



# Helping young people shape healthy lives



# With Gratitude

**Almost a decade ago, our hopeful movement began.**

In 2015, with funding from donors to St. Paul's Foundation, Foundry opened as **the very first centre in North America to offer integrated youth services**. This healthcare innovation was simple, yet transformative: we created a purpose-built space for youth to access services – mental health, substance use, physical and sexual health, counselling, peer support, employment, housing, life skills – all in one welcoming place, with walk-in availability.

**Free. Safe. Confidential. No referrals needed. Co-designed by youth.**

Because of your generosity, Foundry has grown from its prototype centre in Vancouver to a world-renowned collaborative network of 17 centres including Foundry Virtual BC, with 19 more centres in development.

Your support powers Foundry's innovation and expansion, so we can help empower more youth to achieve their best life.

Foundry is more than a purpose-built space where youth can access services; it's an initiative and movement towards a future for BC where young people and families will no longer have to ask, "Where can I go for help?"

Thank you, from all of us, for trusting Foundry to do things differently.

Thank you for sharing our ongoing vision of a future where Foundry centres and provincial virtual services can be accessed by every young person, in any community, across BC.

**Thank you for being part of Foundry's forward momentum.**

Yours truly,



A stylized white handwritten signature of Dr. Steve Mathias on a dark blue background.

**Dr. Steve Mathias**  
Co-Executive Director

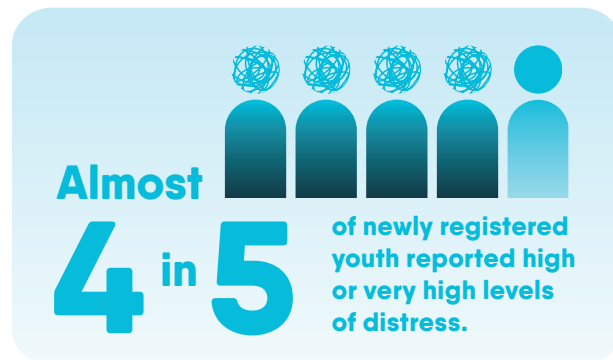
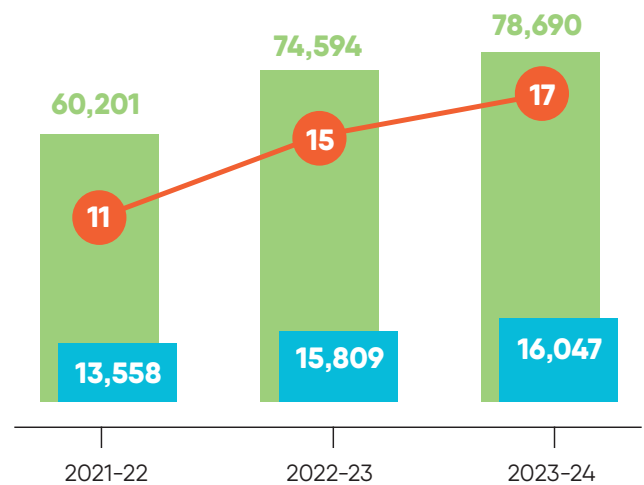
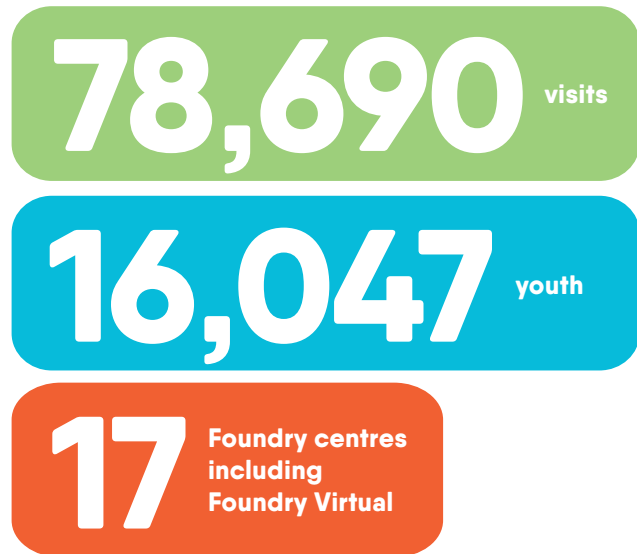


A stylized white handwritten signature of Dr. Karen Tee on a dark blue background.

