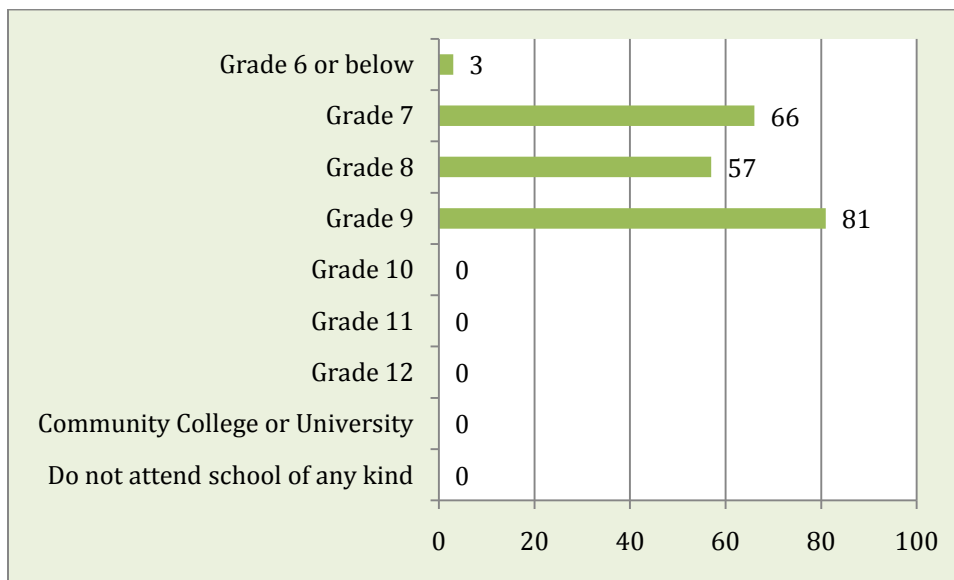
We now invite you to review the Appendices, where you will find a great deal of information in its unfiltered or ‘raw’ format. Although there are nearly one hundred pages of appendices, we believe it is important to keep them and refer to them on an ongoing basis.

## Appendix A: Student Survey Results – Yarmouth County

**How old are you?**

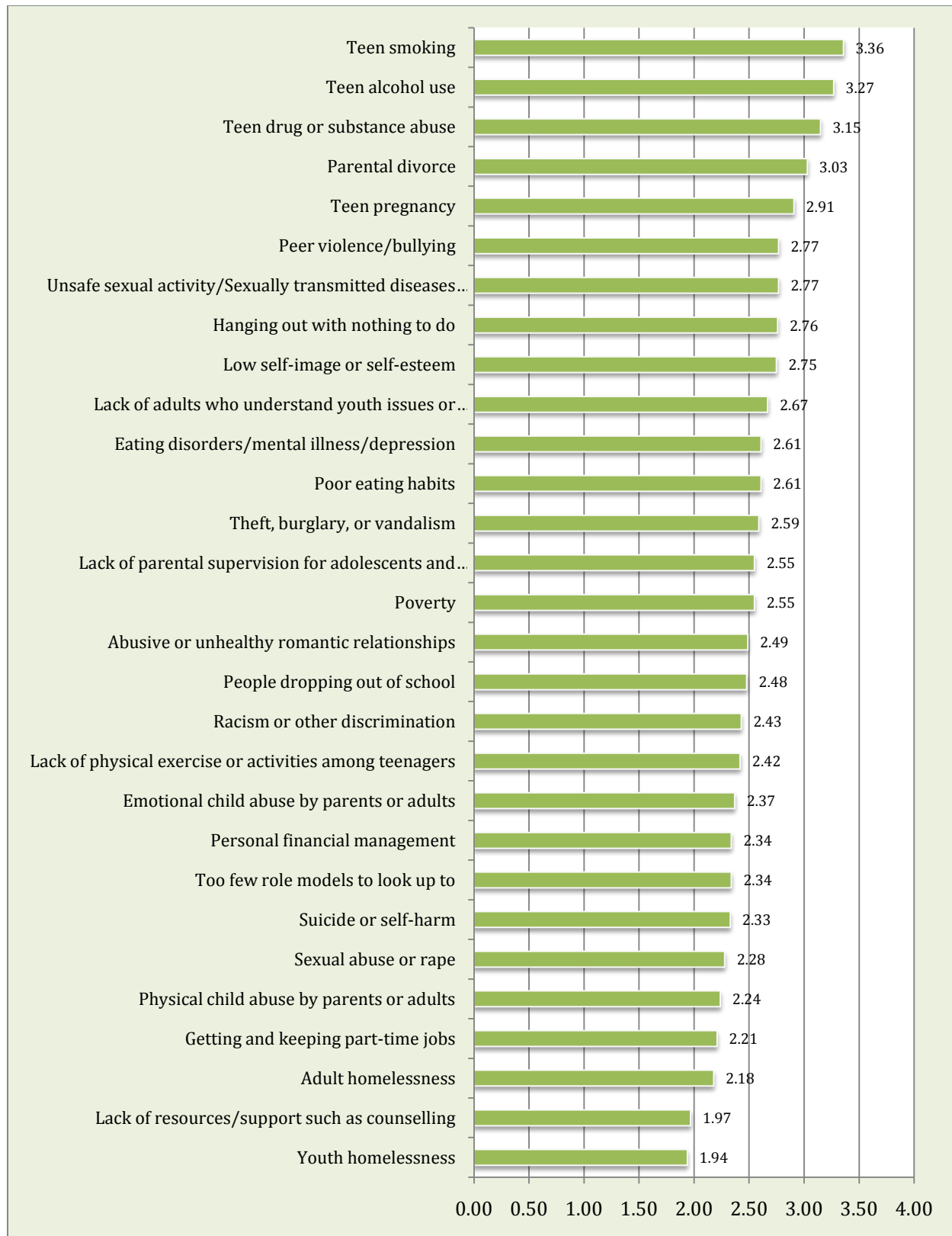


**What grade are you in?**



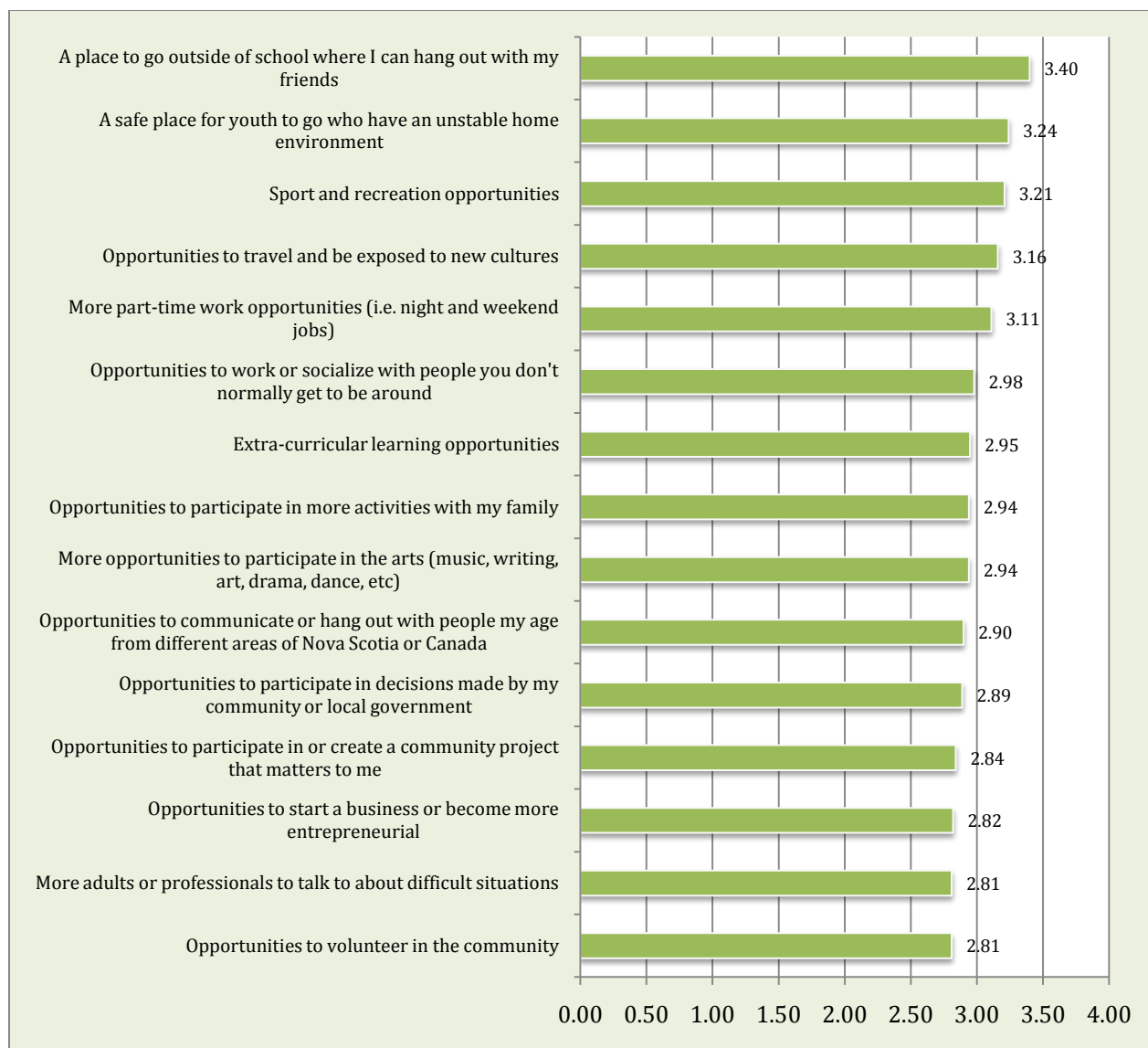
**Listed below are several social issues that sometimes affect youth in a negative way. In your opinion, how big is each of the following issues for people your age in your County right now? (I.e. if you think people in your age group are greatly affected by these issues, check 'a major problem')**

Answer Options	Rating Average
Teen smoking	3.36
Teen alcohol use	3.27
Teen drug or substance abuse	3.15
Parental divorce	3.03
Teen pregnancy	2.91
Unsafe sexual activity/Sexually transmitted diseases (STDs)	2.77
Peer violence/bullying	2.77
Hanging out with nothing to do	2.76
Low self-image or self-esteem	2.75
Lack of adults who understand youth issues or struggles	2.67
Poor eating habits	2.61
Eating disorders/mental illness/depression	2.61
Theft, burglary, or vandalism	2.59
Poverty	2.55
Lack of parental supervision for adolescents and teenagers	2.55
Abusive or unhealthy romantic relationships	2.49
People dropping out of school	2.48
Racism or other discrimination	2.43
Lack of physical exercise or activities among teenagers	2.42
Emotional child abuse by parents or adults	2.37
Too few role models to look up to	2.34
Personal financial management	2.34
Suicide or self-harm	2.33
Sexual abuse or rape	2.28
Physical child abuse by parents or adults	2.24
Getting and keeping part-time jobs	2.21
Adult homelessness	2.18
Lack of resources/support such as counselling	1.97
Youth homelessness	1.94



**The Tri-County Child and Youth Action Committee wants to help make more opportunities available to you and your peers. Some of these are listed below. Please tell us how important each of these services or opportunities is to you.**

Answer Options	Rating Average
A place to go outside of school where I can hang out with my friends	3.40
A safe place for youth to go who have an unstable home environment	3.24
Sport and recreation opportunities	3.21
Opportunities to travel and be exposed to new cultures	3.16
More part-time work opportunities (i.e. night and weekend jobs)	3.11
Opportunities to work or socialize with people you don't normally get to be around	2.98
Extra-curricular learning opportunities	2.95
More opportunities to participate in the arts (music, writing, art, drama, dance, etc)	2.94
Opportunities to participate in more activities with my family	2.94
Opportunities to communicate or hang out with people my age from different areas of Nova Scotia or Canada	2.90
Opportunities to participate in decisions made by my community or local government	2.89
Opportunities to participate in or create a community project that matters to me	2.84
Opportunities to start a business or become more entrepreneurial	2.82
Opportunities to volunteer in the community	2.81
More adults or professionals to talk to about difficult situations	2.81



**Are there other opportunities you would like to see more of for people your age? If so, please tell us about them below.**

More recreation groups or hang out spots.

I personally would like to see more variety of sports outside of school.

Anything that could bring a community together and make it stronger!

Sports, physical activity

I wish younger people like my age could get jobs.

We have lots of sports, we need more arts stuff.

More available counseling for sure!

Helping needy people.

More arts such as painting, drawing, coloring.

There should be opportunities to get out and ride horses.

More different coloured yoshis.

Zelda Speedrun  
Checkers anyone?

**In your opinion, what is the single biggest challenge facing youth in your age category today?**

Doing drugs, smoking, that sort of thing. I guess police could work hard to catch drug dealers. I don't really know much about it.

Peer Pressure. Can't fix peer pressure.

Smoking and drinking. Parents should pay more attention.

We need better places to hang out; etc skate park better gym, bigger mall.

I don't know.

Peer pressure.

I would say racism or other discrimination is the biggest challenge facing youth but just realize that everyone is equal and should be treated that way.

I think it would be teen alcohol use. We can make it a bigger law about not drinking until a certain age and use bigger consequences if caught.

In my opinion the biggest thing is poor eating habits.

Self-esteem, kids that might not wear name brand clothes probably have low self-esteem or can't fit into them. People shouldn't care about name brand clothes; it's only something you wear.

Teacher to student abuse, mostly emotional.

Youth drinking. I have no clue how to fix it but it needs to be stopped.

Smoking, drug/alcohol abuse.

I think the biggest challenge facing youth is the use of drugs and alcohol.

Drug abuse.

Teen drinking.

The biggest would probably (not in my situation, but in some around here) people don't care if they are sexually active. It can harm you! But so many individuals do it. I don't know what can help it, but something has to be done!

Nothing comes to mind.

Dealing with parents.

Poverty and I don't know.

Money: Job

Education: School

Drug abuse.

Teen drug use and teen smoking which leads to poverty.

Unsafe sex.

Alcohol and drug abuse. More parents supervision/caring.

People smoking, people can try to not let them smoke and when they see them stop them.

Everyone trying to fit in with the "in crowd". There really is no "in crowd".

Not enough time for sports, school, work, relationship.

In my opinion, the single biggest challenge in my age category would probably be feeling good about yourself, self-confidence and pregnancy.

Teen drama.

Peer pressure and you could just talk to them.

Violence, call someone.

Looks, racism.

If everyone could get along.

People saying bad stuff about other people and they can't help what's wrong with them. You can't help it if you can't change.

A lot of racism/bullying. Not sure what can be done to fix it, all I know is it's not right and how to stop it!

Sexual activity.

I think the biggest challenge for me is family issues, like parents fighting, divorcing and when you are old enough to decide which parent to live with.

Bullying/racism. For teens to start understanding that we're all the same.

Hanging out with nothing to do because there aren't a lot of things to do in Yarmouth. The solution is simple- bigger malls, movie theatres, restaurants, more activities.

I personally think teen drug/smoking is the biggest at my school.

There's a fair bit of people that smoke. I don't know why or how to help fix it.

Poor eating habits.

For me the hardest things to do today would be juggling life, school work that has to be done, but I have swim practice and don't get back until 8 at night. Sometimes I don't get enough sleep.

Smoking/drugs

Racism or something. Don't let students do so.

Alcohol, drinking. Kids don't realize what it can do, but if we tell them we can help!

Smoking, alcohol. More education about it.

Teen smoking, alcohol. We can do almost nothing.

I think one of the problems my age group faces is dropping out of school because they won't have a education and will increase poverty and homeless problems.

Swearing. I don't know how you would fix it.

No matter what girls do, guys always have to say something sexist or mean to them and nobody stops them.

There is quite a bit of drug use and I do not know how we could change it.

Bullying.

Teen alcohol and teen smoking in the worst in my school.

I think a big problem is fighting or bullying and something that could help stop this is standing up for yourself.

Doing drugs and partying.

I think the biggest problems are not having a lot of stuff to do, or trying to manage school, home, work and sports.

Homelessness.

Drugs, alcohol, poverty

Bullying: home by siblings, school by "friends", bus by teenagers, internet by msn and email. To fix:



more group games/projects to gain trust. A get to know day.

That there are people in the young age like teens, and preteens, who are deciding to smoke, and that if kids are smoking, how are they getting the cigarettes.

Parents listen, but they're doing it all wrong! If you think you force your kids to do stuff or scare them into doing things instead of talking to them nicely, well, after they're 18 you probably won't hear from them EVER again. Just talk to them nicely, don't get angry.

In my opinion, fitting in and having friends is kind of hard. There's not much to fix, it would be nice if some people were nicer though.

Teens doing drugs, alcohol, cutting themselves. They have to be stopped; they're underage and can hurt themselves very badly. It's also bad for their health.

Poverty. More programs like the soup kitchen that happen more often, if everyone donated whatever they could, some money, old toys, books, clothes, etc. to people who need it.

There are not that many problems, but the biggest one is probably using alcohol.

I think the single biggest challenge facing youth is smoking.

In my opinion, the biggest challenge is to try and stay away from bullies, alcohol, drugs...to fix it would be to ignore the people at all times or contact a guardian.

Teen alcohol and drug use. I think they need advice from people who can connect and relate to, someone they can trust.

I think teens shouldn't be allowed to smoke near or close to a school.

Drugs, smoking, alcohol, sexual abuse (rape), the parents could be a little more protective.

A lot of teenagers smoke, drink, and do drugs. I think somehow someone can help.

Drugs and alcohol abuse.

Adults don't understand what we're going through.

I think the major problem is looking a certain way.

Coming from Elementary to Junior High is a big change so kids want to be cool in their new school so they will do drugs or alcohol to fit in with older kids.

I would say bullying would be a big issue.

Drugs for teens.

The biggest challenge facing youth in my age category today would have to be teen smoking!

Bullying- I don't know any way to fix it though.

The biggest problem is probably how many people only care about making themselves look good.

I think suicide or self harm. To help we could get them to join groups and meet new people.

Drugs and alcohol.

Trying to fit in sports/homework/friend and my chores all in one day. I don't know what would fit it.

People look to others for their well-being.

I don't know what it is.

Eating disorders.

They could be bored; there could be nothing for them to do.

Bullying. Teachers pay more attention to kids during classes.

Pregnancy mostly, I don't know what to do to fix it.

Nothing to do around town.

Spend more time with my family. Don't pay attention to the bad things they say.

High standards for grades and drugs.

I think parents should understand changes or decisions more better than making yours unwillingly. They should stop all drug dealers at all costs!

Not enough people ride horses and take care of cows. There should be more opportunities for kids that may not have enough money to take care of a horse or a cow.

The biggest problem seems to be peer pressure. Teens don't speak or stand up for themselves enough, so they should start.

Drugs. I don't think you can stop it.

Alcohol use, there is too much of it.

Lack of sport teams, get more coaches for different sports.

Lack of sports, people need exercise to stay healthy

Teen drinking, smoking, drugs being used too much.

1) Emotional child abuse by parents.

2) Teen alcohol & smoking.

Peer pressure. It could be more strict.

In my opinion, homosexuality.

Smoking is not. I think it could be fixed banning smokes.

The biggest challenge is laziness. To fix it we need sports fields.

Drugs and alcohol abuse by teens.

People doing drugs

Opportunities in community

Need more places to hang.

Under-age drinking. Don't let R&L deliveries go to kids.

Drugs and drama

? Peer pressure. I don't know, you tell me.

- Peer pressure

- Less bullying + more friends

Peer Pressure

Nothing to do.

Not much to do.

Sex, I think there's too much! Too many people having unprotected sex

Drugs, Alcohol and drama

No respect to teachers at school. Should make some strict rules.

Drugs, nothing is will always be a problem.

Drugs and peer pressure to do them. Rehab to fix it.

Drugs and peer pressure are the main ones in my opinion. There isn't much you can do.

Self-image

Self-image

Drugs

Fitting in with everyone, trying to act like them, peer pressure things.

Nothing to do

Teen pregnancies. Cheaper condoms would fit it.

School
Teen pregnancies, I think this could be fixed if there was more activities around.
Fighting peer pressure, and dealing with problems in the household.
Lack of respect to teen girls.
Parents divorced
Suicide is a challenge. Counseling may help.
Drugs. Ban all drugs from stores.
Underage drinking could be fixed by more supervision.
Bowser somehow always comes back. Get him his own princess so he stops bugging me.
I can't find Ganon. Find Ganor.
I don't know.
The rabid donkeys running around killing people.
I D K
Nothing.
I am not sure. I'm confused.
Smoking, I don't know I 'm just a boy.
Smoking and STO'S. I don't know what to do me special.
Drugs, cutting.
Teens having unprotected sex, and teen alcohol use.
Alcohol abuse/ smoking/ self esteem
I don't know.
I don't have a clue, sorry!
Well, have no idea.
To easy to get alcohol.
People who won't go to school.
I think counsellors would help it.
Drugs.
Nothing to do during the day.
Drugs, drinking, smoking, bullying, not enough to do.
The government took my dad's job on the cat boat!! The kids are not getting fancy stuff!
I think it could be theft. I've heard a lot of people talking about younger kids 13+ steal a lot.
Smoking, drugs, finding something to do, parents divorcing, bullying, racism.
Suicide or self harm. Youth face too much problems and have no one to talk to.
Teachers give homework.
No deal Howie.

**In your opinion, what would it take to get more youth (i.e. people in your age category) participating in volunteer opportunities?**

Skateboarding.
A facility to support our likes.
Money

Funner things to volunteer for.  
 Make it more interesting.  
 Discounts on stores.  
 Money.  
 Make them funner.  
 I think more of use would participate if we were with our friends and the things you would do would be fun.  
 If it was fun.  
 Make things a bit funner and interesting.  
 I think it would take their friends to go and sports activities.  
 Make them more interesting.  
 Motivation  
 A special thank you.  
 I know lots of kids at my school wouldn't do volunteer work at all.  
 Offer more choices in volunteering.  
 Make them funner.  
 Funner jobs to do or something interesting!  
 More variety.  
 If they knew it could help you get jobs in the future, or help on your resumes. They can make a difference in whether you get a job or not.  
 Have a fun environment with lots of people you know.  
 Something worth doing and interested in.  
 Funner, more amusing jobs to do.  
 Opening more teenage interesting jobs.  
 I'm not sure.  
 I don't know.  
 If it were something interesting that they liked they would be more involved.  
 Give them the benefits out of it, what it can do for you in the long run.  
 Help our school marks.  
 More volunteer opportunities! Make it more known that there are volunteer opportunities.  
 Rewards for their work.  
 Make it a fun job with a lot of people.  
 Offer money.  
 Fun activities.  
 More choices in volunteering places that teenagers would like.  
 It would take something really attracting and interesting for a youth my age to volunteer in anything.  
 It would take more activities with only one age group.  
 If kids my age want to volunteer, they will and if their parents want them to, their parents will bring them.  
 I don't know.  
 If things were more interesting or fun.  
 I think if it became more interesting or fun.  
 Maybe by showing that volunteering can be fun.

Make the volunteer work look fun, give something if you volunteer (prize).  
 If they were announced, or if they were something that interested teens more.  
 Maybe make the activities free of charge.  
 Fun things, if more people went.  
 Something that is fun.  
 Make an impact towards future jobs as in showing they were or weren't a good worker (showing up on time, doing as you're asked, responsible).  
 More fun opportunities.  
 A lot.  
 Make more opportunities and put a very large variety.  
 Creating work teens can volunteer in.  
 Create more fun ways to volunteer.  
 Volunteer.  
 Fun, money, younger age limits, more announcements in advance.  
 Maybe put things in those opportunities that kids like nowadays, like video games, sports, etc.  
 Let us have fun once in a while when we're on the job. It will get boring but we can just want the job for the fun of it.  
 If they were fun and for something youth actually care about.  
 If they get paid money to maybe help their families because they don't have a lot of money.  
 I personally enjoy volunteering, but perhaps an award or something would excite more youth to participate.  
 I think all you would need to do is make more opportunities.  
 Make it more fun.  
 Well, I think kids/teenagers my age would volunteer to go on trips or drama if things were free/not expensive and more amusing.  
 To try it once, I've volunteered and it was great!  
 Make some of the volunteering things more fun or exciting.  
 Energetic things like sports and games or headlines that are cool.  
 You have to be a good person (nice, smart, and good to work with...).

A more entertaining environment.  
 If they could get something out of it.  
 Make them fun.  
 If there was prizes or something to win involved. Like if the community needed a bigger courthouse and needed money they could get kids to raise money and who ever raises the most gets a bike or something.  
 Use stuff that we like or even love and try to make participating and volunteering sound or be even more exciting.  
 Make it interesting and fun.  
 More volunteer opportunities in our area.  
 I don't know, maybe if there was something in it for them or fun activities.  
 Well if you get a few people to do volunteer work, maybe their friends would do it and so on and so on.  
 Make it sound more appealing.

To go to a different place and to do fun stuff, or to raise money for other people.
To make the thing that we're volunteering in more fun.
To have rewards, or to make them enjoyable.
It would take a lot to make them volunteer.
Probably volunteering in the things that interest them.
If there are only people from your school there.
If it was to do with money and probably free stuff.
I think a skate park would be good.
Games, activities to win prizes, etc.
Make it fun.
Get other kids/teens to teach activities for kids/teens. Most kids like arts.
To make volunteer opportunities that they are interested in.
Sports.
Make the opportunities things youth would be actually interested with.
Get more activities teens enjoy doing.
I don't know.
A prize to participate
People in my age category will probably not want to volunteer.
I don't think anyone has time to volunteer.
More fun things to do after school. We need more activities.
More fun things to do. Something in their interests. Like more than one school dance.
To add staff that other people like too.
For me, it's knowing that I'm helping someone.
Add more skate parks and sports fields.
Less surveys like this...I am just saying
Most youth don't like to volunteer for things. The only way they will if they don't like to is if their parents make them.
forget
More appealing jobs.
I don't know.
Volunteering is boring, it is a complete waste of my time.
Make it fun and interesting!
It's easy.
A lot
I don't think anything would be effective because it's a personal choice, you shouldn't be forced to do that.
Make them more fun and interesting.
To be fun?
If it was more fun, nothing lame and you could bring friends.
I don't really know.
I don't really think you can force someone to do something that they don't want to do. But, if they do volunteer, you must like it, that's better than nothing.
Snacks

I don't Know
A lot
Give us choices.
Prizes and Food
Make things shorter and coolers, more choices.
Offer transportation, give rewards, and make sure the activities are entertaining.
Make them more interactive, and to participate with friends.
Money
Make it more fun.
Make the activities more fun.
If they were more fun. Hope people want participation.
More positions.
Virtual Mario party.
Get a horse.
I don't know.
More chicken.
Nothing. :)
I don't know.
If you pay them all love doss.
Mug them
To pass them lots of money!
Pay them.
Being paid because work isn't free.
Get them into a group or club.
I don't know.
Make different volunteering jobs that the youth are interested in.
I don't know.
No idea.
Money.
Seniors Home moving lawns
To have more volunteers opportunities.
Pay them.
It's not important to my age group.
More movies, a bigger mall.
Yes but kids should have jobs and working for money. Age at least 13 - to older.
Free food!
To make it more fun or pick a good theme.
To be more fun. Things youth like/enjoy.



