

• F O U N D R Y •

WHERE WELLNESS TAKES SHAPE

June 23, 2023

Foundry Surrey Update

This newsletter is emailed to the members of the Foundry Surrey community and Leadership Tables including the Executive Leadership Table, Community Leadership Table, Youth Engagement Leadership Table (YELT) and the Foundry Engagement Leadership Table (FELT) to keep our partnerships up to date on as we work together in planning and developing Foundry Surrey.

Overview

Introducing Steve Atkinson

It is with great pleasure, we are introducing **PCRS' new Chief Executive Officer, Steve Atkinson!**

Steve started his work here at PCRS over 20 years ago as a Youth Worker in our Supported Group Homes and has worked his way up and through the organization in various roles including Employment Counsellor, Communications Manager and Executive Assistant. In 2010, Steve became a Manager of Employment Services and in 2015 became our Director of Finance and Administration. Steve has a bachelor's degree in psychology (Concordia University of Edmonton), and while working here at PCRS, completed his Masters of Business Administration (University of Phoenix) and his Chartered Professional Accountant (CPA) designation.

Steve will be chairing the Executive Leadership Table and is currently in the works of scheduling the table's next meeting. More information to come!



Partnership and Leadership Tables

PCRS Board of Directors


- On **April 4th**, the PCRS Board of Directors held one of their meetings at the Foundry Surrey site, giving them an opportunity to tour the facilities and receive an update on the proposed designs. Jennifer Lowrey, Manager of Foundry Surrey, also provided the board with updates on Foundry Surrey's development. Vivian Smith, President of Liberty Quest Enterprises Inc. and the contracted lead for Foundry Surrey's capital campaign, gave a short presentation on philanthropy and the capital campaign plan. The Board of Directors meeting had room for questions, great conversations, and members left with a tote bag of awesome Foundry Surrey swag. Thanks for visiting our site and we hope to have you back again!



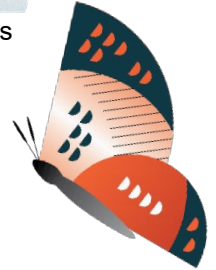
Operations Working Group (OWG)



- The Operations Working Group (OWG) reconvened on **April 5th** with special guests Rick Dubras (Leader, Implementation and Integration) and Julia Gray (Research and Evaluation Associate) from Foundry Central Office to deliver presentations to the group. Julia introduced the **Foundry Toolbox system**, a client database system used by Foundry centres to track centre data including client information, needs, and type of service accessed. It was helpful for the partners to walk through a demonstration and develop an understanding of how the client service experience begins through an interaction with Toolbox where they tell their story once and can receive an assessment based on their needs at the moment. Rick gave an informative presentation on supporting a **collaborative substance use strategy implementation**, walking the partners through the continuum of services from health promotion to prevention and examples of different programs to fulfill the stepped care model. The meeting helped prepare the partners for the next



step of building the services, systems, and pathways that will compose Foundry Surrey's delivery model. The group will reconvene on July 5th to report on the progress of all the working groups, ensure the work is meeting the gaps identified, and maintain a unified vision for Foundry Surrey.



Working Groups

- To start planning out Foundry Surrey's core services, the **Operations Working Group broke off into four smaller working groups** at the end of March 2023. The intention is to meet regularly on a bi-weekly or tri-weekly basis to **complete a series of operations planning for each core service**, including to: confirm partner membership, work together to build services that address the identified community gaps and meet needs every step of the way throughout Foundry's Integrated Stepped Care Model, develop communication systems, confirm site functionality needs, create referral pathways, build staffing and scheduling, and more.
 - **Primary Care Working Group:** first meeting on April 13th.
 - **Mental Health and Substance Use Working Group:** first meeting on May 31st.
 - **Social Services Working Group:** first meeting on May 31st.
 - **Peer Support Working Group:** starting up soon!

Community Leadership Table (CLT)

- On **March 15th**, the Community Leadership Table (CLT) came together for their first quarterly meeting of 2023. This meeting was held at the Foundry Surrey site and members, who had not previously seen the space, were able to tour. As it had been a year since the CLT last met, they were updated on the development of Foundry Surrey regarding the Operations Working Group and the site planning process. The table also had the opportunity to meet Vivian Smith, a Certified Fund Raising Executive who has been contracted to lead Foundry Surrey's capital campaign. Vivian informed the CLT that **Foundry Surrey's capital campaign of \$6 million dollars would be starting shortly** and encouraged members to reach out if they had **any ideas on how to support the campaign**. The Community Leadership Table will be meeting again in July – we can't wait to come back together!