**Dr. Karen Tee**  
Co-Executive Director

# Your support is helping more young people access life-changing services throughout BC

In Fiscal Year 2023/24:



# Here we grow again.

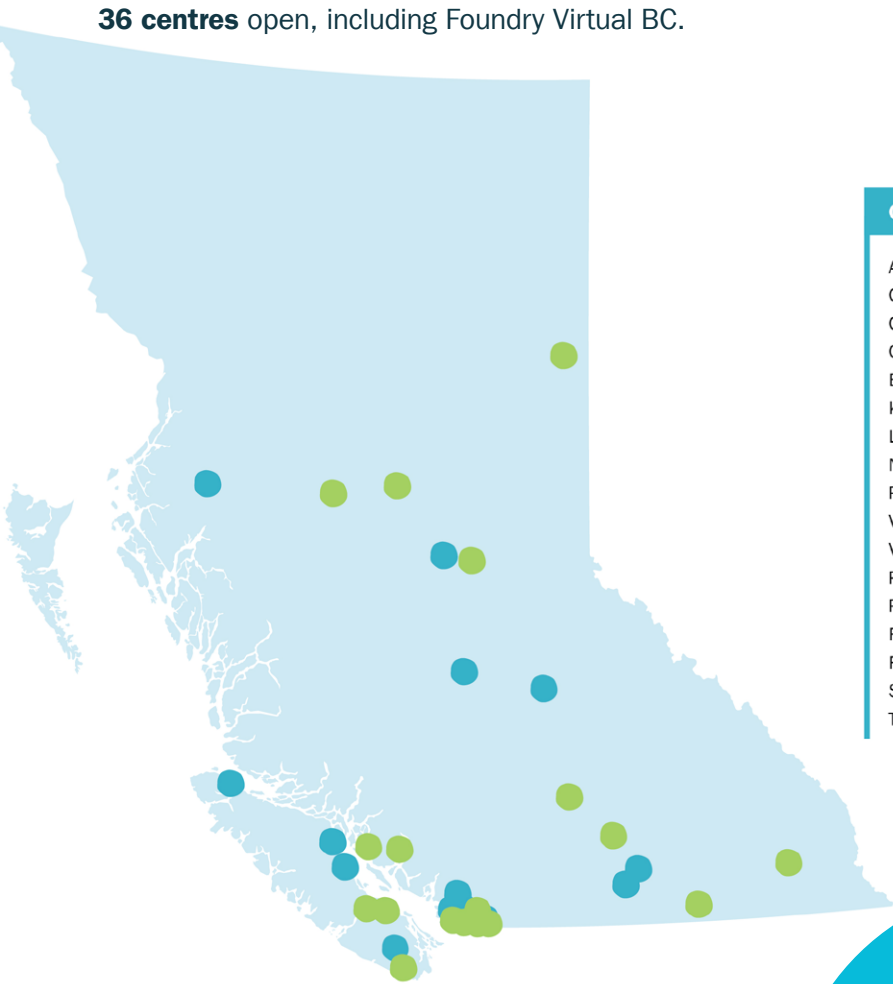
Your support is reshaping BC's health and wellness landscape for young people.

On March 4th 2024, the BC Provincial Government announced the next ten new Foundry centre locations: Burnaby, Chilliwack, Nanaimo, Port Alberni, Quesnel, Sooke-Westshore, South Surrey, Vancouver, Vanderhoof and the West Kootenays. These communities will join the 25 others with Foundry centres that are either open or in development. By 2027/28 we anticipate having **36 centres** open, including Foundry Virtual BC.

