**Pembina Crisis Connection Society**

**ANNUAL REPORT for 2022**



Annual Report 2022 Chairperson’s Remarks

*In the spirit of reconciliation, PCCS acknowledges that it conducts its business on traditional Indigenous lands of Treaty 6 First Nations' and within the Zone 4 Region of the Metis Nation of Alberta.*

We are grateful for your ongoing interest and support. We know that there a many organizations doing incredibly important work both locally and farther afield that rightly deserve your patronage making your support of our efforts even more precious.

As Program Coordinator, Trisha Howes has continued to work to grow her knowledge and skills, increasing our capacity to provide services to our community. After several years of people adapting to an environment where nearly every possibility for connection was put on hold, the way people access information and services has permanently shifted. We have been striving to adapt to this new hybrid reality, sharing information and resources, raising awareness and providing services in the most accessible ways possible.

I would like to express my gratitude for the dedication of our volunteer board members through a time of unprecedented change and growth. Their commitment, considered input, and timely decision-making has breathed a new life our organization.

Respectfully,



Emily Hickman

Board Chair

 **Pembina Crisis Connection Society**

**Annual Report 2022**

The Pembina Crisis Connection Society was established in 1990 following a tragic murder–suicide in our community. For thirty-three years PCCS has sought to offer education, resources, and best practices in the fields of the prevention of violence against self-and/or others. Programs and partnerships continue to evolve and change in response to changes in our communities and available resources.

The Board of Directors functions to ensure all activities, programs and initiatives are in line with the Society’s mandate and bylaws, as well as providing guidance and direction to the work of the Program Coordinator.

Program Coordinator, Trisha Howes, provided our link to community partners. We rely on our Program Coordinator’s presence at a variety of gatherings to keep us informed, build collaboration, and seek new partnerships. This position provides the eyes and ears for our Board of Directors and sometimes the hands doing the work in our community. The Society has continued to strengthen relationships with community partners as well as create new opportunities for collaboration and support through the work of our coordinator

Grant Funders in 2022 included:

* Drayton Valley and District FCSS
* Drayton Valley Community Foundation

**Programs and Initiatives**

**Strategic Planning**

Emerging from the pandemic made it clearer than ever that to serve our community in the most effective ways possible we needed refocus. It was with that in mind that we went through a months-long strategic planning process aided by the Government of Alberta’s Community Development Unit. Through this process, the Board was able to take stock of who we were as an organization and how we could best adapt to meet the needs of our community.

**Applied Suicide Intervention Skills Training (ASIST)**

 ASIST is a two-day interactive workshop in suicide first aid. ASIST teaches participants to recognize when someone may have thoughts of suicide and work with them to create a plan that will support their immediate safety.

The Center for Suicide Prevention (CSP) is the lead in this intense learning workshop and responsible for materials produced, facilitator training, and the overall quality of the experience.

ASIST was offered to the community in May of this year. Of the 17 individuals registered 15 wound up completing the program.

**Bar Safety Education Campaign**

Poster with tips for women on how to enjoy the bar safely and what to do if they ever felt unsafe placed in bars and restaurants around the community.

**December 6th National Day of Remembrance and Action on Violence against Women –** unable to offer

**Elder Abuse Packages –** providedas requested

**Leading Change: Man Box program -** partnership with Drayton Valley Library

**Safety** **Information Packages** – provided as requested

**Transportation –** no trips taken to shelter

**World Suicide Awareness Day** – partnered with Drayton Valley Library

**On-Line Presence**

**Website**

 <https://www.dvpccs.ca>

The new PCCS website went live in March of this year. Our Program Coordinator keeps it updated with events, meeting dates, relevant information and links to resources.

**Social Media Presence**

<https://www.facebook.com/pembinacrisisconnectionsociety/>

Beginning in the spring of 2018, PCCS social media traffic has increased steadily. Traditionally information pours forth to the community in high volume, from many sources, in the spring and the fall of the year. A strong social media impact all throughout the year is crucial for the prevention work that PCCS engages in. With the challenges presented by COVID-19, more energies were spent in locating and posting relevant information. As of 2021, the site has two-hundred twenty-three (223) followers.

