

• FOUNDRY •

# Removing barriers. Building Futures.

Foundry's bold vision to transform  
access to supports and services  
for youth across British Columbia.



## This land is home.

At Foundry, our provincial work extends across lands that are built on a complex history of colonization. These lands are home to many First Nations, Métis and Inuit Peoples today. Indigenous People's histories, knowledges and ways of being are diverse and unique to every community in which we work.

We recognize and respect Coast Salish Peoples as traditional stewards of the unceded and ancestral lands of the **xʷməθkwəy̓əm** (Musqueam), **sel̓ilwítulh** (Tsleil-waututh), and **Skwxwú7mesh** (Squamish), lands on which our central office is located.

As a settler organization, it is our responsibility to dismantle colonialism in our sector and to strive to respectfully hold and nurture relationships with Indigenous Peoples, including Indigenous youth and family advisors, staff, community agencies and partners, who lead, guide and inform our work.



Foundry is a provincial program of Providence Health Care (PHC), with St. Paul's Foundation serving as the registered charitable partner for PHC. Foundry's provincial implementation team, Foundry Central Office, is located in Vancouver, British Columbia. Foundry works hand in hand with St. Paul's Foundation to raise philanthropic funds for Foundry's provincial initiatives.

### Foundry c/o St. Paul's Foundation

178 - 1081 Burrard Street, Vancouver, BC. V6Z 1Y6

Charitable Registration Number: 11925 7939 RR0001

## Foundry is transforming healthcare for young people by removing barriers, improving access to services and increasing the quality of supports.

Our network of integrated health and social service centres, our virtual service team and our Foundry BC app make it easier for youth ages 12-24 and their caregivers to find the help they need, when and where they need it.

Whether a young person has depression, problematic substance use or is struggling to find work, our Foundry teams are there to help.

**We invite you to be a champion for youth at this pivotal time by investing in their future today!**

# Unprecedented times. Unprecedented challenges.



Our young people are full of promise and potential, but face challenges to their wellness. A global pandemic. Climate change. An overdose epidemic. Racial injustice. Our youth face unprecedented stressors.

In Canada, 1 in 4 young people aged 15-24 report experiencing mental ill health or substance misuse in any given year. Yet only 25% receive appropriate care. And rates for depression and anxiety are on the rise since COVID-19 struck.

But, despite 70% of mental illness happening before the age of 24, and despite overdoses being the number one killer of young people in BC aged 10-19, our health system is crisis driven, unresponsive and uncoordinated.

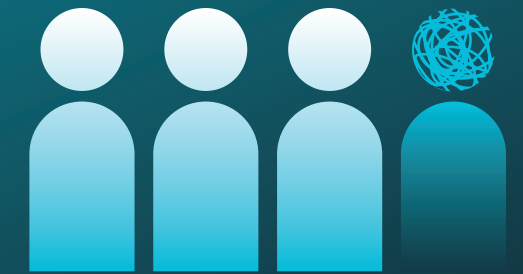
When turned away or confused by the system, many youth give up. Or turn to Emergency Departments. Or end up on waitlists. Families are frustrated. And things are getting worse.

Ignoring unmet health needs will have lifelong implications, costing the economy \$50B per year in added health care costs, lost productivity and under-employment. Yet, reducing the incidence of mental illness by only 10% will save the Canadian economy \$4B each year.

**Mental illness and problematic substance use strike early. Our communities are not armed with coordinated, accessible or low-barrier services.**

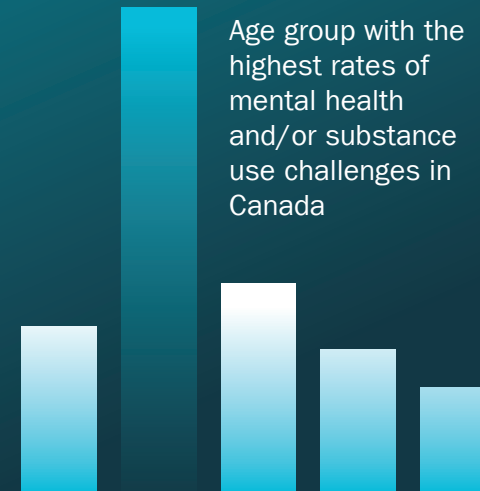
**For a strong future, we need vibrant and healthy young people living full, productive lives.**

