



YOUTH SERVICES PLAN 2016-2019 SUMMARY

By the youth,
for the youth

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Youth Services Plan 2016-2019

S U M M A R Y

This plan was created in 2016. A team of youth supported by staff engaged over 1400 youth through online surveys, workshops and events. This plan was created by the youth, for the youth.

VISION STATEMENT

The Municipality's Youth Services provides an open & diverse environment that is accessible to all youth. We support mental & physical wellbeing while promoting unity, friendship, and most importantly happiness.

MISSION STATEMENT

We enrich the quality of life for all and strengthen communities by providing fun, accessible, friendly, and inclusive youth services.

CORE VALUES

Core values are the foundation for all the municipality's youth services. They are the rule of engagement to make the mission and vision come true.

The Youth Services core values are:

- Support
- Friendship
- Happiness
- Opportunity for all
- Inclusivity

YOUTH SERVICES PLAN 2016-2019 STRATEGIC VISIONS

The Youth Services Plan has five strategic visions. Following are highlights examples of goals that were achieved for each of the visions over the past 3 years

Strategic vision 1:	Our services positively impact the mental health and physical wellbeing of youth
Strategic vision 2:	All youth are able to access our services
Strategic vision 3:	The municipality offers friendly and welcoming environments for youth
Strategic vision 4:	Services are diverse and geared towards youth interests
Strategic vision 5:	All youth are aware of the services offered by the municipality

Youth Program Section Updates

The information below are the highlights of the work that was done to implement the visions, goals and objectives from the Youth Services Plan from 2016-2020.



STRATEGIC VISION 1:

Our Services positively impact the mental health and physical wellbeing of youth

GOAL 1.1: TO REMOVE BARRIERS OF ACCESS AROUND MENTAL AND PHYSICAL WELL-BEING OF YOUTH

Area: Eastern Shore / Dartmouth

Highlight:

- Staff at Findlay Community Centre in partnership with the IWK organized a mental health information session for youth.
-

Area: Bedford / Hammonds Plains / Sackville / Fall River

Highlight:

- Working alongside the partners of The Den Youth Centre, staff were able to provide frontline services to youth in the Bedford / Sackville area.
 - Staff offered training on how to cope with anxiety as well as free drop-in counselling services.
 - The Den Youth Centre supported the work of the Freedom Kitchen which provided food and clothing to those in need.
 - A free meditation program was offered for youth at CPA High School during Mental Health Week.
-

Area: Peninsula Halifax

Highlight:

- Emera Oval staff have been trained in Recreation for Mental Health.
-

Area: Mainland North & Mainland South

Highlight:

- Staff partnered with the Playing & Learning group in Spryfield to provide space for after school inclusion/autism programs and to share staff resources.
 - Mental Health First Aid was offered to youth staff as part of its summer training, which helped to increase their awareness of how to help other youth with mental health challenges.
-

Area: Youth Section: Adventure Earth Programs, Power House Youth Centre, Youth Advocate Program, Youth Live Program and Youth Community Developer

Highlight:

- Adventure Earth staff lead mental health discussions with Helping the Earth by Acting Together (H.E.A.T.) Youth Action Team.
- All Youth Live and Youth Advocate Program staff were trained in Mental Health First Aid.

STRATEGIC VISION 2:

All youth can access our services

GOAL 2.1: TO PROVIDE LOW TO NO COST SERVICES

Area: Eastern Shore / Dartmouth

Highlight:

- Multiple Centres in the Eastern Shore / Dartmouth areas now provide free drop-in programs for youth.
 - Sheet Harbour and Musquodoboit Harbour offered ski trips to Martock throughout the winter season, at a very low cost to the participants.
 - North Preston Community Centre now offers time in the music studio at no cost.
-

Area: Bedford / Hammonds Plains / Sackville / Fall River

Highlight:

- The Den Youth Centre provided youth with free access to food and hygiene products and free drop-in counselling services.
-

Area: Peninsula Halifax

Highlight:

- The Emera Oval offers free services and equipment rentals to youth.
-

Area: Mainland North & Mainland South

Highlight:

- Beechville, Lakeside, Timberlea, Tantallon & Hubbards restructured the youth badminton program to be a free drop-in program and extended hours of volleyball drop-in to allow for greater participation.
-

Area: Youth Section

Highlight:

- Adventure Earth Programs offered over 4095 hours of no cost drop-in hours for youth.
- The Youth Live Program offered, bi-annually, 21 weeks of job skill and life skill development for youth. The participants are paid a stipend for their time in this program.

