

# START Model Programs

## 2022-23 Annual Report



# The START Model

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Our mission is to provide community mobilization services for the communities that we support throughout Manitoba. We are a consent-based, culturally inclusive and client centred program that seeks to identify the challenges our clients face, support them with multi-disciplinary teams and assist them in reaching their individual goals. Ultimately, this creates healthier and safer communities for everyone.

Our model operates in four regions in Manitoba:

**Selkirk and area** (START Youth, Re-START Selkirk and START Families)

**Dauphin and area** (D.A.R.T.-Dauphin At-Risk Teens and Re-START Dauphin)

**Gimli and area** (F.Y.R.S.T-Family and Youth Regional Support Team and Re-START Gimli)

**Steinbach and area** (Headway and Re-START Steinbach)

START Model Programs operate on First Nation Treaty Territories 1 and 2, and on the homeland of the Métis Nation. We respect that First Nations treaties were made on these territories, acknowledge harms and mistakes, and dedicate ourselves to collaborate in partnership with First Nations, Inuit and Métis peoples in the spirit of reconciliation.

## 20 Years of Collaboration

The START Program reached the 20-year milestone in 2022 and it was important to us to take the time to celebrate all of the organizations that partner with us to assist our participants, as without them, we would not be able to have the impact we do. Collaboration is the keystone of the START model and we are always looking at ways to improve agency relationships including by surveying our partner service providers annually. We are pleased with the positive feedback support team members have provided us:

- 98% report participating was a good use of their time
- 78% better understand other agencies' policies
- 81% report the participant is making healthier choices
- 81% report the family has an increased capacity to meet their own needs

We are extremely grateful for all of the agency partnerships we have and are always seeking new connections on behalf of our participants. If you are already one of our community partners, thank you for joining with our teams. If you are not yet, we look forward to working with you in the future.

Tammy Thompson, START Program Manager

# Collective Outcomes of START Model Programs in 2022-23

## For Youth and Their Families

91% Of participants connected to new services through their involvement with the programs

84% Of participants were kept safe through a plan created by their support team

70% Of participants improved their attendance and participation in school

71% Of participants had improved academics at school

72% Of participants showed improvement in their living situation or familial relationships

96% Of participants had fewer or no criminal charges since participation

62% Of participants with problematic substance use who are now attending treatment/utilizing harm reduction/have reduced their use

96% Of support teams have a better understanding of the participant's challenges

97% Of support teams have a better understanding of the participant's at-risk activities

## For Adults

### Reducing the Burden on the Justice System

86% Of participants had fewer or no criminal charges once becoming involved in Re-START

64% Decrease in the number of police calls for service once becoming involved with Re-START

### Enhancing Employability

33% Of participants became employed while with Re-START

18% Of participants who have returned to high school, trade school or are in work placement programs

### Reducing Risk Factors and Barriers to Success

57% Of participants with problematic substance use who are now attending treatment/utilizing harm reduction/have reduced their use

67% Of participants who were experiencing homelessness or were living in inadequate housing who found a place to live

71% Of participants were connected to new services through their involvement with the programs

75% Of participants report that barriers to accessing services have been reduced with Re-START involvement

# The START Program

START Youth, Re-START & START Families

Selkirk, St. Clements, St. Andrews and Brokenhead Ojibway Nation, MB

## START Youth

96% of participants had fewer or no criminal charges since becoming a participant

67% of participants completed their probation

78% of participants had improved school attendance

79% had improved school academics

77% had an improved living situation

92% of participants felt they had an increased capacity to set goals

84% of participants showed a reduction of risk factors

88% of participants were connected to new services

“My work with The START Program has greatly enhanced the work I do as a Community Policing Officer. Instead of a general audience, I now get to work on a team that is working together for the benefit of the youth. I have the honor of being invited onto that team that allows me to share what the police can provide but also the opportunity to form a positive relationship with someone. The payback for all of this effort is that the youth will get the opportunity to lead a full life and know they are not alone.”