**PCCS Partnerships**

**Alberta Council of Women’s Shelters (ACWS):**

PCCS became an associate member of the ACWS in 2018.

 ACWS acts as an ambassador for women’s shelters in Alberta, providing support to members and leadership to leverage their collective knowledge: informing solutions to end domestic violence. ACWS develops leading edge tools, informed by their many initiatives, action-based research projects and data collection, and calls upon the public to act against domestic violence. As an associate member, PCCS is kept up to date on the latest research and initiatives, provided opportunities for partnership and collaboration as well as access to training at discounted rates. ACWS developed the Leading Change Initiative which includes Breakfast with the Guys, Playing to Win: the CFL Project and Domestic Violence and Your Workplace training. Program coordinator Trisha Howes attended ACWS’ “Leading Change” training. We partnered with the Drayton Valley Library to run Man Box program but had to cancel the event due to lack of registrations. The intent of the boxes are to engage men in conversation about the societal images, stereotypes, and pressures on men.

**Cause for Critters:**

Provides a free Pet-Safekeeping program for animals belonging to victims of domestic abuse who must flee their homes.

**Child and Family Services:**

In situations where children are in harm’s way due to domestic violence, PCCS reaches out to include the supports that CFS offers to families in crisis.

**Community Parenting Coalition:**

Early testing of children has revealed that our community has a higher- than -average number of vulnerable children (children performing in the bottom 10% in critical skills of literacy and attachment). PCCS is aware that prevention of abuse and neglect is key and to that end, we can play a role in raising awareness as part of our educational programming on the spectrum of abuse. Several small events were planned but pandemic rules blocked them from happening. Three “*Circle of Security”* parenting groups were initiated as well as one in Breton.

**Comprehensive Family Violence Institute (CFVI):**

As a founding member of the CFVI, PCCS continued our 19-year history of working together to provide a continuum of service from primary prevention to intervention. This collaboration includes referrals to individual counseling sessions and a series of psycho-educational group sessions for survivors and perpetrators of family violence across age and gender spectrum. Participants work to understand and control anger and anxiety while building skills to change the way they deal with stress. Stephen Dodds is currently the facilitator and coordinator of the program.

**Drayton Valley Libraries:**

Supportive staff at the Drayton Valley Library promote *Books Not Bullies,* invite PCCS to do presentations such as Domestic Violence and Your Workplace, participate in Family Literacy Day, International Women’s Day and World Suicide Awareness Day and provide printed resources for mental wellness, violence, and suicide prevention.

**Drayton Valley and District Family and Community Support Services (FCSS)**

PCCS continues to utilize FCSS community development expertise, connections to other service organizations and awareness of community needs to further engage in meaningful partnerships and ensure that our plans/programming are relevant to the community and supportive of larger community priorities. FCSS also represents a connection to the Town of Drayton Valley, Brazeau County, and provincial and federal government programs, particularly professional and volunteer development opportunities and project grants.

**Alberta Elder Abuse Awareness Council *(AEAAC)*** [**www.albertaelderabuse.ca**](http://www.albertaelderabuse.ca)

PCCS became a member in 2018

Resources available include:

 “***Toolkit for Landlords***” and “***Little Black Book of Scams”***

Elder Abuse packages were created and distributed as requested.

**Healthy Communities Coalition (HCC):**

The coalition is a platform for collaborative relationships that work towards identifying and preventing health and social issues by reducing risk factors, increasing resiliency, and enhancing protective factors. Core member groups identified include PCCS, Alberta Health Services, Brighter Futures, the Primary Care Network, McMann Family and Community Support Services, RCMP, Wild Rose and Star Catholic School Divisions, the Town of Drayton Valley, Brazeau County, the Village of Breton, and the Resilient Youth in Stressed Environments (RYSE) team from Dalhousie University.