## What the numbers tell us.



### 12-24

Age group with the highest rates of mental health and/or substance use challenges in Canada

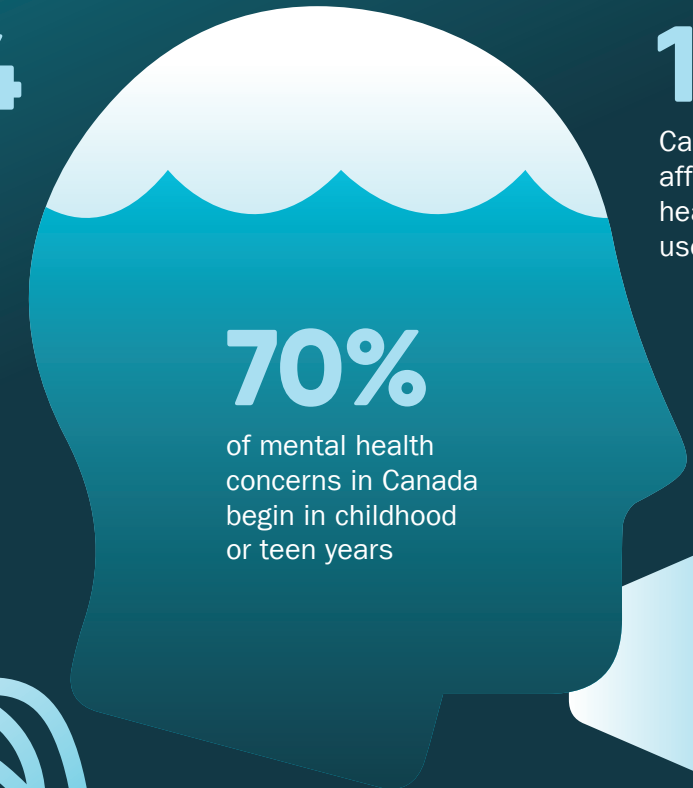


### 1 IN 4

Canadian youth affected by mental health or substance use challenges

### 70%

of mental health concerns in Canada begin in childhood or teen years



### #1

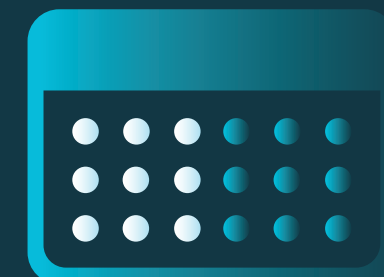
toxic drug overdoses are the leading cause of death of British Columbian children aged 10-19

### 200,000

and more young people in BC struggle with mental health every year

### <25%

of youth are currently receiving the mental health services they need



### 50%

of youth coming to Foundry have thought about suicide in the past 90 days



# A built in BC solution.

Foundry is a leading health and social service model, built in BC, designed by young people, for young people. The idea is simple: create a purpose-designed space where all the services that young people need are co-located and integrated. Mental Health. Substance Use. Physical Health. Sexual Health. Low barrier counselling. Peer Support. Employment Services. Housing and income assistance. All through just one door.

**Safe. Confidential. Stigma free.**

An easy to access, street-front location, on a bus route, with walk-in availability. No charge.

In 2015, in downtown Vancouver, we opened the first centre to offer integrated youth services. Initially a demonstration site, Foundry Vancouver-Granville began by working with marginalized and homeless youth, but quickly served young people from across the Lower Mainland.

In showcasing a new vision for care, we saw stigma lowered and young people coming for help sooner.



## This is Foundry.

**Access virtually and in person.**

**No referrals required.**

**Services are free.**

**All in one place.**

### Medical services.

Family doctors and nurse practitioners providing physical health, sexual health, gender-affirming care, addiction medicine and more.

### Mental health.

Free walk-in counselling to help overcome problems, before they become overwhelming.

### Substance use support.

Prevention, counselling, harm reduction supplies and medication, system navigation all in a non-judgemental environment.

### Youth and Family peer support.

Youth and caregivers with lived or living experience, trained in peer support, available to help young people and their families understand services, navigate the healthcare system, and advocate for improved supports.

