



**2021-2022**

**RASS**

Annual Report

# Executive Director's Report

We at RASS would like to acknowledge that we are honored to work on the unceded and ancestral lands of the Semiahmoo,  $s\acute{c}\acute{w}a\theta ena\gamma\ddot{t} t\acute{e}m\acute{x}w$  (Tsawwassen), S'ólh Téméxw (Stó:lō), Kwantlen, Stz'uminus, and  $\acute{s}xw m\acute{\theta}k w\acute{y}\acute{e}m\acute{a}\gamma\ddot{t} t\acute{e}m\acute{x}w$  (Musqueam) territories. We are grateful for the opportunity to promote holistic wellness in alignment with the values of Coast Salish peoples and are committed to navigating the world of prevention with an open mind and an open heart.

The topic of **Resilience** is an important one in the work we do at RASS.

**Resilience** is the concept of 'bouncing back' from trauma or adverse events. Over this past year, RASS has gone further than just bouncing back from changes in our landscape. Dr. Tel Ben Shahar, a psychologist and author, often speaks about the concept of '**Antifragility**' or **Resilience 2.0** - that is, the ability to grow bigger and stronger after undergoing a challenge. I believe the concept of '**Antifragility**' is one that the RASS staff, board, and leadership have adopted over the year.

Our staff team has been energetic and engaged within the Richmond community, connecting with over 4000 individuals and finding ways to serve them all. The team has been steadfastly keeping our vision of '**Optimal well-being for all in our community**' at the core of all the work that they do. At RASS we take pride in the fact that a majority of our staff have grown up and live in Richmond. It is because of this that we can address and activate ourselves to meet the needs of the people who call Richmond home. And how do our staff accomplish meeting the needs of a community so eclectic? **Relationships**. Prevention to us is more than stopping a worrying behaviour. Prevention is seen in the strength of our connection with ourselves, each other, and our community.

Working on these relationships will be how we navigate the year ahead. Our staff, our board, and our leadership are doubling down on our commitment to supporting the Richmond community. We can hardly wait to show you everything we have to offer.

Thank you always for your support.

Sincerely,  
**Daniel Remedios**  
Executive Director of RASS  
(Richmond Addictions Services Society)

# President's Report

We acknowledge that we work on the ancestral territory of the Hən'q'əmin'əm' speaking people and express our gratitude and support of all Indigenous people and communities.

During another year of consistent change, we are very proud of ( RASS) Richmond Addiction Services Society commitment and dedication to provide progressive mental health support for our Richmond Community. Through a long-standing goal to provide best health programs, we have been able to connect and provide prevention support and services to many youth and families.

RASS practices prevention and treatment synergistically across physical, mental, social, spiritual, and environmental life areas. Our vision is to provide support services to achieve optimal well being outcomes for all.

I would like to introduce you to our dedicated volunteer members of our RASS Board of Directors and to acknowledge their commitment and contribution to the governance and strategic direction of RASS:

**Debbie Samsom: Vice President**

**Sandra Gebhardt: Secretary**

**Ken Anderson: Treasurer**

**Cyrene Beavis: Director at Large**

**Anand Dhatt: Director at Large**

**Dianne Milsom: Director at Large**

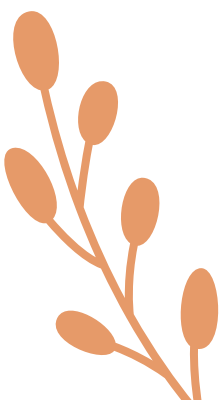
**Penny Chan: Director at Large**

**Sadaf Sediqi: Youth Now Representative**

**Yasmin Rahman: President**

We have 2 departing board members, Sandra Gebhardt and Cyrene Beavis. I would like to express on behalf of the board our sincerest heartfelt gratitude for their long-term service, dedication, commitment and undivided support to the organization. As volunteers they were selfless in donation of their time and knowledge and held their fiduciary duties with the utmost of professionalism and will be greatly missed.

I would like to recognize the employees of RASS and their commitment to their clients and the organization. I would also like to acknowledge our Executive Director, Daniel Remedios who through his leadership has led RASS to be recognized as the forefront prevention and treatment program for youth and families in the City of Richmond.



