

Annual
REPORT
2022



EXECUTIVE SUMMARY

Kneehill Regional Family and Community Support Services (FCSS) is a partnership between the Government of Alberta and the six participating municipalities of Acme, Carbon, Linden, Three Hills, Trochu and Kneehill County. The focus of Kneehill Regional FCSS is to promote and enhance the well-being of individuals, families and communities throughout the Kneehill area.

The social fabric in the Kneehill area is ever changing. As we moved through 2022, Kneehill Regional FCSS saw new issues that impacted the well-being of Kneehill area residents that the program tried to address.

1. Anxiety, stress and mental health were providing more difficulties for all ages in the Kneehill area.

Kneehill Regional FCSS response:

- Supported Rural Mental Health Animators in Three Hills, Acme, Carbon, Linden, Wimborne and Trochu
- Increased preventive education sessions on a variety of mental health issues
- Family Wellness Workers increased emotional and resilience groups and preventive education programs in schools.
- March 2022 a Kneehill Community Support Coach position began that provided evidence based social emotional learning program opportunities for children and youth ages 6-18 in all five municipalities.

2. On June 3, 2022 Alberta Support changed their income support application process to online or in person by appointment in Drumheller or Olds for our residents.

Kneehill Regional FCSS response:

- Staff familiarized themselves with the provincial forms and assisted people with computer access, online applications, phone calls and advocacy when necessary.

3. Even as pandemic restrictions were being lifted during the last quarter of 2022, Kneehill Regional FCSS was seeing an impact on public participation in larger events with lower numbers attending.

Kneehill Regional FCSS response:

- Explored and offered different ways to connect with Kneehill area residents. For example, smaller more targeted events VS larger events.

Our 2022 financials were positively impacted by a new partnership between FCSS, all participating municipalities, and Golden Hills School Division. This assisted us in addressing the increase social and emotional needs of area children and youth. The increase in funding allowed us to hire a full time Kneehill Community Support Coach who greatly enhanced the social and emotional supports we provided to children and youth, resulting in strong positive outcomes for participants.

The volunteers, community partners and social programming staff continue to be the backbone of the Kneehill Regional FCSS program. Their support, commitment, and passion enhance the quality of life of Kneehill area residents. The Kneehill Regional FCSS board would like to thank all who are dedicated to making the Kneehill area a better place to live. We look forward to all we can accomplish together in 2023.

