

**FALL
2024 ISSUE**

**MATCHING GIFT
CHALLENGE**
PAGE 3

**INTERVIEW WITH ROP COMMUNITY
TRANSITION WORKER**
PAGE 4

**YOUTH ALUMNI
STORY: ALEX**
PAGE 6

**GIVE HOPE FOR
THE HOLIDAYS**
PAGE 8

**JOIN THE SLEEP
OUT MOVEMENT**
PAGE 8

**CHV SERVICE
EXPANSION**
PAGE 9

Covenant House News




“It’s a scary place to be on your own. However, I think that Covenant House does a really good job of providing you with the tools and skills that you need to manage any situation and work through it.”

ALEX
COVENANT HOUSE VANCOUVER ALUMNI

[READ THE FULL STORY ON PAGE 6 →](#)





“Much has changed over the years at Covenant House, but the one thing that hasn’t changed is our philosophy that providing young people with holistic care in a supported housing environment is the key to altering the trajectory of their lives.”

KEVIN VAN BUSKIRK
DIRECTOR, SUPPORTED HOUSING

Covenant House Vancouver acknowledges with gratitude that our work takes place on the traditional lands of the xʷməθkʷəy̓əm (Musqueam), Skwxwú7mesh (Squamish), and səłílwətaʔ (Tsleil-Waututh) First Nations.



Until December 31st, Every Gift You Make Will Be Tripled!

Our Triple Match Campaign is made possible through the generous support of Scotiabank and the Trottier Family Foundation, who will match every dollar up to \$150,000!

The \$50,000 matching gift from Scotiabank and the \$100,000 matching gift from the Trottier Family Foundation means that your gift will go even further in providing a safe, supportive environment, where youth in crisis can heal, grow, and change the course of their lives.

Tracy Brown, Director of Philanthropy at Covenant House Vancouver said, “We are so grateful to Scotiabank and the Trottier Family Foundation, who are both long-time supporters of Covenant House Vancouver. Their commitment to improving the lives of youth in the community is not only inspiring, but incredibly impactful. It takes a village, and we appreciate their ongoing support.”

Your gift will support youth like Alex, whose story you can read about in this issue. Impacted by trauma from his childhood and with no place to go, Alex arrived at Covenant House Vancouver in the middle of the night. Through our wraparound services, like counselling and art therapy, Alex became able to advocate for himself and is now thriving.

Will you take advantage of this special opportunity? Please know that any amount will make a significant difference, as your donation will go three times as far in helping young people in our community.

Donate today: covenanthousebc.org

Introducing Megan, Community Transition Worker for the Rights of Passage Program



Megan, Community Transition Worker for the Rights of Passage (ROP) program, shares an overview of what her role entails.

In ROP, youth have the opportunity to work through their challenges and trauma while learning life skills and building community.

I support youth as they enter the ROP program, and when they move on to independent living.

My role addresses any challenges that youth may have as they enter and exit the program. I'm often the first point of contact for folks who are looking for supported housing. I try to make that process easier for young people.

I also support folks who are transitioning into the community. It can be quite scary for a lot of young people because it can be really challenging to access adult services.

My position is about building that human connection with people so that youth can find out what they're capable of and work through their own challenges. I maintain

a connection with youth, until they're confident and comfortable in their new environment. Ideally, when folks leave ROP, they've learned new skills, they have found sustainable housing, and they know where to find supports or resources, if needed.

A lot of the young people that we work with are capable of doing extraordinary things, but they've not been given the opportunity. What I love the most about my job is that there's nothing more inspiring than to support a young person as they work through their trauma, gain life skills, and work towards the future that they wish for themselves. It can be challenging, but building relationships with the young people we serve is so rewarding.

“What I love the most about my job is that there’s nothing more inspiring than to support a young person as they work through their trauma, gain life skills, and work towards the future that they wish for themselves.”

MEGAN
COMMUNITY TRANSITION WORKER, ROP



Finding My Voice

As a child in Southeast Asia, traumatic experiences that Alex repressed, would affect his mental health, when he became a young man.



When Alex* was 12, his family moved to Canada. Alex's dad often worked abroad and had gambling issues.

After high school, Alex began to work and moved out of the family home. Eventually, his dad's gambling addiction led the family to become bankrupt. They moved from BC to Alberta to reduce their living expenses. Alex stayed in Vancouver.

Alex felt stuck in his job, but needed to work to survive, however, he began to have suicidal thoughts.

Alex took out a student loan and went back to school, while sleeping on someone's couch. Alex's mental health suffered, he failed courses, and his

funding was withdrawn. Tension grew between Alex and his roommate and Alex decided to leave.