### Social services.

Employment, education, housing, income assistance, wellness activities and recreation, all meant to empower youth in living a good life.



# A province-wide, learning health system.

Foundry is possible thanks to meaningful partnerships: youth and caregivers, donors and funders, community organizations and health authorities, First Nations, school districts and governments. Working together. Learning from each other.

Since opening Foundry Vancouver-Granville in 2015, we are well into our third phase of expansion with a fourth underway. 14 open

centres, in rural and urban communities. Nine more set to open in the next 24 months, with three managed by Indigenous-lead, community organizations. Foundry is an unprecedented network, with over 250 partner entities from across BC, including the provincial Ministry of Mental Health and Addictions, which has included Foundry as a provincial priority in their “Pathway to Hope” strategy.

## Foundry Virtual Services and the Foundry App.



Foundry is more than physical centres.

When the pandemic struck, Foundry's partners pivoted to offering all our services virtually, so that youth continued to access supports when and where they needed them. Foundry's innovation led to the creation of the Foundry BC app: A communication tool like no other. Co-designed by young people, in partnership with the BC government, it allows young people and their caregivers to access the Foundry Virtual team, seven days a week.

Two years in, Foundry Virtual is now our busiest “centre”.

## Foundry centres across BC.

### Open

Campbell River  
Cariboo Chilcotin  
Comox Valley  
Kelowna  
Langley  
North Shore  
Prince George  
Vancouver-Granville  
Abbotsford  
Victoria  
Penticton  
Ridge Meadows  
Richmond  
Terrace

### Coming soon

Burns Lake  
East Kootenay  
Fort St. John  
Kamloops  
Port Hardy  
Sea to Sky  
Sunshine Coast  
Surrey  
Tri-Cities





# My name is Aslam and this is my story.

When Aslam left his small town for a big city immediately following high school graduation, he felt full of hope and excited to enjoy new opportunities. But as COVID-19 cases began to rise soon after he arrived, and isolation became the norm, Aslam's mental health began to decline.

"Moving came with so many pros that I forgot it also came with the cons," says Aslam. "I thought everything was normal — drinking every night with my new friends and being hungover during class, wasting what little money I had left on the next disposable vape."

"At first, I wasn't even aware that I was at my worst," he shares. "It was intense denial, and numbing. I was struggling my whole life and thought that self-medicating with drugs and alcohol was easier than speaking about what I had gone through".

But during the summer of 2021, Aslam gained the courage to reach out to Foundry and receive the substance use and mental health support he


needed. He met with physicians, learned about harm reduction strategies, and connected with peer support workers who shared similar lived experiences.

"When I went to Foundry, I was accepted," says Aslam. "I didn't need to explain why I made the choices I did. They just wanted me to feel supported and loved."

Foundry was able to meet Aslam in his journey to wellness and support him in living a good life.

"Our generation is strong, willing to grow and change for the better," says Aslam, with renewed hope. "And with the services that Foundry is offering, no problem is too big or small."

**Now more than ever, we need to offer every young person and caregiver across BC a place to go where they can feel safe and find the help they need, when they need it – online and in their communities.**

A portrait of a young man with dark, wavy hair, looking slightly off-camera with a thoughtful expression. The background is blurred, showing warm, golden light.

**"I was struggling my whole life and thought that self-medicating with drugs and alcohol was easier than speaking about what I had gone through."**

**Aslam, Foundry Youth**

To protect the privacy of our clients and staff, their images and names have been changed.