**The term 'youth engagement' is defined as "involving young people in the creation of their own destinies." If you were trying to explain to an adult or parent what it would take to better engage or interact with youth in your community, what would you tell them?**

To build a skate park.

Might as well build an indoor soccer pitch.

I don't know

No idea.

To talk less and listen more.

We need role models.

Getting more people to volunteer.

I would tell them to give me a chance to go out and have fun so I could meet people.

I don't know.

I think that they need stuff I'm interested in like sports.

I don't really know what I would say.

Not sure, don't really understand the question...maybe you should make it easier to read and understand these things.

Most kids don't want to. Not at my school at least. That doesn't mean it isn't important though.

Offer more.

Better pay.

Not sure.

To listen to what we have to say. Don't judge before you actually know what's going on.

To make things more interesting, especially at school.

Have fun and have a good, reasonable goal. Be kind and understand we are teenagers.

Not sure?

I have no clue.

I'm not sure.

I don't know.

I'd tell them to put together a sports day.

Make it fun.

I have no idea.

Be nice.

Help us.

I would say I would want to do what I love to do and I'd need your support to do so.

I would tell them that it's an opportunity to help young kids with goals in life.

I don't know.

Maybe if adults and youth could relate more.

Try and act normal, don't have a sudden sugar rush! Be nice if they are, if they are getting annoying tell them. You'll be great friends!

To encourage it more and to remind teens that they have to say in things too.

It is what youth enjoy doing I guess.

Be fun, out-going.

Have more activities in our area (air show, circus, more sports).

We need more places where we can be ourselves, other than school.

I'd tell them it's important for people our age to do stuff together, to hang out with people our own age, the people we like.

I would like to go and interact with my community.

Just talk to a youth like you would any of your adult friends.

That we need more jobs for kids 14 and over.

Sleepovers and maybe movie nights on weekends, just to hang out and chat but it's always either too expensive or they don't have the time.

I would tell them that "there is a group for kids to open up their dreams".

Make a place where adults and kids can go, then make a room where just kids can go but let the parents watch.

Not to tell us how to run our lives, but encourage whatever we choose.

As an example: The YMCA

You should let the teenagers, at least until the age of 13, come to your after school events because some teenagers have nothing to do after school or have nowhere to go.

I'd like to have a building where we could go and talk and dream and think. Where we would be safe and didn't have to worry about our problems.

I'd say that would help me on my way to being an adult and it could improve my skills.

Build an arcade at the mall.

I would tell them that there should be a place/club or that just teens could go out and have fun, mostly all the other clubs do not let people over 12 years old.

A sort of "youth town council" where teens can put in ideas to help our town.

I think youths need a place they can all go to and hang out. If somewhere it created like that maybe youths will get more ideas to do things and at the same time hang out with friends.

I would tell them that the energetic people of the youth would probably go to things that have sporty words in the headlines.

I think that we need more groups to socialize with people our age because it would be fun for anyone, especially people who don't have a lot of friends.

More sports facilities.

That I just want to hang out with my friends and go to sports things or something like that.

I would like to see more clubs that interest youth, not just the YMCA. Because that is for everyone, a club for kids 11-15. That way kids would be the same age.

Make stuff more fun for the kids.

I think we need one building for people who smoke, if they smoke they have to smoke in that building.

I would tell them that people our age need friends and we need to socialize!

Make them stay in school and don't let them do bad things.

I really don't know.

Going to different places like a museum or different cultural places.

A place where you and your friends could hang out with a bunch of people.

To teach the kids core values.

I don't tell my parents much about me so I don't know.

That not to ask them to sit down, talk to them casually.

I don't know.

Games.

Involving young people in the creation of their own destinies.

Kids getting together to do stuff.

That I would like to do more things in the summer time.

I'd tell the adult they have to take more action towards it and be more supportive.

Your child is a ruckus.

More things to do

There should be a little bit more room in the community to play ground hockey.

There should be a sports night every week or twice a week.

Playing sports.

I don't know

Sports nights, Church.

I don't have a plan just get.

I would tell them that we need a sports field or a big grassy spot.

Your child needs you

If there were more places to hang out in Yarmouth then I would interact with people better.

don't know

I would tell them I would prefer to work with people my age.

Support groups for both males and females.

uhhh...nothing!

- sports

Better stores in the mall.

That they think that their problems are more important than ours.

To be with friends

If there were less clicks and drama and people minded their own business it would be easier to get along with them.

We need a youth centre, like on the reserve. They get everything.

Don't act so old, let loose and let us have fun.

Allow me to go outside and meet new people, or allow me to go places.

it will help out in the future.

I don't Know

I'm not sure.

If I had a ride to activities, or had a friend with me in these activities I'd get involved. Maybe.

Be Active

I'd tell them I'll do what I want to do.

To get involved.

Talk to professor E. Gadd

Get an empty bottle.

I don't care.

Hello what's your name

I love you.

umm...

Youth like sports, I love doss.

I would tell them to work at their house or farm.

???

Star wars was cool I'm a seri with force powers trained by Obi won Knobie.

That we need to put the bullies into a club to try to stop the bullying.

I don't know.

I don't know I would explain it to them.

I have no idea.

If only they sinned.

There are not very many opportunities to interact with your communities.

It's cool.

?

Please, Please, Please can I go to the mall.

Something that you would enjoy of something you're interested in.

**In your opinion, who is the MOST responsible for helping youth (i.e. people in your age category) be safe, nurtured, and responsible?**

Parents and friends.

Parents.

Parents.

Parents.

Parents.

Teachers.

Their parents/guardians.

In my opinion, I think it would be our parents.

Parents.

Parents/guardians.

Their parents!

Caring and loving adults that don't care where you came from or how you look.

Teachers and parents.

Parents.

Parents.

Parents.

Teachers/friends/family/professionals.

Parents?

Parents! Friends, teachers, doctors, etc.

Parents/friends/people you are with, teachers.

Teachers, friends, or a counsellor.

School is and parents.

Parents?

I'm not sure.

Parents that care!

Parents.

Parents.

Anyone who is responsible and mature.

Teachers/counsellors.

Parents.

Guidance counsellor.

It would be your parents to raise you in a mature, responsible way and it is up to you once you're older to maintain that.

Parents (how they raise them) and friends (depends if their friends are raised well so they won't make you do bad stuff).

Well it all depends on the type of person that you are. Someone for a person like me would be a parent or a really good friend that you trust with your life.

A parent.

In my opinion, it's adults.

Friends and family.

People in my age category.

Their parents.

Parents.

Their parents and other adults who influence their lives.

People who get the highest marks.

Adults and other teens our age who like to help teens be safe and responsible.

Make their surroundings better, like without all the drugs and violence.

People who understand your problems.

Parents, teachers, friends, adult role-models.

Parents, teachers, adults, guardians.

Parents are because they are supposed to be good role models for your children.

Parents, friends, yourself.

Leisure services.

Parents.

Parents.

A good place to live.

I think your parents are the most responsible.

Your parents or guardian.

Parents.

I think that kids should have the same rights as adults in the world, that kid should be able to do what they want to do in the world.

Schools workers.

Social workers.

Ourselves because our parents don't know about our lives. We need people we don't know that we can trust to listen.

The parents and sometimes the people around them for the responsible part. And guardians.

Our parents are responsible for helping youth. Also one another.

The teachers I think should help a little more about telling the students what could happen to you and stuff even the parents just don't care, which is a bad thing because their child could end up in the hospital or die from doing drugs or alcohol. But the thing is some parents don't care.

Our parents. Teachers are important, but it's our parents who shape us, guide us and give us love. They are there constantly and helping us is their job.

I think that the parents/guardians are the most responsible.

In my opinion ,the most responsible for keeping myself safe and nurtured would be myself or a family member/guardian.

Their family.

I think that parents are very responsible to help youths but if they can't help then the youths can go see a guidance counsellor.

Our parents.

I think that parents are the most responsible for helping teenagers because a parent created a teenager which makes the parent responsible for the child, teenagers and children should always be able to count on their parents for help and/or support.

Parents.

Kids that have a safe, caring home ,who can pay to go in sports. And kids whose parents want them to succeed.

Most parents.

The most responsible would have to be their family. Moms, dads, uncles, aunts, etc.

Parents, guardians, and teachers.

My opinion is their parents need to be responsible for everything about their child.

Teachers.

A parent or someone older than you.

My mom?

Parents.

Guidance counsellors can talk to teens and hear about their problems to help them.

In my opinion, my mother is the most responsible, and my mother's side of the family. My father's side either doesn't overly care, or I've never met them.

Parents.

Probably my teachers.

Adults.

Parents.

Counsellors.

Parents.

Their parents, community, family members.

I think the parents.

Parents, adults you can trust.

Parents.

The person who you tell things to.

It's in the youth's own hands.

I think parents are most responsible.

Stop signs. without them, the world would self destruct.

Parents

My mom and grandparents.

My mom and my stepdad.

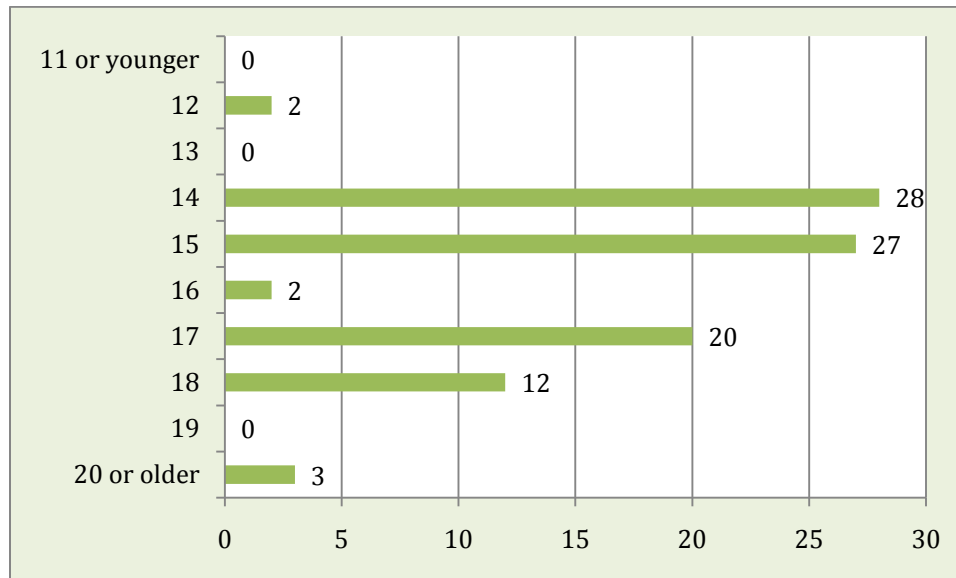
My parents.
The Governor?
Older people or adults, government
Hopefully, that position would be taken by the parents/ guardians.
Your parents or grandparents.
A teenager.
Surprise but secks!
what?
Teachers.
Churches, teachers and club leaders
- Parents
- Role models
- Police
- parents
- role models
- police
My parents.
Me
Me
Parents & Police
Parents.
Parents.
Themselves
Parents and the community as a whole.
Family
Guidance counsellors and sports teams, physical activity and goal to try to reach i.e. boarding school...
Yourself is the most responsible.
Yourself.
Teachers
Teachers.
Role Models, or beings of higher power.
Mr. B
Parents.
Teachers/ couches.
Bowser Jr.
Zora.
Go ask my mom. Yee!
Myself I'm very calm.
Parents.



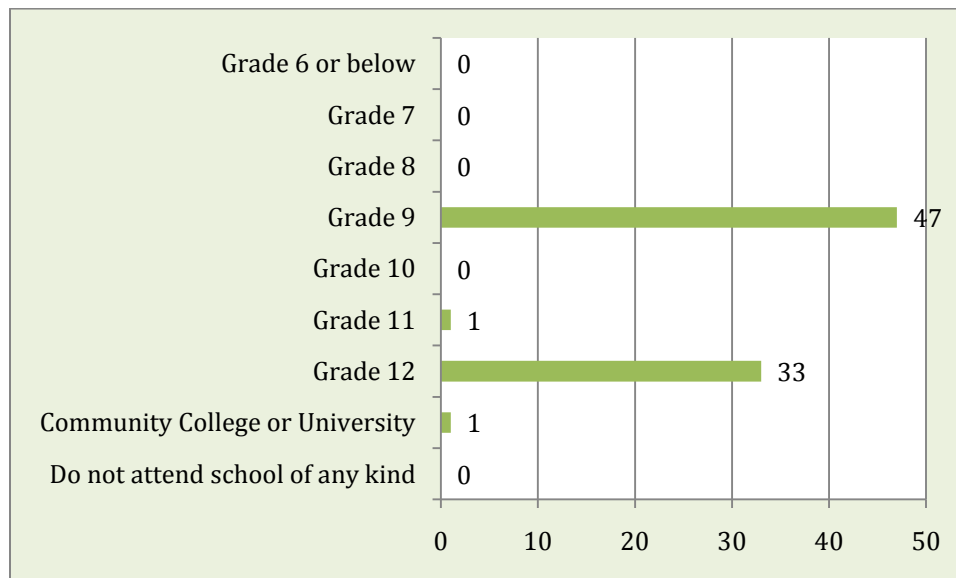
Your mom.
?
Lol dogs.
I am.
My doggy.
Robo Cop.
I don't know.
Our parents?!
I don't really know who helps youth, but there are people responsible.
Yeah sure.
Nah, sorry.
Ask my mom she should know these things, she's been around way too long.
Parents.
Our parents.
The people who are responsible.
Teachers.
Guidance Counsellor
?
My bestie! and my parents.
Are parents!
My parents.
Friends.

## Appendix B: Student Survey Results – Shelburne County

**How old are you?**



**What grade are you in?**



**In your opinion, what is the single biggest challenge facing youth in your age category today?**

Corrupted schools, get new English teachers.

Corrupted schools. Get better English teachers, make learning fun.

Teen pregnancy. Tell all teens not to have sex.

Finding the career for youth before high school.

Poor eating habits- the school cafeteria's prices are way too high. So some people have to go without eating at school because they just don't have the money. They should lower the prices to make lunch more affordable.

Peer pressure when it comes to alcohol, smoking and drugs. I don't know what you could do but it's a problem.

Parental divorce

Teen smoking and use of alcohol.

I don't know, maybe suicide. I don't know how you can "fix" it so people won't do it.

Stop selling smokes.

Smoking, alcohol, and teen pregnancy.

Nothing to do- more funding for fun activities. Lack of parental understanding. Parents to stop stereotyping teens as "trouble".

Parental divorce. Emotional for teens.

Low self-esteem.

I don't know.

Peer violence. Say to teacher or remove the school.

School. No homework would help fix it.

I don't know.

Smoking area for grade 7-9.

Stray cats.

Places to hang out or things to do. Make a place to hang out around where I live.

Lack of adults who understand youth issues or struggles. I think that if adults understood our problems us teens faced 7 days a week, maybe things might be easier.

Kids our age and younger having sex at like 12 years old isn't right and I think it could be fixed by a counsellor at a school for younger ones and to talk about all that stuff.

Bullying- everyone leave other people alone if you have nothing nice to say or do.

More physical activities and sports.

Teasing kids, you can't do anything about it.

Peer pressure. Not sure.

I don't know.

No sleep.

In my opinion the single biggest challenge is teens drinking, smoking, drugs, and peer pressure and

many more things.

Emotional child abuse by parents or adults. Leads to many, many other things in the child's life. Cannot be fixed.

Bullying! People could fix it by keeping their mouth shut.

People getting "bitched" at for no reason. People not having to put up with b.s. by other people who want to grow up and get a life.

Hanging out with nothing to do. Do stuff.

Drama and people growing up and stop with all their b.s. will help out.

Wealth and self-image. If you're not rich, pretty and skinny, you're nobody!

Making money to play hockey, go gunning, go to dances, eat at school, clothes and stuff like that.

Drugs.

Drugs.

No YouTube in school.

Unblock Facebook and MSN in school so people can check their email.

Youth have to face peer pressure.

Making money. No one will take me lobstering.

Sexually transmitted diseases.

STD's, drugs, and the works.

School.

In my opinion, the single biggest challenge facing youth is peer pressure. Youth have to learn how to deal with and we also should encourage them.

Conformity, because people should not be concerned with minor things like fashion trend following and music trend following. People should develop their own identity instead of doing everything that everyone else does.

The biggest challenge would be gossip and people always talking about others and constantly judging others.

People gossiping about you.

Killing.

In my opinion, the single biggest challenge facing youth is my age category today is trying to find and keep a part time job. To help fix it we would need more establishments.

The biggest challenge facing youth in my age category is getting and keeping a job. I don't think much can be done to fix it around here.

No idea.

Parents being too hard on children, drugs, alcohol, smoking. I have no idea how it can be fixed.

Find out what you want in life is a problem for my age group and nothing will fix that.

Hanging out with nothing to do. Build a mall.

Getting jobs, making jobs.

Self-esteem issues or substance and alcohol user abuse due to having no other ways to spend time.

The biggest challenge facing youth today is hanging out with nothing to do. This situation leads children and adults to doing illegal things in order to have fun. We need more entertainment!

I would have to say the biggest problem is nothing to do in this town or nearby places. Because of this kids turn to drugs and drinking just to have a reason to get together. Myself included.

Drugs/drinking, more community events like hockey games.

Low self-esteem, less judgment and criticism from others, including parents. Bonus: Facebook.

Rape.

Getting out of school.

There are too many alcoholics.

Sex, drugs, and alcohol.

The adults don't trust us. Stop treating us like prisoners and open the student parking lot gates!

Booze.

Teen alcohol, there's so many teens going out and drinking. They're all turning into alcoholics.

Teen alcohol abuse. There are people that are younger than me who are alcoholics. It should be managed better.

Peer pressure, no clue.

Trying to fit in. Make everyone feel and act equal.

Nothing.

Getting a job, more jobs.

Drug and alcohol abuse.

Alcohol abuse.

Alcohol abuse.

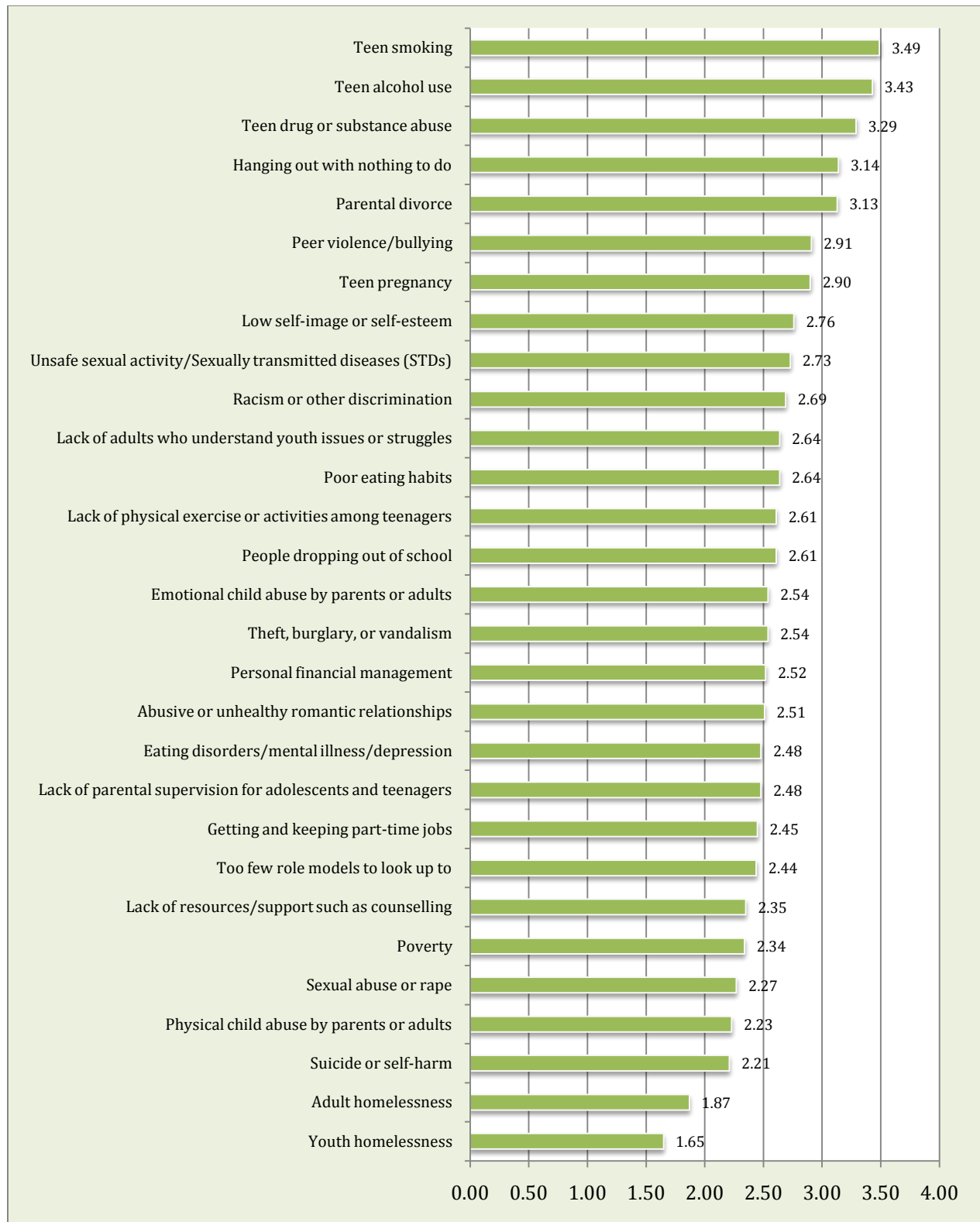
Drugs, alcohol, smoking

There's nothing to do, I don't know what could be one to fix it.

I don't know.

**Listed below are several social issues that sometimes affect youth in a negative way. In your opinion, how big are each of the following issues for people your age in your County right now? (i.e. if you think people in your age group are greatly affected by these issues, check 'a major problem')**

Answer Options	Rating Average
Teen smoking	3.49
Teen alcohol use	3.43
Teen drug or substance abuse	3.29
Hanging out with nothing to do	3.14
Parental divorce	3.13
Peer violence/bullying	2.91
Teen pregnancy	2.90
Low self-image or self-esteem	2.76
Unsafe sexual activity/Sexually transmitted diseases (STDs)	2.73
Racism or other discrimination	2.69
Poor eating habits	2.64
Lack of adults who understand youth issues or struggles	2.64
People dropping out of school	2.61
Lack of physical exercise or activities among teenagers	2.61
Theft, burglary, or vandalism	2.54
Emotional child abuse by parents or adults	2.54
Personal financial management	2.52
Abusive or unhealthy romantic relationships	2.51
Lack of parental supervision for adolescents and teenagers	2.48
Eating disorders/mental illness/depression	2.48
Getting and keeping part-time jobs	2.45
Too few role models to look up to	2.44
Lack of resources/support such as counselling	2.35
Poverty	2.34
Sexual abuse or rape	2.27
Physical child abuse by parents or adults	2.23
Suicide or self-harm	2.21
Adult homelessness	1.87
Youth homelessness	1.65



**The Tri-County Child and Youth Action Committee wants to help make more opportunities available to you and your peers. Some of these are listed below. Please tell us how important each of these services or opportunities is to you.**

Answer Options	Rating Average
A place to go outside of school where I can hang out with my friends	3.37
More part-time work opportunities (i.e. night and weekend jobs)	3.28
A safe place for youth to go who have an unstable home environment	3.11
Sport and recreation opportunities	3.06
Opportunities to travel and be exposed to new cultures	3.06
More opportunities to participate in the arts (music, writing, art, drama, dance, etc)	2.92
Opportunities to communicate or hang out with people my age from different areas of Nova Scotia or Canada	2.86
Opportunities to start a business or become more entrepreneurial	2.81
Opportunities to participate in more activities with my family	2.78
Opportunities to work or socialize with people you don't normally get to be around	2.77
Opportunities to volunteer in the community	2.73
Opportunities to participate in decisions made by my community or local government	2.67
Extra-curricular learning opportunities	2.65
Opportunities to participate in or create a community project that matters to me	2.60
More adults or professionals to talk to about difficult situations	2.59





**In your opinion, what would it take to get more youth (i.e. people in your age category) participating in volunteer opportunities?**

More interesting things to volunteer in.

Make them more fun.

Make them funner and more interesting.

To take away cell phones.

If there was more opportunities.

Prizes for whoever helps the most.

Nothing because kids are too lazy to volunteer.

Have more variety.

Make it fun.

Make it fun.

A catch- like a pizza party. Tell them it looks AMAZING in a resume.

More things that are interesting.

Have more things to volunteer in.

Make the new school for them.

Funner jobs.

Have more/better things to volunteer in.

Skate Park.

Pay us.

Something teens enjoy doing like sports and cooking and cleaning.

Something they actually wanna do like for the guys something sport related and for the girls whatever just something they would enjoy.

Rewards, stuff they like to do.

I'm not sure, people these days are too lazy. Maybe do something that benefits kids/reward?

Too lazy to volunteer.

Make it something they like and maybe they'll volunteer.

Join different things like cadets and other things and money.

MONEY!

I would not volunteer for mostly anything because I do a lot. If I have a girlfriend, gotta spend time with her and hockey, hunting, sports and making money.

Rewards.

Make them more fun. Give different choices.

More volunteer work.

Do things and have programs that we're interested in.

Have interesting fundraisers, etc.

Rewards.

It would take something to really motivate them.

Lower the importance of religion.

To get more youth to volunteer, the opportunities should be more fun and interesting.

Make it more fun and interesting.

In my opinion, in order to get more youth participating in volunteer opportunities the volunteer work would have to appeal to the **individual's** personal interests.

If we had more going on other than sports, because this whole community seems to revolve around sports and it's annoying.

Rewards.

Make them more fun for younger people.

Volunteer opportunities that are fun, exciting, and involve friends and family as well.

It would take the appeal of something they could get in return. Example: Time off school, rewards.

Have more opportunities that people are interested in.

More promotion, as well as more eye catching opportunities.

Food samples.

Money.

Showing them what a good experience it can be.

More sports.

Funner volunteer activities.

More places for them to go.

There would need to be places to actually volunteer.

Make it interesting.

Make them understand that it's important to do things for others without getting paid.

Money.

Someone to inspire youth engagement.

Having more options to choose from so that more youth will be interested.

Variety of them to interest anyone.

First off we would need more volunteer opportunities. But fun benefits would help.

Making it interesting or fun.

To make it fun.

**The term 'youth engagement' is defined as "involving young people in the creation of their own destinies." If you were trying to explain to an adult or parent what it would take to better engage or interact with youth in your community, what would you tell them?**

To make stuff more fun.

To realize what it was like to be a teenager and make things more fun.

More opportunities to interact.

?

Spend more time with them and be more involved.

Spend more time and be more involved.

Nothing, most teens don't want to be around their parents at this age.