Read more about the expansion announcement here.



[foundrybc.ca/tennewfoundrycentres](https://foundrybc.ca/tennewfoundrycentres)



## Open

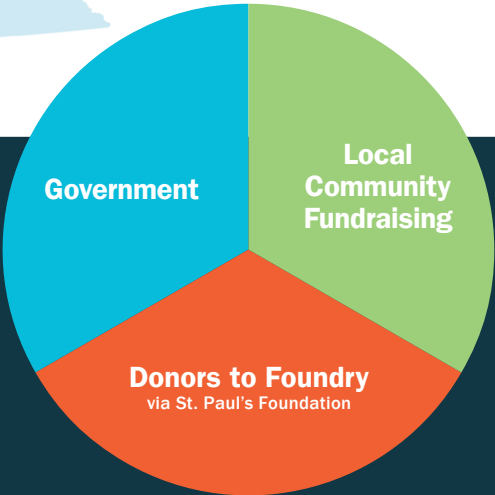
Abbotsford  
Campbell River  
Cariboo Chilcotin  
Comox Valley  
East Kootenay  
Kelowna  
Langley  
North Shore  
Prince George  
Vancouver-Granville  
Victoria  
Penticton  
Port Hardy  
Ridge Meadows  
Richmond  
Sea to Sky  
Terrace

## Coming Soon

Burnaby  
Burns Lake  
Chilliwack  
Fort St. John  
Kamloops  
Port Alberni  
qathet  
Quesnel  
Snuneymux First Nation - Nanaimo  
Sooke-West Shore  
South Surrey  
Sunshine Coast  
Surrey  
Tri-Cities  
Vancouver  
Vanderhoof  
Vernon  
West Kootenay

## COLLABORATIVE FUNDRAISING

To launch each new Foundry centre we require substantial capital investment and commitment from both government and philanthropy, as well as community partnerships. On average, each new Foundry centre requires this blend of capital investment to open:







**“At my centre, we prioritize a holistic and decolonized approach to wellness so the Indigenous youth who visit our centre don’t feel limited to Western forms of healthcare as their only way of healing.”**

**– Lillian Brown, Peer Support Worker at Foundry Cariboo Chilcotin**

## Creating culturally informed and inclusive spaces.

Foundry Cariboo-Chilcotin is including Indigenous ways of knowing and being into youth wellness at their centre.

[Click here to learn more](#)



### THIS LAND IS HOME.

Foundry’s provincial work extends across lands that are home to many First Nations, Métis and Inuit Peoples today; with histories, knowledges and ways of being that are diverse and unique to every community in which we work. We strive to respectfully hold and nurture relationships with Indigenous Peoples, including Indigenous youth and family advisors, staff, community agencies and partners, who guide and inform our work.



# Highlights from across Foundry.



## Foundry Work & Education program

The Foundry Work & Education program, supporting over 1,300 youth with their employment and training goals, was a finalist for a Premier's Innovation and Excellence Award.

[Click here](#) to learn more and watch the video.



## Foundry Research

Since 2021:

**30+** studies across BC

**35+** peer-reviewed publication contributions

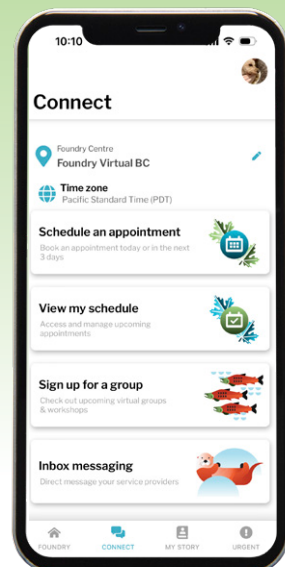
**30+** research students supported

Visit [foundrybc.ca/research](https://foundrybc.ca/research) to learn more

## Foundry BC App 2024 re-fresh

Foundry's provincial virtual services team worked collaboratively with youth and caregivers to update the look and function of the Foundry BC platform, improve user experience and enhance access to timely services.

