

# Charting the Course

May 16, 2024

## Summary Report

---



---

On May 16th, CFKA, the Adverse Childhood Experiences and Resilience Coalition of KFL&A (ARC) and Teach Resilience co-hosted "Charting the Course", a community mapping event.

Engaging 50 local participants, organizations gathered to identify opportunities for collaborating on resilience-building initiatives for children, youth and families in our region.

## Navigating Adversity Through the Power of Community

# Sub Sector Logic Models

Participants completed logic models in advance, identifying their group or organization's inputs, activities, outputs and impacts related to building a more resilient KFL&A. For the purpose of this activity, seven sub sector groups were formed, while recognizing that many of the organizations' mandates and activities correspond to more than one of the sub sectors.

Each of the seven groups created a collective logic model for their sub sector, identifying shared impacts, similar activities, and resources that are shared, similar, needed, or competed for.

Review the Sub sector Logic Models [HERE](#)

## Sub Sectors of Participating Groups and Organizations

### YOUTH

Youth Diversion

One Roof Youth Wellness Hub

YMCA of Eastern Ontario

Pathways to Education

St. Lawrence Youth Association

### MENTAL HEALTH

Kinston Interval House

Centre for Trauma and Abuse Therapy

Jennifer Liesen Psychotherapy

Maltby Centre

KidsInclusive

### City & Rural

City of Kingston

Public Library

Rural Frontenac Community Services

Community Foundation for Kingston & Area (CFKA)

### COMMUNITY SERVICES

Community Living

KEYS Employment and Newcomer Services

Kingston Native Centre and Language Nest (KNCLN)

Family and Children's Services of Frontenac Lennox & Addington (FACFSLA)

### HEALTH

Public Health

FLA - Ontario Health Team (OHT)

Kingston Community Health Centres (KCHC)

### KNOWLEDGE DISSEMINATION

Teach Resilience

ACEs & Resilience Coalition (ARC)

I-CREAtE (Queen's Family Medicine)

### EDUCATION

Limestone District School Board (LDSB)

Algonquin Lakeshore Catholic District School Board (ALCDSB)

