



# thrive.

Heartbreaks and breakthroughs, successes and opportunities. Sign up for updates about the work we're doing to make a brighter, better future for at-risk youth in Victoria.

SUMMER 2021

## MESSAGE FROM COLIN TESSIER

It's remarkable to reflect back on the last six months and see the growth that has occurred at Threshold. In December we began the implementation of the Supportive Recovery Program and during that timeframe have seen our staff team double in size and have added exciting new roles that are helping to deepen our impact with the youth we support. This program has allowed us to put a focus on recovery services for youth who are battling substance use challenges. We have been searching for a new property to become the long-term home for this program and it is with great excitement that I share

that we now have that in place through the purchase of an incredible heritage home in James Bay.

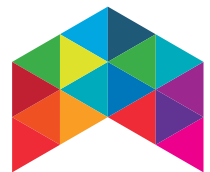
We know there are hundreds of young people in Greater Victoria who are experiencing homelessness, precariously housed, or otherwise in harm's way. We know the difference a safe home, support services, and healthy community can make in their lives. We have to keep pushing for a brighter future for these young lives.

I want to thank everyone who has contributed to the growth we're seeing whether through donations, volunteering, or words of encouragement. We are reliant on the generosity of others, and I am so grateful for the relationships we have with caring people who hold up our

organization. We will need that support more than ever as we continue forward. If you are able, please consider Threshold as part of your giving this year. We will need all the help we can get to continue on this path.

With gratitude,

Colin Tessier  
Executive Director



**THRESHOLD**  
HOUSING SOCIETY

[SINCE APRIL 2020]



**WE HAVE HAD  
A TOTAL OF  
154 REFERRALS.**

**28% ARE  
INDIGENOUS**

**31% HAVE NO  
STABLE SOURCE  
OF INCOME**

**20% ARE  
INVOLVED  
WITH MCFD**

**HOUSING  
AVERAGE  
APPLICANT  
AGE IS 18**

**62%  
ARE UNDER  
19 YEARS OLD**

**SUPPORTIVE RECOVERY  
PROGRAM AVERAGE  
APPLICANT AGE IS 17**

## PROGRAM PERSPECTIVE

The Supportive Recovery Program came out of the need to have live in supportive services for youth in Greater Victoria. A place for youth to come and work on their recovery and substance use issues, without any judgement and with acceptance and compassion. This program is unique as we meet youth where they are at in their recovery journey and operate under a harm reduction approach. This approach means that youth can still access supportive recovery services without being fearful of disclosing a relapse and can be assured that if it happens, they will not be asked to leave the program. If youth do experience a relapse, they are supported and empowered by staff and their supports and are encouraged to move forward with their goals rather than removed from a safe place.

It is critical that the Supportive Recovery Program operates under this understanding and supporting youth where they are at in their individual journeys so that all youth can access services for the areas they have identified needing help with, such as health, social functioning, family, school, peer relationships, or their living situation. Another unique aspect of the program is that we have a Cultural Wellness Worker, as part of our team, who can support Indigenous youth in the program with connecting to their culture, and by providing an Indigenous lens.

Hollis Thorau

Supportive Recovery  
Program Manager





48%

ARE IN HIGH SCHOOL

51%

ARE FEMALE IDENTIFYING

10%

IDENTIFY AS LGBTQ2S+

## INTERVIEW WITH A YOUTH AT THRESHOLD

### 1. How has your experience been at Threshold?

It's been really good. I have been here for 3.5 years now. I have learnt so many things, especially that you have to clean every day.

Before Threshold, I was in foster care. When I aged out of care, I was living with roommates and not in good housing situations. It was bad for my mental health and I ended up in the hospital. When I was discharged the only place I could afford was to live in a hostel. When I look back, I realize how wrong it was for me to be treated like that. I have always been in fight or flight mode and have had to make quick decisions without even acknowledging that I am in a bad situation. When I got into Camosun, it basically saved my life. The amount of

support you get when you are in school is tremendous.

### 2. How has Threshold helped you?

Threshold has helped me mentally, it gave me a safe place to call home, a home that wasn't going to kick me out. For the first time, I am becoming an adult and I now have experience paying my rent and even setting up my own hydro. I am now in my 2nd year of my degree and I wouldn't be here if I didn't have a safe place.

### 3. What is one thing you wish people knew about Threshold?

Even if you feel like you made a mistake, there is always a way to be helped. No one at Threshold will give up on you. You can mess up and still receive support.

### 4. What inspired you to get a degree in social work?

I have always wanted to help people! When I was in foster care, I was treated as a problem or someone they had to

talk to, and I never want another kid to feel that way. My degree has been challenging though, it has struck up a lot of emotions, but I have been able to get through it. Without Threshold's support, I wouldn't have been able to finish this semester.

My social workers never understood what it felt like to be an Indigenous youth in care, because they were not Indigenous. I used to be embarrassed to say that I am Indigenous because I didn't feel like I had earned it. I also didn't want people to know that I am Indigenous, because I felt ashamed of my drinking problem and I didn't want to be another statistic, but I also didn't want the stigma of being Indigenous. I too felt victim of colonization. I was made to feel ashamed of my identity. I now have reconnected with my Indigenous roots and feel that just because I believe in God doesn't mean I can't believe in the Creator.

*Anonymous Youth at Threshold Housing.*



## 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!

**PHONE** 250-383-8830

**EMAIL** assist@

thresholdhousing.ca

**WEBSITE** thresholdhousing.ca/donate

 facebook@ThsVic

 twitter@ThsVic

 instagram@ThsVic

**\$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.



**coastcapital**  
SAVINGS

### 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.*



**The  
Orange  
Door  
Project**

Housing and hope  
for homeless youth

**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