

Jeevan's Journey

In June 2012, Jeevan called Mental Health Services for Children & Youth to get help. Jeevan was struggling with anger issues and found himself in trouble a lot. He was described as "aggressive and angry". Jeevan admits that "at the time, I didn't have anyone to talk to, no one to listen to my problems."

Jeevan was referred to NYS and offered an SOS (Step One to Success). As a single session model, SOS is flexible. Some youth access SOS once and get the help they need. Others come more frequently. Sometimes SOS is the bridge to longer-term counselling.

Jeevan and his SOS counsellor talked about his concerns, explored why they might be persisting and developed strategies to try. Jeevan was placed on a waitlist for Individual Counselling. In his counsellor's words, Jeevan "really benefitted from reaching out and accessing the single sessions we offer youth on our waitlist. Jeevan was really active in looking for support, and this made a big difference." Jeevan attended SOS about once a month. "Now I had someone I could rely on, someone who gave me good advice."

Jeevan also accepted an invitation to check out Nexus Youth Centre (NYC) where he and his counsellor met with staff and learned about recreational and therapeutic group programming. Jeevan immediately felt safe and at home. "The staff were very welcoming. I started with a group and really liked it. It was easy to get along. You do fun things in group, but you also learn stuff."

Within six months, Jeevan began Individual Counselling with a significant effort focused on helping him better manage his emotions. "With help, I did a lot of work on myself. Being able to connect with the same counsellor and not being rushed was important. I learned practical strategies that I could really use. And I still use them."

Today Jeevan attends college and works part-time. He still drops in at NYC, participating in the Pro-Ject Leadership Group whenever he can. "The staff try really hard to hear the voice of the youth. They make you feel heard and they value our opinions. I hadn't experienced that before." Jeevan also gives back by reaching out to other youth, recommending NYS as a great place to get help.



Annual Report 2013-2014

"Best staff in the world. • I love how friendly everyone is! • This service helps improve the lives of at-risk youth. • I wasn't judged. I can be myself without worrying. • It's a safe place to express how I feel. • What I like most is that Nexus treats you like family. It helps you realize you are not alone and that things will get better. • I'm the person I want to be now, so thank you! • I didn't feel pushed to talk but it also wasn't awkward and I felt like I really could get my issues out there. • I have Nexus to thank for guiding and supporting me. I carry what I learned with me every single day."

For You. With You.



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Our Mission

Nexus Youth Services creates opportunities for youth by providing high quality services that are inclusive and responsive to the needs and voices of youth.

2013/14 offered Nexus Youth Services (NYS) a lot to celebrate. Under the new Canadian Centre for Accreditation, NYS is thrilled to have met 100% of both mandatory and leading practice standards. We are especially proud to have met all CCA Youth Engagement leading practice standards, an achievement where credit goes to the NYS Youth Council who helped develop and revise policies and practices, and participated in interviews with the Accreditation Review Team. In the words of the Review Team, NYS staff have “a very strong positive and trusting relationship with youth that makes them feel comfortable approaching staff when they need support.”

NYS’ commitment to Youth Engagement offers opportunities to create a community that values the diverse voices of youth and young adults through action, partnership and growth. As a champion of Youth Engagement, NYS has been increasingly recognized as a provincial leader. Together, NYS staff and youth supported numerous learning partnerships with sister youth-serving agencies; co-led an interactive presentation at the 2013 Children’s Mental Health Ontario Conference; and continued to use social media and videos to share information and resources in support of youth.

NYS is proud to partner with youth. Jeevan’s Journey, profiled on the back cover, is testament to our commitment to working for youth, with youth. Of those youth, like Jeevan, who completed counselling, 89% showed clinically significant improvements.

NYS thanks our principal funders who enable and support our important work – the United Way of Peel Region, Ministry of Children and Youth Services, Region of Peel, Ontario Trillium Foundation and City of Mississauga. We also thank our donors, students, volunteers and staff. With your support, NYS:

- Counselling 217 youth
- Offered 9 different groups to 192 unique youth
- Achieved overall youth satisfaction and global quality ratings of 97%.
- Served 2,133 youth at our Youth Centre
- Provided volunteer opportunities for 197 youth

To the youth who are our partners, thank you and congratulations on your many achievements.

Roman Boychuk,
President

Humphrey Mitchell,
Chief Executive Officer

OFFICERS: Roman Boychuk (President), Michael Cantlon (Vice-President), Tammi Lisson (Secretary/Treasurer)

DIRECTORS: Gail Anderson, Mark Figueiredo, Sharon Goodland, Patricia Grady, Guneet Hansrani, John Harkness, David Herzstein, Rudy Riske



Roman Boychuk



Humphrey Mitchell

Message from the Pro-Ject Leadership Group

Last year we had a lot of fun hosting events and participating in Accreditation, sharing how Nexus helps us feel engaged, listened to, and safe. We feel like we provide a diversity of knowledge and youth insight, and work in partnership with the Board of Directors and senior management. At Nexus, our opinions are respected. We feel that we are role models for other youth to be initiators within Nexus. We are looking forward to another great year at Nexus!



Statement of Revenue and Expense Year ended March 31, 2014

Funders	Revenue	Expenses	Excess Revenue over Expenses
United Way of Peel	325,352	394,068	(68,716)
Ministry of Children and Youth Services	229,508	229,508	-
Region of Peel	93,761	97,503	(3,742)
Trillium Foundation	74,747	74,747	-
City of Mississauga	35,500	35,500	-
Fundraising/Other Revenue	25,474		25,474
Draw from Retained Surplus	46,984	-	46,984
Total	831,326	831,326	-

NYS greatly appreciates our funders and donors. Thanks again to our principal funders and to the JCS Charity Fund, The Hustler Young Men’s Bible Class Foundation, and Service Canada. Thanks also to local businesses for in-kind donations and to our 2013/14 loyalty donors:

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