You need a goal future.

About my dream job.

I don't know.

Camps.
I'd tell them that I want to get to know other people in the community.
Rewards, prizes.
More dances/out of school activities.
Out of school activities.
I don't know. Do things people actually like.
I would tell them that some people need to have fun and need people to talk to.
I wouldn't tell them anything because I don't care.
Be more understanding/forgiving. Give more freedom.
Depends.
To pay us maybe?
I would tell them to stop being so serious because we are just teens going to school. We gotta have some fun.
Need a place to chill without parents.
Google it.
Talk about sports or hunting.
A better place to do this at.
We need places to hang out.
That it would take a miracle.
Get them in a job shadowing of a job they're interested in.
I would tell them that we need to be listened to and taken seriously.
Listen and take us more seriously.
You have to actually listen to us without judgment.
To try to understand, to try to care.
More community events.
Community events.
Food samples.
Play with your children.
Be active.
Make an effort to get the youth involved, and be role models for them.
Don't judge us just because we're teenagers, we're still smart and not all of us are up to no good. You were young once too.
More things to do together.
For them to help us.
Youth need to find what they are good at and then take action on that.
More activities, resources.

I think if you want to engage youth, you have to offer opportunities that interest them.

Offering interesting opportunities.

**In your opinion, who is the MOST responsible for helping youth (i.e. people in your age category) be safe, nurtured, and responsible?**

The parents/adults (47)

Teachers/Counsellors (14)

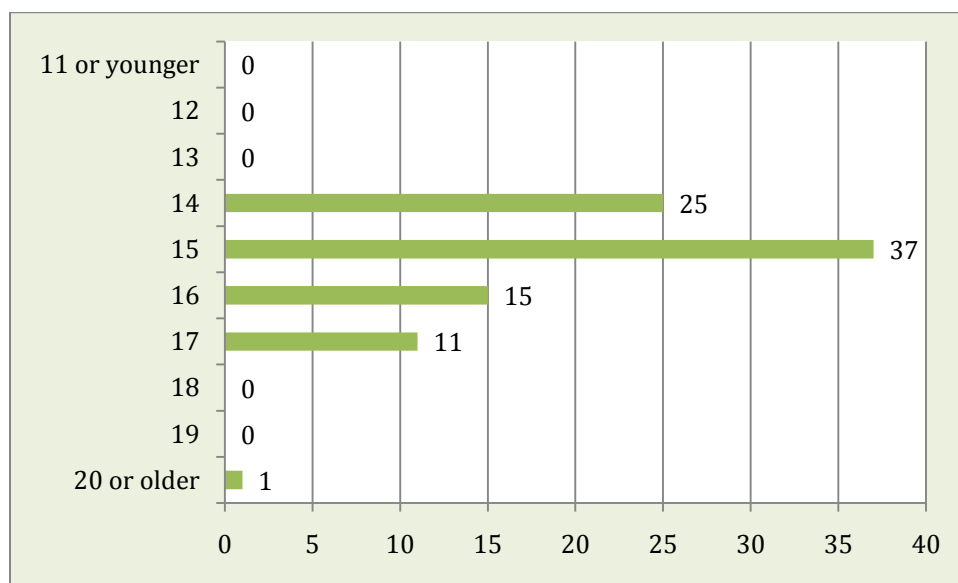
Youth group leaders/mentors (6)

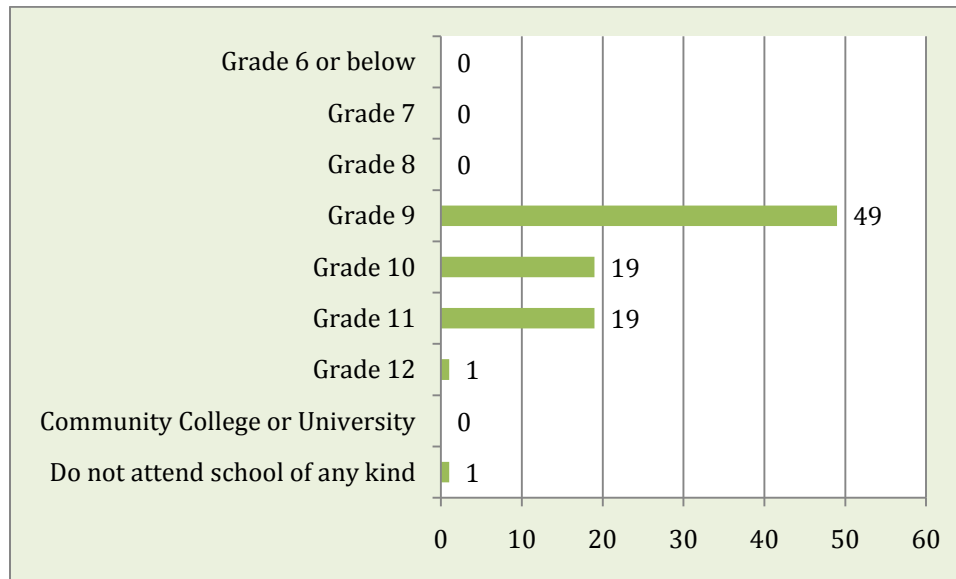
Government (3)

Yourself (2)

## Appendix C: Student Survey Results – Digby County

**How old are you?**

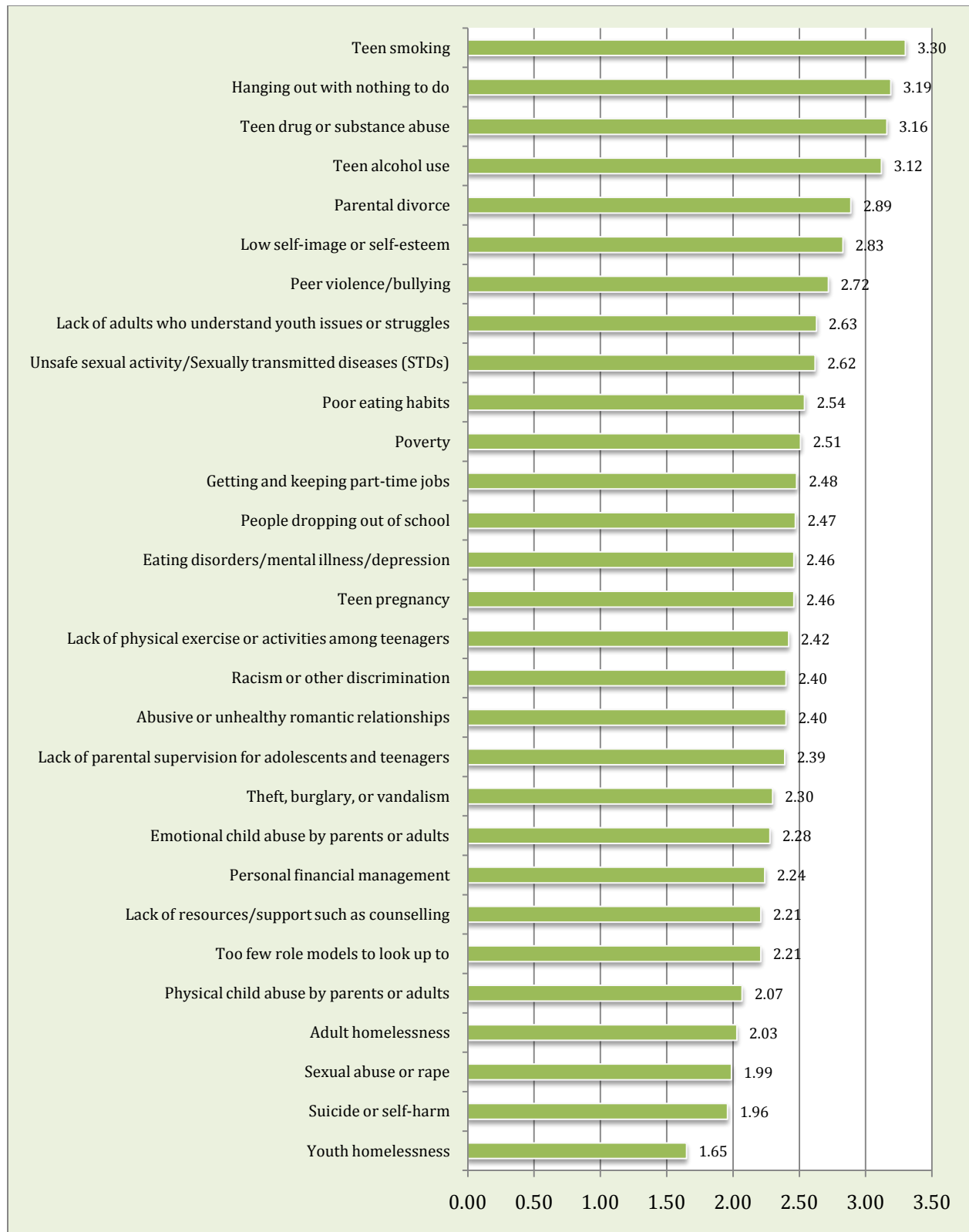


**What grade are you in?**

Listed below are several social issues that sometimes affect youth in a negative way. In your opinion, how big are each of the following issues for people your age in your County right now? (i.e. if you think people in your age group are greatly affected by these issues, check 'a major problem')

Answer Options	Rating Average
Teen smoking	3.30
Hanging out with nothing to do	3.19
Teen drug or substance abuse	3.16
Teen alcohol use	3.12
Parental divorce	2.89
Low self-image or self-esteem	2.83
Peer violence/bullying	2.72
Lack of adults who understand youth issues or struggles	2.63
Unsafe sexual activity/Sexually transmitted diseases (STDs)	2.62
Poor eating habits	2.54
Poverty	2.51
Getting and keeping part-time jobs	2.48
People dropping out of school	2.47
Teen pregnancy	2.46
Eating disorders/mental illness/depression	2.46
Lack of physical exercise or activities among teenagers	2.42
Abusive or unhealthy romantic relationships	2.40
Racism or other discrimination	2.40
Lack of parental supervision for adolescents and teenagers	2.39
Theft, burglary, or vandalism	2.30

Emotional child abuse by parents or adults	2.28
Personal financial management	2.24
Too few role models to look up to	2.21
Lack of resources/support such as counselling	2.21
Physical child abuse by parents or adults	2.07
Adult homelessness	2.03
Sexual abuse or rape	1.99
Suicide or self-harm	1.96
Youth homelessness	1.65





**In your opinion, what is the single biggest challenge facing youth in your age category today?**

Just the pure pressure of school, self image being a teen, and having needs.

Alcohol/marijuana- strict 0% tolerance program.

Lack of activities and money in our community.

The biggest thing would be sexual relationships. A lot of young teens start having sex. Some things to stop it would be to not make a big deal of it. Talk more about risks and harms of sex.

The biggest challenge is not being respected by adults. To fix it they could realize that they were the same way when they were young, if not worse.

I think bullying is. There not a lot of bullies with physical harm, but, there is a lot of verbal harm. The victim, bystander, must tell an adult.

Peer pressure to do drugs or drink or have sex or stuff like that. I have no idea what could be done.

Having sexual relationships with someone and not always being safe, and doing it for the fun of it. You can't really do much about it, the person has to try and fix things themselves.

That they find there's nothing to do so they find something to do that's not a good thing for them to be doing. It might be fixed if there was more to do in Digby, like a movie theatre and places to play sports outside of the school.

Bullies and drugs.

I'm not sure but there is a few big problems.

Bullying is a big challenge. There isn't much you can do about bullying.

Bullies.

Self-esteem.

Smoking.

Finding a job, nothing to do. No doctors.

Smoking.

There are a lot of youth who don't know what to do in their free time. Creating a youth center would help those kids managing their spare time (I am not from here and can't answer all the questions correctly).

Alcohol abuse, because alcohol abuse leads to drunk driving and also unsafe sex. Which then leads to teen pregnancy and possible school dropouts.

I think the worst challenge teens face is drinking and maybe it could be fixed with more activities being available so that they have something else to do.

Discrimination/stereotyping.

Going to school, no one wants to.

Discrimination/stereotyping.

The substance abuse and the use of drugs and/or alcohol is a growing problem, but I don't know what

we could do to prevent it.

Nothing to do.

Drugs and alcohol.

Drugs and alcohol.

The biggest challenge would be bullying.

No motivation to try, I just want to be done with school. No one is involved with anything productive. Lots of drugs because there is nothing better to do. There needs to be something teens can do in their spare time that is fun and productive.

I think that drug abuse is the biggest problem. We should have cops or supervisors out checking around the school during the day. Too many kids are skipping school and doing drugs.

Teen drug use.

Pressure in couples to have sex.

Absolutely nothing to do, not even a summer baseball team for the age between 14-18. It results in drug use.

Theatre

Youth have nothing to do, so for fun they do drugs and alcohol.

The youth has nothing to do so they drink.

The biggest challenge is there not being much to do when you can hang out with your friends. They could have a movie theatre.

Nothing really to do for fun in Digby. Put a movie theatre in or something like that.

Drugs and smoking.

Drugs, smoking, and alcohol are used a lot, you could fix this by having a better watch on things.

Substance abuse/addictions. More things to do could be brought here.

Hanging out with nothing to do. Provide more activities.

Teen smoking/alcohol

Drugs is the biggest problem.

Drugs.

Alcohol and drugs (distraction. Drama because of this. No respect for each other (physical and emotional abuse). Low self esteem (not participating in things). Not enough time to do things.

Smoking and drinking. Ban it from school.

Maybe body image. Fix this by getting a gym/workout centre outside of the one at the school.

I think the biggest problem is the whole racism thing, and truly, people have been reporting this and still nothing has changed. Also bullying, kids smoking dope, drinking is a major problem here in Digby, which people had also reported and nothing was done.

I think that kids smoking/drinking/doing drugs is a major problem. I think that there should be patrols every "so often" by police around schools and that people who know of a party with this type of

activity going on, should leave an anonymous tip to the police.

I think bullying is a big problem for kids my age. Fixing it- I think people who bully another person should talk to someone because something at home could be the result as to why they bully.

Having nothing to do. Have more places to do sports. ex: skate park and just have more fun.

Provide things for kids to do after school.

Doing my school obligations.

Doing my school obligations.

Peer violence. If they do it, punish them.

Not having anything to do in town. They should play movies more often or have the town hold teen dances.

Drinking and smoking.

It would be we have nothing to do or nowhere to go to hang out with our friends and not get into trouble.

Lack of entertainment in the community. Forces some kids to look to substances for fun.

Teen smoking and alcohol use. Anyone even seen smoking or drinking should be taken to the police to get advice and help or be arrested.

The biggest challenge today is nothing really. I can't think of anything I or anyone else face that is a big issue.

Nothing really to do.

Drugs, smoking. Start not letting these people off so easy.

Acceptance and a safe place to hang out, outside of the home. I think a "teen club" should be created for teens to go and hang out, and more community dances.

I think the biggest challenge youth are faced with is smoking. People should actually research what smoking can do to them and maybe they would change their minds.

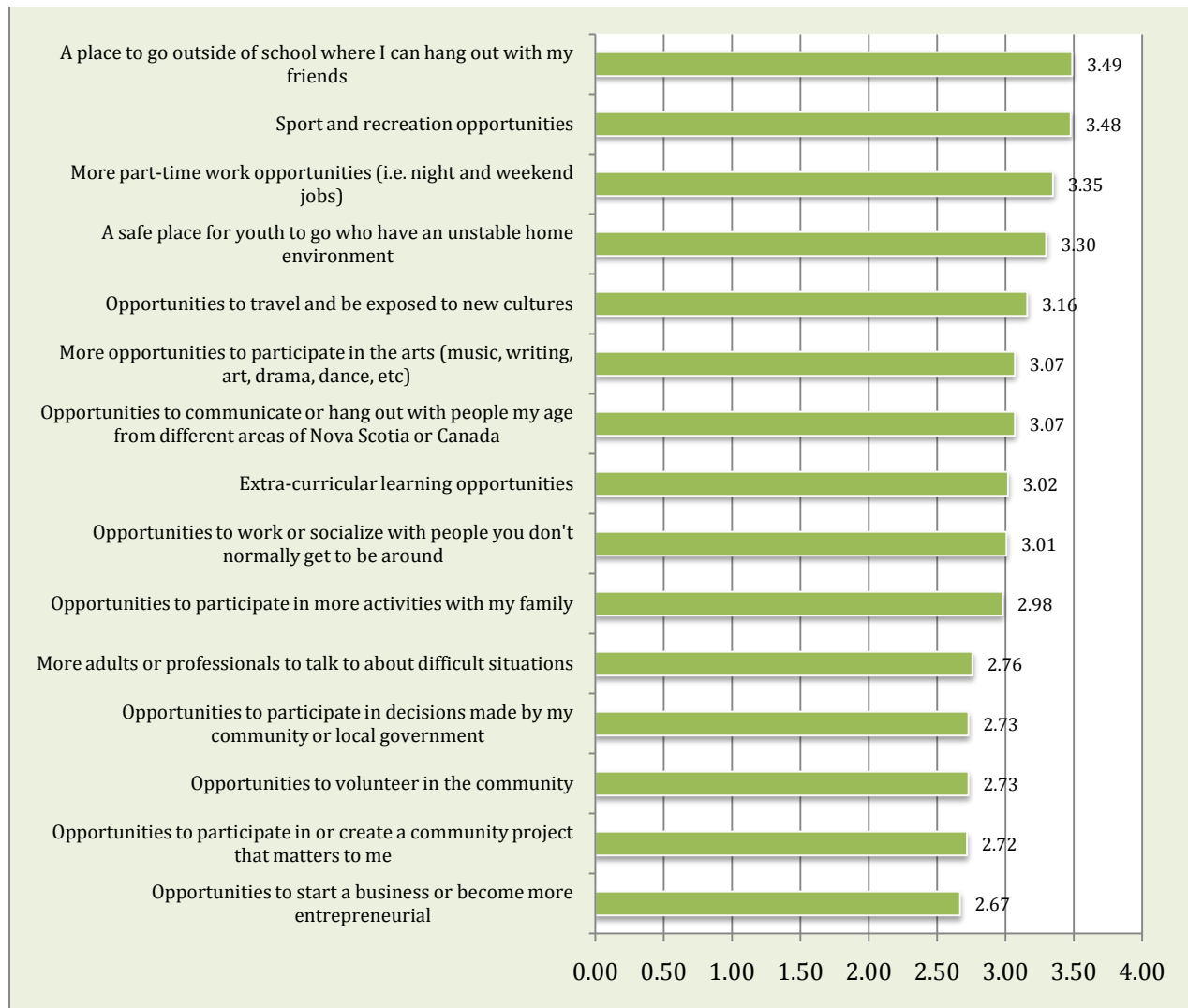
People are not being taught enough about what they're learning, so when they get out in the real world, they won't effectively be able to choose their path in life. Teens need to be taught about real issues in life, because school shouldn't be about JUST math and English, but about problems everyone faces, like money, pressure, and drugs. Teens should be taught about these things.

Body image. I don't really know what can be done because it's how people think. I think it would help to stop using so many skinny or muscular people to sell products and start using average sized people.

I think drugs. People do them every day. I'm not sure how to fix it because even if they don't do it in school they will outside of school.

**The Tri-County Child and Youth Action Committee wants to help make more opportunities available to you and your peers. Some of these are listed below. Please tell us how important each of these services or opportunities is to you.**

Answer Options	Rating Average
A place to go outside of school where I can hang out with my friends	3.49
Sport and recreation opportunities	3.48
More part-time work opportunities (i.e. night and weekend jobs)	3.35
A safe place for youth to go who have an unstable home environment	3.30
Opportunities to travel and be exposed to new cultures	3.16
Opportunities to communicate or hang out with people my age from different areas of Nova Scotia or Canada	3.07
More opportunities to participate in the arts (music, writing, art, drama, dance, etc)	3.07
Extra-curricular learning opportunities	3.02
Opportunities to work or socialize with people you don't normally get to be around	3.01
Opportunities to participate in more activities with my family	2.98
More adults or professionals to talk to about difficult situations	2.76
Opportunities to volunteer in the community	2.73
Opportunities to participate in decisions made by my community or local government	2.73
Opportunities to participate in or create a community project that matters to me	2.72
Opportunities to start a business or become more entrepreneurial	2.67



**In your opinion, what would it take to get more youth (i.e. people in your age category) participating in volunteer opportunities?**

More volunteer programs, funner volunteerism activities, rewards.

More opportunities.

Have fun things to volunteer stuff.

To get rewarded maybe.

To offer some prizes so that they could get something out of it.

For the volunteering project to be interesting to them.

Pay them for volunteering.

To get a job from it.

Not a lot of youth like volunteering, we'd rather get paid.

Give them a reward.

Inspiration.
Strong encouragement or pay.
I have no clue.
Get paid a little.
Maybe you should make it more interesting to those people.
Offers which interest them. For example, sports, music, arts, whatever you are interested in. If there are just opportunities for church and community, people might just disinterested.
Probably free stuff.
Make it fun.
If you started to pay them or make it more fun, not so boring.
Things they enjoy that are helpful and strike their interest.
Make it fun/exciting.
It wouldn't take much for some, but for others, there would probably have to be something in it for them.
Make it interesting.
Fun.
Money.
I would make people in my age group want to participate if they receive something out of it.
Having rewards.
Motivation to do it, a reason to help.
Motivation to do it, a reason to help.
It would take more advertising of the volunteering opportunities so kids are more aware of them.
Something that interests them.
Things that interest them.
Make them realize the opportunities it opens up for you.
Free stuff.
If other kids were doing it as well or if they were fun.
If other kids were doing it they would.
Make it more fun and a wider range of things to volunteer for.
I don't know. I volunteer do I don't know why others don't.
Make them more interesting.
Make it fun.
Cooler stuff to volunteer for.
More awareness.
More advertising for rewarding opportunities.
More advertising, promotion.

Make stuff more fun.

More time to do this, like less time having to do other things. More people also participating.

Maybe something more fun to participate in and not really boring.

A reward, not money but something that they would want in exchange for volunteering.

I'm not too sure. More advertising because I haven't heard of many volunteer opportunities.

Make it something interesting.

Give some type of reward to whoever does the volunteering.

Telling them about what they can achieve if they volunteer. Motivate students by offering them prizes.

Telling them about what they can achieve if they volunteer. Motivate students by offering them prizes.

I would have something free.

Make it something interesting.

Things that interest them.

A more fun atmosphere.

More motivation.

A reward or a trip or something.

I think it would take more emotionally connected activities to get people to volunteer.

To make it worth their while.

Rewards and for people to recognize what you have done.

I think the giving youth surprise rewards would encourage them to volunteer more often.

To make the opportunities more fun and show them how the volunteer work is going to be good for them years down the road.

I really don't know, some people would do it but some people wouldn't.

**The term 'youth engagement' is defined as "involving young people in the creation of their own destinies." If you were trying to explain to an adult or parent what it would take to better engage or interact with youth in your community, what would you tell them?**

To think like youth, we have different opinions and judgments than adults.

I need to hang out with people my age because I'm not from your generation.

I don't know.

That if there was a community project that interested them and benefited them, then they'd get more involved.

Don't judge teenagers.

Let kids make their own decisions.

Let kids make their own decisions.

"Think like a kid."

Make it fun/interesting.

Make it fun/exciting.

It has to be fun, and something that we would like to do.

As an individual, I have a right to hang out with my friends and have fun, as my teenage years are limited.

Don't preach advice.

More recreational activities, baseball, hockey, lacrosse, etc.

Let us decide what we want done with our community. We need some say.

Less trying to get us to be open to you and let us talk if you want us to.

More things to do.

Provide interesting activities for everyone.

More connection with each other. More time to hang out and bond. More opportunities.

Be more active, not lazy.

Be more understanding.

More fun things to do. Digby is a small town.

To make them interact in more activities.

To make them interact in more activities.

Be a little more understanding.

Think of good things that interest them and involve those activities.

We need a place to go and be able to hangout and not get into trouble.

We need more to do. Maybe some skill development courses.

If the activity was more music related I would more likely tell my parents and/or others.

Maybe that if it could really help in the future.

I think that job shadowing and helping someone who has the career you would like to have would definitely engage youth.

Kids need to learn everything, so they can decide their own opinions themselves.

Stop thinking that they are only children and start thinking of them and treating them as a mature mid/teen adult.

**In your opinion, who is the MOST responsible for helping youth (i.e. people in your age category) be safe, nurtured, and responsible?**

Parental figures.

The parents.

Parents.

Parents.



Their parents.

Those responsible for people our age would be our parents and teachers.

In my opinion parents are the most responsible for helping youth be safe, nurtured, and responsible.

Parents.

The parents and teachers.

Parents.

Our parents.

Parents and yourself.

Parents.

Parents.

Counsellors.

Teachers and police and parents.

If anyone probably the parents.

Parents, teachers and principals.

I think friends because they are one of the biggest influences.

Teachers/parents.

Parents and teachers, but teachers barely help and some parents let their children do whatever so there isn't really anyone.

Parents, teachers.

Teachers.

The parents. They had children, and it's up to them to make sure they are able to make smart choices on their own.

Mostly I find parents responsible.

Adults.

No one.

Adults.

Parents.

Parents.

You are the most responsible for what happens to you but other than yourself I would say your parents because they're the ones raising you and teaching you right from wrong.

Adults.

Adults.

Parents should be, often falls on the school.

People who work with sports.

Parents in my opinion are the most responsible for helping youth.

Parents in my opinion are the most responsible for helping youth.

I would say that the parents are most responsible for their kids.

The parents.

Making it fun and something they like.

The teachers and parents.

Parents.

Parents.

Parents.

Parents, school, community.

Counsellors, or people you can trust.

Parents or other nice adults.

The police and our parents and family members.

Parents.

Their parents.

Get them into sports and other activities in the arts, or learning clubs where they can learn more.

Get them into sports and other activities in the arts, or learning clubs where they can learn more.

Parents, teachers.

Your parents or your church, family (i.e. if you attend church).

People working in the school.

Parents.

Parents.

I would say the schools are MOST responsible for this outside of the **child's** home.

The parents.

I think the parents are the most responsible for helping youth be safe, nurtured, and responsible.

Parents are definitely the most responsible.

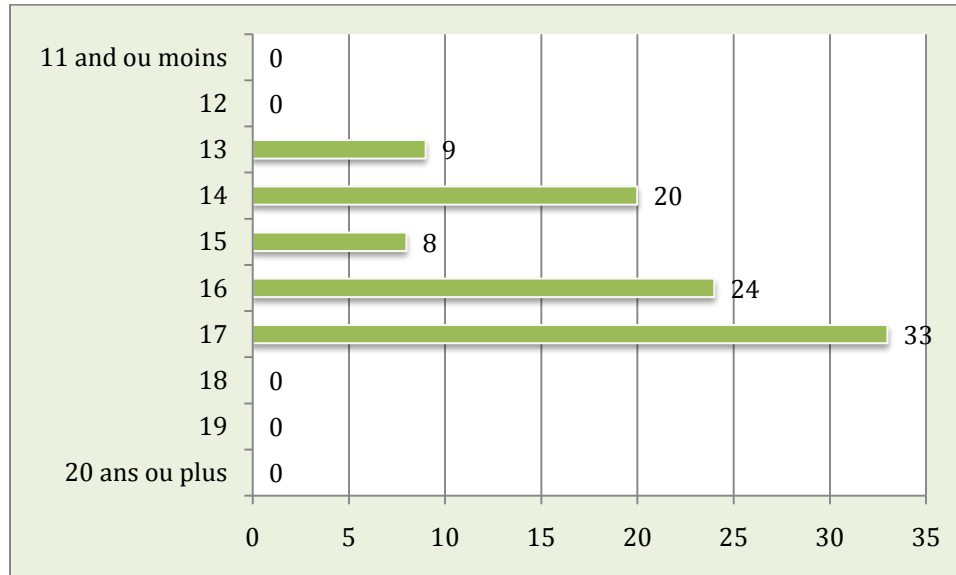
I don't know, the people who are responsible aren't acting responsible.