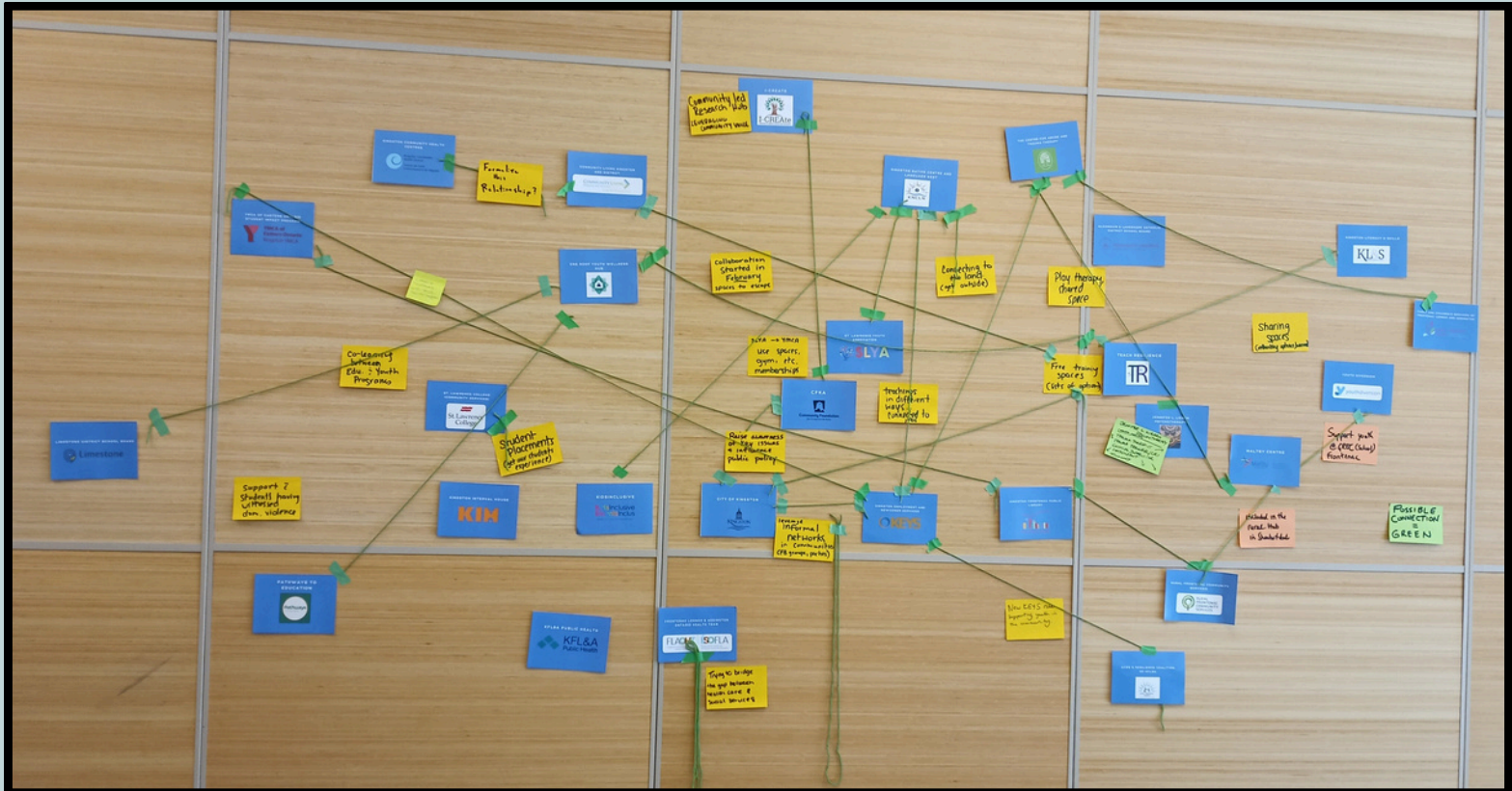
St. Lawrence College

Kingston Literacy and Skills (KL&S)

YMCA - Student Impact Program

# Our Map

In plenary, participants shared what they had heard, what surprised them, and where they found opportunities for collaboration. These links and opportunities were added to the resilience environment map, pictured below.



Review Subsector Interactive Map [HERE](#)

## Opportunities for Collaboration

- Generally: Sharing spaces (rethinking options, barriers).
- Free training spaces (lists of options): City of Kingston, Community Living Kingston, KL&S, One Roof
- Youth serving organizations collaborate on early intervention and prevention. Invent new things: networks, advisory tables, primary health care
- Co-learning between educators and staff in youth programs
- Intentional placements for SLC and Queen's students focused on strengths needs, readiness. Limits: types of placements allowed
- I-CREAtE: Community-led research hub – leveraging community voice
- KCHC and Community Living Kingston – formalize this relationship?
- One Roof Youth Wellness Hub and LDSB:
  - co-learning between education and youth programs
  - Support students having witnessed domestic violence

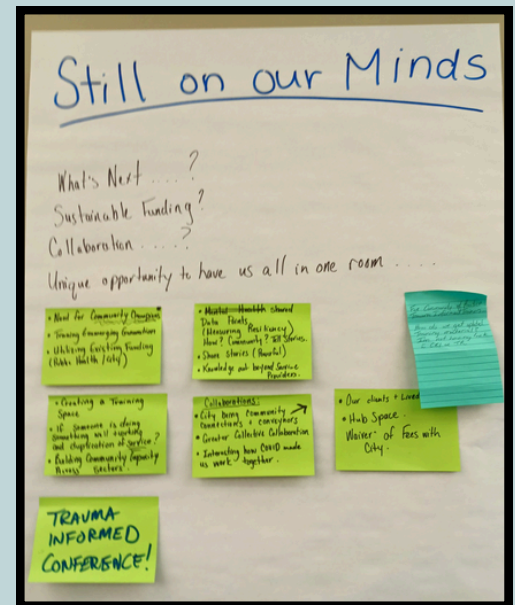
- SLC and KidsInclusive: Student placements
- SLYA and YMCA – use of space, gym, memberships etc.
- KNCLN and KEYS – teaching different ways. Connection to jobs
- KNCLN Connecting to the land (get outside).
- The Centre for Abuse and Trauma Therapy and KEYS, Maltby, FACSFLA: Play therapy, shared space
- KEYS - new role supporting youth in the community - connect with the ARC
- FLA – OHT – trying to bridge the gap between health care and social services



## Gaps identified and lingering thoughts

- How can we make more of these agencies barrier-free? Great resources that are limited by age, geography, identifiers
- Avoiding educators becoming case managers and service coordinators
- Lack of apparent focus or emphasis on substance use prevention programs
- How to fund things differently?
- Our clients/lived experience of adversity – learning opportunities
- More funding – consistent! Ongoing! (mental health)
- Shared data points to measure resiliency
- Increased collective collaboration/resource sharing and between public and private
- Social return on investment (SRI)
- Lessons learned – what's working well? Could be better?
- More microgrants
- Need for Community Champions

- Training emerging generation
- Utilizing existing funding (public health; city)
- Creating a training space
- If someone is doing something well and working – duplication of service?
- Building community capacity across sectors
- Trauma Informed conference!
- Share stories (powerful)
- Knowledge out beyond service providers
- City being community connectors and conveners
- Hub space
- Waiver of fees with City



## Next Steps

- Read the **Stories of Our Resilience**, shared by Charting the Course participants. Continue to seek inspiration from others and to share the good work you're doing.
- Pick up on the ideas generated at the event. Connect again with other participants to continue conversations and plan next steps. Reach out to the ARC for assistance. Let's keep adding to our interactive map!
- Share this report and the video **Charting the Course: What KFL&A Can Learn from Walla Wall's Trauma Informed Journey** with others at your organization and/or your network who may be interested in the movement to build community resilience in KFL&A.

Thank you for coming together to mark the topography of our community resilience!