STRATEGIC VISION 2:

All youth can access our services

GOAL 2.2: TO CREATE YOUTH SERVICES THAT ARE INCLUSIVE FOR ALL YOUTH

Area: Eastern Shore / Dartmouth

Highlight:

- Drop-in youth programs are now offered at low cost or at no cost, in order to reduce financial barriers in attending.
-

Area: Bedford / Hammonds Plains / Sackville / Fall River

Highlight:

- Sackville Sports Stadium worked with Millwood High School to create Leveling the Playing Field program to provide access, awareness, and exposure to the Stadium.
-

Area: Peninsula Halifax

Highlight:

- New snow coaches and winter hippocamp wheels were added at the Emera Oval to assist youth with accessibility barriers.
-

Area: Mainland North & Mainland South

Highlight:

- Staff at the St. Andrews Community Centre built connections with Immigrant Services Association of Nova Scotia to identify and overcome barriers newcomer youth are faced with.
 - St. Andrews Community Centre staff worked with the Fairview Family Resource Centre to assist with the integration of newcomer youth with hearing impairments.
-

Area: Regional Aquatics

Highlight:

- Sackville Sports Stadium Pool staff hired a Youth Inclusion Coordinator to support aquatic programming year-round.
 - Needham Pool staff developed a 10-week, women's only, learn to swim program that is now being offered.
 - Captain William Spry Pool staff expanded their inclusion spots to offer 38 spots, five nights a week, during winter, spring and fall programming.
 - Captain William Spry Pool staff created and offered a new training initiative called the Angelfish Program, for youth interested in working with children with disabilities.
-

Area: Youth Section

Highlight:

- The Adventure Earth Programs focused on best practices for 2SLGBTQIA+ youth.
- HRM Staff, with guidance from Legal Services, reviewed and implemented a best practice plan for safe sleeping spaces for overnight camps.
- Both Adventure Earth locations at Fairbanks Centre and Fleming Park facilities now have gender-neutral washrooms.
- The washrooms at both Youth Live facilities are now gender-neutral.

STRATEGIC VISION 2:

All youth can access our services

GOAL 2.3: TO PROVIDE AND IMPLEMENT VARIOUS DROP-IN PROGRAMS

Area: Eastern Shore / Dartmouth

Highlight:

- Staff now provide free drop-in programs for youth such as basketball, soccer, badminton, and open gyms.
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Area: Bedford / Hammonds Plains / Sackville / Fall River

Highlight:

- The Den Youth Centre offered free drop-in programs for art, counselling, and an unstructured drop-in program for youth to simply just come in and hang out.
-

Area: Peninsula Halifax

Highlight:

- Emera Oval offered drop-in skate programs and there has been an increase in youth participation during these drop-in skates.
 - Needham Recreation Centre offers a drop-in volleyball night and an open gym program.
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Area: Mainland North & Mainland South

Highlight:

- St. Andrews Community Centre staff offered free open gym programs at St. Catherine's Elementary School.
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Area: Youth Section

Highlight:

- The Power House Youth Centre opened in the spring of 2019. The Power House provides a safe space to hang out and offered a variety of drop-in programs. Two of the drop-in programs were knitting workshops and Dungeons & Dragon game nights.

STRATEGIC VISION 2:

All youth can access our services

GOAL 2.4: TO ENSURE THERE IS ADEQUATE ACCESSIBILITY OF PROGRAMS THROUGH LOCATION AND TRANSPORTATION

Area: Eastern Shore / Dartmouth

Highlight:

- The Musquodoboit Valley summer youth leadership program was updated to deliver training during the first week of the program allowing youth more time in volunteering opportunities closer to home while avoiding transportation issues.
-

Area: Bedford / Hammonds Plains / Sackville / Fall River

Highlight:

