



RASS

2022-2023

RASS Annual Report

Excellence in prevention
to engage, encourage,
and educate.

rassrichmond.ca



Executive Director's Report

Building on our promise of growth and partnerships last year, RASS has continued to see our opportunities to engage, empower, and educate the individuals who make up the Richmond community.

Our new partnership with the Gaming Stadium in Richmond has given the team a unique avenue to work with youth and young people on their relationship with online gaming and screen time. We've continued to leverage our existing relationships with organizations and community partners to deliver services to more than 6,000 individuals in Richmond.

The RASS team continues to keep our vision of 'Optimal well-being for all in our community' at the center of their work, and have gone above and beyond to work with our community, as we all understand how to move forward while amid a dual health emergency: Covid-19 and the toxic supply crisis.

The team continues to ply their message of connection through addiction, and continues to meet people where they are in a non-judgmental manner to shift the narrative of mental health issues and addictions, not as a moral failure, but rather an affliction that can be managed. Prevention is seen in the strength of our connection with ourselves, each other, and our community.

We will keep working on building our relationship with our community partners and the individuals of the Richmond community. Our staff, board, and leadership look forward to another year of working within this great community.

Thank you always for your support.

Daniel Remedios

Executive Director



President's Report

October 3, 2023

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's commitment and dedication to provide progressive mental health support for our Richmond Community. Through our long-standing commitment to provide best health programs, we have been able to connect and provide prevention support and services to many youths 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 2023/2024 RASS Board of Directors and to acknowledge their commitment and contribution to the governance and strategic direction of RASS.

Anand Dhatt- Vice President
Debbie Samsom - Co-Secretary
Sadaf Sediqi- Co Secretary
Ken Anderson: Treasurer
Rishika Selvakumar: Director at Large
Dianne Milsom: Director at Large
Yasmin Rahman- President

I would like to recognize all 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 the recognized and referred support and prevention 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.



We have successfully rebranded to RASS Richmond after a community engagement process with partners and stakeholders.

Our new website branding aims to further engage individuals and families in Richmond and reduce the stigma of addiction.

In alignment with our strategic goals Daniel has had the opportunity to be the voice of Prevention in many facets. Daniel continues to work within the community educating and providing awareness.

This year RASS completed a rigorous accreditation process and was awarded accreditation with commendation by our governing body Accreditation Canada. RASS continues to adhere to high standards, and we look forward to our next accreditation in 2026. I would like to commend the hard work and diligence of the board and staff on maintaining excellent accreditation standards.

RASS has played an integral role in the development of outstanding preventive programs for youth and has created a new program specific to gaming and screen time addictions. This program will be launched into many different areas engaging youth and families.

I would like to thank our 2023 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 Hospital Foundation

Donors and Supporters:

Costco
RBC Foundation
Rotary Club of Richmond Sunrise Foundation
Great Canadian Casinos
it Gurl Computer Services Inc.
Gilmore Park United Church
Numerous other Donors

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

Sincerely,
Yasmin Rahman
President, RASS Board of Directors

2023 NOMINATIONS COMMITTEE REPORT

Submitted by Dianne Milsom and Penny Chan on October 18, 2023

Richmond Addiction Services Society's By-Laws state that the board must consist of a minimum of 3 directors to a maximum of 11. Board members are elected for a 2-year term and there is no limit as to the number of terms a director can serve.

Board Member Changes

Penny Chan has resigned from the RASS Board as of October 2023 after serving for 2 years. Penny contributed her considerable skills to RASS publicity and nominations efforts.

Dianne Milsom has also resigned from the board after serving 9 years. Dianne acted as board president for 5 years, and also participated in the Governance, Nominations and Human Relations Committees.

2023-2025 Board Candidates

Rishika Selvakumar has recently graduated from UBC in Scientific Ethics and Sustainability. She has experience teaching computer science and in administrative support in patient care. Rishika has received several awards for her extensive volunteer work in Richmond and Vancouver.

As a high school student in Richmond, **Chris Yan** was positively influenced by RASS Counsellors when they visited his school. He now mentors youth in the way he was taught in the work that he does. Chris is interested in community development or police work in the future.

Diana Leong is an Instructor at Langara College in Business Administration and Post Degree Diploma programs. She is in the process of completing her Master of Business Administration and is a Chartered Accountant with additional training in taxation. She has a particular interest in gaming and youth services RASS provides.

Ray Wang has created and leads a Digital Media company in Richmond. He has considerable experience volunteering on several Richmond boards and has been publicly acknowledged for his contributions.

Treasurer's Report

This is to advise that the Richmond Addiction Services Society (the "Society") is in a sound financial position as noted on the March 31, 2023 audited financial statements attached hereto.

For the year ended March 31, 2023, the Society had total revenue of **\$1,190,496** and operating expenses of **\$1,163,619** resulting in an operating surplus of **\$26,877** (compared to a surplus of **\$31,888** in 2022).

