

# Kneehill Community Support Coach

**Annual Report - 2023**



# Position Summary

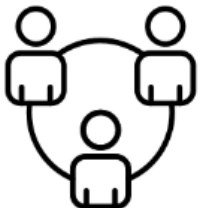
- The Kneehill Community Support Coach position was created in 2021 by:
  - Kneehill Regional Family and Community Support Services (KRFCSS)
  - the six municipalities of Acme, Carbon, Linden, Three Hills, Trochu and Kneehill County
  - Golden Hills School Division (GHSD)
- The Kneehill Community Support Coach contributes to the KRFCSS



Planning and facilitating evidence-based preventive education programs and activities for children, youth, and families



Promoting social and emotional well-being for children, youth, and families



Collaborating with the Family Wellness Workers to identify areas of need in communities, advertising, and to refer students to attend programs



Serving the communities of Three Hills, Trochu, Carbon, Acme, Linden and Kneehill County.

# Programs Offered and Facilitated

## **Leadership Programs**

- Kindness Captains
- L.I.F.T.
- Business Builders

## **Art Programs**

- Art Clubs
- Flex Fridays
- Summer Camps

## **Additional Child Programs**

- Mighty Kids Club
- Kids Fun Fest
- STEM Friday

## **Teen Programs**

- Youth Skill Zone
- Teen Nights

# Skills Targeted to Build Resilience

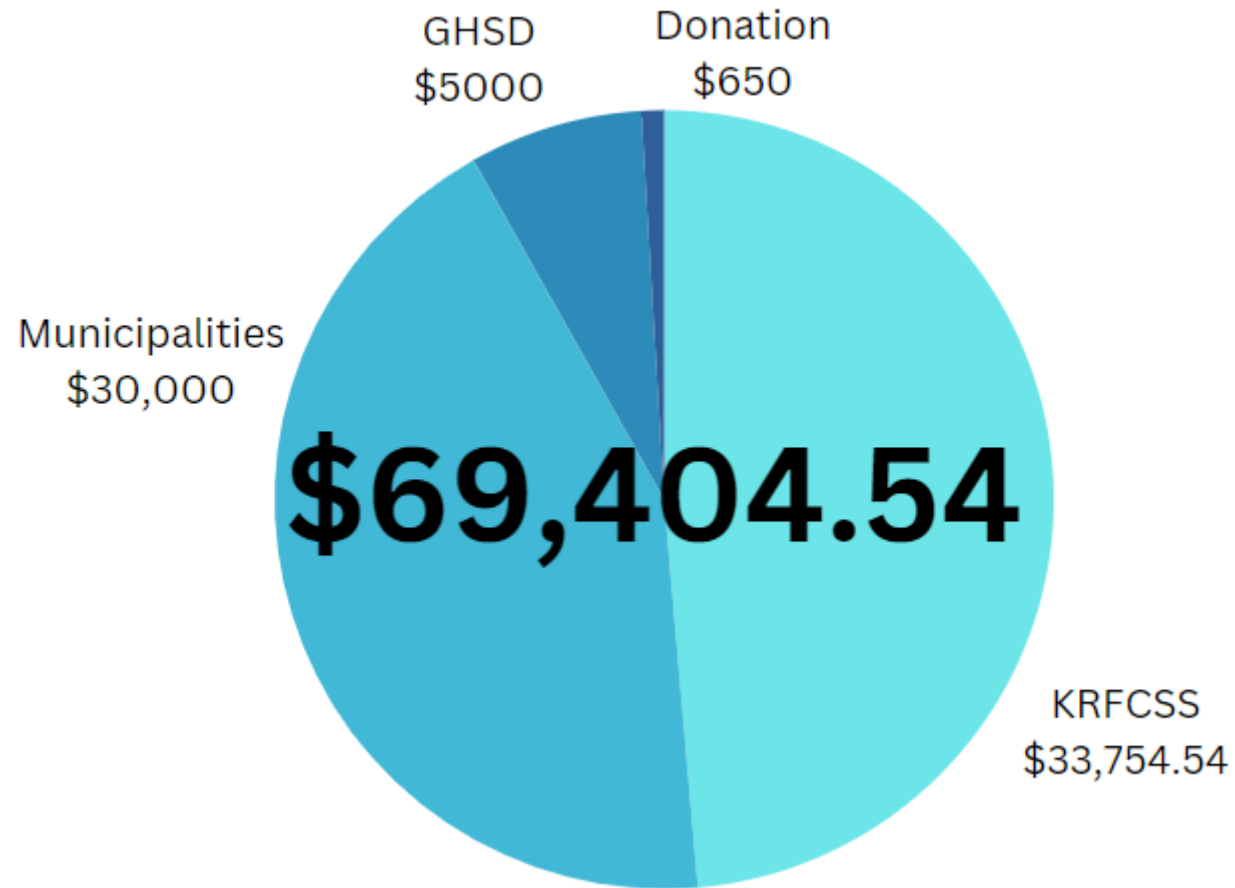
Personal Skills	Emotional Skills	Interpersonal Skills	Leadership Skills
<ul style="list-style-type: none"><li>• Creativity</li><li>• Exploring personal identity</li><li>• Self-awareness</li><li>• Critical thinking</li><li>• Creative thinking</li><li>• Decision making</li><li>• Life skills</li></ul>	<ul style="list-style-type: none"><li>• Emotional identification</li><li>• Emotional regulation</li><li>• Self-regulation</li><li>• Coping strategies</li><li>• Positive behaviours and thinking</li><li>• Self-care</li><li>• Mindfulness</li></ul>	<ul style="list-style-type: none"><li>• Teamwork</li><li>• Communication</li><li>• Social connectivity</li></ul>	<ul style="list-style-type: none"><li>• Problem solving skills</li><li>• SMART goal setting</li><li>• Project management</li><li>• Organization</li><li>• Time management</li><li>• Financial management</li></ul>