**Homelessness and Poverty Reduction Team (HPRT):**

HPRT provides input regarding gaps in services, priorities and goals, and engaging community partners, support for fundraising initiatives and sharing expertise and best practice. The HPR Program has been recognized as unique in our province. It has been offering overnight emergency accommodation since May 2015.

**Interagency in Drayton Valley and Breton:**

 Interagency is a meeting of service providers to update and share information on upcoming and ongoing programs available to the public and other providers. Drayton Valley & District Community Learning Association hosts the meetings.

Attendance at Interagency creates opportunities for PCCS to connect with a broad spectrum of agency personnel not necessarily members of other key partnerships, stay attuned to their initiatives and programs and identify opportunities to share resources and/or collaborate on specific endeavours. Interagency is a key gathering for PCCS to distribute our Safety Information Packages. Elder Abuse Packages, “*Feelings”* colouring book “Ways To Say Very Good” and our other popular resources. COVID-19 impacted the opportunity for participants to gather in 2021.

**RCMP and Cardium Region Victim Services (CRVS):**

PCCS has continued to partner with CRVS regarding our transportation network. PCCS transportation network can now be activated through the CRVS department. PCCS volunteers will provide transportation for victims of domestic violence to the Edmonton International Airport when organized by CRVS. (See Annual General Meeting 2015)

**Sageese** has invited PCCS to become part of the provincial Clare’s Law referral network to respond when a Clare’s Law applicant requests support. Sageese reviews their database for location and suitable referral. They then send them/us to contact the individual requesting support.

**Town of Drayton Valley:**

As well as keeping councillors and officials up-to date on relevant programs and issues, the coordinator maintains regular contact with Town of Drayton Valley representatives through the Healthy Communities Coalition. The Town of Drayton Valley continues in discussion with ACWS re: the implementation of *Domestic Violence and Your Workplace.* Moving forward PCCS will strive to develop our role from primarily information sharing to a deeper working and advisory relationship.

The office space PCCS shares with the Drayton Valley and Area Food Bank is provided free of charge and maintained by the Town of Drayton Valley.

**Wild Rose School Division (WRSD):**

*Books not Bullies* continues to grow in both the number of titles in the resource catalogue and in its distribution to school staff and community members. This year. PCCS created a contact list to share the updated version of *Books not* *Bullies* with two separate lists were created - one for school personnel and one for community members.

**Brazeau Empowerment & Support Team: Youth Hubs**

Many meetings and ideas over the year seeking a suitable location to gather, clarifying the purpose and focus of the work and hiring a coordinator. Despite several setbacks, progress was noted by the year’s end. A gathering place has been secured at “101 -5151 50th Avenue Drayton Valley, T7A 1J4. The new year will provide new and exciting possibilities.

**PCCS Program Coordinator Report 2021**

January 2021

* This month I have started two (2) Circle of Security parenting groups that meet on Wednesday’s.
* Attended a virtual meeting for Community Parenting Coalition (CPC) Jan 14. Dr. Jody Carrington (Psychologist, speaker, and author) is set to come to the community in October of this year if the pandemic allows.
* Elder Abuse Packages have been slowly going out into the community (Season’s, Shangri-La Lodge & FCSS).
* *Books not Bullies* sorted and ready for delivery. Waiting on *Donated by Weyerhaeuser* labels for *Siha Tooskin Knows* sets.

February 2021:

* PCCS received a donation from Tidewater Energy of $1,345.00.
* Still having issues with sidewalk at entrance to office. Talked to Barry Yakimchuk, Town of Drayton Valley. The plan is to tear out the sidewalk and redo it this summer.
* Books are going out and so far, have been delivered to Entwistle, Evergreen, Tomahawk and DCS schools.
* Elder Abuse pkg’s are also making their rounds (Season’s 10, Shangri La Lodge 10, FCSS 6, PCN 5, Municipal Library 2, Entwistle Library 10, Evansburg Library 8, Yellowhead County FCSS 4, Tomahawk Library 5, Alder Flats 10, Winfield Homecare 6, Winfield Pine Lodge 5, Breton Continuing Care 1, Breton FCSS 4, Breton Library 6, Mental Health 18, Carol Simpson 1, Darlene VanEmber 1).
* Have been approached by Arielle Leslie at the Big West Country Radio to do an interview for International Women’s Day about how we support women in our community.
* We have been invited to join Alberta Primary Prevention Framework Community Consultation. This meeting is Monday March 8.
* IMPACT has partnered with Shift: The Project to End Domestic Violence/U Calgary to develop a primary prevention framework for Alberta in 2022. The purpose of the framework is to gather evidence-informed approaches that will stop violence before it starts.
* Quote from Inkpot for Books not Bullies:  Ken’s time so far total of $65.00 +gst or to print 15 copies the cost will be $207.00 +gst total balance would be $272.00 +gst