With the addition of deferred capital contributions and amortization of capital assets, the net surplus was **\$24,590** (compared to a net surplus of **\$28,680** in 2022).

As at March 31, 2023, the Society had total assets of **\$547,847**. 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

Highlights of 2023

CATS (Constructive Alternative to Teen Suspension)

The CATS program serviced six youths for 3-day sessions and two youth for one-day vaping education sessions. CATS participants reported that they really liked the information and how relaxed and non-judgmental the environment was. 100% of youth who attended the program stated that CATS made them reflect on their own drug use.

Community and School Prevention Program

The Community Prevention program has been rebuilding its program over the last year to get out into the schools more and build up the RASS presence within the community.

The 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 with the community through awareness around the 5 Life Areas and how to integrate some of our agency's prevention practices into their life and work.

The Community Prevention staff also presented workshops around the 5 Life Areas to different high schools and elementary schools within SD38. In addition to the 5 Life Area presentations, the Community Prevention Team developed and presented workshops around screen time use to both parents and students. The aim was to advocate for and provide channels through which youth choices were listened to and valued. Over 3100 students were reached this year, an increase of 1900 more students than last year.



Game2Life

Our newest program provided participants with an 8-week after school group to explore a healthy relationship with gaming through the lens of the 5 Life Areas. Two cohorts were run last year with 21 participants. Overall participants felt that Game2Life had a positive effect on and helped with:

Understanding the importance of caring for all 5 life areas
Becoming more patient & understanding with themselves
Identify the things in their daily life that cause stress

Game2Life has garnered a lot of interest from the community. RASS has been asked to deliver more of these programs to both elementary schools and parents.



Supporting Youth

The Supporting Youth Program (SYP) has supported 32 individuals with an average age of 17. SYP youth clients have participated in 280 hours of support, including mentoring and life skills coaching; fitness and recreation activities; education and career exploration and supports; and referrals 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 thrive and develop. With a team of 3 School's Out leaders, we have had an opportunity to incorporate new perspectives and passions to share with the students of Blundell Elementary. In total, we have reached about 111 students and served over 3,544 meals 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:

Dieticians from Vancouver Coastal Health, which promote healthy eating habits, nutrition education and overall wellness;
Sharlene from SPEC School Gardens, teaching program participants about sustainable practices and allowing them the opportunity to apply their teaching at our local community garden;
Mike's Critters and St. John's Puppy Program were also present, providing educational sessions and animal interactions;
Finally, partnerships with local service providers such as the Richmond Public Library and Foundry Richmond ensure children are aware of and have access to necessary support services;



Additionally, we successfully partnered with the Resilient Kids' program (Supporting Families Program, RASS) to offer a summer camp to 24 students in August. Some out-trips included visiting Playland, Richmond Oval, Lynn Canyon Park and dragon boating. The camp was free of cost to the children and their families, which was greatly valued and appreciated.

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 the 'Family Movie Night,' held in March of this fiscal year. All Families that were a part of the Supporting Families program and School's Out program were invited to a night that was filled with fun, food, and prizes. The program also worked with 112 children and family members and provided slightly over a hundred hours of clinical support. Keep an eye out for a youth coaching group we are excited to unveil over the next year.



Foundry Youth Peer Support

The Foundry Peer Support offered system navigation, goal setting, and non-clinical emotional support to 320 youth with over 1,300 hours of services from April 2022 to March 2023. Our Youth Peer Support Workers primarily engage with youth through 1:1 sessions and group facilitation, with the aim of developing opportunities for greater community and group involvement in the future.

After relocation to the new 5811 Cooney Road site, Youth Peer Support (YPS) has had several opportunities to expand on current program aspects as of new facility features (i.e. kitchens, improved clinic programs), additional bookable spaces (i.e. large group room), and increased hours. With a team of 3 YPS workers, this not only enhances accessibility to the YPS program but also creates more opportunities to develop more inclusive and comprehensive services for youth in the community. Furthermore, YPS workers continue to collaborate with other staff in both clinical and non-clinical settings, providing insight to youth experiences, sharing ideas, and identifying barriers youth may face in their care.

Our Foundry Youth Advocates, comprised of 8 youth, work collaboratively to accomplish goals, share input and help make decisions related to Foundry Richmond. Some of those decisions are related to space design for our new centre; as well as feedback on our social media and website design, Foundry app, services and group offerings for youth.

**Optimal wellbeing
for all in our
community.**

RASS





OUR 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 Hospital Foundation

OUR DONORS

Costco

RBC Foundation

Rotary Club of Richmond Sunrise
Foundation

Great Canadian Casinos

it Gurl Computer Services Inc.

Gilmore Park United Church

...and numerous other Donors

Thank you for supporting us!