2022 HIGHLIGHTS

138 Volunteers



**4649
volunteer
hours**

valued at
\$92,980.00



66 organizations
connected through
Kneehill Interagency



4 volunteers
prepared
Tools for
school back
packs for 55
students

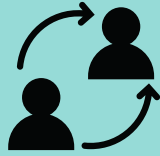


3881



Individuals Benefitted
from Programs

**292 referrals to
outside resources**



330 participants
in FCSS
evidence based
youth programs
and activities



57 Organizations
subscribed to
Volunteer Kneehill
website

22 Volunteer
Kneehill
Nominations
received



19 emergency financial
support applications and
advocacy cases



259 tax returns



were completed by 13
Community Volunteer
Income Tax Program
volunteers

2

Family Wellness workers in
6 schools

137 Ongoing clients

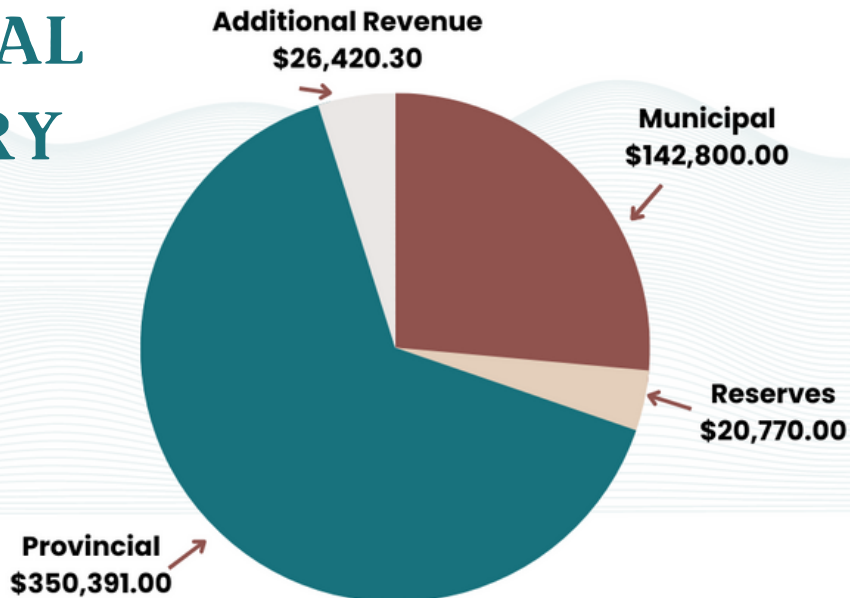
86 single sessions

97 targeted youth small groups

41 social emotional learning classroom presentations



FINANCIAL SUMMARY





2022 Snapshots



OUTCOMES

99 %

of participants felt supported by the programs and services they participated in and reported that their social connections were enhanced (208 respondents).

94 %

of participants enhanced their skills in one or more of the following areas: resilience, self-esteem, optimism, autonomy or meaning/purpose (472 respondents).

SOCIAL WELLBEING OF INDIVIDUALS

91 %

of children and youth felt supported and developed interpersonal competencies (711 respondents)

PROGRAMS

Community Volunteer Income Tax Program, Stress Sessions, Benefits and Form Support, Coach Programs, Playschool SEL Sessions, Kindness Campaign Colouring Contest, Fountain of Health, Minds In Motion Pilot, Seniors Resource Bags for CVITP Clients, Kneehill Family Wellness Workers, Seniors Outreach



98 %

of participants reported improved family communication and parenting (60 respondents)

SOCIAL WELLBEING OF FAMILIES

100 %

of families reported they now had the resources needed to access support if needed. (26 respondents)

PROGRAMS

Parent Cafes, Fear Less Seminars, Baby Banter, Birthday in a Box, Tools for School, Men, Kids and Mayhem, Early Years Celebration, Kneehill Family and Marriage Counselling



100 %

**of residents
felt connected
to community
resources (42
respondents)**

**SOCIAL
WELLBEING
OF
COMMUNITY**

96 %

**of agencies conveyed they
felt more informed and
have stronger
relationships with other
service providers, meaning
they could better serve
Kneehill area residents
(114 respondents)**

PROGRAMS

**Kneehill Interagency, Community
Discovery Nights (Three Hills and
Trochu), Rural Mental Health,
Volunteer Nominations, Volunteer
Kneehill, Volunteer Newsletter,
Kneehill Community Services
Directory, Information/Referral,
Dementia Friendly Communities,
Community Connection and
Collaboration, Kneehill Child and
Youth Working Group, Family
Violence**

**Volunteer Kneehill Nominations
2022 Finalists**



KNEEHILL REGIONAL FCSS BOARD AND STAFF

Kneehill Regional FCSS is made up of one (1) councillor from each our participating municipalities.

BOARD MEMBERS

January to December

*Kenneth King - Kneehill County (Chairperson)
Sonia Ens - Village of Linden (Vice Chairperson)
Jason Bates - Village of Acme
Jaime Martel - Town of Trochu
Trina Anderson- Village of Carbon*

January to October

Dennis Hazelton - Town of Three Hills

November to December

Marilyn Sept - Town of Three Hills

STAFF

Shelley Jackson-Berry - Program Director

Angie Stewart - Program Coordinator

*Yvonne Wilson - Family Wellness Worker
(Three Hills and Carbon)*

*Kaylee Schultz - Family Wellness Worker
(Acme, Linden and Trochu)*

Rochelle Christie - Community Volunteer Income Tax Program Coordinator

Michaela Clark - Community Support Coach

Marsha Klassen - Program Assistant

CONTACT US

KNEEHILL REGIONAL FCSS

779 2ND ST NE, BOX 400

THREE HILLS, AB T0M 2A0

WWW.KRFCSS.COM

403-443-3800

Kneehill Regional FCSS mission is to maintain and strengthen the quality of life for all residents of participating municipalities by supporting volunteerism and providing preventive social initiatives and programs.