March 2021

* All the titles for *Books not Bullies* went out early this month Breton, Winfield, Alder Flats, Local Library, 6 local schools and Tomahawk.
* Attended one Community Parenting Coalition (CPC) meeting. They are currently writing a grant for Family and Community Support Services (FCSS).
* Received new computer, monitor, keyboard, and mouse at office with the assistance of Brad Molcak of Allied Business Solutions.
* Will order new desk from Ink Pot Press this week. Should take about a week to arrive.
* Online meeting with Jamie Black, Winnipeg, Dianne, Charlene Bearhead and myself about REDress Project.
* Email letter sent out re: racism in Drayton Valley to other interested parties and organizations.

I have now completed my position with the Primary Care Network.

Concentrated on university for quite a bit of March to keep on track to be completed mid-April.

April 2021:

* Attended Comprehensive Family Violence Institute meeting. They are planning a raffle and received $3,500.00 raised by Stetson Motors.
* Healthy Community Coalition (HCC) is trying to acquire the former Drayton Valley United Church building to be used as a Community Centre including space for the Youth Centre/Hub as well as accommodate other interested parties.
* *Kids Help Phone* posters came in but did not send enough so we needed to get more printed and laminated at Frog Belly Printing. 57 posters have been mailed and/or delivered to 13 local and surrounding schools.
* Desk arrived for office.
* I also “liked” pages on Facebook to find more information to add to our Facebook feed;

Sagesse/Calgary Domestic violence collective/Neighbours, Friends and families - Ending Domestic Violence Together/Be Strong Families/ Little Warriors/Women Against Abuse/Pride Centre of Edmonton/SACE - Sexual Assault Centre of Edmonton/Central Alberta Child Advocacy Centre/Central Alberta Pride/St.Albert Family Resource Centre/Alberta Sex Positive Education & Community Centre

May 2021:

* Hosted the “Racism in Drayton Valley” meeting that was well attended. (11 attended, Seneca Crowe and Layla Dumont from Roots of Resilience, Charlene Bearhead, Charlotte Hornle, Susan Reich, Christopher Cook, Russ Hickman, Fayrell Wheeler, Lola Strand and Sandra Bannard) We discussed racism awareness we have seen in the community as well as came up with some ideas around what could be offered. There is a plan to connect in the fall (early September) and I sent out an email with everyone’s contact info so that others could connect in the meantime. I am excited to see where this group of passionate individuals take this in our community.
* Dianne Nikiforuk – Chair, Pembina Crisis Connection Society
* ronaldrnikiforuk@mac.com
* Seneca Crowe - Roots of Resilience
* senecacrowe@rootsofresilience.net
* Layla Dumont - Roots of Resilience
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* Charlene Bearhead - Author and Indigenous education advocate
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* Charlotte Hornle - Metis Nation of Drayton Valley
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* Susan Reich - Mental Health Capacity Building Program Manager Aim for Success
* sue.reich@wrsd.ca
* Christopher Cook - Rector at All Saints Anglican Church
* rector@allsaintsdraytonvalley.com
* Russ Hickman - Board Chair Wildrose School Division
* russ.hickman@wrsd.ca
* Fayrell Wheeler - Town Councilor
* fwheeler@draytonvalley.ca
* Lola Strand - Drayton Valley & District Family and Community Support Services
* Program Manager
* fcss@draytonvalley.ca
* Sandra Bannard - Eagle Points Blue Rapids Park Council
* sandra@epbparkcouncil.org
* Trisha Howes – Program Coordinator PCCS
* pembinacrisisconnectionsociety@gmail.com

