

2022/2023

ANNUAL REPORT

Kneehill Family
Wellness Program

OVERVIEW

Partnership

The Kneehill Family Wellness Program (KFWP) was created August of 2020 by Kneehill Regional Family and Community Support Services (KRFCSS), in partnership with Golden Hills School Division (GHSD) to provide year-round social and emotional supports to Kneehill area residents with a primary focus on children, youth and families.

The program is comprised of two Family Wellness Worker (FWW) positions, with office locations in all GHSD schools in the Kneehill area and the KRFCSS office in Three Hills.

Core Objectives:

- social and emotional support
- preventive education
- information, networking and referral

Financial (January - December 2022)



2022 - 2023 TRENDS



01 – ANXIETY & STRESS

Anxiety and stress management continued to present as areas of difficulty for children, youth, and families



02 – COVID-19 PANDEMIC

The COVID-19 pandemic implications continued to contribute to stress, mental health, peer relationships, and family/sibling conflict concerns



03 – EMOTIONAL REGULATION

Challenges with self-regulation in young children had implications on peer relations and attentiveness



04 – SUICIDE IDEATION

5 children and youth were supported in relation to suicide ideation, a decrease from 15 throughout 2021 - 2022, and 27 throughout 2020-2021



05 – ABSENTEEISM

Varied degrees of school absenteeism continued to impact children and youth

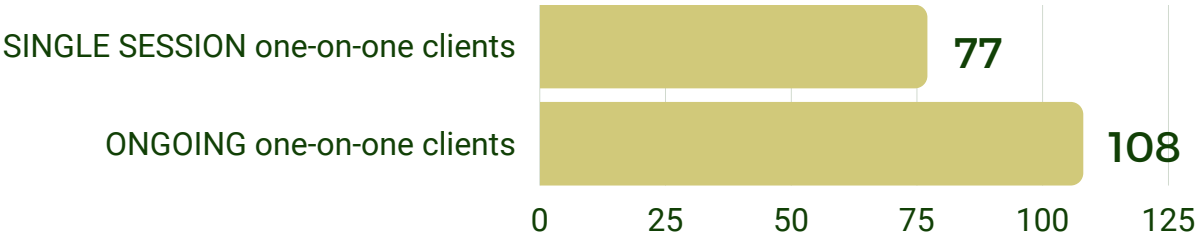


06 – COUNSELLING AVAILABILITY

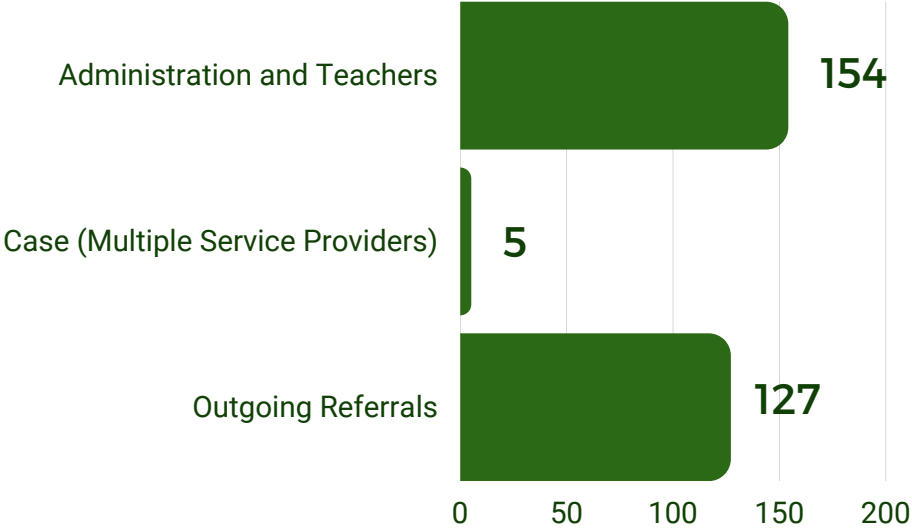
No-cost and/or subsidized online and/or in-person counselling supports have increasingly grown in options and availability and were a welcome option for individuals

STATS & NUMBERS

Total Clients



FWW Consultations & Referrals



Top Client Issues



Child & Youth SINGLE SESSION
Anxiety/Stress Management, 38%



Adult SINGLE SESSION
Parenting Strategies, 40%



Child & Youth ONGOING
Anxiety/Stress Management, 30%



Adult ONGOING
Parenting Strategies, 50%

IMPACT OF SOCIAL AND EMOTIONAL SUPPORT

"I like how [FWW] is in schools to help students. [FWW] helps me a lot with problems in my life."