The roommate had told Alex about Covenant House Vancouver. Alex phoned, but initially, there was no bed available. One night, while riding the Skytrain with nowhere to go, Alex got a call from Covenant House. At 1am, Alex arrived for his intake into the Crisis Program.

"I was terrified," he recounts. "What am I getting myself into? I'm scared."

Alex felt safe in the Crisis Program. He began to learn to speak up for himself. "I really liked Covenant House's principles, because I could advocate for myself."

"Before I couldn't dream, but right now I'm thriving. I know who I am, and I know what I need. This is just the beginning."

ALEX
COVENANT HOUSE
VANCOUVER ALUMNI

Alex spent his first year in the Crisis Program where he enjoyed activities, like hiking, and Sunday brunches, because they were a time of community building. Alex then moved into the Rights of Passage program. He worked frequently with his counsellor, who helped Alex work through the trauma from his childhood.

"It's a scary place to be on your own. However, I think that Covenant House does a really good job of providing you with the tools and skills that you need to manage any situation and work through it. I want to emphasize that a big part of my success is because of the wraparound care that I received."

Today, Alex has found his voice. He has a great relationship with his mom, and has his dad back in his life, but "at a healthy distance." Alex is in a relationship, has a place to live, and has a full-time job.

"Before I couldn't dream, but right now I'm thriving. I know who I am, and I know what I need. This is just the beginning."

**Alex's name has been changed to protect his privacy. His story is real.*



Give Hope for the Holidays

With the support of our donor community, we work hard to make the holiday season special for young people who are experiencing homelessness.



You can help make the holidays brighter for young people by donating needed items to our holiday backpacks, by helping with seasonal outings, or by providing gift cards or monetary donations.

Please note, we are looking for specific items during the holiday season. For more information, including a list of our most needed items, please call or email:

CORY KABAN
Supervisor, Gifts-In-Kind
ckaban@covenanthousebc.org
604-757-6064

Join the Sleep Out Movement

This year, unite with thousands of others who are giving up their beds for one night and sleeping out. By raising funds and awareness, you are joining the Sleep Out movement to ensure that vulnerable young people in our community have a safe place to sleep every night.

If you have questions about a specific Sleep Out, or want to learn more, please visit www.sleepoutvancouver.org, or contact:

KIM WING
Manager, Special Events
sleepout@covenanthousebc.org
604-901-0183

EVENT NAME	EVENT DATE
Sleep Out: Executive Edition	November 21, 2024
Sleep Out: Champions Edition	February 20, 2025
Sleep Out: Student Edition	any time throughout the school year



CHV Programs and Services Expanding to Meet the Need

Rights of Passage Program: Supporting Youth Towards Independence

The Rights of Passage (ROP) program at Covenant House Vancouver has recently expanded from 25 to 44 beds, to help more youth transition from housing insecurity to independent living.

With the addition of new facilities, including a teaching kitchen, a fitness studio, and a learning room, staff can now provide hands-on training in areas like cooking and food safety.

Each sleeping floor includes its own kitchen that enables residents to prepare their own meals and gain confidence in their culinary abilities.

When youth enter ROP, they undergo a thorough orientation where staff demonstrate crucial tasks such as room

maintenance, laundry, and the use of kitchen appliances. This approach addresses any gaps in a youth's knowledge and prepares them for the responsibilities of independent living. Youth are asked to commit to at least one year in the program, with a focus on advancing their education, employment, or other personal goals.

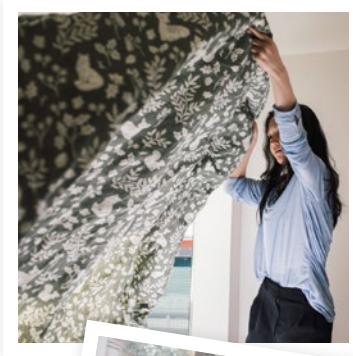
In ROP, our approach to staffing is all about creating a supportive community, with youth workers on-site 24/7 to offer guidance and support.

The ROP team also includes a life skills coordinator, a program manager, and two dedicated social workers, who work closely together to ensure that every young person gets the help that they

need. The team also includes a community transition coordinator who serves as the primary point of contact for youth who are entering the program or for those who are transitioning to living in the community.

Youth pay a nominal monthly fee of \$500. These fees are saved throughout their time in the program and returned to them when they transition out of ROP. This provides a financial nest egg to help youth start their independent lives. This approach teaches how to manage finances and budgeting.

Supported housing programs, like ROP, offer a crucial bridge to self-sufficiency that enables youth to live more independently and sustainably.



Thank you for supporting
Covenant House Vancouver
and the youth we serve.



Follow us on social media @covenanthousebc