-Community Policing Selkirk RCMP

## Re-START Selkirk

92% of participants had fewer or no criminal charges once becoming involved in Re-START

50% decrease in the number of police calls for service once becoming involved with Re-START

93% of participants who were experiencing homelessness or were living in inadequate housing who found a place to live

88% of participants showed a reduction of risk factors

93% of participants were kept safe through a plan created by their support team

85% of participants felt they had an increased capacity to set goals

79% of participants were connected to new services

“With the help of The START Program we have been able to get resources that we had trouble getting in the past, for example we were part of a parenting group and getting support with Anxiety. We have also had the support of our team who wants the best for our child and they have played an active part in helping him with schooling and his personal life. Through The START Program we have been able to get him a support worker who takes him out weekly which gives us a breather from each other while giving him someone that he can talk to.”

-Parent of START Youth Participant

# Introducing... START Families

START Families is a consent-based community mobilization program. Utilizing the START and Safe & Together Models, we assist adults who are perpetrators of domestic violence to create new outcomes for their families.

START Families is a two-phase program:

## Phase 1:

- Focuses on ending abusive behaviours displayed by the perpetrator of the domestic violence and works with them to be accountable for their pattern of behaviour and choices
- Promotes a shift towards creating stability, healing, and healthy families while ensuring that the perpetrator is responsible for their abuse behaviours

## Phase 2:

- Assists the program participant to define and achieve goals that will assist in maintaining positive life choices utilizing the START Model

The START Families Program provides services in:

- Selkirk
- St. Andrews
- St. Clements
- Brokenhead Ojibway Nation
- Beausejour
- Oakbank
- Ste. Anne
- Steinbach

**88%** decrease in calls for police service relating to domestic violence for those who engage

**67%** of referrals engage with START Families

**100%** increase in family visits for participants that had restricted access

**100%** of participants had safety plans generated by START Families

**53%** of participants were also referred to new services

“I think START Families is a great program! Our agency (CFS) has tons of cases where DV is present and this program has done a great job at holding the perpetrators accountable. Since our caseloads are very heavy it would be impossible to have in depth conversations about their abusive behaviours with the perpetrators let alone begin to address them, so it is very helpful to have a program where that can happen.”

-Child and Family Services Worker

“I wasn’t sure about START Families to begin with. I didn’t really want to go. But after going for a while I found it actually really helped me and now I am able to see my kids more which I never thought would happen.”

-START Families Participant

### D.A.R.T. Youth

96% of participants had fewer or no criminal charges since becoming a participant

82% of participants had a reduction in calls for police service

67% of participants had improved school attendance

79% had improved school academics

77% had an improved living situation

92% of participants felt they had an increased capacity to set goals

84% of participants showed a reduction of risk factors

88% of participants were connected to new services

DART is an invaluable community resource that as a School Social Work Clinician, I very much appreciate working with collaboratively. DART supports our community resources in tackling complex issues. DART clients benefit from a wider range of support and gain access to more resources. Additionally, sharing responsibility and pooling knowledge with DART and stakeholders allows support services and clients to better navigate potential barriers.

-School Social Work Clinician

### Re-START Dauphin

78% of participants had fewer or no criminal charges once becoming involved in Re-START

83% decrease in the number of police calls for service once becoming involved with Re-START

87% of participants who were experiencing homelessness or were living in inadequate housing who found a place to live

64% of participants showed a reduction of risk factors

83% of participants were kept safe through a plan created by their support team

70% of participants were connected to new services

87% of participants were connected to more appropriate services

“As a teenager, I was in the DART Program, and I liked working with the coordinator. As an adult, I needed help. My children are in the care of their dad, and he would not let me see them unless I changed. The Re-START Program helped make those changes. I have a long way to go but I now have housing, changed my drug use that kept me away from my children and work on my anger. I now spend time with my children and get them for the weekend sometimes. Their dad and I can talk to each other without my anger getting in the way.”

-Re-START Dauphin Participant

# F.Y.R.S.T. Family and Youth Regional Support Team and Re-START Gimli

Gimli, Arborg, Riverton, Winnipeg Beach, MB and surrounding areas

## F.Y.R.S.T. Youth

93% of participants had fewer or no criminal charges since becoming a participant

50% of participants had a reduction in calls for police service

71% of participants are no longer involved in the Justice system

75% of participants had improved school attendance

82% had improved school academics

58% had an improved living situation

100% of participants felt they had an increased capacity to set goals

50% of participants showed a reduction of risk factors

86% of participants were connected to new services

*“I have really appreciated Janina’s work and support for the family, but also the team supporting the family. Keeping everyone accountable and following up on goals and next steps is a really great way to move forward at a pace that is manageable for the family.”*