Introducing Sandra Teves

A warm welcome to Sandra Teves, new Manager of Services Implementation and Integration (MSII) for the Fraser region centres on the Foundry Central Office team! We are excited to work with Sandra who will continue to support Foundry Surrey on partnerships, integration, and implementation that our previous MSII Rick Dubras has done incredible work stewarding. Sandra comes from her recent role as MSII for Foundry Virtual over the last four years and has two decades of experience working in Fraser Health and the region.

Welcome Sandra!

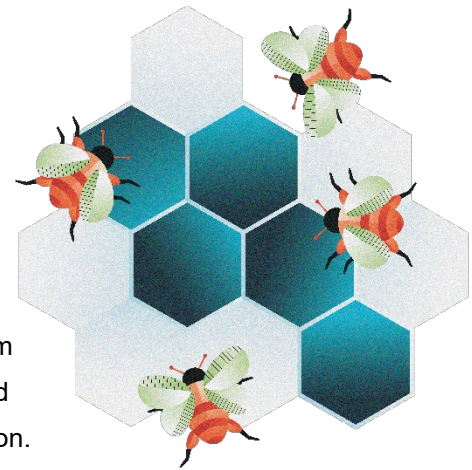


Table of Champions Brainstorming Session

- As Foundry Surrey is a community initiative, we invited PCRS staff, community partners, our leadership tables, and other community members to **brainstorm ways we could reach our capital campaign of \$6 million**. We met together on **May 16th**, and amongst sandwiches, snacks, and cooling refreshments, we discussed **potential donors, foundations, and organizations** that may be interested and able to support the Foundry Surrey campaign. We are excited to begin our capital campaign with many leads from this brainstorming session and the clear support from our community. Thank you very much to those who took time out of their day to join us and figure out how we, together, can bring a necessary resource to youth and families in Surrey.





Introducing Laura

Hi all!

My name is Laura and I'm the new **Fund Development Support Coordinator** for Foundry Surrey. I'm also currently finishing up my last two semesters at Simon Fraser University completing my bachelor's degree in communications. I enjoy working in Fund Development as it encompasses all the different things that I'm most passionate about; fundraising, communications, social media engagement, connecting with youth and community, event planning. I'm grateful to be on this journey and getting to be a part of the Foundry Surrey team, it is an amazing experience seeing the work being done to bring services to youth in the community of Surrey. In my free time, I enjoy volunteering with youth in the tri-cities and spending time with family and friends. I also love reading and writing! 😊

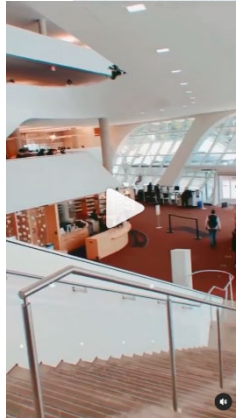


Meet
Laura!

Youth Engagement Leadership Table (YELT)

- The Youth Engagement Leadership Table (YELT) has grown! In the month of **May**, the **YELT invited 6 more amazing youth leaders to join the table**. We are super excited to have a full table of extraordinary individuals who are dedicated to sharing their perspectives, expertise as youth living in Surrey, and valuable time to bring a needed Foundry centre to their community. The YELT is currently brainstorming different ways to **spread the word of this upcoming centre** and to **engage with other youth in Surrey**. More details to come!
- As per usual, the YELT has been brainstorming and creating content for the Foundry Surrey Instagram channel and Facebook page. We found that **people loved seeing content showing Foundry Surrey out in community!** In May and June, the table planned for more content with photos of Foundry Surrey staff and leadership table members at community events or out and about in Surrey. **For Mental Health week in May, the YELT decided it was time to create Foundry Surrey's first-ever reel**; this reel showcased the City Centre Library and suggested that followers could take a trip to their library when they need a pick-me-up. This reel was a success and **reached 90% more individuals on Instagram than our average post**. Stay tuned for more content highlighting Surrey, community events, and the amazing individuals who are working hard to bring Foundry to Surrey.
- Check out Foundry Surrey's top posts from March-May on the next page:





Family Engagement Leadership Table (FELT)

- The Family Engagement Leadership Table (FELT) is continuing to meet monthly. The FELT is **actively looking for new members to join the table so if you or a caregiver/parent you know in Surrey are interested, please take the survey below!**

Once individuals complete and submit the survey, Foundry Surrey staff will reach out to connect with them.

