

SHINE A LIGHT ON YOUTH

HELP US SHINE A LIGHT ON YOUTH TO RAISE FUNDS AND PROVIDE AN AT-RISK YOUTH WITH A SAFE HOME.



MESSAGE FROM COLIN TESSIER

Wow. What a year 2020 has been. Tumultuous and unpredictable, yet full of opportunity and silver linings. It's often during the most challenging times in life that we get to see the best from our community and our neighbours. Threshold and the at-risk youth we support have benefitted from remarkable generosity and overwhelming kindness this year as people from all walks of life have reached out and offered what they could to help. Covid-19 has shaken the world, and our community, but the resilience we have seen among the youth is what inspires our team here at Threshold.

At Threshold, we have not taken our eyes off the long-term outcomes we seek. We know that while some things have changed in the short-term, many of the same challenges will remain long after the pandemic has passed. We will still have a crisis of young people who are experiencing homelessness, who are aging out of the child welfare system without

safe housing and supports, or are in harm's way, suffering from violence and abuse. This is why we have continued to pursue our strategic goals toward expanding access to safe housing, support services, and healthy community for at-risk youth in Greater Victoria. This is evidenced by the announcement of our new Supportive Recovery Housing Program that is detailed in the pages of this newsletter. We are laser focused as we work to ensure that this type of service expansion for at-risk youth in our community is just the first of many similar announcements in the year(s) ahead.

We exist within the context of community, and our success is dependent on the generosity from those who give to Threshold throughout the year. This holiday season, if you are able to, please consider a donation to Threshold as part of your giving. From all of us at Threshold, we wish you and yours a wonderful and warm holiday season.

Colin Tessier
Executive Director

HOW YOU HELPED

IN 2019, OUR DONORS MADE A BIG IMPACT ON THE LIVES OF AT RISK YOUTH.



FOUND SANCTUARY, ACCEPTANCE, AND SAFE HOUSING AT THRESHOLD



GRADUATED AND MOVED INTO SAFE AND SUSTAINABLE HOUSING OUT IN THE COMMUNITY



ARE EMPLOYED/ OR ARE COMPLETING THEIR EDUCATION



39%

OF YOUTH AT THRESHOLD ARE ACCESSING A MENTAL HEALTH PROGRAM

30%

OF YOUTH IDENTIFY AS LGBTQ2S+

14%

OF YOUTH IDENTIFY AS INDIGENOUS

INTERVIEW WITH A THRESHOLD GRADUATE

How long ago did you graduate from Threshold?

About a year ago.

How has it been and do you have a job? What is your current living situation like?

Yes, I am employed. It's a really great job. I'm a Team Lead at a contact center for a local business. It's an enjoyable environment – laid back. I'm given a lot of freedom to do my job as I want and given a lot of responsibility to make my own decisions. There is also opportunity to move up in the company, which is cool to think about.

I live in a 1-bedroom apartment downtown with my partner. We're financially stable. We both have good jobs and have recently purchased a car together. I'm looking forward to someday moving into a bigger apartment but right now, we are content. Someday we would love to buy our own place.

I have reached out for support since leaving THS. I find I'm better at asking for help when I need it these days.

How have you changed since being at Threshold?

I'm much more independent and stable in times of turmoil. I know where to find the help I need when I need it.

Do you feel like the Threshold program has had an impact on who you are today?

I think it helped set me up for success.

Do you still talk to anyone you met in the Threshold program?

Yes, I made a good friend while living there. We were roommates for 1.5 years and it was a positive experience for the both of us.

What is your favourite memory of being at Threshold?

Being able to have a mature and positive experience with my roommate.

What would you tell your younger self?

This period of transition will be very hard, but it will be so worth it.

What do you think Threshold helped with the most for you?

During my time at THS, I was able to go through top surgery and receive the support to navigate how to legally change my name. THS helped by giving me time and space to heal from the things I needed to heal from. I was able to get back on my feet. I was also able to get my driver's license!

We would love to know — do you still have your quilt?