- Service Provider

## Re-START Gimli

71% of participants had fewer or no criminal charges once becoming involved in Re-START

100% of participants showed a reduction of risk factors

50% of participants were connected to new services

50% of participants were connected to more appropriate services

100% of participants with problematic substance use who are now attending treatment/utilizing harm reduction/have reduced their use

75% of participants with mental health concerns are accessing treatment

100% of participants are connected to cultural supports

100% of participants have an improved living situation

*“The non-judgmental support was a key factor in getting through a very dark, difficult time.”*

- Re-START Participant

## Headway Youth

**100%** of participants had fewer or no criminal charges since becoming a participant

**50%** of participants had a reduction in calls for police service

**50%** had an improved living situation

**50%** of participants felt they had an increased capacity to set goals

**83%** of participants showed a reduction of risk factors

**83%** of participants were connected to new services

**100%** of support teams have a better understanding of the participant's at-risk activities

“Thanks for all the help. I can honestly say that I don't think me and my dad would have been able to have made it this far without your help. Thanks for being such an understanding and knowledgeable individual, it really helps. Know that I appreciate everything you've done for me. It's amazing.”

-Headway Youth Participant

## Re-START Steinbach

**50%** of participants had fewer or no criminal charges once becoming involved in Re-START

**88%** decrease in the number of police calls for service once becoming involved with Re-START

**57%** of participants who were experiencing homelessness or were living in inadequate housing who found a place to live

**88%** of participants showed a reduction of risk factors

**63%** of participants were connected to new services

**75%** of participants with mental health concerns are accessing treatment

**63%** of participants have an improved living situation

“Thank you for supporting our common client. It makes a world of difference to him!”

- Legal Aid lawyer



# START Model Programs

## 2022-23 by the numbers

904

Client Case  
Conferences

721

Engagement meetings  
with Participants

246

Engagement meetings  
with Service Providers

112

Short Term  
Consultations

166

Active Participants  
(at March 31, 2023)

186

Participants involved  
with the Justice  
System

# Thank You

## To our Funders

MB Justice, Crime Prevention Branch  
MB Justice, Crime Victim Services  
MB Families, Rural and Northern Child and Family Services  
Michif Child & Family Services  
Mountain View School Division  
City of Dauphin  
Dauphin Friendship Centre  
RM of Gimli  
Manitoba Justice  
Town of Winnipeg Beach  
Calvary Church  
City of Steinbach

Department of Families  
Department of Justice  
Lord Selkirk School Division  
Selkirk RCMP  
City of Selkirk  
RM of St. Clements  
RM of St. Andrews  
Selkirk Community Renewal Corporation  
Selkirk and District Community Foundation

## To our Community Partners

Mountain View School Division  
Dauphin Friendship Centre  
Prairie Mountain Health  
Dauphin RCMP  
Employment and Income Assistance  
Dauphin Friendship Centre Housing  
Dauphin Friendship Centre Client Advocate  
Dauphin Friendship Centre InSight Mentor Program  
Manitoba Housing  
Housing First  
Rural and Northern Child and Family Services – Parkland  
Michif Child and Family Services  
West Region Child and Family Services  
Community and Youth Corrections  
Legal Aide  
Jordan's Principle  
North West Metis Council (MMF)  
AFM  
CMH  
Evergreen School Division  
Elements CTS  
Interlake Women's Resource Centre  
Peguis CFS  
South East CFS  
Interlake CFS  
Metis CFS  
Shawenim-Abinoojii  
Action Therapy  
Kildonan Common

CDS  
Jordan's Principle  
Lean In Counseling  
Southern Health Walk-In Counselling  
South East Helping Hands  
Steinbach Community Outreach Rural & Northern Child & Family Services  
Steinbach RCMP  
Hanover School Division  
Eastman Probation Services/Community Corrections  
Addiction Foundation of Manitoba  
Chatrath Counselling Centre  
Cloud 9 Ranch  
Rooted Counselling  
Rachael White-Simard Therapy  
Oak Tree Therapy  
Manitoba Possible  
Safe Families Steinbach  
Youth For Christ Steinbach  
Initiatives for Just Communities  
Community Living Disability Services  
Eden Health Care Services  
Steinbach Community Outreach  
Life's Journey  
Legal Aid Manitoba  
Community Financial Counselling Service  
Southern Health Home Care  
Southern Health Public Health  
Red River North CTS