To learn more, visit [foundrybc.ca/virtual](https://foundrybc.ca/virtual)





## IYS Initiatives Across Canada

Foundry is working with jurisdictions across Canada to share our data, learnings, and innovative best practices for integrated youth services (IYS).

[Click here](#) to read Foundry's IYS Policy Brief.



## Youth and Family Peer Support

Foundry's Peer Support program employs over

# 100 people

with lived or living experience at Foundry centres across BC.

[Click here](#) to learn more.



## LinkUp 2023

# 50+

 Provincial Youth and Family Advisors

from across the Foundry network gathered in Vancouver to help shape service delivery, inform research and evaluation, create resources, and advance equity, diversity and inclusion objectives.



**"It's an incredible and lifesaving resource for youth. Foundry has allowed me to navigate one of the most difficult parts of my life, one that I don't know I would have recovered from otherwise."**

**- Youth from Foundry North Shore**

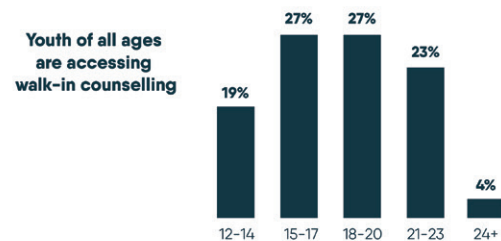
## Easy Access to Counselling Services.

**Your support is helping Foundry offer walk-in counselling as a low-barrier and accessible service for youth.**

Walk-in counselling at Foundry centres offers a responsive and youth-centred mental health service that eliminates waitlists, and structures each visit as a distinct therapeutic intervention. **This approach ensures that more young people can promptly access evidence-based, solution-focused support when they need it.**

As a low-barrier service, walk-in counselling allows for early intervention, helping prevent problems from getting worse. Last year, almost 6,000 youth accessed Foundry's walk-in counselling service – **and nearly half of those youth were accessing Foundry for the first time.**

Offering walk-in counselling in an integrated setting facilitates easy access to other services and resources aligned with a youth's goals and needs. **More than one in three youth accessing walk-in counselling use another Foundry service in the same visit.**



**Walk-in counselling is appealing to young people, reduces barriers to access, and facilitates early intervention – reducing wait times for young people seeking help, while also reducing the burden on the broader health system.**

[Click here](#) to learn more about walk-in counselling.







**"I feel so grateful to the people at Foundry because they appreciate me for who I am as a person. They're not pitying me because I'm a refugee. They've helped me feel like myself again."**

**- Victoria, Youth from Foundry Abbotsford**

# Your Support is Transforming Lives for Newcomers.

**Foundry's free health and wellness services helped Victoria create a brighter future.**

Bravery, strength and resilience empowered Victoria to flee the deadly war in Ukraine. This courage also helped her seek support at Foundry Abbotsford, as a newcomer to Canada in search of youth-friendly resources and services.

Foundry provided Victoria with the tools and connections she needed to help build a new life for herself, including free access to social services, emotional support from peers, and mental health care to process the trauma she experienced as a refugee.

Her local Foundry centre became a second home, where Victoria felt comfortable walking in at any time, whether it was to access

counselling sessions or to just hang out in the lounge and practice her English with other youth and staff.

She credits Foundry for being the first stable community she's had since escaping the war, where she finally felt safe enough to begin her healing journey and rebuild her life.

Today, Victoria helps connect other young people to Foundry services through her work as a Foundry Provincial Youth Advisor.