Our RASS Board has aligned the following three strategic goals:

1. To raise awareness about RASS' programs and services with focus on early intervention, prevention, and health promotion.
2. To provide leadership in the community to support optimal wellbeing through early intervention, prevention, and health promotion.
3. To ensure RASS' financial health and sustainability is strong, robust, diversified, and directly contributing to the future of RASS.

In alignment with our strategic goals Daniel has had the opportunity to be the voice of Prevention in many facets. RASS was invited on behalf of Niki Sharma, MLA and Shirley Bond, MLA to attend the Legislative Assembly's Select Standing Committee on Health. Daniel was asked to participate as a part of a panel presentation on the "illicit drug toxicity and the overdose crisis".

The committee is empowered to examine the following three distinct areas:

1. The increasing toxicity of illicit drug supplies in British Columbia, including but not limited to, trends in the patterns of use of illicit drugs, the illegal drug market, the role of organized crime, and the rapid increase in toxicity coinciding with the COVID-19 pandemic;
2. The systems and services guiding government responses to illicit drug supplies and toxicity deaths and injuries in Canada (federal, provincial, territorial and local) and other jurisdictions.
3. Relevant and recent reports, studies and examinations as the Committee deems appropriate.

This year RASS was the benefactor of the Rotary Club of Richmond Sunrise Gala. We were honored to be selected as the featured service organization for 2022. The event was sold out and our ED Daniel presented an overview of his personal experience and how this has influenced and empowered his role as a leader with RASS.

I would like to thank our 2022 funders, donors, and supporters:

#### **Funders**

Vancouver Coastal Health  
The City of Richmond  
FOUNDRY Central Office  
United Way British Columbia

Ministry of Finance—BC Community Gaming Grant  
The Federation of Community Social Services of BC  
Richmond School District #38  
Betty Averbach Foundation

#### **Donors and Supporters**

Costco  
RBC Foundation  
Great Canadian Casinos

it Gurl Computer Services Inc.  
Rotary Club of Richmond Sunrise  
...and numerous Anonymous Donors

RASS continues to be the face of prevention and treatment support services for Richmond youth and families and we look forward to aligning and developing our strategies to engage, educate and empower youth and families in Richmond.

Sincerely,  
**Yasmin Rahman**  
President, RASS Board of Directors



# Treasurer's Report

## 2022 Annual General Meeting



This is to advise that the Richmond Addiction Services' Society (the "Society") is in a sound financial position as noted on the March 31, 2022 audited financial statements attached hereto.

For the year ended March 31, 2022, the Society had total revenue of \$1,071,171 and operating expenses of \$1,039,283 resulting in a small operating surplus of \$31,888 (compared to a deficit of \$10,705 in 2021). With the addition of deferred capital contributions and amortization of capital assets, the net surplus was \$28,680 (compared to a net deficit of \$889 in 2021).

As at March 31, 2022, the Society had total assets of \$780,590. Assets also include an internally restricted fund of \$60,000 that reflects potential liabilities which the Society has to meet in case of emergency.

As a small organization like the Society, the Board of Directors believe that the use of budgets, quarterly reviews of financial reports against the budget, and regular board meetings are the most effective and adequate internal control for the Society and also are tools to ensure enough funds are available for the smooth provision of services to our community.

Respectfully submitted,  
**Ken Anderson**  
Treasurer, Richmond Addiction Services Society  
September 2022



# Highlights of 2022

## Constructive Alternative to Teen Suspension (CATS)

The CATS program serviced fourteen youth for 3-day sessions, and 7 youth for one-day vaping education sessions. CATS participants reported that they appreciated the different perspectives and experiences that the facilitators provided during the sessions. 80% of youth that attended the program stated that CATS made them reflect on their own drug use and how to substitute their behaviours with helpful coping techniques.

## Community and School Prevention

The Community Prevention team was met with some staffing changes this year, with a big change in the Prevention Specialist role. New staff aimed to learn and implement new programs and workshops, keeping the values and beliefs of RASS while incorporating their new spin and outlook to them.