- Gordon R. Snow Community Centre now offers a Friday after-school open gym program and an evening youth night program. Offering these programs back to back helped to eliminate the need for transportation both ways.
 - The Den Youth Centre in Sackville provides youth with services that are normally located in the city core including access to Laing House and IWK Mental Health. This removed transportation barriers for youth in the Sackville area.
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Area: Peninsula Halifax

Highlight:

- George Dixon Community Centre provided bus tickets to remove transportation barriers for youth to attend events/activities such as Halifax Hurricane Games and Kartbahn Indoor Racing.
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Area: Mainland North & Mainland South

Highlight:

- Staff expanded youth programming into rural areas (for example Hubbards) so youth would have greater choice of local activities to attend.
-

Area: Youth Section

Highlight:

- The Power House Youth Centre offers programming at a centralized location that is fully accessible by bus, walking, and on-street parking.
- Youth are given bus tickets as needed in order to access drop-in programs/workshops offered by the centre.

STRATEGIC VISION 2:

All youth can access our services

GOAL 2.5: TO EXPAND EQUIPMENT LOAN PROGRAMS

Area: Eastern Shore / Dartmouth

Highlight:

- During the summer months, Dartmouth North Community Centre offered loans of skateboard equipment. Staff also offered free indoor skateboard lessons during fall and winter months, to provide education on safety and to promote the equipment loan program.
 - Tallahassee Community Centre staff increased awareness of the snowshoe equipment loan program for youth and families.
-

Area: Bedford / Hammonds Plains / Sackville / Fall River

Highlight:

- Staff at Gordon R. Snow Community Centre secured funding to purchase a complete disc golf set for the facility. The game can be played inside or outside and is designed for all ages and abilities.
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Area: Peninsula Halifax

Highlight:

- Emera Oval provides on-site equipment loans for those interested in skating, rollerblading and cycling.
 - George Dixon Community Centre has expanded the variety of sporting equipment they have on site for youth drop-ins.
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Area: Mainland North & Mainland South

Highlight:

- Staff at the Lakeside Community Centre acquired funding for a new play box and created new outdoor signage to help with the promotion of equipment loans.
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Area: Youth Section

Highlight:

- The Power House Youth Centre offers youth the opportunity to use onsite sewing machines, a 3D printer and a button maker.

STRATEGIC VISION 3:

The Municipality offers friendly and welcoming environments for youth

GOAL 3.1: TO DESIGN PHYSICAL SPACES THAT ARE OPEN AND WELCOMING FOR YOUTH

Area: Eastern Shore / Dartmouth

Highlight:

- Dartmouth North Community Centre staff engaged youth to receive feedback on the renovations being completed on the outdoor basketball court. This assisted with making it a welcoming space for youth.
 - Tallahassee Community Centre staff engaged youth to provide feedback in the design of a youth-dedicated space. The space opened in 2020.
-

Area: Bedford / Hammonds Plains / Sackville / Fall River

Highlight:

- A working group of youth chose the design, colours, and layout of The Den Youth Centre in Lower Sackville.
 - Through monthly meetings, youth are continuously consulted on any changes or additions to The Den Youth Centre such as furniture, video games, snacks, etc.
-

Area: Peninsula Halifax

Highlight:

- George Dixon Community Centre offered a dedicated tutoring space for youth on Mondays.
 - George Dixon Community Centre created a youth-led mural. Youth steered the design process, held engagement meetings, planned questionnaires, and completed the mural.
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Area: Mainland North & Mainland South

Highlight:

- The Lakeside Community Centre created a dedicated youth space in the facility.
 - The St. Andrews Community Centre now has a new lounge area to facilitate social gatherings for youth.
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Area: Youth Section

Highlight:

- Youth completed a painting which is now hanging at the Adventure Earth Fleming Park location. This has helped youth take more ownership over the facility.
- Youth Live Program staff engaged youth in the redesign of the lunch rooms at both Youth Live facilities. This included the addition of cell phone charge stations, chalk boards, and fresh paint throughout.
- During its drop-in nights, staff of the Power House Youth Centre engaged youth to gain input on how to decorate the facility. Ideas included; a cell phone charge station, chalkboard, local youth artwork, plants, a bluetooth speaker system, and twinkle lights.