Not sure.

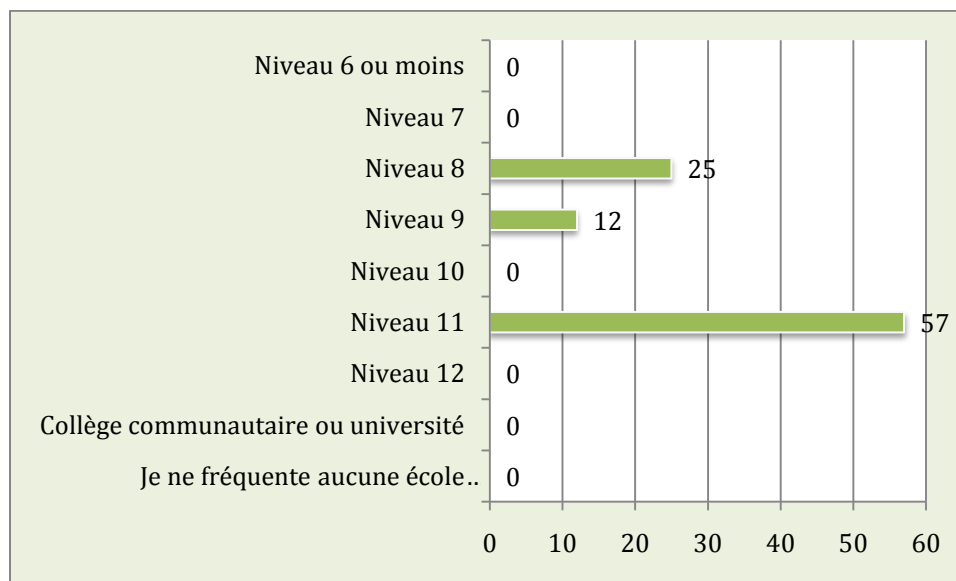
Your parents or people you look up to and you trust.

## Appendix D: Student Survey Results – French Schools (ecole secondaire de Par-en-Bas et ecole secondaire de Clare)

Quel âge avez-vous actuellement?



Dans quel niveau scolaire êtes-vous actuellement?



Voici une liste de problèmes sociaux qui affectent parfois les communautés d'une manière négative. Selon votre opinion, quelle est l'ampleur de chacun des problèmes suivants pour les ADOLESCENTS (âgés de 12 à 19 ans) dans le comté de Yarmouth ou Digby?



**Y a-t-il d'autres problèmes non mentionnés ci-dessus? Si oui, veuillez nous en parler ici.**

Il y a beaucoup de personnes qui s'occupent et c'est difficile pour quelqu'un de 15 ans de trouver un emploi.

Trop d'adolescentes enceintes

Non

Manque de service de santé jeunesse et d'entraînement LEADERSHIP

Manque de centre pour l'activité physique (piste de course)

Sports, rivalité entre villages, école, problèmes avec les policiers ou reliés à l'école.

Relations/activités sexuelles/habilllements inappropriés à un très jeune âge.

Non, je pense que la communauté de Clare est une très bonne place où vivre!

**À votre avis, quel est le problème unique le plus important que rencontrent les gens de votre âge aujourd'hui (il peut provenir de la liste ci-devant ou être quelque chose d'autre)? Que pensez-vous qui pourrait être fait pour régler cela?**

Les jeunes boivent avant l'âge de 19 ans.

Rien vraiment

Trop de jeunes consomment de l'alcool.

L'alcool

Relation sexuelle

Les parents ne se préoccupent pas de ce que font leurs enfants

L'alcool

Les parents devraient être plus alertes à quoi que leurs enfants font

Trop de maternités adolescentes. Passez des condoms gratuits dans les boutiques et à l'hôpital

Les drogues, fumer, et l'alcool. Ne pas avoir de drogues vendues ou de l'alcool à des adolescents

Le plus gros problème est les jeunes qui boivent et fument trop à un jeune âge. Pour régler ceci, on devrait faire des présentations et informer les jeunes que ces actions ne sont pas "cool"

Boire avant l'âge de 19 ans. Cacher l'alcool dans des places barrées, où les jeunes peuvent se rendre.

Des jeunes qui boivent ou fument. On devrait avoir plus d'information, plus de punitions sérieuse.

Aussi, il n'y a rien à faire. Bâtir des édifices et planifier.

L'abus, d'alcool, drogues et relations sexuelles. J'ai aucune idée comment régler ces problèmes.

Comment gérer le stress. Les adolescents sont sous beaucoup de stress et il y en a qui ne savent pas comment gérer leur stress; il faut des ressources pour les aider.

Ils ont besoin d'un endroit pour faire des activités quand il n'y a rien à faire.

Des familles abusives. Et avec ça vient la dépression, et s'ils quittent, un manque d'abri. aussi, il y a une tonne de promiscuité.

Dépression et alcool

L'abus d'alcool

Il n'y a pas de solution: on peut toujours trouver une façon d'obtenir de l'alcool, soit de nos parents ou des amis ayant l'âge légal

L'alcool et les drogues. Avoir les personnes ou des endroits où parler à des gens à propos de ce sujet.

Discrimination ou usage d'alcool

Les adolescents fumeurs, ils détruisent leur santé et leur vie. On pourrait placer des lois plus sévères au petit magasin pour ne pas vendre des cigarettes à ceux qui n'ont pas 19 ans.

Les jeunes n'ont pas de places où ils peuvent aller avoir du plaisir; c'est cela qui amène les jeunes à boire et à utiliser tant de drogues.

Alcool. Il n'y a pas un grand nombre de choses à faire ici, alors tout le monde boit de l'alcool. Avoir plus d'activités comme au "Mariners centre" ou des "student deals" au théâtre et à d'autres places (comme aux restaurants, etc.)

Avoir possession de drogues et l'alcool.

Ne pas vendre à des enfants sous l'âge d'adulte.

Boire de l'alcool puis conduire, ou prendre des drogues et conduire.

Je pense que si quelqu'un venait nous expliquer les faits et nous avertir, cela fonctionnerait.

Trop de jeunes qui abusent des drogues.

Adolescents qui consomment de l'alcool

Pauvres habitudes d'alimentation

Je pense qu'il y a beaucoup de problèmes d'estime de soi et concernant notre poids.

La pression de faire des drogues ou de boire de l'alcool.

Le plus gros problème aujourd'hui est combien d'alcool on consomme.

On n'a pas beaucoup à faire, alors les jeunes vont seulement boire ou faire des drogues

Il n'y a rien à faire dans cette communauté

Il y a beaucoup de taxage

Les adolescents qui abusent de l'alcool. Je ne pense pas que tu peux régler ce problème.

Les drogues, tu ne peux pas régler ce problème parce que les drogues ne vont pas sortir de la communauté

Adolescents faisant usage d'alcool. Les parents pourraient surveiller leurs enfants un peu plus

Ils ont trop de problèmes et personne à qui ils peuvent en parler

Plusieurs jeunes consomment de l'alcool et des drogues. Aussi, plusieurs jeunes ont des relations sexuelles non protégées.

Pas de place pour aller raconter nos problèmes

Obésité.....dîners d'école plus sains

La décision d'où aller après l'école secondaire. Plus de voyages aux universités.

L'alcool chez les jeunes

Personne n'aime aller à l'école parce qu'on a trop de devoirs et on ne fait rien en classe. Les

enseignants pourraient nous apprendre plus en classe

Le problème le plus important que les jeunes rencontrent aujourd'hui c'est probablement le fumage et les drogues. Si les parents fument, les enfants sont ensuite influencés

Je ne sais pas

Des drogues, ils ne pourront jamais arrêter cela

À mon avis, le problème unique le plus important que rencontrent les gens de notre âge aujourd'hui c'est probablement l'usage de l'alcool. Pour régler cela, les policiers pourraient être plus impliqués

Des emplois, et des aides pour les devoirs

Les personnes qui font des drogues

Je ne sais pas

Consommation d'alcool sous l'âge légal. Pour régler ce problème, renforcer la loi, éduquer les jeunes d'une façon qui fonctionnera.

Pauvres habitudes d'alimentation. Moins de <malbouffe>.

Activité physique, les jeunes sont mal informés et n'aiment pas en faire (les introduire à de nouvelles expériences (athlétisme par exemple),

Le problème le plus important selon moi, c'est le manque d'aide professionnelle. sont fous vieux et les jeunes se sentent intimidés. Solution: des thérapeutes et médecins jeunes.

Faible estime de soi

Encourager la beauté intérieure

Il y a trop de fumeurs. Je ne sais pas ce qu'il faut faire pour la région.

L'usage de l'alcool.

L'estime de soi.

-Aller dehors au lieu de regarder la télévision.

Pas assez d'activité physique, une classe d'éducation physique chaque jour.

Plus de choix à faire, construire plus de choses (exemple: YMCA réduire les coûts des activités).

Rumeurs et commérages... parler des autres, déformer la vérité derrière le dos des autres. Solution??

Maladie et dépression :

(1) Cela peut être le début de tout autre abus de drogues, alcool, etc.

(2) Moins de gens dépressifs, plus de gens heureux, meilleure estime de soi, etc.

Faible estime de soi

Adolescents qui font des drogues. Je ne sais pas comment on pourrait régler cela, je ne pense pas que ça va finir dans un futur proche.

Arrêter les drogues, les vendeurs de drogues.

La taxage

L'agression sexuelle

Les adolescents qui font usage d'alcool. En parler plus à l'école et leur apprendre l'effet que cela a sur les jeunes.

Le taxage. Il devrait y avoir plus de personnes à qui en parler.

La grossesse peut être réglée par des condoms.

le taxage (bullying)

Je ne sais pas

Les activités sexuelles non protégées - condoms

Le divorce des parents - ??

Les maternités adolescentes.

- Dire aux adolescents de penser à l'abstinence et à la protection.

Pour régler cela, avoir des parents qui sont là pour toi.

Jeune sans-abri.

Viol

Manque d'exercice, faire plus d'activité.

Les viols et le vandalisme. Plus de policiers.

Adolescents faisant l'usage de l'alcool et adolescents fumeurs.

Le sexe

Adolescents faisant usage d'alcool et fumeurs.

Adolescents abusés. Respectez plus le monde.

Les gens qui tombent en amour.

Ils peuvent seulement rester amis.

Les adolescents ne mangent pas bien et font très peu d'exercice. Pour régler cela, on pourrait manger mieux à l'école et avoir plus de sports différents.

Je pense que ce sont les adolescents faisant usage d'alcool. Pour régler cela, on pourrait donner l'information quand ils sont jeunes.

Le problème unique est de boire de l'alcool ou de faire des drogues. On peut plus superviser les adolescentes.

L'alcool, je pense que c'est horrible, j'ai vu de mes meilleurs amis se perdre dans le monde de l'alcool. On doit trouver une façon de le tiendre de les jeunes.



Voici une liste d'un certain nombre de services ou d'opportunités qui sont, ou pourraient possiblement être disponibles aux jeunes. Veuillez nous dire l'importance de chacun de ces services ou de ces opportunités pour vous.



Y a-t-il d'autres opportunités que vous aimeriez voir davantage pour les gens de votre âge? Si oui, veuillez nous en parler ci-bas.

Enrichissement de ma langue maternelle, l'acadien

La technologie

Des services santé jeunesse, des formations en leadership, de l'activité physique pendant la journée

Centre de sports (piste de course)!!!!!!

J'aimerais avoir de l'internet plus vite que «dial-up». Malheureusement, c'est la seule chose disponible.

Échange entre différentes cultures.

Football

Bénévolat à l'extérieur de la communauté, VOYAGER x 1000! :)

**À votre avis, qu'est-ce que ça prendrait pour que plus de gens de votre âge s'impliquent dans le bénévolat?**

Qu'on leur donne de l'argent

Si nous étions payés pour ce qu'on a fait.

Le faire plus "worth it"

Un but du gouvernement. Chaque jeune devrait avoir besoin d'être bénévole dans quelque chose.

Avoir des activités amusantes

S' il y a de l'argent

Si les gens d'ici pourrait comprendre la vie du monde comme en Afrique ou Haiti et d'autre régions ils realizerons leur vie est bonne et q'u'il sont chanceux.

Rendre amusant

Le rendre un peu plus amusant

Avoir des avantages plus tôt dans la vie.

Plus d'opportunités en plus d'endroits.

Des choses au sujet des enfants, de la nourriture, de la construction, etc.

Des récompenses pour faire du bénévolat

Leur faire voir comment le bénévolat peut être bon pour eux

Pouvoir avoir un endroit où ils peuvent aller pour voir et trouver des opportunités différentes

Plus de choses qui sont intéressantes pour faire du bénévolat

?

Plus de choix de bénévolat.

Si la tâche en question est amusante ou si nos amis y participent, alors on peut avoir du plaisir pendant qu'on fait du bénévolat

Si tu veux aller à l'université ou à un collège communautaire, tu as besoin de faire du bénévolat pour mieux y entrer

Si on nous informe d'un projet comme cela à l'école.

Ça prendrait quelque chose d'intéressant pour donner le goût de faire du bénévolat.

Des activités qui sont plus attrayantes pour les jeunes.

Donner des chèques-cadeaux comme pour les théâtres ou les restaurants.

Faire réaliser l'importance du bénévolat et démontrer que quand tu postules pour un collège ou une

université ça te fait paraître une meilleure personne.
Avoir plus de chances d'en faire.
Du bénévolat amusant.
Si le bénévolat se faisait avec d'autres amis.
Des activités amusantes
Plus intéressant pour le monde de notre âge
S'il y avait du bénévolat pour aider les plus jeunes à lire ou à écrire ou les aider à parler français.
Avoir plus de bénévolat qui se passe, et que les personnes qui le font toujours donnent la chance à quelqu'un d'autre.
Avoir plus d'occasions et d'événements où on aurait besoin de bénévoles.
Organisation
«Gaminets» gratuits (free t-shirts)
Ça prendrait plus d'endroits où s'inscrire comme bénévole.
Avoir plus d'options et de choix dans le bénévolat, puis avoir plus de personnes qui l'encouragent.
Plus de meilleures choses dans lesquelles s'impliquer
Plus d'opportunités de bénévolat amusant.
Des bénéfices comme une boîte à lunch ou quelque chose de semblable
Des gens qui veulent. Tu ne peux pas forcer les gens.
S'il y a un emploi ou quelque chose que les gens ont du plaisir à faire, ils le feront bénévolement. Peut-être aussi, si plus de jeunes sont intéressés à participer à des activités communautaires.
Plus d'information et de recrutement
Du bénévolat sur le temps de l'école. Plusieurs jeunes ne sont pas au courant des différents types de bénévolat
Je pense que ça prend plus d'argent pour faire cela
L'opportunité
Quelqu'un qui organise des activités pour qu'on ait l'opportunité de faire du bénévolat
Rien parce que pas beaucoup de monde veut faire quelque chose et ne pas se faire payer
Quelques choses intéressantes, des affiches parce que moi je n'ai jamais entendu parler d'un endroit pour du bénévolat
Des tâches plus faciles
Plus de choix et de promotion
Offrir plusieurs choses différentes
La chose que ça prendrait pour que plus de gens de notre âge s'impliquent dans le bénévolat sera de démontrer aux jeunes en quoi le bénévolat peut les aider dans leur futur pour obtenir des emplois et de bourses pour l'université
Pas tant de devoirs
Plus de places où s'impliquer dans le bénévolat
Peut-être des prix

plus d'opportunit��s �� l'��cole pour du b��n��volat
Faire du b��n��volat �� quelque chose d'amusant
\$
S'ils ont plus de temps, s'ils se font payer de fa��on indirecte (bourses, prix, etc.) ��DUIQUER les jeunes sur l'importance du b��n��volat.
Un centre sportif, un terrain de course.
Je ne sais pas, le d��sir de donner �� la communaut�� ou une course qui leur tient �� c��ur.
Des courses de b��n��volat qui les int��resse ou qui les touche.
Plus d'opportunit��s amusantes.
Des prix �� gagner.
Une r��compense.
Plus d'endroits o�� ils peuvent en faire.
De la paye et que ce soit, pour une fois, amusant
De l'argent
Des choses qui se relient �� eux
-plus d'opportunit��s
-plus grande vari��t�� d'endroits o�� on peut faire du b��n��volat.
Plus d'information. Que ce soit AMUSANT.
Avoir des temps pour s'amuser
�� mon avis, ��a prendrait des affaires plus amusantes pour que plus de gens de mon ��ge s'impliquent dans le b��n��volat.
Pour les mamans : bien ��lever leurs enfants ne veut pas dire de les laisser dans les drogues.
Avec une r��compense pour le travail qu'on ferait.
Plus d'annonces.
Plus de choses que le monde aimerait faire pendant ce temps.
Je ne sais pas
Je ne sais pas
Il faut de bonnes activit��s.
De voir l'importance
R��compenses
Quelque chose comme du hockey ou de la danse.
Avoir plus d'annonces.
Plus de sport
Je ne sais pas
Qu'il y ait une r��compense.
Des r��compenses
Aider plus de monde

-plus amusant

-une récompense

Plus de personnes qui les annoncent.

Du bénévolat amusant.

Faire faire du bénévolat par un groupe d'amies

Bénévolat pour aider les gens qui ne peuvent pas lire ou écrire

Les jeunes vont être des jeunes. Personnellement je le ferais, mais je sais que plusieurs jeunes refuses.

**Si vous essayiez d'expliquer à un adulte ou à un parent ce que ça prendrait pour mieux s'engager ou interagir avec les jeunes, que leur diriez-vous?**

De nous écouter, ne pas être tout le temps fâché contre nous. Nous laisser faire plus de choses.

Faire plus de choses amusantes.

Je ne sais pas

De ne pas nous parler parce qu'ils ne comprendraient jamais.

D'écouter quand on parle pour mieux comprendre nos situations. Ils devraient nous faire plus confiance.

Qu'ils ne comprennent pas les enfants, vous devriez écouter.

Ils ne savent pas comment leur parler.

La musique, nous écouter

Écoutez ce que les jeunes ont besoin de dire

Activités pour tous les âges

Des personnes plus jeunes qui s'amuse, qui ne jugent pas, qui offriraient des conseils et de l'aide.

De nous écouter, de ne pas nous interrompre quand on parle, de ne pas "assumer" et sauter aux conclusions. Donner plus de liberté, nous faire confiance, ne pas crier après nous et ne pas nous traiter comme des bébés.

Ne pas essayer d'être "cool", écouter les jeunes et ne pas toujours nous interrompre

Plus d'activités intéressantes.

Arrêtez d'essayer trop fort. Parlez-nous comme des adultes. On comprend plus que vous ne le croyez.

Peut-être plus de centres où des gens peuvent jouer ensemble. Comme un "Lazer Tag" et un "roller blade rink", etc.

Si notre communauté avait un endroit plus urbain où on pourrait juste se tenir ensemble et avoir du plaisir, ça serait plus facile de s'engager avec les jeunes.

Tu as besoin d'écouter et de ne pas juger ce qu'ils pensent.

Les enfants sont notre futur!

Je leur dirais qu'ils devraient penser comme un adolescent pour comprendre d'où on vient.

Les jeunes ne pensent pas comme les adultes. Ils ont des choses différentes dans l'idée, pas toujours

ce qui est le meilleur.
Ne pas poser tant de questions.
Avoir plus d'activités sportives et d'activités récréatives.
Ne pas nous juger et seulement nous écouter.
De considérer ce qu'on veut.
Je ne sais pas
D'aller boire
Écoutez les jeunes puis ne donnez pas votre opinion avant d'avoir toute l'information.
Je leur dirais qu'il devrait y avoir quelque part un lieu de rencontre pour les jeunes.
C'est bon d'avoir des adultes avec des jeunes, car cela pourrait améliorer leur compréhension.
Je ne sais pas.
Écouter avec l'esprit ouvert et non pas avec un préjugé
Je dirais qu'ils ne devraient pas toujours penser qu'il sont corrects, parce qu'ils ne le sont pas, et ils devraient nous montrer plus de respect.
De parler et voir se que le jeune veut parler a-propos.
Je ne sais pas.
Je dirais qu'ils devraient prendre plus de temps pour écouter leurs familles que pour leurs travaux.
Je ne sais pas
Leur parler avec respect, les aider et avoir des discussions
Il faudrait plus d'activités à faire pour les jeunes dans la communauté
Un endroit pour que les jeunes puissent interagir ensemble
Qu'on a besoin de faire des activités de financement pour avoir l'argent pour faire ces choses
Un salon à l'école
Ça prend des choses plus amusantes qui vont intéresser les jeunes
Il faut qu'ils passent plus de temps avec eux et aller pêcher, etc.
Laisse-moi tranquille
De ne pas être si sérieux
Traiter les adolescents comme un adolescent et non pas comme un enfant. Écouter ce qu'ils ont à dire.
Du temps et du bon sens
Faire plus de choses avec des jeunes comme marcher, socialiser.
Ne pas essayer de nous contrôler
De nous laisser faire
Je leur dirais d'être au niveau des jeunes, de les supporter et de prendre le temps d'écouter leurs opinions.
Impliquez les jeunes dans des sports.
Je ne sais pas... se présenter avec confiance et démontrer un bon exemple à suivre.
D'avoir l'esprit ouvert et D'ÉCOUTER!
Je ne sais pas.

Ne nous traitez pas comme des enfants.

Plus de voyages entre différentes communautés.

Je leur dirais d'essayer de comprendre et d'avoir de la patience.

Sois plus amusant, plus l'ami et moins le parent des enfants.

Écoute-moi

Laissez-les vivre leur vie

Écouter, c'est mille fois mieux que de réprimander. Même si on fait de mauvais choix, ce sont nos choix qu'on doit faire; donc, au lieu de nous forcer à changer d'idée, suggérez.

Des mentors

Que ce soit plaisant

Que je sois avec mes amis ou avec des gens qui tiennent la course à cœur.

Seulement leur demander comment leur journée a été; s'ils veulent parler aux adultes, ils le feront.

Si j'essayais d'expliquer à un adulte ou à un parent ce que ça prendrait pour mieux s'engager ou interagir avec les jeunes, je leur dirais d'être plus gentils avec les jeunes, ils ont déjà été jeunes eux aussi.

Les parents leur demandent comment est ill peuvent aller a des meeting.

Apprendre aux adultes comment réagir.

Passer plus de temps ensemble.

D'essayer de trouver quelque chose que les deux aiment.

Je ne sais pas

Je ne sais pas

Il faut de jeunes adultes qui comprennent nos vies.

- Moins de temps sur les ordinateurs

- Moins de disputes

- Des soupers ensemble (avec la famille)

Que penses-tu de...?

Avoir des réunion.

Je ne sais pas

Moins strict

Qu'ils nous écoutent mieux qu'ils ne le font.

Si les parents écoutent et qu'ils sont moins stricts.

j'ai besoin de jouer à des sports

-un autre club

Se parler plus souvent.

Que ça leur aiderait.

Leur parler plus de votre journée.

Je dirais à mes parents : est-ce qu'on peut aller pêcher ensemble pour se connaître mieux?

**À votre avis, qui est le PLUS responsable pour aider les enfants et les jeunes à être sécurisés, bien élevés, et responsables?**

Parent, enseignant, et nous-mêmes

Leurs parents.

Parents et enseignants

Leurs parents. Ils sont les plus proches de leurs enfants.

Des amis, parents, et des travailleurs sociaux

Parents et des enseignants.

Leurs parents et leurs amies

Nous écouter

Nos parents.

Les enseignants, amis et parents.

Leur famille et leurs enseignants.

Des enseignants qui se soucient de nous, pas seulement académiquement, mais personnellement et s'assurent qu'on est content.

Les parents et ensuite les enseignants

Avoir plus de clubs et d'activités dans la région

Les parents.

Les parents

Les parents.

Les parents. Ceux qui savent comment être un bon parent.

Les parents / personnels d'école.

Les parents ont une grosse influence sur leurs enfants, si les parents montrent ces choses à leurs enfants.

Parents

Les parents et les enseignants.

Les parents

C'est la responsabilité des parents.

Les parents

Les parents

Les parents

les parents

Les parents et les enseignants

Leur parent.

Leur parent.



Les parents

Selon moi, c'est les enseignants/parents.

Les parents ont un gros rôle de bien les élever et de les rendre responsables, mais la communauté a un rôle d'être sécurisée.

Leurs parents, et l'enfant même.

Les parents sont responsables.

Les enseignants/enseignants des écoles.

Les parents!

Je penserais que le gouvernement devrait faire en sorte que la communauté soit plus en sécurité et les parents devront être responsables pour ce que leurs jeunes font

Quelqu'un qui est respecté

Des bons parents et si pas, du monde qui travaille pour les services sociaux

Le gouvernement

Les parents

Les parents

Parents

Les parents

Les parents

Les parents

Leur parent

Les parents à la maison

Les parents!

Les parents

Les parents

Parents

Parents

Dans un monde parfait, les parents devraient prendre ce rôle; mais en réalité, une personne à qui le jeune fait confiance. Exemple: Enseignant, parent d'un ami, professionnel, ami,

Les adultes en général.

Les parents de ces jeunes.

Les enseignantes. Ils nous forment et nous montrent de nouveaux points de vue.

Les parents.

Responsables

Les gens de la communauté.

Les parents

Les parents

Les enseignants

Les jeunes eux-mêmes

Leurs parents

Les jeunes semblent mieux se débrouiller avec d'autres jeunes. Pour et par les jeunes. C'est aux plus âgés de former leurs enfants afin qu'ils puissent éduquer les autres jeunes qui les entourent.

Les parents des enfants

À mon avis, nos parents sont les PLUS responsables pour aider les enfants et les jeunes à être sécurisés, bien élevés et responsables.

Nos parents

Des policiers

C'est la responsabilité du système scolaire, et de la communauté.

Les parents.

Les parents.

Les parents

Oui

Nos parents ont besoin de montrer beaucoup de souci pour leurs enfants.

Les parents sont responsables de nous éleve.

Les parents

Oui. Bien élevés, et responsables?

Les parents

N'importe quel adulte.

Les parents

Parents ou moi-même

Les adultes

-policier

-parent

Les parents.

Les parents

Les parents

Je pense que c'est la responsabilité des parents des jeunes.