**Read more about Victoria's incredible story of determination and hope, here:**  
[foundrybc.ca/victorias-story](https://foundrybc.ca/victorias-story)



**DID YOU KNOW?**

# 1 in 4

Foundry youth reported they would not have sought help had Foundry services not been available.

# Youth Experience Survey 2023/24

The Youth Experience Survey (YES) is an annual, anonymous survey for youth accessing Foundry services. It aims to understand youth experiences to better meet their needs and to guide service improvement.

- Administration began October 16 and ended December 8, 2023
- 895 youth participated in the survey

On average, youth rated their overall experience at Foundry...



4.7/5 STARS!

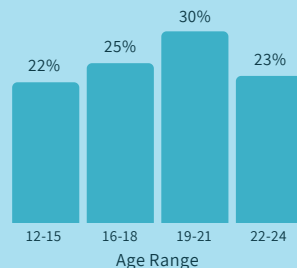
## Youth came from diverse communities.

About 72% of youth who responded to the survey (n=895) reported belonging to at least one equity-deserving group\*, including:

- 2SLGBTQIA+ (39%)
- Neurodivergent (37%)
- Indigenous (First Nations, Inuit, Métis, or Inuit (21%))
- Racialized person or person of colour (16%)

\*Equity-deserving groups are those that face barriers to equal access, opportunities, and resources due to disadvantage and/or discrimination.

The average age of participating youth was 18.5 years (n=764)



## Youth reported on their experiences accessing Foundry services...

- 97% of youth accessed Foundry services in person at a Foundry centre (n=753)
- 87% of youth visited Foundry more than once (n=729)
- 77% of youth waited less than 30 minutes to see a service provider (n=343)
- 70% of youth waited less than a week to get an appointment (n=222)
- 59% of youth had same-day drop-in visits (n=461)

## Overall, youth rated their experiences at Foundry as highly positive.

### Top 3 & Bottom 2 Rated Experiences

Youth agreed/strongly agreed that...

- 99%** Foundry provides a welcoming, comfortable and safe environment (n=803)
- 99%** Foundry provides a youth-centred experience (n=790)
- 99%** I would recommend Foundry to a friend (n=755)
- 92%** It was easy to find appointment times that work for me (n=293)
- 91%** I felt like the time I had to wait was reasonable (n=288)

### Foundry's Impact

% of youth who said that Foundry had a positive impact on their...

- General well-being (emotional, physical, spiritual) (n=711) **91%**
- Ability to cope (managing life, using strengths) (n=642) **84%**
- Ability to perform day-to-day activities (study, work, self-care) (n=609) **78%**
- Relationships with their friends (friends/peers) (n=545) **71%**
- Relationship with their families (family/caregivers) (n=471) **61%**

Top three accessed services:



**Mental Health**  
(49%, n=416)



**Primary Care**  
(32%, n=276)



**Peer Support**  
(21%, n=183)

**“The only thing I wish I could change was if I could have found Foundry sooner. More youth/parents should be aware of these services.”**



# Family Experience Survey 2023/24

The Family Experience Survey (FES) is administered annually to family members accessing Foundry services to understand their experiences in accessing services for themselves and supporting a young person at Foundry.

- Administration began on October 16 and ended December 8, 2023
- 148 family members participated in the survey
- 51% of family accessed Family Foundry Services & 49% supported a young person in accessing youth services

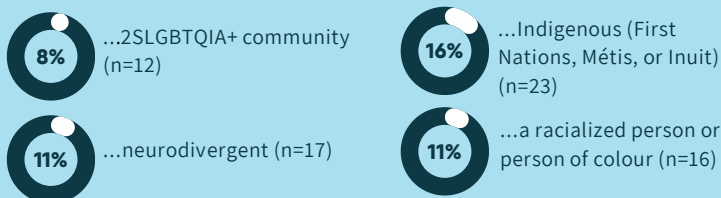
On average, participants rated their overall experience at Foundry as...



4.7/5 STARS!