- Child & Youth Client Survey Comment

"I really liked this program. It's always nice to have someone that you can talk to and trust. I feel every school should have a FWW."

- Child & Youth Client Survey Comment



100%

Of clients reported feeling supported by the FWW



98%

Of clients reported being better at taking responsibility for their actions even when it is hard



98%

Of clients reported being better at handling whatever comes their way



91%

Of clients reported being better able to deal with their situation after meeting with the FWW

PREVENTIVE EDUCATION & IMPACT



RELATIONSHIP BUILDING CONNECTIONS

Sharing of community
and/or school-based
preventive education
events, activities &
supports with children &
youth

110 occurrences
2565 participants



GROUPS

3 in-school series
16 sessions, 18 participants
1 community series
10 sessions, 7 participants

SCHOOL PRESENTATIONS

29 preventive education events
72 sessions, 654 participants



KNEEHILL AREA CAMPAIGNS

3 campaign initiatives: prevention of
family violence, promotion of healthy
relationships, and kindness

COMMUNITY EVENTS

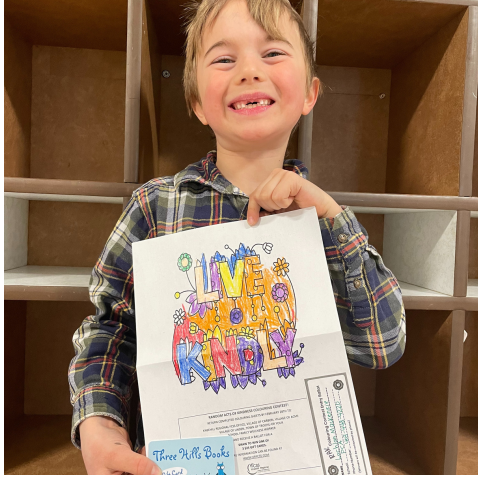
1 Baby Banter
5 Community Discovery Nights
2 Men, Kids & Mayhem Events



BULLETIN BOARD DISPLAYS

8 Share a Cup of Kindness
2 Coping with Exam Stress
2 National Mental Health Awareness

PREVENTIVE EDUCATION



"THE PROGRAM HAS GIVEN ME TOOLS TO HELP COMBAT MY FEELINGS IN STRESSFUL SITUATIONS."
- On-Going Preventive Education Child & Youth Participant Survey Comment

"I LEARNED LOTS OF NEW STRATEGIES FOR SOLVING STRESS AND PROBLEMS AND HOW TO BOOST MY CONFIDENCE."
- On-Going Preventive Education Child & Youth Participant Survey Comment



96% of HEALTHY MINDS, THRIVING KIDS participants reported they use more healthy strategies to manage stress.

OUR PARTNERS

Family Wellness Workers value the essential GHSD support and collaboration provided throughout the third year of the Kneehill Family Wellness Program. Our work together has resulted in positive outcomes for Kneehill area children, youth, adults, families, and communities.



GHSD partners feedback

- as a result of working with FWWs, they/their organization is better able to serve and improve situations for children, youth and families in the Kneehill area
- the working partnership their organization has with the FWWs has had a positive impact on social well-being of Kneehill area children, youth and families
- 10/10 GHSD survey respondents (100%)



Preventive education partners feedback

- preventive education session(s) the Family Wellness Worker facilitated during the school year had a benefit to the social and emotional well-being of the children/youth in my class/in my school.
- 7/7 GHSD survey respondents (100%)

Kneehill Family Wellness Program
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