Les parents sont responsables

Les parents

## Appendix E: Resources Used During Service Provider Consultations

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### Tri County Child and Youth Action Committee (CAYAC)

*Community and Partner Consultation*

*February 10, 2010, 10:00am-12:00pm, Digby Fire Station*

#### Introduction

On behalf of the Acadia Centre for Social and Business Entrepreneurship, I would like to personally welcome you to this community consultation. As you know, the purpose of this session is to discuss the social and economic issues facing Digby County's children, youth, and families. Ultimately, we would like your heartfelt input, ideas, and solutions as to how CAYAC can take action to help address some of these challenges and create new opportunities. There are no right or wrong answers in this session.

#### Who, or what, is CAYAC?

The Tri-County Child and Youth Action Committee (CAYAC) is a group of local managers or designates from the Nova Scotia provincial government departments of Health, Justice, Health Promotion and Protection, Education and Community Services. It is also comprised of managers or designates of local school boards and service providers as well as community-based organizations and youth. It is one initiative resulting from a much larger, province-wide strategy for children and youth.

CAYAC's vision is that children and youth are healthy, safe, and nurtured, and responsible - and given the right opportunities to be the best they can be.

#### Who are your facilitators?

Joel Stoddart – Manager of Not-for-Profit Development

Stephanie Gaudet – Business Counsellor, Trainer, and Facilitator

Stephanie Lohnes – Youth Development Coordinator

The Acadia Centre for Social and Business Entrepreneurship is a university-based entrepreneurship development centre. They provide counsel, training, facilitation, resources, and support to individuals, small businesses, community groups, students, and business practitioners. ACSBE has a staff of 25 and has offices in Wolfville (Acadia), Kentville, Bridgewater, and Hubbards

**What will happen after this session?**

After this session – and following the completion of other consultations around the Tri-Counties (both face-to-face and online) – ACSBE will provide a written report to CAYAC. This written report will provide a detailed account of the consultation outcomes, and will provide recommendations about how CAYAC can begin implementing this input. CAYAC will continue to work closely with you to continue seeking your input, ideas, and support.

**What can I do after this session?**

The best thing you can do after this session is to continue to seek opportunities to help CAYAC, and for CAYAC to help you in the achievement of your vision and mission. Although organizations sometimes operate in relative isolation from each other, the reality is all of the issues children, youth, and families face are closely interrelated and require a joint effort. Working together, we will bridge these gaps and make Digby County better and more positive for everyone.

# Tri-County Child and Youth Action Committee

Community Consultation – Digby County – Participant Survey

February 10, 2010

Listed below are several socio-economic problems that sometimes affect communities in a negative way. In your opinion, how big is each of the following problems in Digby County, with specific consideration of how it affects children and youth? (check one)

Issue	Not a problem	A small problem	A medium problem	A major problem
Youth homelessness				
Adult homelessness				
Families or individuals living below the poverty line				
Unsafe sexual activity				
Teen pregnancy				
Sexually Transmitted Diseases (STDs)				
Teen alcohol use				
Teen smoking				
Teen drug or substance abuse				
Peer violence or bullying				
Students dropping out of school				
Vandalism, theft, or burglary				
Lack of physical exercise or activity among teenagers				
Lack of parental supervision for adolescents and teenagers				
Poor eating habits or dietary choices among youth				
Too few role models or leaders to look up to				
Suicide or self-harm				
Physical child abuse by adults or parents				
Emotional child abuse by adults or parents				
Abusive or unhealthy romantic relationships between youth				

Issue	Not a problem	A small problem	A medium problem	A major problem
Eating disorders/mental illness/depression				
Youth 'hanging out with nothing to do'				
Low self-image or low self-esteem				
Lack of adults who truly understand youth struggles or issues				
Sexual abuse or rape				
Poor personal financial management or financial education				
Youth not being able to get or keep part time jobs				
Lack of resources or support (i.e. counselling)				
Racism or discrimination				
Lack of good parenting skills				
Lack of activities that families can participate in together				
Other (specify)				
Other (specify)				
Other (specify)				

Listed below are a number of services or opportunities that are – or could potentially be – made available to youth, children, and families. Please tell us how important you think each of these is to the successful nurturing of children, youth, and families in Digby County

Opportunity/service	Extremely unimportant	Unimportant	Important	Extremely important
Opportunities to volunteer in the community				
Sport and recreation opportunities				
Extra-curricular learning/educational opportunities				
Opportunities to travel and be exposed to new cultures				
A place that youth can go and 'hang out'				
Youth groups and clubs				

Opportunity/service	Extremely unimportant	Unimportant	Important	Extremely important
More adults or professionals children and youth can talk to about difficult situations				
More peer support (i.e. peers that children and youth can talk to about difficult situations)				
Broader exposure to career opportunities that fit their skills, abilities, and passions				
More part-time work opportunities				
A safe place for youth and children to go who have an unstable home environment				
Opportunities for youth to work side-by-side with adults				
Opportunities for youth to participate in decisions made by local governments				
Opportunities to start a business or become more entrepreneurial				
Opportunities to create or participate in community projects that matter to them				
More opportunities in the arts (i.e. music, drama, writing, art, dance)				
Other (please specify)				
Other (please specify)				
Other (please specify)				

*February 10, 2010, 10:00am-12:00pm, Digby Fire Station*

Looking at Tri-County CAYAC's purpose and goals, what could CAYAC do to best help you or your organization better serve children, youth, and families?

[illegible]

Please finish this sentence: CAYAC would be a very useful organization if...

[illegible]



## Tri-County Child and Youth Action Committee

### Terms of Reference

Final Draft March 25, 2009

#### Preamble

The Child and Youth Action Committee (CAYAC) is a group of local managers or designates from the Nova Scotia provincial government departments of Health, Justice, Health Promotion and Protection, Education and Community Services. It is also comprised of managers or designates of local school boards and service providers as well as community-based organizations and youth.

#### Vision

Children and youth are healthy, safe, and nurtured, and responsible – and given the right opportunities to be the best they can be.

#### Purpose

1. The Tri-County CAYAC is a collaborative, trans-sector committee to facilitate discussion and partake in perpetual Strengths, Weaknesses, Opportunities and Traps (SWOT) analysis in order to identify systemic gaps, overlaps and barriers that inhibit cooperative efforts. Tri-County CAYAC collaborates towards a better continuum of service delivery to enhance the well-being of children, youth and families in Digby, Shelburne and Yarmouth Counties.
2. The Tri-County CAYAC is responsible to work together to achieve better outcomes for children, youth and families through coordinated policy development, policy review, policy recommendations and suggestions for comprehensive service delivery enhancement.
3. The Tri-County CAYAC works together to promote and facilitate trans-sector initiatives at the provincial, regional and local levels to improve services for children, youth and families.
4. The Tri-County CAYAC will be the mechanism for the local screening (selection) of policy review, research and/or funding proposals for submission to the Child and Youth Social Policy Committee (CYSPC). Policy, process and procedures for this purpose are outlined in appendix A of the Terms of Reference.
5. The Tri-County CAYAC will engage in strategic planning which will be reviewed in accordance with predetermined time frames.
6. Terms of Reference are received by Western Regional CAYAC and by the provincial Child and Youth Social Policy Committee.
7. Terms of Reference will be reviewed annually.

### Goals

1. To foster and develop collaborative partnerships among key stakeholders, community and youth.  
To explore and enhance a comprehensive, cohesive, collaborative and seamless service continuum with an emphasis on early intervention, prevention and engagement initiatives for children, youth and families.
2. To learn about and advocate for the needs of children, youths and families in our own organizations and our communities across the Tri-County area.
3. To enhance knowledge of each other's mandates and services and scan the environment in the Tri-County area in order to be aware of the services that exist and their mandates and advocate for effective and appropriate responses.
4. To implement a Population Health model of practice
5. To be in a position to provide, in consultation with stakeholders in the community, Strengths, Weaknesses, Opportunities and Traps (SWOT) analysis in order to recommend policy changes, and select proposals for funding research or initiative requests.

### Membership

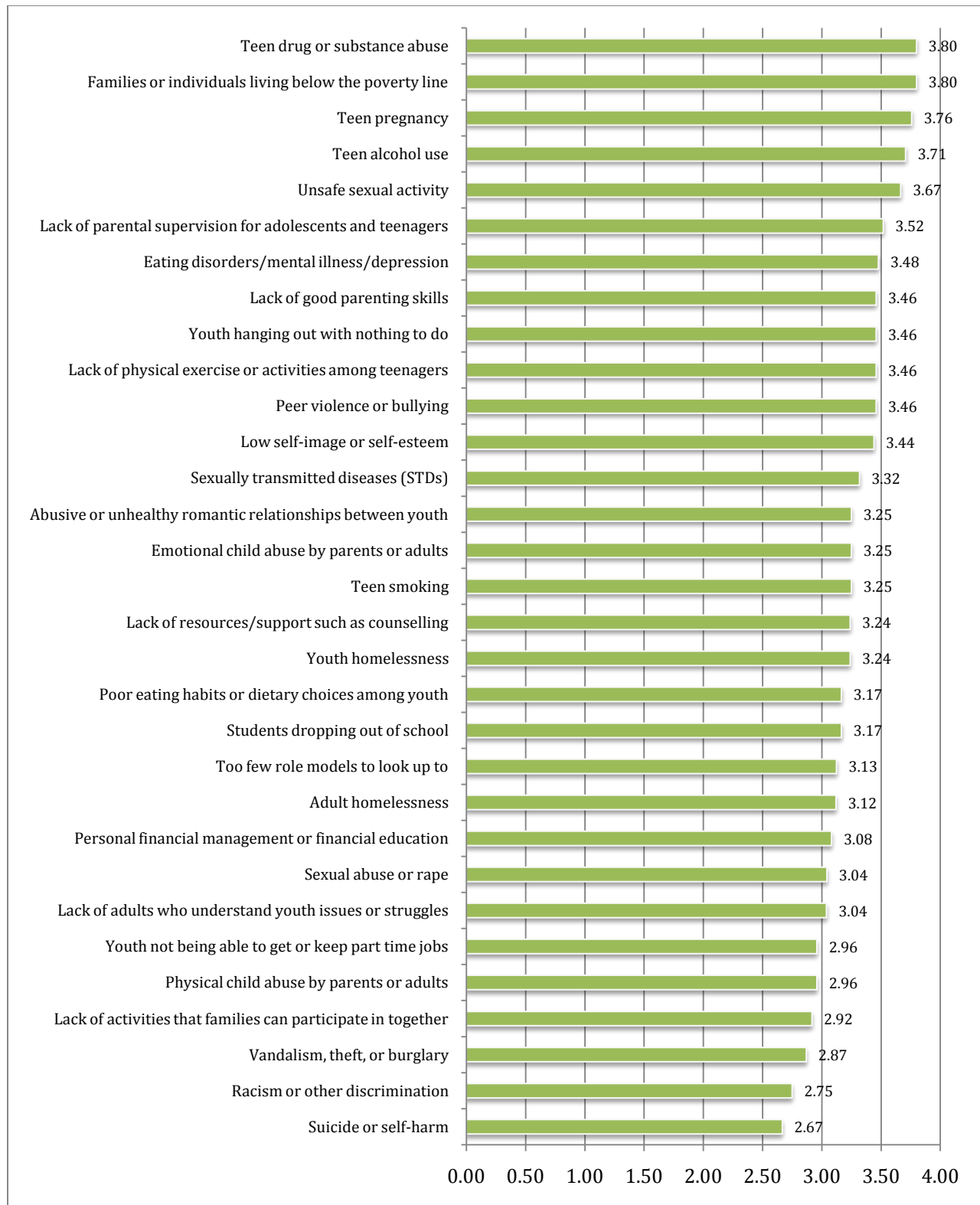
To ensure a balanced organization representation, Tri-County CAYAC will consist of government and non-government agencies. It is recommended that **members be at the management level**. Membership shall be open to the following publicly funded agencies, departments or boards:

Organization/group	#	Organization/group	#
Public Health Services	2	Continuing Care	1
SWNDHA Addictions/Mental Health	1-2	Department of Community Services (4 reps. 1 from each County – 3 Child Welfare, 1 Employment Support, Income Assistance programs)	4
Department of Justice	1	Tri-County Regional School Board	1
Conseil scolaire acadien provincial	1	Yarmouth/Shelburne Municipal Recreation Association	1
Digby/Clare Area Municipal Recreation Services	1	Human Resources & Skills Development Canada	1
The Department of Education	1	The Acadia First Nations Band Council	1
The Black Community	1	RCMP	1
Youth Wellness Centers	1	Early Childhood	1
Youth	4	Primary Health	1
Child and Youth Strategy Specialist	Ex officio	Department of Community Services Specialists	Ex officio
Western Regional CAYAC members	Ex officio	Child and Youth Social Policy Committee Members	Ex officio
Youth Navigator(s)	Ex officio		

## Appendix F: Notes from Yarmouth County Service Provider Consultation

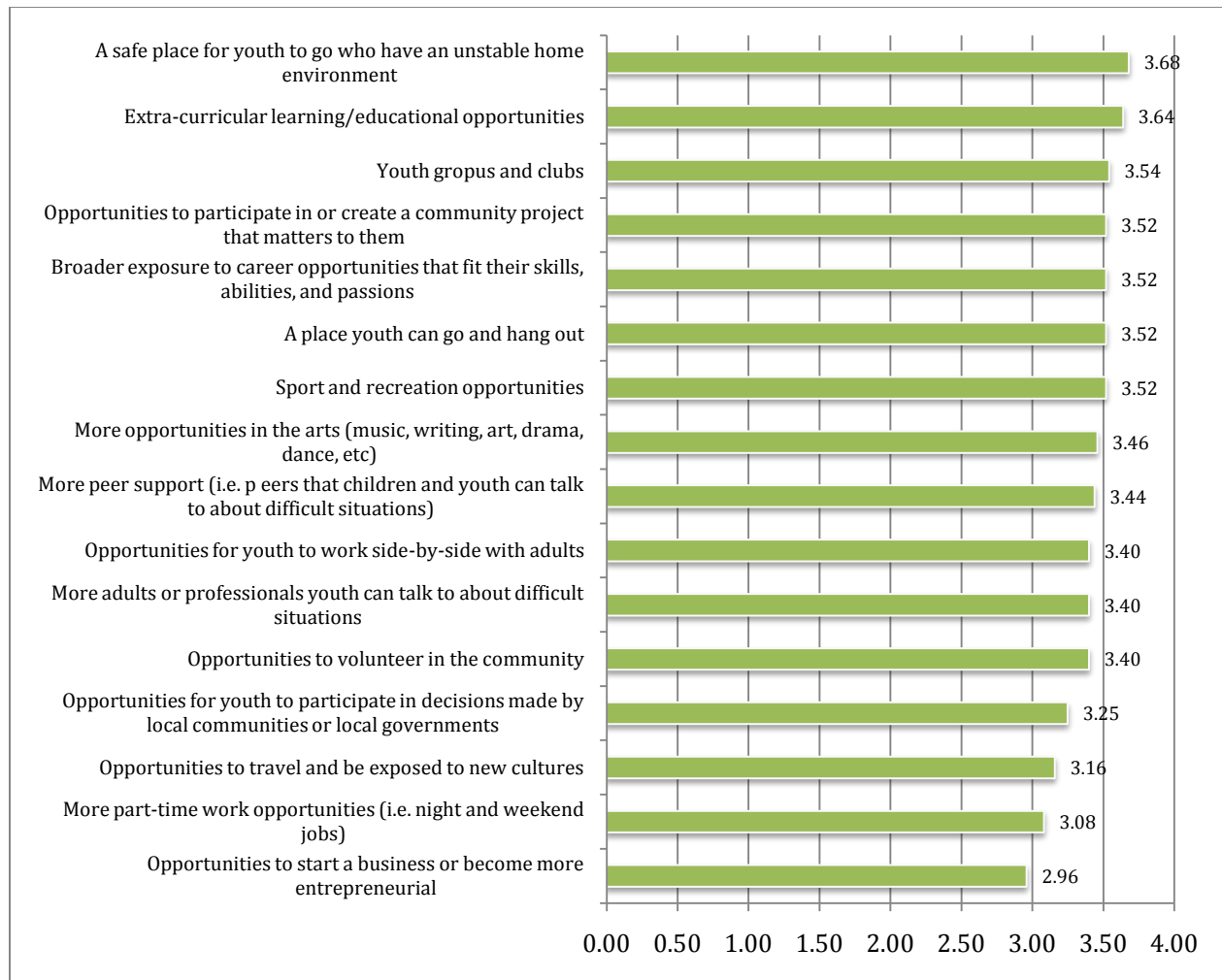
In-take Survey Question 1: Listed below are several socio-economic problems that sometimes affect communities in a negative way. In your opinion, how big are each of the following problems in Yarmouth County, with specific consideration to how it affects children and youth?

Answer Options	Average rating
Families or individuals living below the poverty line	3.80
Teen drug or substance abuse	3.80
Teen pregnancy	3.76
Teen alcohol use	3.71
Unsafe sexual activity	3.67
Lack of parental supervision for adolescents and teenagers	3.52
Eating disorders/mental illness/depression	3.48
Peer violence or bullying	3.46
Lack of physical exercise or activities among teenagers	3.46
Youth hanging out with nothing to do	3.46
Lack of good parenting skills	3.46
Low self-image or self-esteem	3.44
Sexually transmitted diseases (STDs)	3.32
Teen smoking	3.25
Emotional child abuse by parents or adults	3.25
Abusive or unhealthy romantic relationships between youth	3.25
Youth homelessness	3.24
Lack of resources/support such as counselling	3.24
Students dropping out of school	3.17
Poor eating habits or dietary choices among youth	3.17
Too few role models to look up to	3.13
Adult homelessness	3.12
Personal financial management or financial education	3.08
Sexual abuse or rape	3.04
Lack of adults who understand youth issues or struggles	3.04
Physical child abuse by parents or adults	2.96
Youth not being able to get or keep part time jobs	2.96
Lack of activities that families can participate in together	2.92
Vandalism, theft, or burglary	2.87
Racism or other discrimination	2.75
Suicide or self-harm	2.67



In-take Survey Question 2: Listed below are a number of services or opportunities that are – or could potentially be – made available to youth. Please tell us how important you think each of these is to the successful nurturing of children, youth, and families in Yarmouth County

Answer Options	Average rating
A safe place for youth to go who have an unstable home environment	3.68
Extra-curricular learning/educational opportunities	3.64
Youth groups and clubs	3.54
Sport and recreation opportunities	3.52
A place youth can go and hang out	3.52
Broader exposure to career opportunities that fit their skills, abilities, and passions	3.52
Opportunities to participate in or create a community project that matters to them	3.52
More opportunities in the arts (music, writing, art, drama, dance, etc)	3.46
More peer support (i.e. peers that children and youth can talk to about difficult situations)	3.44
Opportunities to volunteer in the community	3.40
More adults or professionals youth can talk to about difficult situations	3.40
Opportunities for youth to work side-by-side with adults	3.40
Opportunities for youth to participate in decisions made by local communities or local governments	3.25
Opportunities to travel and be exposed to new cultures	3.16
More part-time work opportunities (i.e. night and weekend jobs)	3.08
Opportunities to start a business or become more entrepreneurial	2.96



### General Discussion Notes

#### Overall feedback from activity:

- Good
- Interesting

#### Q1. Any omissions that were not mentioned in the 8 topic areas

- Omissions: asking wrong people about what kids need/want
- We will be doing a lot of surveys in school system to capture youth voice
- Forward online surveys to clients? Participants

#### Q2. If THEY were here what would THEY say?

- What are you going to do about it
- You've done this before and nothing has been done
- How would you know about these issues if you have not suffered from this situation

- How relevant are the discussions
- They say stop talking and start doing
- Programs in place and funding runs out, make sure that it is sustainable

Q3. What has prevented action?

- Money
- People who give money need the true buy-in, really listen
- No commitment
- Continue to do things the same way, we need to shift resources and realize what will really make the difference
- Takes will
- Takes agencies working together

Q4. What can we do to move forward?

- Stop US and THEY; how can we better work together
- Culture shift
- Everyone here has a job, we need the resources in place to get the job done
- Bridge gaps in communication

Q5. CAYAC what could they do?

- Mandates and policies don't allow us to work together, it's not that we don't want to work together
- Back at office, guidelines and policies limit action
- Nunavut: nothing happened until something went wrong: meetings galore; make-work projects
- Simplify processes
- Many groups, many agendas
- Ask kids what they want, no, it's up to effective parenting
- Parents need to be responsible for their children
- Early age attachment and the root of the problem, also many issues beyond root
- Does CAYAC have students?
- Strategy is creating the leaders of today network
- CAYAC does not believe that a few people on committee is enough
- CAYAC wants kids in focus group to keep on track and represent their needs
- Youth, needs to be a partner as well; they should be a part of the entire process
- Ultimately will contact youth for feedback
- Feedback from Health Care professionals: children starting out at risk because of the parenting situation
- Early intervention with parents before the child is born; poverty, drug use all problems
- P/T jobs will not fix the problem later
- Priority for CAYAC: Working with parents/intervention?
- Resources for CAYAC: resources are already there, they just need to be organized, no need to reinvent

- A lot of people out there to give the support
- Before CAYAC initiates: individuals represented here today should have been able to list resources ; should know of processes and resources; we can become stronger/working together
- A central website listing all the resources that are available for counsellors/support/etc.
- Acadia First Nation Rep: we are focus on parenting skills; a lot of youth in her community; focus on youth as well, needs to be a combined efforts/equally important
- More role models, need to step up and assist, mentorship programs, orgs working together
- Youth Centre in community: peer mediation programs, need to be respected and show respect; more modern facility that the youth design; warm place to do homework, food, other amenities; partnerships available?
- Youth community meetings at F.N. needs assessments
- Interagency cooperation: challenges, legislation prevents actions, doctor is not allowed to share information for example. Early intervention...legislation has gotten in the way of common sense; CAYAC could advocate for change
- Things are happening in a very reactive way
- Early intervention needed, go into homes and move upstream later on
- If family doesn't want service, you're out the door
- Limited access programs, if universal, more comfortable to become involved; get rid of the stigmas attached; any parent should be able to get support regardless if there are issues or not
- Highly educated parents can be have poor parenting skills; why the bias?
- Privacy legislation is restrictive for agencies working together
- Economic spectrum needs to be addressed as well, not just social
- Difficult to give students in schools hope that there is a future that lies ahead of them
- Couple of questions providing opportunities to develop entrepreneurship
- Missing opportunities over past several years re: economic growth
- Ship kids out to opportunities or start providing groundwork for the future
- Kids attached to community and hope; our parents are role models; meaningful programs...outreach to parent demographic empowering parents and giving them meaningful work...allowing them to lead their kids in the right direction

Q6. What would it take to make you say progress is happening?

- Action/results/change
- Info from session well themed and presented to participants
- Inform of a potential action plan
- Transparent and clear actions
- Trouble for afternoon session, so the need is to give it to the community at large
- Timing is questionable for public participants being able to attend; one in afternoon and evening
- Most power voices are already disengaged, need to have something in place to make them feel valued
- Maybe we need to go to them in a different way....how do we access them?
- Give out to attendees first to evaluate and disseminate



## Public Session:

## Low Income

- Services accessible free of charge
- Parenting, playgrounds, after school programs, injury prevention, child obesity, mental health
- Clothing exchange
- School supply
- Milk, diapers
- Community garden
- School readiness and orientation in the summer
- Single parent, at risk, low income
- Rural community outreach; cross section of status
- Trends: always there, still here, specifics change: different needs now from children: more mental health issues from both child and parents
- Dual families returning...moving back from out West and having issues with unemployment
- Support program in the YMCA that no family is turned away based on a payment ability; non-invasive process; 25% of members are on the supported side
- YMCA seems to be an “us vs. them” place; schools are taking on the GAP program
- A lot of teenage parenting programs being utilized: connections and up-swing trend
- Services are being more utilized; try and beat the stigma that programming is only used for low-income families
- Some Centre’s not being funded well enough to provide services
- Women’s Centre is a great resource and has good outreach and networking capabilities
- The source of poverty being some symptom of a greater problem; should not cut them off from having equal opportunities for quality of life
- CAYAC needs to facilitate the quality of life for those that can’t pay off the bill
- Needing subsidy to get to programs and become involved; if not they are the ones that are going to be found on the street in 10 years
- Richness comes from extended family, support, participation; inter-family relationship is hard to foster now for some reason
- Fundraising is a necessity to many not-for-profits that help these individuals; this is a time-consuming process that takes away from energy that could be used elsewhere
- Do not equate low-income with unhappiness
- Transportation is a large issue for low-income families. They may be willing to participate, however there is no way to get there; finding support is needed; subsidies?
- Central spot/network/clearinghouse to be created (?) that could curb the transportation barrier issues

## Physical Activity

- Measurable is just plain as children outside
- More organized sport; if you see that enrolment in activities is increasing, this is a measurable
- Having more attendance at places such as Keji, providing the facilities and locales

- How many numbers are at the YMCA? Increasing programs, not decreasing because of funding for transportation concerns
- Not so much an infrastructure issue, but a transportation issue
- Offering more opportunities for parents and children to be active together
- Parents most responsible for leading and ensuring that children are engaging in physical activity; there is a component that requires motivation/education of parents
- Department of education is also responsible as children spend more waking time at school than home

#### Youth Involved in Crime (drug use/vandalism/etc)

- Certainly here, relative to population
- Drugs, vandalism, drinking are all present, the same as it is in many other areas
- Rural is more at risk than urban; the choices that are available are more limiting in the rural area
- More ideas are acceptable to the adult community to therefore it is "ok" for children to do the same; it is allowed
- Behaviour is anti-social because it is supported
- Many issues can be seen through economically advantaged children as well

#### "Josh"

- Putting the right leaders in the right facilities to gather the youth
- Younger role model for youth
- Can connect with youth at a level that no one else appears to be able
- He is very trustworthy, cultural background that can adapt to all kids
- Sense of presence, non-judgmental, tolerant
- He steps back and lets the children lead and organize
- Perhaps in a friend/mentorship role
- Special needs in the age group and he has the ability to "guide" and taking ownership of society
- Josh is able to find the leaders in the group, identifies that they have the potential and encourages that within the youth
- "The plan" is to lead them to figure out the plan for them self
- Need interest and respect to learn

#### CAYAC: What role/support/action to they have to play in addressing some of the areas discussed?

- Government has an agenda and they are trying to fit community things into this instead of the real needs of the community
- DCS/ DoH all have preconceived notions; they are all words without actions ... need to follow-up!
- Same meetings are happening over and over ... need to do something
- Heighten acknowledgement that CAYAC exists!
- Don't know what they can do to move forward if I don't know what they do!
- Quarterly meeting of the principals and bring the money
- Understanding where the money is best spent is up to those on the ground doing the work.