- Foundry Surrey Family/Caregiver Engagement Interest Survey:**

<https://forms.office.com/r/8F0ypihn2v>



YELT & FELT Social

- With new members joining their table and the last social being in December, the YELT thought it was **time for some fun!** Instead of having a monthly meeting in May, the YELT planned a social for themselves and the FELT as it had been some time since the two leadership tables had come together. On **May 3rd**, the youth and family leaders came together at the Foundry Surrey site. The group got to know each other better over delicious Greek food, cake, and sharing fascinating facts about themselves. We even played a game of hide-and-seek in the spacious Foundry Surrey site where winners took home Starbucks and Uber gift cards. **Thanks for planning such a fun get-to-together, YELT – we can't wait for the next one!**



Media

Fraser Valley REALTORS® Charitable Foundation Grant 2023

- Foundry Surrey is proud to announce that we have been named as a recipient of a **\$10,000 grant from the Fraser Valley REALTORS® Charitable Foundation (FVRCF)**. On **May 2nd**, Michelle Shaw, Director of Operations, Fraser South, and Melissa Lee, Program Coordinator, accepted the grant on behalf of Foundry Surrey and PCRS at a celebration event hosted by FVRCF. A big thank you to FVRCF for supporting our work – this grant brings us one step closer to opening our doors and helping youth and families in Surrey access the services they need. Find the press release here: <https://fvrcf.ca/realtors-charitable-foundation-announces-first-round-of-grant-recipients/>.



Twelve more Foundry centres coming to support young people and their families in B.C.

- In **April**, the Ministry of Mental Health and Addictions announced that the government will fund **12 new Foundry centres** across the province to provide young people, ages 12-24, and their families access to mental health services, peer supports, substance use services, physical and sexual health care, social services, and other wellness resources. The funding budget provides more than **\$236 million over three years** for Foundry centres to provide needed services for their communities. These additional Foundry centres will join the 15 centres that are up and running as well as the 8 centres that are currently in development as an integral part of **A Pathway to Hope, B.C.'s roadmap for building a comprehensive system of mental-health and substance use supports for the province**. Find the press release here: <https://news.gov.bc.ca/releases/2023MMHA0020-000506>.



Peer & Community Engagement and Communications

As 2023 progresses, we are continuing to spread awareness of the upcoming Foundry Surrey centre and engage with community through hosting booths at events and presentations:

- On **April 17th**, we were Dragons for a day when we visited Fleetwood Park Secondary to present at their Grade 9 Health Conference. We were joined by two YELT members who supported us talking to grade



9s about what mental health is, how it can look different for everyone, and how Foundry Surrey can support youth when the centre opens. Thanks so much to the Fleetwood Park Secondary teachers for organizing this valuable conference and inviting us. Shoutout to Lily and Evy who rocked the presentations!

- The Surrey School District held a Mental Wellness Day for elementary and secondary school students on **April 28th**. Foundry Surrey, as well as other community organizations, were invited to the Sullivan Heights Secondary School to host booths and speak to attendees about the services they can access when their mental health is low. We were also invited to speak on panels at the Bell Performing Arts Centre where we shared information about Foundry Surrey, the services that will be provided when doors open, and why youth should look after their mental wellbeing. Check out a short clip of Melissa Lee speaking at the panel on our Instagram channel:

<https://www.instagram.com/p/CsKLjp7v0tD/>. Much gratitude to the Surrey School District for planning this fun, informative event as well as to the youth and family leaders who supported the Foundry Surrey booth.



- On **May 5th**, Foundry Surrey hosted a booth, with the support of youth leader, Aryan, at the Cross-Cultural Mental Health: Research Practice Forum at the SFU Surrey Campus. At this event we connected with researchers, practitioners, students, and other community organizations to learn and share how we can adjust mental health practices to be culturally safe and relevant to different communities such as South Asians. We also had the amazing opportunity to meet Honourable Jennifer Whiteside, the Minister of Mental Health and Addictions, at the event. She expressed her admiration for the commitment Foundry centres make to provide services that meet youth and families where they are at and shared her enthusiasm for Foundry to soon open in Surrey. Thank you to SFU Surrey, Moving Forward Family Services, and CAMH for organizing this important event! We can't wait to put what we learnt into practice when our doors open.