* Healthy Communities Coalition had their AGM on May 18. Unfortunately, I was having trouble with internet that day and was only able to catch a little bit. I am a part of an HCC subcommittee with plans to purchase a building to turn into a community center. There were hopes that the former Drayton Valley United Church would be a good fit but unfortunately, they have an offer already.
* Attended the Drayton Valley Comprehensive Family Violence Institute meeting Their Program Coordinator, Emily Lavoie gave her notice. Stephen Dodds has taken the position The CFVI AGM is next month.
* The website is progressing, and I should hopefully have something to show before month end. The grant for this is also coming due at the end of June and will need to see what is left to spend.

June/July/August 2021:

* Community Parenting Coalition (CPC) meeting wrapping up for the summer. Everything we planned has been put on hold until further notice. Attended Domestic Violence (CFVI) meeting and talked about fundraising, met Stephen Dodds and about when classes would start in the fall for Domestic Violence/Anger. Still meeting (5x) about finding a space for Healthy Community Coalition (HCC) and are in talks with One Therapy Building near Aparra Shoes. They have open space separate in the back of the building that is not in use.
* We are now part of the Clare’s Law referral network through Sagesse. Sagesse receives information when a Clare’s Law applicant checks off the need for support. They then look in their data base for location and suitable referral, then sends them/us the information to contact the individual for support.
* The Drayton Valley Chamber of Commerce had its first annual “*Snackdown in the Valley*” with OK Tire, All Choice Rentals, Drayton Valley Bakery, and the White Bull taking the lead. The competition raised about $5,000.00 dollars to be divided between local charities Warming Hearts and PCCS. Thanks to Darlene VanEmber, Carol Simpson and Jeff Cartwright for joining Dianne Nikiforuk in the park to hand out resources and represent PCCS.

* Worked on website with Brad Molcak from Allied Business Solutions. Hopefuly, should have something by September.
* Met with Peyton Schneider who was our volunteer for putting up Women’s Shelter signs in the community. She no longer can do this as she has started back to school.
* Family and Community Support Services (FCSS) Breton is inviting PCCS to be part of their Seniors Information Day September 28th.
* Breton FCSS wondering if we would want to partner with them to provide a poster to anywhere that serves alcohol locally asking:

- “Are you on a Date that isn’t going well?

- What steps to do to get help with is discreetly managed by asking for an *Angel Shot*.

* We are also going to Drayton Valley Library September 10 from 12-1pm for World Suicide Awareness Day. Offering a Bead and Talk where we will provide some information.

September 2021:

* Attended monthly Community Parenting Coalition where we discussed moving Dr. Jody Carrington event to June of 2022, when to hold movie and swim events (swim event scheduled for October 8, 2021) and ways to spend grant monies.
* Held “*Racism in Drayton Valley*” meeting Sept 15 to discuss possible projects. Ideas shared include:
* offering training with The Centre for Race and Culture,
* Blanket Exercise and
* Café Daughter play partnered with local theater group.
* I provided the attendees a consulting needs assessment to see what kind of training there was interest for from The Centre for Race and Culture.
* Attending Re-Energize Drayton Valley Integrated Service Hub for Youth (DVISHY) which discussed where we are as a committee, where would we like to see the Youth Hub going forward, concerns and positives.
* Attended monthly Drayton Valley Comprehensive Family Violence Institute (CFVI) where there was discussion about how the groups are going with new Program Coordinator Stephen Dodds as well as looking into copyright for program.
* Healthy Communities Coalition (HCC) had a regular meeting as well as a special meeting this month to discuss a possible partnership with Elevated Experience Camping who are looking into opening a café. I was a part of the sub-committee Youth Space which recommended One Therapy as a place to start a youth hub/centre. As a result of this special meeting the Youth Space sub-committee has been disbanded now that a recommendation has been made. HCC will now proceed with navigating this possible alliance. All meetings have now moved to online but continue to move forward.

