



# KEEPING YOUTH CONNECTED

## YEAR 1

*The Ottawa Coalition of Community Houses and the Ottawa Community Housing Foundation gratefully acknowledge the financial support of the Ontario Trillium Foundation*



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**Keeping Youth Connected offers at risk adolescent youth place-based, barrier-free programming during critical after school hours.**

Community Houses have successfully implemented the KYC program in 15 of Ottawa’s social housing neighbourhoods.

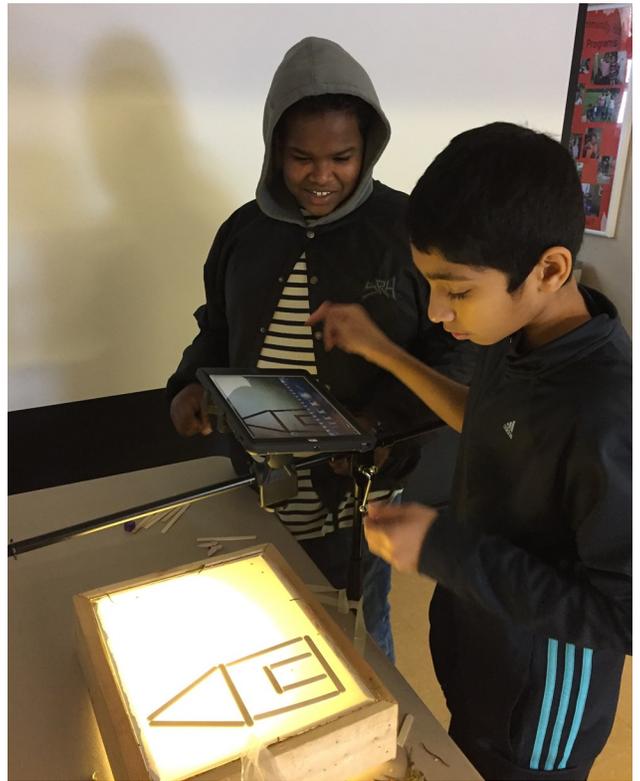
KYC has bridged programming and resources for 12-15 year old youth to keep them positively connected in their community and provide them with skills and support to foster their development.

| OBJECTIVES  | WHAT DID WE DO   | HOW WELL DID WE DO IT   |
|---|--|---|
| Increase the number of adolescents who face barriers to participation become/remain <b>connected to their community</b> | Implemented a total of <b>4,560 hours of programming</b> in 15 social housing communities<br>Engaged <b>391 adolescents</b><br>Made <b>12,092 contacts</b> with adolescents in the 2016-2017 school year | 84% of adolescents surveys reported feeling more connected to their community   |
| Adolescents have <b>increased emotional and social skills</b>   | Delivered <b>1,140 hours</b> of social recreational programming; <b>570 hours</b> of life skills development activities; <b>2,280 hours</b> of academic support  | 91% of adolescents could identify a problem and propose solutions, 91% could analyze conflict situations and make decisions on how to resolve them, 88% could identify a personal obstacle and set a goal |
| Adolescents have <b>increased leadership skills</b>   | Delivered <b>570 hours</b> of Leadership development activities  | 93% of adolescents reported learning a new leadership skill   |
| Adolescents have <b>stronger adult relationships</b>  | <b>84 parents</b> participated in parenting workshops<br><b>42 staff</b> participated in an orientation that emphasized the importance of mentorship in programming                                      | Of adolescents surveyed, 61% of participants reported improving a relationship with a parent, 95% developed a positive relationship with a Community House staff  |

## 2016-2017 HIGHLIGHTS

### Animation Workshops

Introduction to animation and film production workshops were delivered in the Keeping Youth Connected programs over the winter/spring in partnership with MASC and Animation Ottawa. KYC participants made short animated films about positive things in their neighbourhoods. In June, the youth and their parents were invited to a screening at the ByTowne Theatre that showcased their animated films.



### Parent Workshops

The most popular workshop offered was Parenting Your Teen Just got Easier: Knowing what to say, what to do and how to connect with your teen can be hard to figure out. This lively two hour workshop introduced parents to 6 principles for parenting teens that aims to make parenting easier and more effective.

By increasing the skills of parents and building their confidence, youth ultimately benefit. A partnership was built with Family Services of Ottawa to provide engaging and appropriate parenting workshops.



### Social Recreation

Delivering a fun program gets kids involved. Using social recreation, the KYC program was able to turn fun into learning and confidence building opportunities. Whether it was by offering cooking, Jiu-Jitsu classes, coding, art lessons, drumming, or basketball the participants developed skills and built positive relationships with their peers and Community House staff.

Overwhelmingly, the participants reported field trips as their favourite activity. There were trips to the Escape Room, the movies, Parliament Hill, laser tag, Sky Zone, Ottawa Redblacks games, and the Mosaic Garden. These opportunities foster team building and provide experiences the youth may not have had.

# KYC

KEEPING YOUTH CONNECTED

**391**

Youth registered in  
Keeping Youth Connected



**37%**

In year 1, KYC connected with 37% of youth aged  
12-15 years of age living in Community House  
neighbourhoods



**90%**

Of the total youth registered live in  
OCH neighbourhoods

French  
41%



English  
59%

Female  
43%



Male  
57%

Data collected from OCH Community Demographic Reports  
and Community House records



**Keeping Youth Connected supports youth in the following Community Houses:**

Banff Avenue Community House

Blair Court Community House

Britannia Woods Community House

Caldwell Family Centre

Carson's Community House

Confederation Court Community House

Foster Farm Family House

Debra Dynes Family House

Lowertown Good Neighbours Community House

Michele Heights Community House

Morrison Gardens Community House

Pinecrest Terrace Community House

Rochester Heights Community House

Russell Heights Community House

Winthrop Court Community House

For more information, please contact [csw@ottawacommunityhouses.com](mailto:csw@ottawacommunityhouses.com)

# COMMUNITY HOUSE NEIGHBOURHOODS

Community Demographics  
2017



**2,452**

Ottawa Community Housing **HOUSEHOLDS** in Community House catchments

**8,575**

**OCCUPANTS**



**AVERAGE MONTHLY INCOME OF HOUSEHOLDS: \$1,397.00**

**2,306**

**CHILDREN LIVING IN SINGLE PARENT HOUSEHOLDS**



**57% OF HOUSEHOLDS ARE SINGLE PARENTS WITH CHILDREN**

## Age breakdown of dependent children

**814**

0-4 years

**1,781**

5-12 years

**1,170**

13-17 years

**1,297**

18-24 years