- Accessibility of gyms and locations during the evening hours; create their own activities, nothing organized
- Organizing conversation with other service providers to know the resources that are available
- Multiplier: meaning you have access to 50 instead of 5 resources

#### Volunteering

- Concept of doing something for nothing is a problem
- Coaching, males dominated
- Social role valuation: where is the perceived value??
- Where do the opportunities exist from an early age?
- Self-esteem and many other valued qualities are bred from volunteering

#### Mental Health

- 

#### Homelessness

- 

**\*\*Why weren't any youth invited?**

**\*\*Were invites sent to schools, NSCC, youth on the street?**

**\*\*Open forum for kids to express opinions?!**

#### CAYAC Stakeholder and Partner Consultation – Flip Chart Notes

### Topic: Dropout rates

*Question 1: What 2-3 factors do you think are most likely to prevent youth from staying in school or in another educational program?*

- Peer pressure
- Creating a vision for all kids as individuals that they can succeed and that a program offers something “real” at the end
- More support for teen moms
  - Day care
  - Transportation
  - Supportive environment
- Need basic needs addressed
  - Food
  - Shelter
- Family valuing education
- School valuing youth for who and what they are
- More guidance counsellors (elementary too)
- Alternate schools

- Early intervention for self-esteem issues
- Pregnancy (prevention programs)
- Education that meets needs of students with learning disabilities
- Teaching methods
  - Learning styles
  - Improper programming
- Lack of family support
- School curriculum to be more inclusive of the skills/abilities/interests of students
  - Music
  - Trades
- Mental health concerns/mental illness
- Need supportive housing for youth
- Harassment/bullying/insensitivity to diversity of lifestyles
- Free tutoring (available)
- Re-look at vocational programs
- Drug use
- Dysfunctional families – lack of support
- Self-fulfilling prophecy – family history of dropping out

***Question 2: What do you think it would take to get youth to stay in school or an educational program in this area? Who is responsible for making this happen?***

- Opportunities to access personal asset assessment that is supportive
- Transportation
- Alternative to completing homework
- As the youth
- Vocational training
- Department of Education assessment of aptitude/interest
- Public transit expanded
- Whole community needs to take responsibility
- Co-op placements/job placements
  - Build relationships with trades people
- More training for educators
  - Identifying youth at risk and supporting
- Curriculum choices
- Home support/tutor programs
- Youth housing
- Investigations around who drops out and why
  - Involving many service providers
- Inclusive environment
  - School and community
- Assistance for those challenged with academic/other coursework

- Who:
  - All levels of government – leadership from top
  - Families and community – it has to start here

## Topic: Low income families

*Question 1: What kind of programs or services are you aware of that work with low income families in this area?*

- Christmas Daddies
- Public Health
- Mental Health
- Yarmouth County schools (all of them)
- Addiction services
- Friendly Feeding Line
- Public Health – Enhanced Home Visiting
- Public Health Fluoride Mouth Rinsing Program
- Tri-County Women’s Centre
  - Youth homelessness
  - Sexual health
  - Financial counselling
  - Advocacy
  - Support work
- Leisure Services – Kids First Fund
- Department of Community Services
  - Disabilities
  - ESS
  - Child welfare
  - Income assistance
- Split Rock Learning Centre
- Parents Place
- Boys and Girls Club
- Juniper Place
- Salvation Army
- YMCA – subsidized memberships, Y Camp
- Tri-County Housing Authority – low rental
- Government heating rebates
- Learning network (adult learning centres)
- Tabitha Centre
- Food Bank
- Community Fuel Fund
- Breakfast programs

- Church benevolent funds
- Service clubs
- Local businesses
- Department of Justice
- Daycare subsidy
- Low income family pharmacare program

***Question 2: What kind of supports (programs, services) would you like to see in our area?***

- Supports throughout Yarmouth County not just in town (accessible)
- Youth shelter
- Family planning centre
- Youth centre
  - Full-time
  - Well-funded
- Inexpensive education opportunities
- Better education for students re: financial management
- Support for a sense of vision of what is possible – access to personal asset assessment
- Access to programs (transportation)
  - Child care provided, creative, weekends and nights/24 hr care, universal
- Flexible education opportunities
- Access to professionals in town for mentorship
- Youth health centre
- Financial supports
- Policies in place/or change existing ones
- Less “red tape” (ease the process)
- More support for existing successful programs
- More doctors/nurse practitioners
- Creative education
- On the job training
  - Meaningful work
  - Job creation
  - Minimum wage
- After school tutoring – standard, universal for all

## **Topic: Physical activity**

***Question 1: What local trends in physical activity should – or could – CYAC help to advocate or encourage to an even greater extent?***

- Sponsorship of some activities
- Access/availability to all – not just “rep” teams

- Promote alternative ways to be physically active as “normal” (part of the culture)
- Disabilities participation
- Support policy implementation (staff, money, time)
- Advocate for more diverse activities in Phys Ed classes
  - Yoga
  - Dancing
  - Running clubs, etc.
  - Technology incorporated (Wii Fit, Dance Dance Revolution, etc.
  - Free time activities
- Physical health helps mental health
- Promote
  - Radio
  - Schools
  - Library
- Listen to the kids
- Active transportation – make getting around on foot/bike/tricycle/inline skating accessible and safe
  - Slow traffic
  - Make lanes
  - Bike racks
- Are they aware of the programs?
- Financial help
- More free programs
- Access – what about rural children/youth?
- More promotion of activities that 1 or 2 can do, doesn’t have to be team sports

*Question 2: What would it take for you to believe that children are becoming more physically active? What information would you need? What results would you need to see?*

- Research on local community
- PACE study
  - More frequent
  - Publish
  - Promote results
- Health promoting schools
  - Support P.A.
  - More schools involved
- Connect mental health and P.A.
- Less obesity
- Positive statistics/data
- When we see a “skate park” (have we really listened to the youth?)

- More engagement of children and youth and deliver what they want
- Less M.H./substance use issues
- See kids playing outside more often
- Physical activity integrated into the curriculum
- See kids busy/weight issues
- Facilities/parks used
- More support for programs
- Less crime
- More families being active together
- Parents modeling physically active behaviour

## Topic: Mental health services

### *Question 1: How would you define “mental health service”?*

- Providing services to address the needs of mental well-being of the population – prevention, identification, education, counselling, follow-up
- Slow process
- Stress management/coping skills
- Too reactive – not enough resources in prevention
- Stigma – need to see more high profile normalizing

### *Question 2: If our County was considered to have the “best mental health services in the province”, what would that look like?*

- Mental health helpline (counselling line)
- Feminist analysis
- Consistent – retained staff
- More guidance counsellors
- More mental health professionals for a team approach, collaboration, 2<sup>nd</sup> opinions e.g. Psychiatrists
- Inter-agency cooperation with public health, school board, addiction services
- Emergency procedures/process simplified and fast-tracked
- Not always/never necessary for doctor referral
- Sufficient personnel
- On the psychiatric ward – separation of people with different needs
- Offsite services – community based programs
- Recognition of school-based professional counselling
- Community-based family counselling
- Early mental promotion and early intervention
- Adequately staffed and equipped facilities
- No social stigma



- In home services – CSW

## Topic: Youth volunteering

*Question 1: What types of volunteering activities do you think youth would be most interested in? Do they currently exist within our community?*

- Anything involving technology/computers
  - Eastlink
  - Th'YARC
- Giving back/providing leadership in activities they enjoyed
- International exchange opportunities
  - Split rock
  - Giving perspective and building leadership
- Performing at Th'YARC
- Bettering their community to build a sense of ownership, responsibility, and connection
- I don't think most kids see real opportunities to volunteer
- Youth centre
- Make participation a part of curriculum – pride
- "This type of question frustrates me!"
- Sports oriented
  - Players
  - Coaches
  - Referees
- Mentoring /tutoring for younger children by high school
- Group with focus on mutual interests (clubs)
- Community improvement
- Volunteerism – with seniors and disabled
- Volunteering at Eastlink Cable TV
- Building things
  - Community gardens
  - Trails
  - Paths
  - Rinks
- Job mentoring – volunteering at organizations like NGOs
- Opportunities for whatever youth are interest in (all aspects)
- Small business mentoring youth
- Community volunteering with/from everyone

*Question 2: How do you think we could get more youth to volunteer?*

- Get their input – just ask

- Find out what kid's strengths and weaknesses are for volunteering
- Make "community service" a real credit in high school
- More access to get there
- Really valuing what kids have to offer
- Trying not to fit their "square" selves into our "round" holes – accept them and what they have to offer
- Leadership development
- Education
  - Parents
  - Let people know about the opportunities
- Survey the youth - what do they want to do?
- Family-oriented activity – leading by example
- Fun stuff!
- Volunteer coordinator
  - Within a community to assist NGOs, etc. so the training/orientation is done and they are ready to go

## Topic: Youth involved in crime

*Question 1: Why do you feel that youth in our communities become involved in criminal activities?*

- Young offenders and lack of court laying down sentencing
- Cycle parents involved in criminal activity – youth norm
- Think about what "world" they were first born into. Think about early years – attachment, parenting, security, home, etc.
- Street drug culture
- Easy money
- Video game promotes criminal and risk taking behavioural culture
- Lack of mental health services at a young age
- Interventions for defiant children
- Lack of opportunities that do not cost money to families
- No one to look up to – role models
- More lucrative than traditional jobs that may be more difficult and lower paying
- Home environment
- Financial issues/poverty
- Peer pressure
- Lack of parental support
  - Presence
  - Guidelines
- Lack of consequences/accountability
- Lack of fear

- No sense of community
- No sense of attachment to community
- Bored – nothing else to do
- Modeled behaviour – cultural norm at home
- Family values
- Mental health issues/substance use
- Kids in charge = problem
- Lack of respect for self and others
- TV/video games
- No home – have to eat etc. so turn to criminal activity to survive

***Question 2: What types of youth criminal activities do you feel are most prevalent locally?***

- Drugs
  - Possession
  - Trafficking
- Theft
- Break and enter
- Assault/bullying (in schools)
- Trespassing on school after expulsion
- Vandalism
- Robbery
- Increase in women committing crime
- Gambling – online, etc
- Sexual violations

***Question 3: How can we educate youth or prevent them from being involved in criminal activities?***

- Educate and provide parenting skills to young families
- To see authority figures more involved in school activities/or any community function
- Give them something to do/options
- Give them a sense of belonging to their community
- Mentorship
- Have youth involved in justice process/ownership
- Involved in community activities (part of decision process)
- Cause of their actions (empathy)
- Positive parental (adult) involvement – proactive from early age
- Start young (preschool)
- Need to be held accountable
- Starts with parents and parental guidance

## Topic: Youth homelessness

*Question 1: What do you know (or not know) about homeless youth in your community?*

- Aware it exists
- Younger children are as well affected with homelessness
- Who knew what couch surfing was a year ago?
- Some will trade sex for a bed to sleep in
- It's been in the news more
- Youth just want a safe place to lay their head
- Aware it's a major issue
- Need public awareness
- Don't know how big a problem it is
- What are their stories
- For youth it's easier to hide – can couch surf
- There's a gap between 16-19
  - Child welfare
  - Income assistance
- Homelessness often correlates to chaotic families
  - Addiction
  - Substance abuse issues

*Question 2: Who is currently providing services or assistance to homeless youth?*

- Become involved
- Income assistance
- Extended family
- Friends
- What's the age that falls through the cracks?
  - 17, 18
  - 12-16
- DCS to a point/family and children's services
- Partnership between DCS
  - Spilt Rock
  - Women's Centre (SHYFT community group)
- Women's center advocating toward a homeless shelter
- Salvation Army

## Topic: School readiness

*Question 1: In your opinion, what does “school readiness” look like for children entering school for the first time? How do you define it?*

- Children must be socially adaptable and ready to fit in as individuals
- Beginning literacy and numeracy skills
- Social skills
  - Sharing
  - Listening
  - Follow directions
  - Self-control/managing emotions
- More accessible preschool programs
- A child who is washed and fed
- A child with no “invisible” mental health issues
- A child without head lice
- Clear understanding that home and school are on the same page
- Social interaction
- Routine
- Becoming familiar with school
- Introducing school staff
- Parent involvement
- Home understanding role/support they play
- Parents understand school can be safe place for them too (school involvement)
- School readiness begins with a well supported and stable family unit
- Pre-school activity for bringing kids into the community of the school
- Bus anxiety
- School as community hub
- Buddy system/mentor
  - Older students “adopt a primary student”
- Diversity exposure for kids
  - Autism
- Ready, Set, Go! needs support (secure operational funding)

*Question 2: What 3-4 groups or individuals must work together to improve school readiness?*

- Families/guardians
- Preschools
- Schools
- It takes a community to raise a child

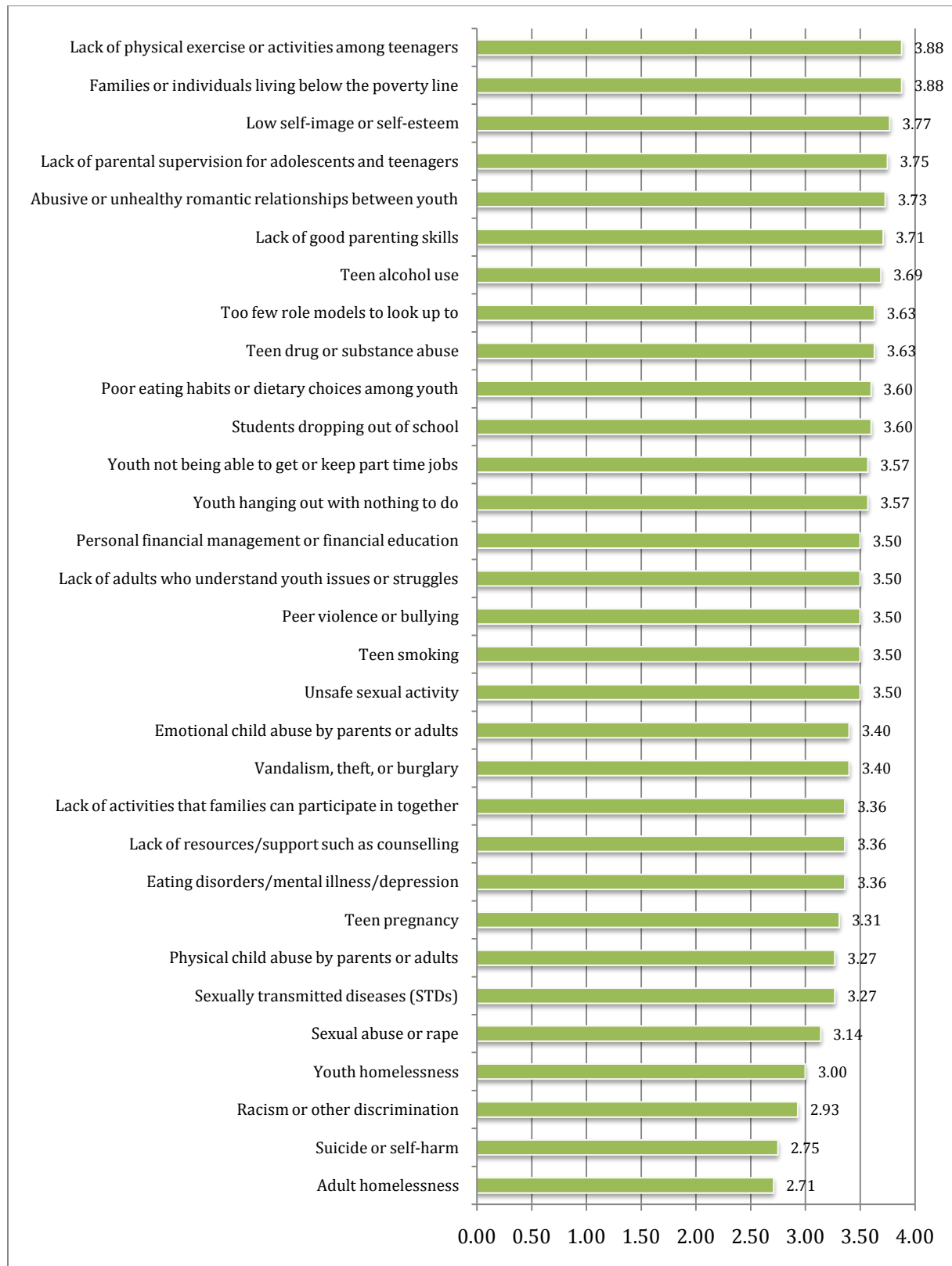
- Everybody
- Preschool and school teachers > expectations
- Family resource centres
  - Ready, Set, Go!
- Schools and school advisory councils
- Parents
- Collaboration between government departments
  - Health
  - Education
  - Health Promotion and Protection
- Public Health
  - Health Beginnings
- Community services
- Health promoting schools
- preschools

## Appendix G: Notes from Shelburne County Service Provider Consultation

In-take Survey Question 1: Listed below are several socio-economic problems that sometimes affect communities in a negative way. In your opinion, how big are each of the following problems in Shelburne County, with specific consideration to how it affects children and youth?

Answer Options	Rating Average
Families or individuals living below the poverty line	3.88
Lack of physical exercise or activities among teenagers	3.88
Low self-image or self-esteem	3.77
Lack of parental supervision for adolescents and teenagers	3.75
Abusive or unhealthy romantic relationships between youth	3.73
Lack of good parenting skills	3.71
Teen alcohol use	3.69
Teen drug or substance abuse	3.63
Too few role models to look up to	3.63
Students dropping out of school	3.60
Poor eating habits or dietary choices among youth	3.60
Youth hanging out with nothing to do	3.57
Youth not being able to get or keep part time jobs	3.57
Unsafe sexual activity	3.50
Teen smoking	3.50

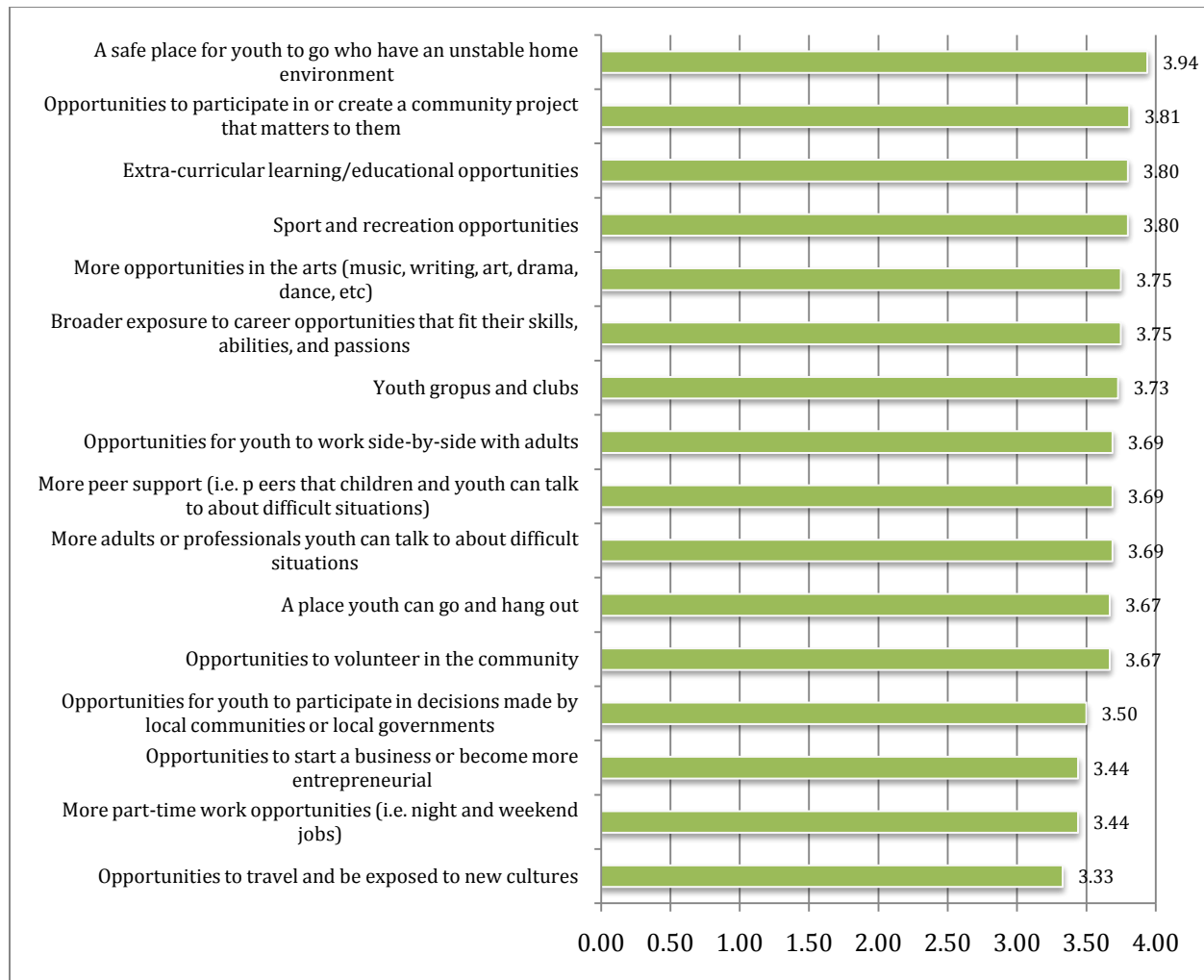
Peer violence or bullying	3.50
Lack of adults who understand youth issues or struggles	3.50
Personal financial management or financial education	3.50
Vandalism, theft, or burglary	3.40
Emotional child abuse by parents or adults	3.40
Eating disorders/mental illness/depression	3.36
Lack of resources/support such as counselling	3.36
Lack of activities that families can participate in together	3.36
Teen pregnancy	3.31
Sexually transmitted diseases (STDs)	3.27
Physical child abuse by parents or adults	3.27
Sexual abuse or rape	3.14
Youth homelessness	3.00
Racism or other discrimination	2.93
Suicide or self-harm	2.75
Adult homelessness	2.71





In-take Survey Question 2: Listed below are a number of services or opportunities that are – or could potentially be – made available to youth. Please tell us how important you think each of these is to the successful nurturing of children, youth, and families in Shelburne County

Answer Options	Rating Average
A safe place for youth to go who have an unstable home environment	3.94
Opportunities to participate in or create a community project that matters to them	3.81
Sport and recreation opportunities	3.80
Extra-curricular learning/educational opportunities	3.80
Broader exposure to career opportunities that fit their skills, abilities, and passions	3.75
More opportunities in the arts (music, writing, art, drama, dance, etc)	3.75
Youth groups and clubs	3.73
More adults or professionals youth can talk to about difficult situations	3.69
More peer support (i.e. peers that children and youth can talk to about difficult situations)	3.69
Opportunities for youth to work side-by-side with adults	3.69
Opportunities to volunteer in the community	3.67
A place youth can go and hang out	3.67
Opportunities for youth to participate in decisions made by local communities or local governments	3.50
More part-time work opportunities (i.e. night and weekend jobs)	3.44
Opportunities to start a business or become more entrepreneurial	3.44
Opportunities to travel and be exposed to new cultures	3.33



#### What is CAYAC?

- Advocacy
- Education for the general public
- Network Coordinator for the Learning Network: previous person in position may have been involved with CAYC before, however the current rep is trying to get involved, can't break-in; LWD tried to break into group to contribute unsuccessfully?
- Closing doors from Service Providers that want to become involved
- Here to understand why they are reaching out now?
- How will they provide feedback?
- Provincial definition of youth: under the age of 30?
- Key difference between areas of the same county, how can we address this?
- 

#### Overall Activity Thoughts:

- Great
- Interesting

- Same stuff: that we've talked about for years with no action

What would you like to see in order for CAYAC to move forward?

- See attached handout

General Discussion about 2 handout questions:

- Goals would be better if they were "do ready" hope mode not get it done mode
- Pick a focus to do something well
- A lot of talk no action
- Have they ever done anything
- A in ACTION, productivity and activity contradiction
- More people here actively serving youth, also seeking funding
- Long term effect is hard because of short-term funding
- Stable funding is needed to sustain, don't reinvent wheel
- Help to write proposals that will stabilize funding (5 years-10 years)
- Organize training sessions for people working with youth in this area  
: suicide intervention, sexual assaults, etc. not necessary to contact so many when something arises
- Have someone on the ground in each county to coordinate everything that is happening in area
- Create package of everything available in the county
- Not just policy, we need action
- Catch the youth early and have ongoing support and resources available
- There is a lot of stuff going on and we don't all know, there are a lot of opportunities for partnerships that we are unable to complete b/c of awareness
- Better 811 service; resource centralization
- Shelburne County Inter-Agency: no one had time to come to meetings, would share and give ideas; required volunteer to coordinate, hire someone???
- Problem with umbrella org is that it's always "up-there", need forward moving activity that would pull things together, we're working separately
- Initiative needs to come from bottom up
- Grassroots piece: when you come together as a group, funding sources can be made aware of
- Charity village.com
- Difficult to identify where and when to apply for the grants
- Exercise here today, brings people physically together to exchange ideas, CAYAC could physically coordinate people
- Community fairs: possibility for connections and networking; something when we can get together?
- IF CAYAC did this twice a year, would you come? YES; if CAYAC came to have the discussion and led the discussion
- How do we work together on projects so that we know each others' strengths and share abilities
- Can we use these topic areas to bring the people together? That's more talking, not action

- Spending time to facilitate healthy community coming together
- Interested to read that they want a population health model
- So that there is employment, housing, food, etc. they can make it easy for us to do the job
- Need to be aggressively advocating the government for funding opportunities
- They are in the position that they can advocate
- Doesn't matter how many people are in the community, they should have the funding regardless, it should not be based on population numbers, should be a funding formula...
- Too many middle men and people are just having meetings, each time government says that it is the time for change and doesn't happen
- Need to stay focused, everyone here is in the doing group, ensure that we can continue to keep doing what we are doing well
- Need to change programming in order to secure funding based on parameters
- Things are staying the same and getting worse
- Bigger split between HRM, CB and "everyone else" politically there is a huge cut-off, urban vs. rural
- Economic status on a downward spiral, we cannot sustain ourselves as a community let alone youth and youth programs
- One time everyone was getting rich, and now it is going down and people are getting nervous looking forward
- What are my options now? Trades vs. university? There is not the mindset that I need to drop out of school and "be a fisherman"
- Barrington, Lockport, Shelburne, is very divided and different needs
- Culture shift has been occurring, nothing is replacing the culture in the rural communities, there is no support available
- People cannot be resilient in rural areas, hard to focus with nothing to hope for
- We cope without here in the Maritimes, it is complacency rather than ...acceptance
- We have the services but how do you engage people in the activities/programs?
- Why are people not showing for the free programs that are available??? If you don't hook them then the program dries up
- Confidence is an issue
- Private school from public school: changed policy, upped pass rate, uniforms, etc. expectations changed, structure changed
- What does society expect from youth/people in general? Very little; confidence is shaken
- Other than sports, where is the encouragement to become involved
- A lot of programs that are a shot in the arm, if they were successful where is the follow-up? How is there an opportunity to encourage kids to pursue?
- How do you develop ownership??
- Needing to find a long-term vision of a group such as this? Is there a purpose? How can you keep the momentum going?
- We need to find a way to network
- Need to expose kids to a variety of activities, not just sport....need cultural and other
- Needing family support!!! For kids to pursue activities

## Community Contributions: 1 attendee

- SHYFT Report
- On the Board for Covenant House in Toronto
- Sending to Community Services because individual didn't have anywhere to go
- There is a lot more education about drugs and drug use however still getting involved
- Lack of self-esteem and self-confidence
- Teenage pregnancy is an issue
- Seeing a lot of fisherman trying to enter the workforce in other ways
- Re-think education system?
- Youth (University educated) that come to see them are looking for jobs
- Keep the information on hand and are able to collect, just not disseminate
- How many kids actually go to the police and approach them?
- Young Offenders Act has been a huge problem since the beginning (enforcing legal issues)
- Complaints from parents about young people leaving to go elsewhere for work
- Keeping youth in the area is a concern
- Many referrals from HRSDC to explain from another point of view why there aren't jobs
- Many referrals to Community Services and the local school
- Used to do a breakfast program but people weren't interested...weren't targeting the right group; the target group weren't able to get to school on time because of other family responsibilities bestowed upon them
- Guidance counsellors are not allowed to do what they used to do, could be a very useful resource
- Prevention vs. band-aid: need to get to the root of the problem; happens right at the beginning
- Where is there a place that youth could go if they are thrown out at 2 am?? Need around the clock resources ...
- Could or would youth call 911 if there was something wrong?
- There are many people with ability that don't get the opportunity (money, support, etc.)
- It's supposed to be that everyone can get an education, why is it that this does not occur?
- Do you want to rise above the issues that are presented??? Or succumb to the mindset?
- Why can't we do similar local initiatives that we've been doing for Haiti? There are children locally that can use this assistance just as much
- Are there enough Mental Health services here? Fisherman just recently committed suicide because he didn't feel there was an end in sight
- Need someone to connect with youth on their level that will make them feel as if they can communicate
- Salvation Army with kettle at Christmas: could do things such as this more often; need more volunteers
- Organizations locally need to increase awareness and become more involved
- Actively go out and engage volunteers to get the buy-in

- Active volunteers are those that have retired, demographically much older population
- Used to have a youth center in Shelburne where people hung out; now is a daycare

\*Ask CAYAC to come along to initiatives and programs

\*Trust and confidentiality

\*Do we need a place for youth to go to sleep (homelessness issues)

\*Mimi Champagne? Retired child psychologist ... animal therapy? Connection with animals is strong and easy to break down some perceived barriers ...