I do! It's on my couch at home. :)

To learn more about our programs or donate online, please visit thresholdhousing.ca



SHINE A LIGHT ON YOUTH HOMELESSNESS

This holiday season, we are shining a light on youth homelessness. We believe that every youth in our community deserves a safe place to call home — to find sanctuary



and acceptance. Your support can help provide at-risk youth with a safe home and a strong support network that can change the trajectory of their life, and even have a generational impact on their family. By supporting at-risk youth, you are helping prevent future adult homelessness.

How can you help?

We have partnered with Silk Road Tea to create 12 days of tea gift boxes. These are available to purchase online at thresholdhousing.ca/product/tea, by emailing our Development Manager Jasmine Campbell at Jasmine.C@thresholdhousing.ca, or by calling us at 250-383-8830. These make the perfect gift during the holiday season and all proceeds come to Threshold Housing.

To learn more or donate online, please visit us at thresholdhousing.ca

150 TOTAL APPLICATIONS SINCE APRIL 2019



29
TOTAL ACCEPTED



57
AGENCY REFERRALS

EXPANSION ANNOUNCEMENT

Trauma is part of the reality for the youth that we support at Threshold. Often this trauma is deep-rooted and is a result of serious harm experienced in childhood. As an instinct, we seek ways to cope with the pain and trauma that we face. Sometimes those coping mechanisms include the harmful use of drugs and alcohol. At Threshold, we are guided by a harm reduction approach that prioritizes reducing harm and increasing safety, while focusing on the root cause of issues and meaningful healing.

In Greater Victoria, there has been a lack of supportive recovery housing that is specifically designed for youth. Often, youth have to wait months on a waitlist to gain access to the treatment and recovery supports they desperately need. Most of the available options operate on the mainland so youth have to leave their communities to get the help they are seeking.

We are so excited to announce the new **Supportive Recovery Housing Program** that Threshold will be implementing in January. In partnership with Island Health, Threshold will be opening 8 new supportive recovery housing units

for youth who are struggling with substance use and need a safe environment to begin to heal and work towards a brighter future. The Supportive Recovery Housing Program will feature an interdisciplinary team that includes a Clinical Addictions Counsellor, Indigenous Cultural Worker, case manager and more. Seven days per week, youth will have access to a robust recovery-oriented program all within the context of a safe home environment.

To learn more, please visit thresholdhousing.ca/news

HOW TO HELP DURING COVID 19

Our impact lasts a lifetime. So can yours!

Become a *Brighter Future Funder (BFF)* and join a special group of people reaching out every month to provide safe homes, support services, and community to the at-risk youth we serve. Donate at thresholdhousing.ca/donate and together, we can end youth homelessness and provide brighter futures.

SUPPORT YOUTH WITH A MONTHLY DONATION TODAY!

\$25

PER MONTH

Covers the cost of an emergency gift card for food.

Provides access to essential food items for a youth entering the program or on the waitlist.

\$50

PER MONTH

Covers the cost of a counselling session.

Provides access to mental health support.

\$85

PER MONTH

Covers the cost of wi-fi for a month.

Provides access to virtual counselling sessions; completing school work; staying in contact with friends and family; and job search.

\$100

PER MONTH

Covers the cost of food for one youth for two weeks.

Provides access to healthy and nutritious meals.

\$500

PER MONTH

Covers the cost of program fees, utilities, and a welcome package for one youth for one month.

Provides access to a safe and warm home and the essentials for a youth to live on their own.

\$1000

PER MONTH

Covers the cost of program fees, utilities, and a welcome package for **two** youth for one month.

Provides access to a safe and warm home and the essentials for a youth to live on their own.

PHONE 250-383-8830

EMAIL [assist@](mailto:assist@thresholdhousing.ca)

thresholdhousing.ca

WEBSITE thresholdhousing.ca/donate

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THANK YOU TO OUR SUPPORTERS!

Victoria Foundation. Anglican Diocese of British Columbia. Bastion Square Revitalization Association. Hour Movers. Pondering Turtles. Saasquatch. Silk Road Tea. The Kiwanis Pavilion. Victoria Darcy's Pub.

SAFE HOMES, BRIGHTER FUTURES
HELP END YOUTH HOMELESSNESS
Invest in today's youth & leave a legacy for the future.

CONTACT **250-383-8830** OR VISIT **THRESHOLDHOUSING.CA**



THRESHOLD
HOUSING SOCIETY