October 2021

Attended Youth Hub meeting which are now once a month. Still trying to get the Youth Hub traction within the youth community. There have been some setbacks with the Youth Centre not happening yet.

* Attended Community Parenting Coalition meeting where they hosted a free swim October 8 with 78 individuals attending.
* Attended monthly Drayton Valley Comprehensive Family Violence Institute (CFVI) where there was discussion about how the groups are going.
* Met with Alberta Council of Women’s Shelters (ACWS) Jill Shillabeer (Leading Change Call to Action Coordinator) & Alyssa Hartwell (Leading Change Community Developer) to discuss Leading Change Boxes and PCCS involvement. Still waiting to here back about some ideas.
* Attended Coalitions Connect October 18-19 8-12pm (on behalf of HCC) that was informative with some focus on Alcoholism in/on Communities.
* Held Racism in Drayton Valley meeting October 28 that had some good attendees from the Metis population. There was strong influence into how this group should move forward with individuals who have lived experience. We are looking forward to seeing what the next steps are to bring awareness to racism with monthly meetings.

November 2021

* Attended Youth Hub meeting this month. They have found a suitable location at #101-551- 50th Avenue Drayton Valley, AB T7A 1J7 (beside Cobblestone Café and across from The Outreach School.) This is happening in December and the coordinator that is currently in the role is pregnant due in the spring. There will be a few changes coming up with that committee.
* Community Parenting Coalition (CPC) had their meeting and are planning a couple smaller events in the community.
* Storybook Walk at three (3) different locations will be happening this month in partnership with the Drayton Valley Library.
* Free swim is happening November 26
* Purchasing gift certificates for the local theatre to give away to families coming up.

Attended Vision for Non-violence conference Nov 12 and it was good. They had 5 speakers and it went from 9-3:30 pm that day.

* Drayton Valley Comprehensive Family Violence Institute (CFVI) had a meeting November 14. Groups going well.
* Applied for the Family and Community Support Services FCSS grant that was due November 22, 2021.
* Cancelled a Racism in Drayton Valley meeting through Google Meet that was poorly attended November 23 but Jessica Doucette kindly offered to provide a Zoom link to continue in the new year.
* Ninety-one (91) Christmas Appeal letters sent out thanks to Dianne, Carol, and Darlene for their help. Most of the 2021 titles for our *Books not Bullies* have arrived. Thank you to Bridget Schnell for picking those up. We are waiting on (2) more titles that should be here in the new year.

December 2021

* Attended Youth Hub Roles and Responsibilities session where we discussed where the Hub is currently and how to move forward together as a committee.
* Met with Arlene, Wellness Worker at HW Pickup about our Women’s Safety Packages. I provided two (2) packages for her use.
* Met with Alberta Council of Women’s Shelters (ACWS) Jill Shillabeer (Leading Change Call to Action Coordinator) & Alyssa Hartwell (Leading Change Community Developer) about their proposal to do a trial four (4) sessions in Drayton Valley. I have emailed Stephen Dodds and Lola Strand who are on the Drayton Valley Comprehensive Family Violence Institute (CFVI) about partnering together on this project to save costs and gather more connections to continue after trial. I am still waiting to hear from them.
* Dianne and I sorted the *Books not Bullies* books and I was able to get them out into our community and surrounding communities before Christmas break. Thanks also to Darlene for helping add our stickers to the books. We have (2) additional titles currently waiting in Edmonton for pick up. I will process them once they are in our office.
* I also noticed that our phone lines were down before Christmas and to date they are still down. The Town of Drayton Valley IT specialist, Nathan Palovcik is looking into it.
* I also could not get into the office last week without help from Barry Yakimchuk with the Town of Drayton Valley. He used a screwdriver to wedge open the door. He has informed me that it has been repaired and now earlier to open. I have not confirmed this as yet.
* I am also still waiting on word about when my surgery will be, but will keep you posted once I know.

Trisha Howes