*Aslam*

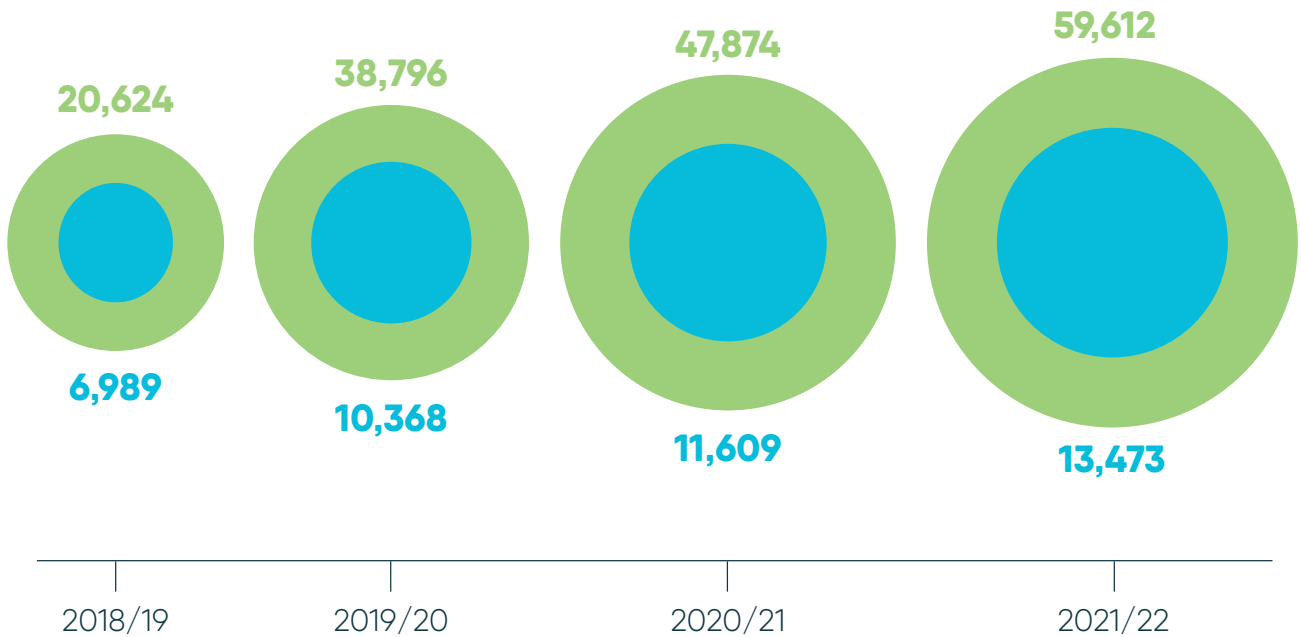
# Foundry must grow so that all youth receive support when and where they need it.

Youth trust Foundry when they need help most, and leave feeling supported. But today, Foundry only has capacity to help a portion of the province's young people in need.



**166,906** Visits  
Since April 2018

**32,192** Unique Youth Visited  
A unique youth could have visited in one or more year.



## At the time of a young person's first visit:

<b>Distressed</b>	<b>Poor mental health</b>	<b>Suicidal thoughts</b>	<b>Helpless</b>
<b>82%</b>	<b>76%</b>	<b>50%</b>	<b>26%</b>
are experiencing high level of distress, including youth who are not coming for mental health or substance use concerns.	rate their mental health as fair or poor.	have thought about suicide in the past 90 days.	would not have sought help had Foundry not existed.

## After accessing Foundry services, youth report:

<b>Satisfied</b>	<b>Easy access</b>	<b>Tell a friend</b>	<b>Well-equipped</b>
<b>96%</b>	<b>95%</b>	<b>97%</b>	<b>91%</b>
were satisfied with Foundry and its services.	agreed that having services in one place at Foundry made it easier to get help.	would suggest Foundry to a friend.	feel well-equipped to manage their health situation because of Foundry.



# Join us in creating a brighter future for young people.

## Invest in our future.

Foundry has come a long way since opening our first centre eight years ago. While thousands of young people have benefited, our work is far from done. Thousands more need our help to overcome life's challenges. And we need your support to move this forward.

Our vision is for every young person in BC, their families and caregivers, to have access to supports no matter where they live, either in person or virtually using our FoundryBC app. But we aspire to do more than improve access. We aim to innovate, creating quality and timely services so that young people receive effective supports early, preventing disability.

Over the next five years, Foundry aims to fundraise \$20M for our vision of provincial expansion and centre development, to support our work with rural and remote communities and with Indigenous and racialized communities; and to fund our research, knowledge sharing, education and training, and service innovations.