\*Youth have lost respect for parents, relationships have changed, communication with parents/school not occurring

## Topic: Dropout rates

*Question 1: What 2-3 factors do you think are most likely to prevent youth from staying in school or in another educational program?*

- Lack of confidence: poor self confidence, literacy challenges
- Not all students can “fit” the current methods (curriculum)
  - Expand, more varied programming, specialized programming
- Bullying (personality types/challenge socialization)
- Family support (generational)
- Learning differences, level of education
- Lack of being connected
- Poverty
  - Family demands
  - Individual needs
- More specialists in schools to provide framework to help students succeed
- Transportation
  - Rural vs. urban living
- Childcare (young mothers with two working parents)
- Lack of support at home
  - Mom and dad may be there physically but not engaged or communicating with their kids
- Lack of housing
  - Supportive
- Marginalization, isolation, not feeling like a part of the school
- Having TCBSB rec. when teachers need a break
- Lack of family literacy (not valued)

*Question 2: What do you think it would take to get youth to stay in school or an educational program in this area? Who is responsible for making this happen?*

- NS Government
- Increased career counselling
  - Info on variety of career choices
- Alternative teaching methods
- Available and affordable tutoring
- Funds supporting organizations and partnering
- Government commitment
- Transportation (rural areas)

- More programming and variety
  - Trades, new and renewed learning models, NSCC partnership
- Teach how to be a successful student
- Free tutoring (volunteer programs)
- Alternative education program for special circumstances (Department of Education/School Boards)
- The economics of an education (options)
- Academic options (success, NSCC, grade 8 or 10)
- Parents and families
- Youth themselves
- Mandatory high school
- Culturally valued

## Topic: Low income families

*Question 1: What kind of programs or services are you aware of that work with low income families in this area?*

- Public Health
  - Enhanced home visiting
- Adult services
- DCS
- Mental Health
- Addictions
- Libraries
- Recreation Department
- Pet projects
- Food Bank
- Churches
- Salvation Army
- Schools
- Juniper House
- Family Resource
- Daycares
  - Subsidies
- Tri-County Women's Centre
  - Support and advocacy
- King St. Centre
- Shelburne County Learning Network
- Kids Fair Play Fund/Kid Sport/Jumpstart
- Healthy Beginnings
  
- Career Resource Centre



- Resumes and referrals
- Shelburne County Women's Fishnet
- Tri-County Housing
- VON
- Service Groups (Lions Clubs)
- Our House
- Family Pharmacare
- In-home literacy and learning
- CHIP

***Question 2: What kind of supports (programs, services) would you like to see in our area?***

- Access
  - Transportation
  - Location of services in own community – outreach
- Mental health youth outreach
- Affordable recreation opportunities for youth 0-12, 13-18
- Quality, affordable housing
- Transportation
- Tutoring
- YMCA
- Universal child care
- Life skills
- Youth groups/programs and activities in community halls

## **Topic: Mental health services**

***Question 1: How would you define “mental health service”?***

- Overworked, understaffed system
- Takes too long to have them respond to provide needed programs and services
- Respond to identified needs
  - Assessment
  - Recommendations
  - Intervention
- Working with the community/networking
- Meeting the client where they are and respecting their decisions to not have services
- Clinical model
- Lack of services
- Stigmatized
- Services not known in community
- Not community based

*Question 2: If our County was considered to have the “best mental health services in the province”, what would that look like?*

- 24/7 access to services and quick turnaround
- Broader mandate
  - Eating disorders
  - Depression
  - Anger management
  - Peer help groups
  - Divorce
  - Healthy relationships
- Providing framework to become mentally healthy
  - Scheduling
  - Budgeting
- Incorporating the family unit, home vs. school vs. work
- Kids would not fall through the cracks
- More research needed as to causes/treatments for children/youth
- More awareness/education on what mental health looks like in children/youth
  - Stress
  - Depression
  - Schizophrenia, etc
- More case management from beginning to end
- Proactive – identify
- Community based services/programs
- Youth outreach workers
- Making aware of provincial & national services like Kids Help Phone

## Topic: Youth volunteering

*Question 1: What types of volunteering activities do you think youth would be most interested in? Do they currently exist within our community?*

- Things that they are good at so they are the expert
- Church
  - Youth groups
- Sports
  - Players
  - Managers
  - Coaching
  - Time keeping
- Mentorships through Recreation Department and family resource centre
- Cadets

- Beach sweeps (environmental stuff)
- Working at hospital
- Explore volunteerism as a curriculum requirement
- Junior leaders ages 13-16 with Municipal Recreation Department
- Community gardens
- Pairing with seniors
- Youth at country markets
- Youth on stage and organize with Harmony and Bazaar
- Youth as mentors, tutors
- Intergenerational programs
- Career mentors for youth

*Question 2: How do you think we could get more youth to volunteer?*

- Offer how volunteering is a part of career development and social networking
- Find family volunteer activities
- Start early
- Marketing to youth regarding opportunities in the community
- Shelburne: something for everyone
- Instill as a family value in early years
- Market the rewards (resume building, work experience, etc)
- Develop self-esteem, self-worth
- Appeal to groups
- Rewards
  - Certificates
  - Donation to an organization of choice
  - Letter for portfolio
- Be open, partner
- Host a volunteer fair
  - Identify offers and needs
- Model it ourselves, teach it, live it, pass it on
- Foster a belief it is important to be responsible for the growth and health of our community
- Their communities have to ask and include them in meaningful activities
- Schools should stress the importance of volunteerism especially for resumes and future jobs
  - Parents also need to stress this
- Mentoring program
- Volunteer then to employment – not just Recreation Department

## Topic: Youth involved in crime

*Question 1: Why do you feel that youth in our communities become involved in criminal activities?*

- Early attachment issues
- Boredom
- Marginalization
- Addiction
- Lack of education
- Mental health issues
- Sense of hopelessness
  - Disconnected from victims
- Peer pressure
  - Looking for belonging/acceptance
- Poverty/necessity
- Thrill seeking
- Street drugs
- Lack of support from family
  - Sports
  - Activities
  - School
- Learning problems
- Family involvement in crime
- Youth Criminal Justice Act too weak
- Lack of parental discipline
  - Inappropriate modeling
- Absent parents/caregivers
- Family violence
- Poverty
- Drugs
- Isolation
- Boredom
- Lack of evening programs especially in isolated areas
- Peer pressure
- Cyclical

*Question 2: What types of youth criminal activities do you feel are most prevalent locally?*

- Theft

- Vandalism, mischief, arson
- Fighting, harassment
- Sexual abuse, prejudice, i.e. date rape aggression
- Drinking, drugs (using, selling)
- Shoplifting
- Domestic violence
- Hate crimes and bullying on internet and face to face
- Drinking and driving
- Dangerous driving

*Question 3: How can we educate youth or prevent them from being involved in criminal activities?*

- Start early with family supports
- Direct daily involvement with RCMP
- Added programming
- Work readiness
  - Expansion of community involvement for non-post secondary students
- Expand connections with community/students, sense of place, ownership, belonging, compassion in and out of school
- Provide positive alternatives to focus on
  - Recreation/social clubs
  - Youth groups
  - Youth leadership
- Intergenerational activities
  - Community garden
- Parental education
- Involvement of youth to educate
- Mentorship
- Involvement in positive community/school/church activities
- Create activities that are youth directed
- Schools that are safe and work to the learning needs of students
- Educate community/families
- Timely criminal/court process
- Work opportunities
- Info about drugs
- Ownership program
  - Own park
  - Care for site
- Restorative justice

## Topic: Physical activity

*Question 1: What local trends in physical activity should – or could – CYAC help to advocate or encourage to an even great extent?*

- Encourage youth to participate in fitness classes
- What trends?
- Provide resources/funding for HR programs
- Schools can't do it all
- Determine what youth what and programs can be developed
- Publicly funded/affordable recreational activities
- \$ for registrations/equipment
  - Kids Fair Play Fund
  - JumpStart and Kid Sport
- Mentors (especially boys)
- Activities/part time jobs
- Transportation
- Activities in rural communities
- Stimulate interest in participation
- Timing of activities
  - Non-traditional
  - Weekends?

*Question 2: What would it take for you to believe that children are becoming more physically active? What information would you need? What results would you need to see?*

- Access to healthy food is an issue
- Seeing kids outside skipping, throwing balls, playing tag
- Need hard data
- 50% of Canada is overweight, where is the funding to reflect this?
- Look at the kids in your community – more kids using ball fields/arenas/open spaces/backyards
- Is some data now
  - HP&P
  - Pacy
- Participation coming back
- Less overweight children
- Increased attendance on sport teams and in activities
- Less strain on health system
- Healthy menus in public places
- Sustainability in physical activity programs

- Partner and connect the various programs
- Identifying our mentors in the community
- Making intergenerational pathways
- Yoga
- Bicycle trails/paths
- Have private clubs open doors to youth
  - Curling clubs
  - Yacht clubs, etc
- Use beaches, trails, local free sites and intergenerational knowledge of woodland trails
- Partner
- Include isolated communities (distant community halls)

## Topic: School readiness

*Question 1: In your opinion, what does “school readiness” look like for children entering school for the first time? How do you define it?*

- Respect of self and peers
- Social readiness
- Comfortable with routines
- Comfortable to be away from home
- Ability to conform to the operational rules of the classroom
- Independence
- Being “okay” with the separation for both kids and family
- Family resource
  - Programs
  - No consistent funding
- Handle change
- Adaptability
- Children with special needs
- Daycare
- Preschools
- TCRSB assessment – readiness visit
- Family literacy
- Socialized language skills and relating to others
- Emotional self control
- Self help skills
- Resilience

*Question 2: What 3-4 groups or individuals must work together to continue to improve school readiness?*

- Family resource centre
- Elementary schools to provide info on what is expected of children
- Early childhood intervention
- Recreation Departments
- Mental health
- TCRSB
- Department of Health
- Preschool screening (3-4 years old)
- Parents (family members)
- Industry
- Daycare
- Family literacy programs
- Home school groups
- The family has to reach out to get these services
- Have need to reach the families
- Child protection

## Topic: Youth homelessness

*Question 1: What do you know (or not know) about homeless youth in your community?*

- Employment issues
- Very little
- Impossible to number
- Couch surfing vs. homeless
- Street drug stuff
- “Prostitution” for shelter
- Who helps?
  - DCS
    - Boarding
    - 16-18 year olds – “lost group”
- School age focus – 14-21 year olds
- It is a neglected topic
- Couch surfing can hide other issues like mental health or addiction
- “safe” houses/housing
- Stats not known
- Unreachable



- Family – conflicts, support, counselling
- Family breakup can cause homelessness/couch surfing

**Question 2: Who is currently providing services or assistance to homeless youth?**

- SHYFT – Yarmouth and area
- Shelburne – Our House
- Rural areas?
- DCS
  - Programs means test
- Informal services
- Shelburne Mental Health
- Juniper House
- Extended family and friends
- Churches
- Approaching, offering space

## Question 1: Looking at Tri-County CAYAC's purpose and goals, what could CAYAC do to best help you or your organization better serve children, youth, and families?

1. Continue to become involved in all counties, and put into action some aids to help with our discussed issues, recorded in today's focus group.
2. Spread more knowledge throughout communities of what resources are available out there to help. Help coordinate the different organizations work together to be productive.
3. Let us do presentations so they have a clear picture of what we (different agencies) offer. Within that enable us to present the pressing issues/concerns we have that pertain to youth. Support communities to come together (service providers) so we can share our ideas/initiatives and network with one another – important we know and trust each other.
4. We find that a lack of transportation prevents children and families from participating in many activities or accessing services. Many parents have poor parenting skills and lack education. Helping young parents to better themselves will help their children too. Youth need to have at least a high school education to survive. Dropping out at a young age should not be an option. Also, free and easy access for older youth to complete their education might be helpful. More co-op programs might help.
5. Be a go-between between Mental Health and community resources. For example, I have a child with certain problems/needs so I call CAYAC and you investigate all the possibilities in this area and address the child's needs with names and phone numbers so that I can include these resources in my intervention. In other words, CAYAC does the legwork which I do not

- have time to do and puts together an activity/program package for me to utilize. Advocate for mental health staff to save children and teens.
6. Youth community outreach workers – Mental Health publicly funded daycare – more! Improving relations between service providers on a local level (community services, mental health, schools). Less consultation and more action, stable funding for projects/activities.
  7. Provide information on program that we could use. Provide information on programs/services similar to ideas we are using. Recommend partnerships with others for specific purposes. Provide funding or expertise from membership. Present a united front for youth. Action – the second “A”. Productivity – show some results. There is a difference between productivity and activity. Be a clearinghouse for youth issues.
  8. To emphasize its goals relative to “collaborative partnerships”, “comprehensive”, “cohesive”. There is a huge variety of programs but they do not reach out to all who need them. Look at isolated families, youth who are not geographically near the service providers. Find ways to reach families who do not know about programs. Pick a focus – do something well and then move on to do something else. Problems are fragmented, distinct from grass roots.
  9. “It’s also comprised of managers or designates of local school boards and service providers as well as community-based organizations of use.” Will this group ever be opened up/more inclusive to non-profit organizations who would like to join/have input?
  10. Engage youth to determine their interests/needs regarding local recreation programming in Shelburne County. Find a solution for transportation issue to be able to offer after school programming like change of bussing times.
  11. Be more transparent and visible. This would be a beginning as few really are aware of what CAYAC does and can provide. With the varied membership there is a wonderful opportunity to provide a cohesive plan for services. As an educator all aspects affect out students, poverty, mental health, recreation, careers, etc. and as educators we cannot do it all. We need to be working together.
  12. To make their presence known to the community. Particularly with these organizations that work primarily with youth.
  13. Articulate to the Provincial government departments it represents to take the lead in tackling identified areas of interest by providing necessary funding and resources, specifically in a manner that allows small towns in Nova Scotia access to programming needed.
  14. Support the Early Years Study and advocate support those direct delivery programs whose funding is always in the air e.g. CAPC, Early Intervention, Healthy Beginnings. Be more transparent – who they are and what they do. Better understand POP health approach.
  15. Let us know what their strategic plan is. Support interagency networking. If I knew how they were advocating for families in my community. Use “population health” as it was intended. Most services in my community are not population health based.
  16. Lack of action! We need inclusion! Realize that if we reach out to adults it also spills over to youth. CAYAC seems to have a DCS component, which is important, however some groups are even more involved and see more than DCS. If management of organizations is included

in membership than why does this group appear to be so closed? I have never been made aware of CAYAC's involvement/partnerships. This group has very limited scopes of family issues.

## Question 2: Please finish this sentence: CAYAC would be a very useful organization if...

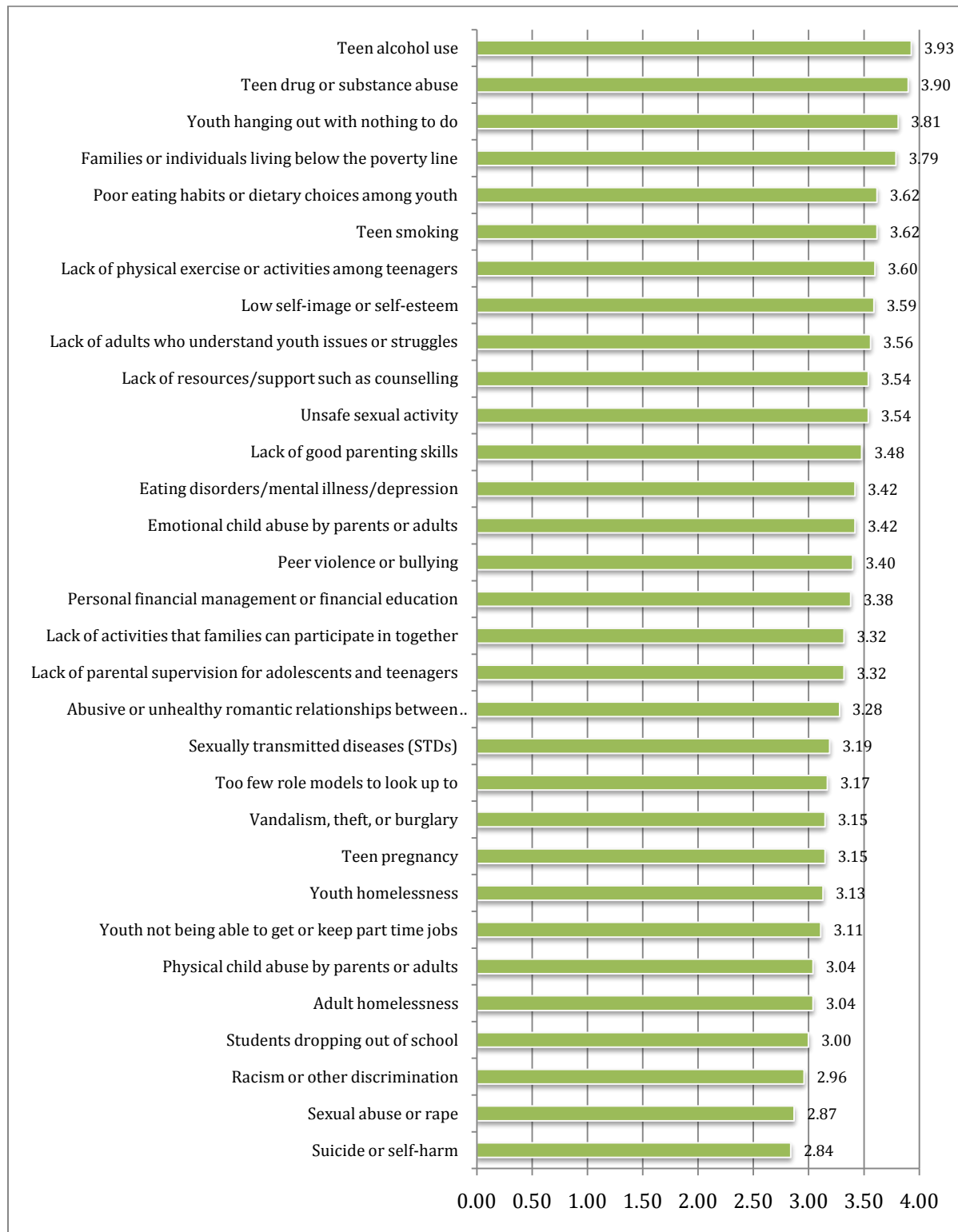
1. ...they took into account the issues discussed today, and with continued partnership/communication with "us", create plans to aid these issues, and continue to put those into action.
2. ...they make communities aware of their presence and abilities.
3. ...they advocated for the needs (services/programs) identified, at the community and institutional level, by people in the field of delivering social and health programs. ...They believed us when we identified a need/crisis.
4. ...the legal definition of child was addressed. It needs to meet up with the legal definition of an adult so there is no grey area for services to youth. Advocate for this change to *protect* youth. ...Help fund existing services. People are working with youth, but stable funding encourages long-term efforts.
5. ...they have people on the ground co-coordinating all community resources to assist children and teens rather than just offer up money and ideas and working on policy. Someone in each county to carry out Question 1. What does "facilitate" mean to CAYAC? It means the above to me, my answers to Questions 1 and 2. Advocate for every county having a "recreational complex" like they do in the city (is. Dartmouth Sportsplex). Nancy Cox, Shelburne Mental Health Centre, 875-4200.
6. ...it were accessible to the communities it serves.
7. ...provides coordination, resources, and advocacy for youth issues.
8. ...it could find ways to realize its own goals. The "words" of the goals are "right on". If it could relate to grass roots groups that work with community youth. If it could define one program to focus on at a time and pull groups together to work together on one program. Simple is good – pick one outdoor activity and mobilize everyone around it – get groups working together. So many programs are offered over and over to a small number of people – others are distant from these programs, many others, this is true of social services, recreation, etc.
9. ...they were more inclusive and flexible! I attended a gathering 2 years in Yarmouth – took the day from my work – enjoyed the session and when talking to members mentioned I would be interested in sitting on the committee. I was told – pretty curtly – that it is a closed committee and would not be allowed to join. "We do not need your representation". This is not a good way to build partnerships or expect support. Why is the committee not open to,

- or have a representative from, the family resource sector? “It takes a community to raise a child.” Partnerships are important.
10. ...it could just figure out what its purpose is and identify a number of issues to work on with partners in the Shelburne/Yarmouth/Digby areas. CAYAC members had time as well as resources to dedicate to the issues identified. A commitment from CAYAC board members to move forward. To get from no action to some action with results.
  11. See above, transparency would be a beginning. This opportunity has demonstrated the variety of supports that are available in our communities however there needs to be a comprehensive plan. Perhaps CAYAC could facilitate this. What is the Population Health Model and has it been implemented? This information would be useful – has it been allocated, and if so how do we have access to it? If not, how can it happen? Less talk and more action. Provide a framework for constant communication between the groups that exist in any area.
  12. ...their participation was better known. Until today I really had no idea that they existed. It seems as though there are many members of this organization so it would seem to me that publicity of who they are and what they do would make them more accessible to those who work with youth.
  13. ...it were visible/active in the community and could parlay concerns/problems into effective, government funded programs and initiatives.
  14. ...they could prioritize their efforts within the strategy to make a bigger impact. They opened their membership up to include some service providers to provide first-hand community input.
  15. ...they could lobby government to make it possible for moms to stay home and parent their children (more than one year). Children do not receive the kind of attentive parenting which was more prevalent up until the past 30 years or so. Two parent working families are not able to give children the kind of guidance needed and more and more children are turning to the internet for communication/advice, etc. from peers and also “unknowns”. A lot of youth problems stem from inadequate parenting from an early age. Moms who are willing to stay home should be compensated. Added benefit of this? More job openings for dads!
  16. ...they were more transparent and accessible. ...used shared decision-making. ...provided updates on their work. ...participated in community discussion as CAYAC, not their agency.
  17. ...they shared. Limited family groups in my opinion. You need to work with the adults to build a strong family. I think the CAYAC group is ineffective. Shelburne County and any other county including Yarmouth is unaware of services available. CAYAC should get the work out. Service providers need to refer people to appropriate agencies, services. If we are not aware or shut out of groups such as this where a lot of stakeholders sit then how can you reach out to community? I am surprised by the large DCS involvement and lack of family literacy, education is limited to Department of Education! There are many stakeholders who are not involved in this. My question is how informed is this group?

## Appendix H: Notes from Digby County Service Provider Consultation

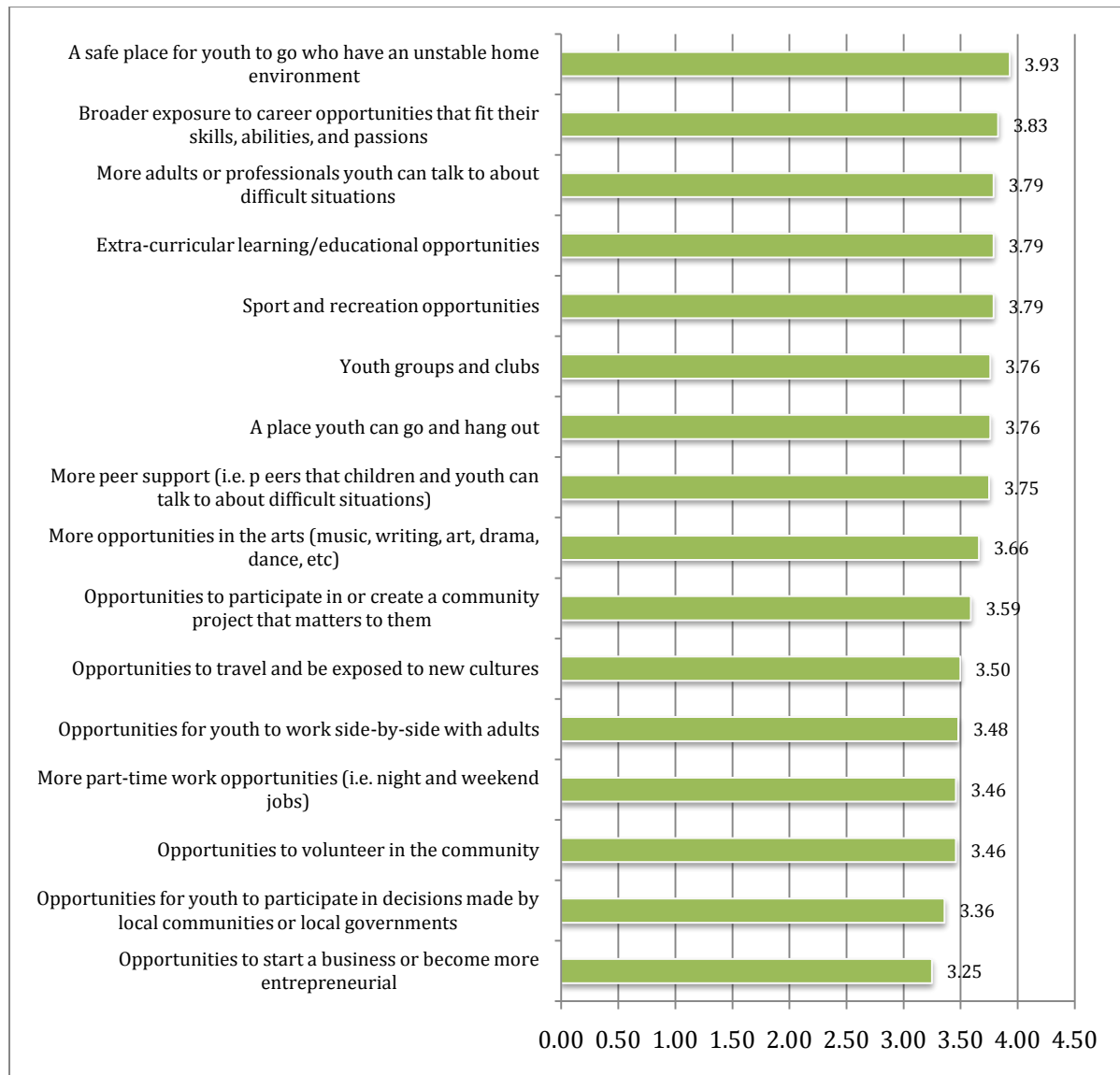
In-take Survey Question 1: Listed below are several socio-economic problems that sometimes affect communities in a negative way. In your opinion, how big is each of the following problems in Digby County, with specific consideration to how it affects children and youth?