- We also held a presentation at PCRS' very own Newton Youth Hub on **May 26th** where we connected with youth about what mental health is, how it can show up differently for everyone, and brainstormed ways to cope with low mental health. We shared what services Foundry Surrey will provide when our doors open next year and virtual services that youth can access in the meantime. As many of the



youth attending spoke various languages, PCRS staff were present to help translate as well as learn more about Foundry Surrey themselves! Thanks Newton Youth Hub for inviting us over – we had a blast interacting with youth and eating Timbits!

Summary, Timeline and Next Steps

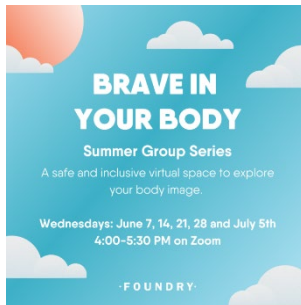
Site	Site plan in development
Community Presentations	Continuous
Executive Leadership Table	Meeting TBD
Community Leadership Table	Quarterly meetings; meeting TBD in July 2023
Operational Working Group	Meetings every eight weeks; next on July 5, 2023
Primary Care Working Group	Biweekly meetings; next on June 29, 2023
Mental Health & Substance Use Working Group	Biweekly meetings; next on July 5, 2023
Social Services Working Group	Biweekly meetings; next on June 28, 2023
Youth Focus Group	TBD
Family Focus Group	TBD
Youth Engagement Leadership Table	July 5, 2023
Family Engagement Leadership Table	July 6, 2023
Fund Development	Capital Campaign in progress

Did You Know?

- Did you know that the Foundry website has an abundance of information and tools for mental health, substance use, healthy living, everyday life, and tough topics? Learn how to recognize and respond to an overdose, find coping strategies for anxiety, and more at <https://foundrybc.ca/>.
 - Also make sure to check out Foundry's engaging stories and articles on recent events and common youth concerns!
- Did you know that Foundry Virtual has groups and workshops that you can attend online right now?
 - Find more groups and workshops and register for them through the following link: <https://foundrybc.ca/virtual/groups-workshops/>

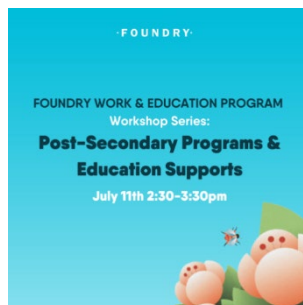


NEW Groups and Workshops



BRAVE IN YOUR BODY

- A free body image group where you can explore your relationship with your body and gain tools/skills!
- For young people, ages 15-24, who have felt the pressure to look a certain way based on society's standards or is struggling with body image, disordered eating, diet culture or weight stigma.
- **Runs virtually on Wednesdays from 4-5:30pm, from June 21st to July 5th.**



POST-SECONDARY PROGRAMS & EDUCATION SUPPORTS

- Join the Foundry North Shore team and go over where and how to find information about post-secondary programs as well as to explore sources and supports available to fund education and how to access them.
- For youth ages 12-24 (do not have to be enrolled in the Work & Education program).
- **Tuesday, July 11th from 2:30-3:30pm.**



CAREGIVERS SUPPORT

- A new drop-in group for BC caregivers to connect with other caregivers in a safe, inclusive, and confidential space. This group is facilitated by two caregivers with lived experience supporting youth with various mental health and substance use challenges. Topics discussed each group will vary.
- For BC caregivers who are supporting a young person between the ages of 12-24.
- **Runs virtually on June 28th from 7:30-9:00pm.**

Actions

- **Engage with Us!** → complete and share these surveys with the youth, family members, and caregivers you know in Surrey!
 - [YOUTH ENGAGEMENT INTEREST SURVEY](#) or [FAMILY MEMBER/CAREGIVER ENGAGEMENT INTEREST SURVEY.](#)
- **Foundry Surrey Video** → Share our Foundry Surrey video now live on [YouTube!](#)
- **Social Media** → Follow us on [Facebook](#) and [Instagram!](#)
- **Foundry BC Virtual** → [Download the Foundry App](#) or [visit Foundry Virtual online](#) to explore virtual services available to community now.
- **Community Feedback Survey** → complete and share [this survey](#) with your networks!
- **Community Engagement** → to learn more or get involved, please contact Melissa.

- **Community Tables** → if you know of others who would like to be a part of our community tables, please contact either Jen or Michelle!
- **Cheerlead** → let's keep talking about all the possibilities of what Foundry Surrey can be to support youth and their families!

Contact



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YOUNG PEOPLE WITH A VOICE IN THEIR HEALTH

A safe and inclusive place where young people and families find flexible, accessible, non-judgemental support and care to meet their needs.



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