## Family members and the youth they support represented diverse communities.

About 50% of families who responded to the survey (N=148) reported belonging to at least one equity-deserving group\* and identified as...

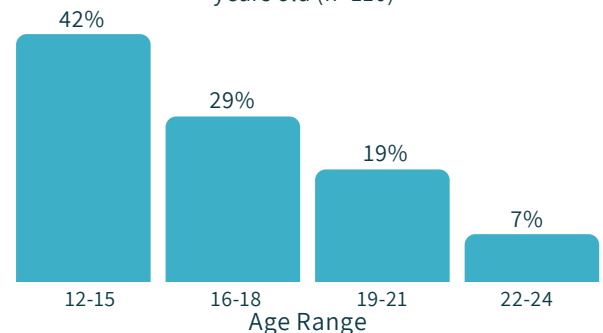


\*Equity-deserving groups are those that face barriers to equal access, opportunities, and resources due to systemic disadvantage and/or discrimination.

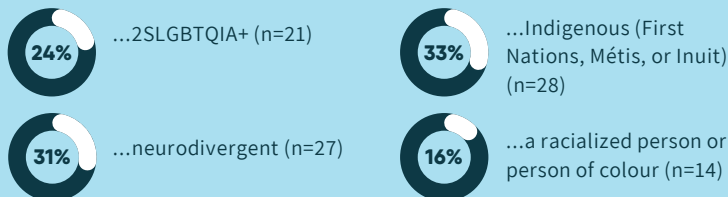
**20%** of family members are accessing Foundry services with youth who are not accessing care at all (n=10)

**65%** of family members were biological, step, adopted, or foster parents. The remaining family members were spouses/partners/friends, grandparents/other relatives and other support workers (support worker, youth worker, elder) (n=79)

Most youth supported by family members were under 18 years old (n=110)



58% supported youth who belong to equity-deserving groups and identify as...



## Overall, caregivers' experiences of Foundry were very positive.

### Top 3 & Bottom 2 Rated Experiences

Family members agreed or strongly agreed that...

- 100%** I feel that I know more about youth health/mental health because of Foundry (n=59)
- 100%** The services at Foundry met my needs as a support person (n=60)
- 99%** Having multiple services at Foundry makes it easier to get help for my youths' needs (n=122)
- 92%** It was easy to find appointment times that work for me (n=41)
- 92%** I felt like the time I had to wait was reasonable (n=41)

The top three services accessed by family members were:



### Foundry's Impact

Family members agreed or strongly agreed that...

- 98%** If a friend was supporting a young person who need this sort of help, I would suggest Foundry (n=58)
- 97%** Overall, I am satisfied with the Foundry services provided to the young person I am supporting (n=56)
- 97%** The services provided to the young person at Foundry met their needs (n=56)

*"I discovered that I'm not all alone. Tons of other parents are going through exactly the same stuff as me."*

*"I felt stronger supporting my youth in crisis"*

**Thank you for being part of Foundry's forward momentum. Your support helps youth and families access life-changing services throughout BC.**

**"I have gone from rock bottom to thriving because of Foundry and the amazing work that you do here."**

**Youth from Foundry  
Vancouver-Granville**

**"I recommended Foundry to a young friend who's struggling with things Foundry could help her with. I find it important and relieving that Foundry is there."**

**Youth from Foundry Virtual**

**"I managed to start getting back on my feet when I couldn't before."**

**Youth from Foundry Cariboo Chilcotin**

**"Foundry helped me feel like I could breathe again."**

**Youth from Foundry North Shore**

**"This place is a life saver. Every day I'm grateful the option is here and available. The team is kind and helpful. The resource is greatly appreciated by our family."**

**Family member from Foundry  
Comox Valley**

**Join Foundry's journey! To stay connected and find out how you can power Foundry's growth to empower more young people across BC, please contact:**

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**[foundrybc.ca](https://foundrybc.ca)**