**The opportunity before us is unique: with the support of donors and our funding partners, we can build a transformed health system, focused on providing the best supports possible for young people and their caregivers.**

**Help us realize our vision.**

**Investing \$1 in prevention and early intervention of mental health or substance use, returns as much as \$23 in expected economic and health benefits.**



**“Before Foundry  
I had no idea what  
it meant to be well.”**

**Jess, Foundry Youth**

*Jess.*

“Wellness is what happens when you add ‘we’ to any illness. Which is exactly what being a part of Foundry does. Foundry helps turn our mental illnesses into wellnesses. Seeing them as obstacles instead of failures. Before Foundry I had no idea what it meant to be well. Wellness is thriving, instead of just surviving and with Foundry, I feel like I can finally begin.”

To protect the privacy of our clients and staff, their images and names have been changed.



# Help us realize these six strategic priorities.

## Provincial expansion

### Capital funding to build centres to expand in-person access across BC.

- Support the building of future Foundry centres in rural, remote and Indigenous communities that have been disproportionately impacted by the COVID-19 pandemic, toxic drug supply, and barriers in access to service, but face limited fundraising capacity.
- Enable community development for new and future centres by supporting community readiness and engagement, and meaningful and intentional partnership development.

## Foundry Vancouver–Granville redevelopment

### Our first centre, serving BC’s largest municipality, is our smallest, and in urgent need of a move to a larger, purpose-built space with increased service offerings.

- Capital funding to build a space in Vancouver to double the number of youth served and to better meet the unique and significant needs of one of the largest and most diverse populations in BC.
- Hire a project manager to lead expanded service partnerships and the establishment of a new centre.

## Culturally safer & more inclusive space

### Community development focused on building pathways of care in rural, remote and Indigenous communities, creating culturally safe and inclusive spaces and workforces, and developing equity and anti-racism initiatives across the Foundry network.

- Sustain and build our Indigenous Wellness, Equity, and Community Development team and their work in developing community, culture and connections.
- Provide meaningful training and learning opportunities for staff and service providers.
- Build relationships and support community development and engagement efforts.

## Virtual services

### Support a digital pathway to Foundry by removing barriers for youth and caregivers wanting to access the Foundry BC app or our provincial virtual services.

- Support the Foundry network as they integrate and implement the use of the Foundry BC app within their centres.
- Create spaces within communities where young people and caregivers can easily access Foundry’s virtual services, with reliable internet access, in safe and private settings.
- Foster continued innovation of virtual service delivery and adapt rapidly developing technology to meet tomorrow’s needs.

## Research

### To grow Foundry’s internationally renowned research team and support the translation of our research into practice and policy through collaborative partnerships and real-time knowledge sharing of actionable evidence.

- Sustain and strategically grow required research team infrastructure.
- Involve young people, family members, communities, elders, health providers and researchers in meaningful, collaborative, person-centered, evidence-based research.
- To better study Foundry’s impact on the health and wellness of youth and their families

## Learning centre & service innovation

### Rapidly translate knowledge into practice across the Foundry network and grow our education and training offerings to support workforce development and retention and decrease burnout.

- Develop and action online curricula needed for all service providers in Foundry centres, including those supporting the implementation of new interventions, opioid agonist therapies, trauma care and cultural safety.
- Facilitate training, capacity-building and knowledge exchange across Foundry network and beyond, including the launch of an online learning management system (LMS).
- Facilitate opportunities for better network engagement and communication.
- Cultivate a Learning Health System to develop and disseminate best practices.



# We need your support to continue changing lives.



**“I’m able to talk about hard things and problems I have trouble with, and really be heard and helped in return.”**

Tricia, Foundry youth

**“I am so grateful for Foundry and all the staff. I don’t think I would be here today without them.”**

Mike, Foundry youth

**“I deeply appreciate the service my son is receiving. Friendly, welcoming, professional.”**

Janis, Caregiver

**“For the first time in years I feel my daughter is in the right place, and so does she. We are so grateful.”**

Shannon, Caregiver

**“Foundry provides access to all kinds of services. I feel at peace knowing that as things change with me I could still come to Foundry for help.”**

Kylie, Foundry youth

**“A caring and trusted, knowledgeable professional is there for my daughter and is actively and genuinely making a difference and fully understands her!”**

Brian, Caregiver

**“The fact that Foundry is available and meeting the needs of my son is a true life-saver!”**

Wendy, Caregiver



**Invest in BC's  
youth today,  
so that they may  
live a good life  
tomorrow.**

**Visit [foundrybc.ca](https://foundrybc.ca) for more information or contact:**

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