STRATEGIC VISION 3:

The Municipality offers friendly and welcoming environments for youth

GOAL 3.2: TO EMPLOY YOUTH-FRIENDLY STAFF THAT ARE TRAINED IN YOUTH ENGAGEMENT

Highlight:

- Parks & Recreation employed many youths who have completed the HRM offered Youth Leadership Program. This creates a pathway to employment for younger youth wanting to work within recreation.
- The staff of the Youth Section participated in semi-annual in-services where they received training on how to support youth during programming and provide an opportunity to share stories and create strategies on how to better support youth at risk.



STRATEGIC VISION 3:

The Municipality offers friendly and welcoming environments for youth

GOAL 3.3: TO EMPLOY YOUTH-FRIENDLY STAFF THAT ARE TRAINED IN YOUTH ENGAGEMENT

Area: Eastern Shore / Dartmouth

Highlight:

- Staff of the Dartmouth North Community Centre developed community partnerships to help provide healthy snacks and meals to youth, four days a week, during lunch hours. Negative behaviour has almost entirely disappeared since starting this in 2018. Food has helped develop relationships by providing positive interaction opportunities between staff and youth.
-

Area: Bedford / Hammonds Plains / Sackville / Fall River

Highlight:

- All front desk staff, building monitors, fitness centre staff and program assistants have completed Friendly Faces Friendly Spaces training. One full-time staff has been trained as a facilitator.
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Area: Peninsula Halifax

Highlight:

- All front desk staff, building monitors, fitness centre staff and program assistants have completed Friendly Faces Friendly Spaces training. Two full-time staff have been trained as facilitators.
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Area: Mainland North & Mainland South

Highlight:

- All front desk staff, building monitors, fitness centre staff and program assistants have completed Friendly Faces Friendly Spaces training. Two full time staff have been trained as facilitators.
 - Staff took measures to highlight the positive contributions that youth made within the community and created more genuine opportunities for staff and youth to interact.
 - Staff held a youth appreciation night at St. Andrews Community Centre.
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Area: Regional Aquatics

Highlight:

- Training was provided to front-line staff on Non-Violent Crisis Intervention, Mental Health First Aid For Youth, and Gender Inclusivity.
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Area: Youth Section

Highlight:

- The Youth Community Developer created and delivered a Friendly Faces Friendly Spaces training series. The training series provided strategies and skills on how to ensure municipal facilities are youth-friendly. To date 105 staff have completed the training and 7 staff have been trained as facilitators.

STRATEGIC VISION 4:

Services are diverse and geared towards youth interests

GOAL 4.1: TO GEAR MULTI-SPORT “TRY IT” PROGRAMS TOWARDS OLDER YOUTH PROVIDING AN OPPORTUNITY TO PARTICIPATE

Area: Eastern Shore / Dartmouth

Highlight:

- Musquodoboit Valley Recreation Office purchased a selection of non-traditional equipment to be available during youth open-gym times.
-

Area: Bedford / Hammonds Plains / Sackville / Fall River

Highlight:

- Gordon R. Snow Community Centre staff engaged youth in the sport of Disc Golf.
 - The Sackville Sports Stadium partnered with Millwood High School and Nova Scotia Health to create the Leveling the Playing Field program which helps youth access free fitness and nutrition lessons.
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Area: Peninsula Halifax

Highlight:

- Staff at the Emera Oval collaborated with HRM’s Inclusion Specialist to offer a five-session Learn to Sledge program during the winter of 2018.
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Area: Mainland North & Mainland South

Highlight:

- Staff offered more unstructured sport programs in Beechville, Lakeside, Timberlea, and Tantallon.
-

Area: Regional Aquatics

Highlight:

- Captain William Spry Pool improved the year-round Wave Runners program which provided opportunities for more information for those who are interested in becoming lifeguards or program instructors.