Answer Options	Rating Average
Teen alcohol use	3.93
Teen drug or substance abuse	3.90
Youth hanging out with nothing to do	3.81
Families or individuals living below the poverty line	3.79
Teen smoking	3.62
Poor eating habits or dietary choices among youth	3.62
Lack of physical exercise or activities among teenagers	3.60
Low self-image or self-esteem	3.59
Lack of adults who understand youth issues or struggles	3.56
Unsafe sexual activity	3.54
Lack of resources/support such as counselling	3.54
Lack of good parenting skills	3.48
Emotional child abuse by parents or adults	3.42
Eating disorders/mental illness/depression	3.42
Peer violence or bullying	3.40
Personal financial management or financial education	3.38
Lack of parental supervision for adolescents and teenagers	3.32
Lack of activities that families can participate in together	3.32
Abusive or unhealthy romantic relationships between youth	3.28
Sexually transmitted diseases (STDs)	3.19
Too few role models to look up to	3.17
Teen pregnancy	3.15
Vandalism, theft, or burglary	3.15
Youth homelessness	3.13
Youth not being able to get or keep part time jobs	3.11
Adult homelessness	3.04
Physical child abuse by parents or adults	3.04
Students dropping out of school	3.00
Racism or other discrimination	2.96
Sexual abuse or rape	2.87
Suicide or self-harm	2.84



In-take Survey Question 2: Listed below are a number of services or opportunities that are – or could potentially be – made available to youth. Please tell us how important you think each of these is to the successful nurturing of children, youth, and families in Digby County

Answer Options	Rating Average
A safe place for youth to go who have an unstable home environment	3.93
Broader exposure to career opportunities that fit their skills, abilities, and passions	3.83
Sport and recreation opportunities	3.79
Extra-curricular learning/educational opportunities	3.79
More adults or professionals youth can talk to about difficult situations	3.79
A place youth can go and hang out	3.76
Youth groups and clubs	3.76
More peer support (i.e. peers that children and youth can talk to about difficult situations)	3.75
More opportunities in the arts (music, writing, art, drama, dance, etc)	3.66
Opportunities to participate in or create a community project that matters to them	3.59
Opportunities to travel and be exposed to new cultures	3.50
Opportunities for youth to work side-by-side with adults	3.48
Opportunities to volunteer in the community	3.46
More part-time work opportunities (i.e. night and weekend jobs)	3.46
Opportunities for youth to participate in decisions made by local communities or local governments	3.36
Opportunities to start a business or become more entrepreneurial	3.25



How did you find that flip charting/brainstorming activity?

- Great
- Very well
- Engaged
- Better when you weren't first; add on
- Had the questions a day earlier would be helpful
- Question as to why it was focused on 15-30 rather than from birth to 18,20,25
- Makes you wish there were these services in place
- Hard not to personalize it as a service provider that you are not doing enough
- Long-term issues, no quick fix to solve immediately; easier to say what is not being worked on

General Discussion



## Q1. CAYAC, what would it take?

- Goal#3 on handout: could there be some kind of electronic newsletter sent to all of the service providers, names and contact information would be helpful
  - If I knew the initiatives being undertaken, I could partner much more easily and benefit from that info
- Helpful when we meet in this situation, make it longer than 2 hours
- Make aware of the highlights
- Make an event like a speed dating event
- Goal#1: Early intervention: we haven't heard about CAYAC being an advocate for early intervention, we need to understand where CAYAC wants to move forward
- It would be helpful to get feedback from this consultation, not just participate, but have an opportunity to meet as a group to discuss
- Building on meeting again, we already have an interagency, we have a viable group who wants to do active work, pick something and work on it! We've identified for years however they haven't done anything here, locally...JUST DO IT!
- We could see about political will and movement
- They have been around forever, thought that they were disbanding
- Would rather have them do one or two things well and then let's get together and say what are the most significant issues in the area
- I agree that we need to understand all the mandates, what CAYAC could do is break down the barriers, mandates need to be more flexible, create artificial barriers ...
  - We would need the provincial boards to work together as well, closed silos, and they are the barrier that is holding us back
- More awareness: interagency network meets monthly, open to all reps from any agency; each month one rep from each agency shares about what initiatives they are responsible for/pursuing; need to share that info with others in your agency...that is impotents
- Goals: learning more, composition: where are the parents and the families
- Need to be there as a community member
- Silos are everywhere, more an impediment; at the department level, the money is a problem because of criteria of dividing funding
- Confidentiality legislation: we overlap in our clientele, how much wasteful duplication is going on and could spread out this funding in a much better fashion, wrap-around services for youth?
- Heartwood is a great organization that should be heard of and shared
- Need to work with the central government, work with the departments that are already in place
- Who could identify the duplication: when we talk about programs we realize the duplication
  - Hire a navigator, paid position that could direct a caller/clients/etc. the appropriate services, this would be much more efficient
  - Out of the Nunn Commission, someone was hired???
- People may be aware of the issues, but not so much the seriousness of the items on the list, if an awareness was created about the facts, figures, etc. there may be more initiatives (i.e. Homelessness)

## Q2. What are the 2 main areas of concern from the list?

- School readiness
- Low income families: this is a huge problem because it causes most of the other issues to arise
- We could do many things, we have services here already for that
- We don't realize that literacy is so low in this area; parents can't read or don't value the reading
- Nutrition, mental health, etc. all follow
- Being physically active increases self-esteem, helped with social aspect, many studies show that this isn't an issue with just low income
- 2003, youth in Digby area study: identify some of the issues and they haven't changed
  - Got a daycare centre out of the study, had an action put in place

Bringing group back together? Would you come?

- Yes, beneficial if strategic
- Measurable
- Identify what they are going to do and how we can support that

Would it be beneficial for CAYAC to identify potential funding options/resources?

- Absolutely!!

Response was VERY low for the community sessions...there are many groups doing consultations, we aren't sure of reasons for that.

Is the Department of Education here? No, no representatives present.

Addictions issues are not being address and this is a HUGE issue that is crippling the community, youth, schools and that addiction needs to be identified.

Maybe mental health includes addictions services??

Name, email and other contact info on surveys!

Early intervention was not included as part of the stakeholders; however if that's a priority then we need representation at the table. Doesn't necessarily mean that Department of Community Services has the appropriate voice or that they are sharing the information with those from Early Intervention.

## Topic: School readiness

*Question 1: In your opinion, what does "school readiness" look like for children entering school for the first time? How do you define it?*

- Being "prepared" socially, physically, academically (unique to every child)
- Immunizations

- Transportation (safe)
- Pre-registration
- School supplies
- Access to school readiness programs (daycares)
- Elementary school transitions
- Awareness of what “school” is
- Secure funding for programs to ensure consistency
- Involvement of families to help prepare all members of the family not just the child
- Importance of early learning

*Question 2: What 3-4 groups or individuals must work together to continue to improve school readiness?*

- Community groups that work with families
- Daycare teachers, school principals, teachers, parents, unlicensed providers
- Provincial Department of Education, school boards, policy
- Library programs
- Early intervention, mental health
- Individuality between each child
- Public health services (dental, nurse, nutrition, speech, vision, hearing)
- Family resource centre
- Ongoing support to families re: parenting and providing resources (toys, books); this may need to be provided by trained therapists/professionals who come 1:1 to the home or in other alternative convenient settings

## Topic: Youth homelessness

*Question 1: What do you know (or not know) about homeless youth in your community?*

- We did not realize that “youth” is considered 15-34 years of age
- A single mom/parents issue
- If you don’t have an address you cannot access financial support (big gap)
- If there’s no emergency fund, no help is available
- 15-18 year olds cannot access community services/income assistance unless high risk (what is criteria?)
- Schools are working on Youth Health Centres (also reaching out to out of school youth)
- No emergency shelter, no transitional housing or support
- Stigma associated with homeless youth
- Community is not aware about our homeless issue, don’t know it’s a problem

- Details, numbers? How are they tracked?
- We know it exists – often a lack of willingness to recognize

*Question 2: Who is currently providing services or assistance to homeless youth?*

- School staff
- Community services
- Public health
- Tri-County Women's Centre
- Church/religious affiliates (groups)
- Salvation Army
- Family support (community members, friends)
- Partnering between community services and local businesses (i.e. motel, etc., partnering with mental health and community services re: clients)
- Women's centres
- Foster families
- What are these services doing? Do youth know these services exist? Does school staff know these services exist?
- Lack of funding

## Topic: Youth involved in crime

*Question 1: Why do you feel that youth in our communities become involved in criminal activities?*

- Survival
- Huge lack of political will to address issues directly related to all youth problems (i.e. poverty, decreasing education levels, literacy, etc.)
- Boredom, limited activities
- Parents also using drugs and alcohol
- Lack of support at home (i.e. lack of parenting skills, lack of communication skills)
- Costs associated with activities
- Availability of drugs and alcohol and the need to support that (addiction?)
- Poor choices (i.e. due to lack of education?)
- Lack of proper diagnosis and support for mental health issues, including ADHD and ODD; lack of multi-disciplinary team to support the family, do it with the parents
- Homelessness
- Mental health issues (child and/or family)
- Looking for attention (crying out)
- Lack of preventative services and support
- Lack of interest by some kids in activities provided

- Limited recreational activities
- Not realizing consequences
- Poverty (high costs of sports)
- Peer pressure

*Question 2: What types of youth criminal activities do you feel are most prevalent locally?*

- Break and enter
- Theft
- Vandalism, mischief
- Assault
- Trafficking
- Underage drinking, drugs
- Accessibility to liquor (boot-leggers), drug dealers
- Bullying
- Cyber-bullying
- Sexual abuse

*Question 3: How can we prevent them from being involved in criminal activities?*

- Youth facility
  - Basketball court
  - Rink
  - Skate park
  - Mentor
- Education
- Involved in “safe” activities at a young age
- Youth Health Centre (providing transportation)
- Big brother/big sister programs
- Community and culturally based leadership
- Prevention services
- Recreational activities
- Explain consequences
- Parenting classes
- Having good home environment
- Begin youth activities at an early age (before puberty)
- Before pre-school (0-5 yrs)
- Improved mental health services (See Kutcher’s model)
- Increased involvement with police in school (in a variety of roles)

- Increase education to youth and families re: drugs/alcohol and alternate ways to deal with stress

## Topic: Physical activity

*Question 1: What local trends in physical activity should – or could – CAYAC help to advocate or encourage to an even great extent?*

- Advertising information via Facebook/Twitter
- Support transportation to community activity clubs/teams
- No fees for school/all sporting involvement
- Increase healthy activities for all ages
- Ensure access to existing programs i.e. soccer
- Adults modeling physical activities for youth
- Equal access for all children
- Increased programs for pre-school age
- More community supports collaboration
- More money-partnerships i.e. health promotion
- Promote volunteerism and give incentives
- Greater access and use of existing facilities i.e. schools (with organized supervision)
- Parents/kids participate together

*Question 2: What would it take for you to believe that children are becoming more physically active? What information would you need? What results would you need to see?*

- Services offered are being utilized
- PACY (studies) changes in results
- Improved results on physical education assessments done at school by PE teacher
- Less advertising of products creating the problems
- Need to see increased engagement during PE class (this can be partly from teaching rules to specific sports, not requiring students to change clothes)
- Increased enrolment/funding in community programs
- Lower obesity rates
- More visibility of children at parks/biking etc.
- Seeing children outside doing something constructive
- Attention to nutrition at school and home
- Provincial policies in minimum daily physical activity
- Training for B.Ed. students in facilitating physical activities in the classroom

## Topic: Low income families

*Question 1: What programs or services are you aware of that would directly with low income families in this area?*

- Family resource centre (Digby County Family Resource Centre, La Pirouette in Clare)
- In home family learning and literacy program, PAC services at library
- Kid Sport/Jump Start
- In home literacy
- Churches
- DALA programs
- Service Canada
- Child Welfare
- Co-op housing
- Addictions
- TCWC
- Transport de Clare
- Department of Rec.
- P.H. Healthy Beginnings
- Bethany Place
- Employment N.S.
- Food Bank
- Income Assistance
- Kings Transit
- Christmas Daddies
- Juniper House
- Low income housing
- Lions Clubs
- Mental Health, especially “Home Run” program
- FRC
- Bethany Bin – Salvation Army

*Question 2: What kind of supports (programs, services, resources) would you like to see in this area?*

- Incentive programs for adult mentors
- Parenting program
- Prevention
- Skate park
- Youth centres

- Youth coordinator in the schools
- Youth café
- Cultural support and resources
- Transition centre
- More early childhood programs (training for ECEs)
- More access to public facilities
- Big brother/big sister
- Mentoring program (more volunteers)
- Increased awareness of programs
- Awareness campaigns
- School board support for in-school services as well as out of school
- More in-home supports
- More programs in general
- Youth health centres
- More transportation options
- Nutrition programs and education
- More education on managing budget, nutrition, etc
- Physical activities, money and programs

## Topic: Mental health services

### *Question 1: How would you define “mental health service”?*

- Providing support to children, youth, adults, families, and general community, re: emotional, social, mental well-being
- Psycho educational groups provided re: anxiety, anger, social skills, parenting, etc.
- Advocating/lobbying re: policies, resources, strategies, education, etc.
- Emergency services ex. Crisis situations
- Lacking in Youth Health Centres
- Accessible services where the person is i.e. not always having to come to MH office, 24 hrs
- Positively viewed place where many can go to build wellness in order to de-stigmatize

### *Question 2: If our County was considered to have “the best mental health services in the province”, what would that look like?*

- Accessibility for all
- Partnering with other organizations
- Decreased stigma, increase normalization of mental health issues
- More education regarding referral process, therapy process, mental health issues
- More support groups
- More doctors



- More counsellors
- More outreach
- Mobile crisis unit (team)
- Coordinated/integrated service between health/addiction issues
- Mental health professionals (i.e. team including psychiatrist easily accessible in local community)
- More public awareness of what they do
- Acceptance (change in society)
- Eliminate stigma
- More youth specific/specialist in youth mental health
- Increased links with schools e.g. Expand pilot currently in Digby Elementary so students have access to services at school
- Increase funding
- Easier access to in-patient assessment
- Dr. Stan Kutcher's model needs to be strongly considered, including:
  - "go to" people at school level
  - Places for youth to get support (like Long House in Halifax)
  - Mental health curriculum being implemented in schools
  - Destigmatizing efforts
  - Multi-disciplinary model

## Topic: Dropout rates

*Question 1: What 2-3 factors do you think are most likely to prevent youth from staying in school or in another educational program?*

- Economic situation
- Lack of role models (i.e. cultural, due to rural isolation)
- Dissatisfaction and or lack of interest with curriculum (not engaged, don't see relevance to "real life")
- Substance abuse, family situations
- Self-esteem issues
- Lack of family support
- (Negative) perception of the value of education
- More flexibility needed in the curriculum
- Practicum placements needed (co-op)
- Make education relevant
- Earlier identification and intervention re: learning difficulties/styles

*Question 2: What do you think it would take to get youth to stay in school or an educational program in this area? Who is responsible for making this happen?*

- Equal opportunity (rural vs. urban) being aware of what's out there (jobs/bursaries)
- Everyone is responsible – service providers i.e. addictions in school on a regular basis as well as RCMP school liaison
- Increased options in high school curriculum (i.e. overhaul in PSP (Public School Program) to make more relevant and meaningful) e.g. Vocational programs
- Increased support for elementary students to build critical literacy/math skills; especially at-risk students who are below grade level
- More relevant programming i.e. alternative program
- More relevant programming i.e. O2 program
- Safe and healthy schools
- Less electronics
- Youth involvement
- Increasing vocational options – see it as valid
- More resources to help youth with learning/emotional difficulties
- Expand RCMP's D.A.R.E.

## Topic: Youth volunteering

*Question 1: What types of volunteering activities do you think youth would be most interested in? Do they currently exist within our community?*

- Sports
- Volunteer (fun, leadership)
- Activities (exercise)
- Experience/knowledge/respect
- Recognition/confidence
- More opportunities for volunteers
- Youth centered activities which they are involved in developing
- Peer mentoring
- Assisting seniors
- 4H, Scouts, Guides
- Linked to possible future employment
- School advisory committee
- Drama, music and art
- Volunteering with family-oriented activities (i.e. family resource centres)
- Roots of empathy

*Question 2: How do you think we could get more youth to volunteer?*

- Train the trainer programs
- Recognition
- Community openness – more opportunities that appeal to youth and don't make them feel obligated
- Advertise
- Involving youth from beginning
- Respect
- Giving them responsibility
- Peer support/involvement
- Model the behaviour
- Flexibility
- Establishing links between seniors and youth
- Having youth full-time coordinators to work with the kids in the schools
- Increased program choices (e.g. Scouting and other choices)
- Giving high school students opportunities to work with elementary aged students; this could be for credit (above current requirements)
- Provide transportation
- Intrinsic incentives i.e. money, clothing, electronics

**Question 1: Looking at Tri-County CAYAC's purpose and goals, what could CAYAC do to best help you or your organization better serve children, youth, and families?**

1. Have resources that are easily accessible to children, youth, and families.
2. Consolidate resources so that not everyone is reaching out for the same money.
3. Find money! Actively coordinate/identify services. Access more services.
4. Sustained funding for service agencies geared to addressing goals i.e. addressing literacy and fundamentals necessary to all problems.
5. Where CAYAC has goal #3 perhaps it could disseminate info to all parties e.g. electronic newsletters that gives me the names and contact info of organizations in my community I can draw on; info on their initiatives so we can possibly partner. Would like to see CAYAC advocate (goal #2) to government for increased funding and systemic change to mental health services/model. Would like CAYAC to look into the model proposed by Dr. Stan Kutcher (Sun Life Chair at Dalhousie) and push for implementation of this. Would like to see support targeted for students with ADHD/ODD and other special needs. Ask schools to identify specific at-risk youth/families and provide support targeted to the specific needs in the community i.e. flexible support given based on needs in that community.

6. Work towards closing gaps. Keep partnerships strong. Get more community feedback. Focus more on “children” start young before they become “youth”. Develop ways to have more community extra-curricular activities i.e. hip hop dance, yoga, scrapbooking, events/sports.
7. Visit and get to know what we do, services we offer. Have an annual gathering of agencies so we get know each other. Easier to work with when we have met.
8. Include or invite a parent from each county to sit on their committee. A parent not already attached to a service provider title. Get them involved!
9. More communication between CAYAC and service providers. More sessions like this one. More addressing the youth and their ideas.
10. More communication but there could be information out there and I’m just not a part of it. More sessions like this but youth, etc. should be invited.
11. Hold focus groups to involve parents, children and youth – to get their input on what is needed. Help lobby government at all levels for more financial resources.
12. Collaborate with us (local service providers) re: how to enhance services. Involve youth in such discussions/plans (i.e. needs assessment, etc.). Helping to advocate and lobby for greater resources i.e. Money, people, time, etc.
13. Help provide funding to implement programs and/or activities in the area i.e. youth drop-in centre. Advocacy for youth to reduce stigma. Better programs in schools i.e. after school programs, drug/alcohol prevention, healthy relationships, health leisure activities.
14. Give more information to the public on what they are and what their goal is.
15. We need to do a needs assessment of what services are and aren’t available in our communities. Make sure we don’t create other duplicate services. There is no need to create non-profit services if the government is providing the same one. Grandparents who have become foster parents should be treated like foster parents. More physical activities in our schools i.e. yoga, dance classes.
16. Provide opportunities to our youth to become more involved provide cultural things for youth i.e. there is a difference between African Nova Scotian youth and European youth. There are different needs out there and they need to be recognized.
17. Awareness to general public as to what they do i.e. TV ads, etc. Establishing support within the community – more volunteers involved.
18. More specific to community level instead of broadly using “Tri-County” to address community’s need.
19. Develop a support program within each community. A one stop support system. Apply a population health approach to addressing issues. Use an upstream approach to addressing issues.
20. Participate actively and support initiatives.
21. Form teamwork, presentation, education, inform the police, what is happening charity.
22. Actually work together for the benefit of all.
23. Break down barriers so interagency cooperation can well and truly occur and flourish.
24. Develop policies designed to support families (low income in particular) and alleviate pressure regarding economics. That can take priority in a home setting. If struggling to “get by” is not by necessity the main focus more time and energy can be allocated to building strong communities as a whole that are inclusive of everyone including our youth.

25. Be the co-ordination of pushing services and agencies together to promote the goals and purpose as stated. With creativity and cross-disciplining and expertise as well as involving at all levels youth they could address and assist in many of the issues.
26. To link with organizations (like today's session) and disseminate information with regard to children and youth's status, activities, etc. in our areas. To help bring us together and focus on areas that we can make a difference in the short-term so we can see success (concrete) that can be achieved.
27. Respect that the youth organizations in the Acadian communities of Clare and Argyle have a specific need related to their language and culture, youth centres in their area must function in French. The French school is the focal point of community activities for these youth. We have to recognize that volunteering is not what it used to be – that 2 parents work – up at 6 am finish supper at 7:30, studies, etc. it is unrealistic to add volunteering to this schedule. We need transportation and paid youth co-coordinators in each high school.
28. Organize regular meetings of its members and other community groups to allow for networking, proposal, plans, funding opportunities, and partnership possibilities in regards to services/supports for children and youth in the Tri-Counties.
29. Assist with information process. To be the place we can go to find out who does what, where a service is provided. Awareness of what is already in place and advocate for what is needed.
30. Family need money to provide transportation for the children to get to programs/activities. To give more protection to volunteers as liability issues prevents some people from being involved. After school programs – boys and girls clubs – is a service needed in our area.
31. Advocate for increase funding for services of agencies that serve youth – for example Mental Health and addiction services increased funding to allow timely, accessible 24 hr crisis service, as well as more easily accessible services on a non-crisis basis (i.e. preventative and work to bring back to state of mental well-being).

## Question 2: Please finish this sentence: CAYAC would be a very useful organization if...

1. Increase resources i.e. finances, human resources, programs.
2. It can move forward in regards to their purpose and goals.
3. If had a paid coordinator/navigator. If it could advocate for more programs/services.
4. It *worked* toward achieving stated goals and pick a few initiatives and get them done. All these "issues" have been known/identified for eons. Let's do something!
5. They hired a transition worker to support youth 16-23 yrs as they move from high school to employment. Many youth do not participate in post-secondary training/education and need support in order to become productively integrated into our community through employment.
6. It educated communities/agencies about our issues, so everyone has the same information ex. I was in a group with RCMP & MLA who did not know poverty was an issue in our

- communities. It called more of these communities' discussions to talk about issues/educate each other/problem-solved idea. Make everyone aware and have input. More "child" talk, catch them early.
7. It supported more service delivery and less management. Assisted community to get together and agencies/service should case our services.
  8. More effort was made in reaching our families, youth; we need to hear more from them. Newspapers, radio ads may just not cut it. Need to get out there and speak with the people we are speaking about.
  9. It was more known to the communities/youth/service provider.
  10. The information concluded in these sessions were communicated out to public, service providers, etc.
  11. It was involved with local agencies on an ongoing basis to provide feedback/consultation rather than just a "one shot" consultation. Give feedback to all of us who have participated in this consultation. Offered ideas/material and innovation that have been utilized in other provinces/countries for these same problems.
  12. It worked with local organizations/agencies and existing resources to enhance programs and services (resources) available to youth in our area. Give us feedback re: such meetings/consultations. Look to other provinces/countries re: ways they help and such issues vs. reinventing the wheel.
  13. They were to help with funding community resources and acted as a liaison between communities and government departments. Involved youth in the decision making process.
  14. It had funding to implement programs or services. Parents were able to sit and express their needs for their children.
  15. They don't try to reinvent the wheel. Heartwood has an excellent community youth development framework. Something that CAYAC can maybe follow.
  16. It was made more aware to communities as I was not aware of this until recently.
  17. Everything is valuable if people from our community truly understand the organization and what it does provide.
  18. The work was done quicker. Less process and more action is needed ASAP.
  19. Was more visible. Work on a specific project identified by consultation. Organize another meeting with partners to build on the collaborative process already begun.
  20. More people were aware that they exist and what their purpose and goals are.
  21. All groups represented were more focused on. Working together and not trying to protect their own slice of the pie.
  22. We could have true cooperation and eliminate jurisdictional/territorial squabbles in order to best serve the needs of the client we all share and stop wasting scarce resources in duplication of services.
  23. Their goals included looking at policies from a perspective of gender equality as issues affect young women and men differently. It would engage in action, rather than information gathering and identifying issues as community groups are aware.
  24. They took on the coordinating of perpetuating real change for youth with acceptance and involvement being key criteria.
  25. It provided more practical assistance to assist community service providers.

26. We need to work with youths at a younger age. Research tells us that youth who discover their talents before puberty will keep developing these talents during puberty. Once puberty starts kids will not be interested in discovering and developing their inner selves – sexuality takes over and being popular is too important. We have to work a counter promoting all the junk that is sold to us by huge advertising budgets. How can we accept that McDonald's sponsor the Olympics?
27. The goals indicated can be reached with a reasonable length of time so as to have some level of positive effect on children and youth in the next five years.
28. It could target the needs and access the funding to have the services that we require in each area.
29. They could increase funding to parents and programs. Provide insurance to cover volunteers and increase programs in the area.
30. There was an outcome of all the agencies and departments involved providing services in a timely, coordinated accessible manner for wellness of children and youth including support and help during times of crisis.

## Appendix I: Partial List of Consultation Registrants

Seen in the tables below are the names and – where available – the contact information for those who attended each of the three service provider consultations. It should be noted that this is only a partial list of attendees, as there were several people in each community who attended but did not pre-register. Their information is unavailable.

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