The Community Prevention program was able to offer a number of presentations and workshops to different community partners including, SD38, RMCS, the City of Richmond, and the SWIS Workers. Presentations engaged and communicated with the community through awareness around the 5 Life Areas and how to integrate some of our prevention practices into their life and work.

As well the Community Prevention staff presented workshops around the 5 Life Areas to different high schools within SD38. The aim was to advocate for and provide channels through which youth choices were listened to and valued. Over 1200 students were reached this year.



## Supporting Youth

The Supporting Youth Program (SYP) has supported 28 individuals with an average age of 17. SYP youth clients have participated in 136 hours of support including mentoring and life skills coaching; fitness and recreation activities; education and career exploration & supports; and referrals out to other community services.

SYP continues to support youth with their challenges with substance use, mental health, and other addictive behaviours by helping them build healthier relationships and connections with themselves, others, and their environment.

## School's Out

The School's Out program has continued to grow and flourish despite Covid-19 from 2021 to 2022. With the arrival of new staff, School's Out has had an opportunity to incorporate new perspectives and passions to share with the students of Blundell Elementary. Sessions delivered to the Grade 6's and 7's continued to focus on building capacity for the transition from elementary school to high school. Grade 4's and 5's also received the opportunity to participate in School's Out this year. In total, we have reached about 150 students and served over 2,000 snacks to the participants.

This year, School's Out continued to bring social-emotional education into relationship-and-play-based programming while also expanding its connections to other community partners. Some notable guests who have come to facilitate activities include EngKidz, who led STEM-based crafts activities, Urban Bounty, who focused on healthy eating and gardening education, and Bard on the Beach, who helped students make the connection between theatre and emotions.

From 2021 to 2022, School's Out had an opportunity to care for a large garden space only a 5-minute walk away from Blundell Elementary. Students had the opportunity to learn planting seeds and edible wild plants in this space. This space will be used in School's Out sessions for the foreseeable future.

## Supporting Families

Supporting Families has been working for the Richmond community since 2008. This past year through covid the program continued to offer its children, youth, and family support groups. The highlight of the year was at the 'Family Fair', held in March of this fiscal year. All Families that were a part of the Supporting Families program were invited to a day that was filled with games, food, and prizes. The program also worked with 106 children and family members and provided close to a hundred hours of clinical support. Keep an eye out for a mentorship aspect of the program that we are excited to unveil over the next year.

## Foundry Youth Peer Support

The Foundry Peer Support offered non-clinical emotional support, systems navigation and goal setting support to 670 youth with over 500 hours of services from April 2021 to March 2022. Currently, our Youth Peer Support Workers are mostly seeing youth on a 1:1 basis. We are looking forward to incorporating wellness groups, which will allow us to connect with youth in a larger capacity.

Additionally, our Youth Support Workers have also been an integral part in helping Foundry Richmond prepare for its anticipated move to 5811 Cooney Road. Their task includes collaborating with other staff to help determine how we can develop and offer accessible services in a welcoming and inclusive space for youth and families.

Our Foundry Youth Advocates, comprised of 12 youth, work collaboratively to accomplish goals, share input and help make decisions related to Foundry Richmond, including space design for our new location. The Foundry youth continue to be active on social media and use that platform to speak on topics relevant to youth in our community, such as mental health and substance use. FYA also marks and brings awareness to followers regarding important dates, such as International Overdose Awareness Day on August 31st and Truth and Reconciliation Day on September 30th. Our Instagram page has seen a total of about 22 new social media posts between April 2021-March 2022, with the help of these youth advocates.

Additionally, a team of young creatives from FYA helped produce a series: "Strong People Seek Support", in collaboration with Foundry BC. This can be accessed on a few platforms, including Foundry BC's YouTube channel, where they have received hundreds of views.



## **Our Mission**

With a focus on prevention, we provide our community with inclusive and innovative programs to support social and emotional resilience.

## **Our Vision**

Optimal wellbeing for all in our community.

**Excellence in prevention engage,  
encourage, and educate.**

# **RASS**