STRATEGIC VISION 4:

Services are diverse and geared towards youth interests

GOAL 4.2: TO DIVERSIFY THE SELECTION OF “NON-STANDARD” ART PROGRAMS

Area: Eastern Shore / Dartmouth

Highlight:

- Staff introduced multi-medium arts Creative Start and Creative 4 Life foundational programs at the Dartmouth North Community Centre.
 - A music recording studio is available for youth at the North Preston Community Centre.
-

Area: Bedford / Hammonds Plains / Sackville / Fall River

Highlight:

- Lebrun Recreation Centre now offers visual arts, and sketch & draw programs.
 - The Den Youth Centre has partnered with MacPhee Centre to offer free drop-in art programming to youth every Wednesday night.
 - Gordon R. Snow Community Centre staff hosted a youth art show that featured art submissions by local youth.
-

Area: Peninsula Halifax

Highlight:

- Needham Recreation Centre has diversified its art programs by offering a breakdance drop-in session for youth.
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Area: Mainland North & Mainland South

Highlight:

- Youth completed an artwork wall project for the temporary recreation space while St. Andrew's Community Centre was being built.
-

Area: Youth Section

Highlight:

- The Power House Youth Centre offers creative drop-in space for youth interested in learning how to 3D print, sew and silk screen.

STRATEGIC VISION 4:

Services are diverse and geared towards youth interests

GOAL 4.3: TO MAKE PROGRAM TIMES SPECIFIC FOR NEEDS OF DIFFERENT AGE GROUPS

Area: Eastern Shore / Dartmouth

Highlight:

- Tallahassee, Findlay, North Preston, Sheet Harbour and Cole Harbour Community Centres now offer Friday night 'youth night' programs.
-

Area: Bedford / Hammonds Plains / Sackville / Fall River

Highlight:

- Lebrun Recreation Centre has offered open gym time during the times for youth.
-

Area: Mainland North & Mainland South

Highlight:

- The Youth Leadership Program changed its activities and socials to be more youth-friendly (For example, early morning activities were moved to later in the day).
-

Area: Youth Section

Highlight:

- The Adventure Earth's youth action team, H.E.A.T., held an event on a different day each month to ensure all participants on the action team had a chance to attend.
- The Power House Youth Centre offered drop-in program times immediately afterschool and into the evening to accommodate youth's availability.
- The Youth Live Program offers adjusted program times for those who are struggling to meet the commitment of full-time hours.



STRATEGIC VISION 4:

Services are diverse and geared towards youth interests

GOAL 4.4: TO OFFER AGE-SPECIFIC PROGRAMS

Area: Eastern Shore / Dartmouth

Highlight:

- Dartmouth North Community Centre staff made changes to programs based on youth feedback. Staff removed age limits for the break-dancing program and overlapped the age ranges for Creative 4 Life programming, which allows parents to enroll children into more flexible age categories, depending on participants readiness.
-

Area: Bedford / Hammonds Plains / Sackville / Fall River

Highlight:

- The Youth Leadership Program is now offered at Lebrun Recreation Centre. It gives older youth the opportunity to engage in age-specific programming..
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Area: Mainland North & Mainland South

Highlight:

- Staff at Lakeside Community Centre now offer programs for youth that are broken up into specific age groups. This has continued since the YSP was implemented.
 - Staff also extended the age range of Zumba classes to encourage more youth to attend.
-

GOAL 4.5: TO REVIEW POLICIES AND BEST PRACTICES FOR SERVICE DELIVERY OF YOUTH PROGRAMS

Highlight:

- Staff continue to engage youth in the creation of new policies and programs.
- Best practices are researched prior to new programs starting and are shared among staff.
- The YSP Committee met quarterly to share highlights and learnings related to youth service delivery.

STRATEGIC VISION 5:

All youth are aware of the services offered by the Municipality

GOAL 5.1: TO TARGET YOUTH WITH MARKETING AND PROMOTION THAT IS ON TREND AND WILL CATCH THEIR ATTENTION

Highlight:

- Working closely with HRM Corporate Communications to develop a youth friendly approach to marketing youth activities. Staff were able to enhance social media presence and create youth friendly poster designs. This approach led to increased participation and interest in HRM services offered.

GOAL 5.2: TO PROMOTE AND CLARIFY THE IMPORTANCE OF LEADERSHIP PROGRAMS:

Highlight:

- Participant numbers have increased over the five years since the Youth Leadership Program was implemented and continues to prove to be a success. Increased interest in the program has resulted in the expansion of locations it is offered.
- Youth Live redesigned the learning modules to incorporate more leadership development.