# Participation Information

- **64** programs offered
- **42** programs facilitated (**66%**)
  - **157** sessions facilitated
- **82%** overall program attendance rate
- **197** unique participants
  - **64** participated in multiple programs
  - **173** participants attend a town school
  - **24** participants are homeschooled

# Financial Overview

(January – December 2023)



# Participant Outcomes

## Self-Esteem

**94%**

Reported the program helped them understand it is okay to be themselves (117/125)

**91%**

Reported the program helped them to feel good about themselves more often (99/109)

## Resilience

**93%**

Participants reported they are more willing to try again if something they do does not work (107/115)

## Interpersonal Skills

**73%**

Participants reported they are better at telling others about their feelings (63/86)

**86%**

Participants reported they are better able to work with others on a team (59/69)



# Participant Survey Quotes

•“To be confident and brave”

•“Express your feelings to others”

•“To be kind to people when they are not”

•“That I got to work with other people”

“I had a lot of fun and wish to do it again!”

“I love this place”

“I like that we do lots of activities”

“Being able to prepare for situations that may occur and have the knowledge to fix it”

“Hands on learning”

“Trying new things and being creative”

“Making mistakes can also be a good, cool, exciting thing if you look at it a different way”

“It’s okay to fail”

“To learn and don’t be hard on yourself”

“Playing games and making new friends”



# Parent Survey Responses

- **100%** parents stated the program their child or teen attended has helped them to feel good about himself/herself (82/82)
- **97.6%** parents stated they would be interested in similar programming in the future (80/82)

# Parent Survey Quotes

lot to say about what he learned in this course. He enjoyed learning about himself and relating to the other teens in his group. He's even willing to take more courses like

"[My child] raved about how much fun she had and that she was able to learn more skills and courage for herself along the way."

"My son really enjoyed the program and I love the certificates, I feel like they celebrate each child for their individuality."

"She has an interest in mechanics now and wants to help me in my shop."

"I love that there is something for the kids to do that is creative and learn about their self awareness."

"It was a great course as it teaches them about what will be happening in the near future and how they can prepare for it."

"They came home so happy every day. With summer here now they don't get to see their friends much so they go into a slump and this has helped them so much!!! Truly appreciate everything you guys do!"

"They loved this! It was expressive and a confidence builder and was amazing to see how happy they were with each project they completed."

"Child thought it was fun - nice it was at the school and extended the time I could work without having to do pickup or dropoff"

# Trends Observed

- Small group sizes have continued to foster trusting interpersonal connections and peer support among participants
- Higher percentage of registration and attendance by elementary aged children compared to youth
- Previous participation in programs has built a trusting relationship resulting in participants now being more willing to openly and actively engage in explicit SEL teachings and conversations
- Positive feedback about the types of programs and their impact in their communities has been provided by various community members and agencies throughout the year
- A lot of positive feedback that participants and parents want more programming

# Thank You

Kneehill Regional FCSS would like to thank the following people, organizations, and groups for helping us to make our 2023 programs possible. All of you have given us the opportunity to support the social and emotional well-being of the children and youth in Kneehill County. Thank you!

Municipalities of Three Hills, Trochu,  
Linden, Acme, Carbon, and Kneehill  
County

Joan Boles, Principal for Linden, Acme, and  
previously Carbon

Jody Lammle, Trochu Valley School Principal

Todd Hoover, Three Hills School Principal

Ryan Hatch, Carbon School Principal

Linden Alliance Church

Carbon & District Ag Society & Curling Club

Trochu Public Works

Trochu Campground

Linden Seniors Club House

Acme Seniors Association

Three Hills Library

High Seas Coffee Company

Bumper to Bumper

Sonya Schensema, Personal Banker with TD  
Canada Trust

Red Deer Career Assistance Network

Shelley Jackson-Berry, Kneehill Regional FCSS  
Director

Angie Stewart, Kneehill Regional FCSS Program  
Coordinator

Kaylee Leinweber, Yvonne Wilson, and Keara  
McGhee, Kneehill Regional FCSS Family Wellness  
Workers

# Thank You

## Do you have any questions?

