



Big Brothers  
Big Sisters

# Big Brothers Big Sisters of Kawartha Lakes Haliburton

April 2024

Together, we can empower a generation of limitless potential.



Big Brothers  
Big Sisters  
OF KAWARTHA LAKES-  
HALIBURTON

You – as a volunteer or donor –  
standing with The Family +  
Supported by The Organization  
= the power of three.

Together we can ignite the  
potential in all youth.



# Project Ignite

## Igniting our Theory of Change through practice

- Project Ignite is grounded in 3 core principles:
- **Igniting Intention:** having a collective focus to ignite program impact.
- **Igniting Empowerment:** being equipped with knowledge and tools to ignite agency power to have impact.
- **Igniting Growth:** igniting organizational learning and capacity for impact.



# What does project Ignite look like?

## Adverse Childhood Experiences

1. Child is experiencing social isolation
2. Parental separation or divorce
3. Child has been removed from the home by Child Welfare Services or been involved in the home
4. A household member has had a substance abuse problem
5. A household member has experienced mental illness
6. A household member has experienced incarceration or has been involved with police
7. Child has experience bullying or has bullied others
8. Child has often seen or heard violence in the home, neighbourhood or their school
9. Child has experienced the death or terminal illness of someone close to them
10. Child arrived in Canada with refugee status and/or arrived recently
11. Exposure to financial stress or financial abuse
12. Child is exposed to a vulnerable employment standard
13. Child is coping or recovering from a mental health illness.





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# Adverse Childhood Experiences

Traumatic events that can have negative, lasting effects on health and well-being.



## 4 or more ACEs

- 3x the levels of lung disease and adult smoking
- 11x the level of intravenous drug abuse
- 14x the number of suicide attempts
- 4x as likely to have begun intercourse by age 15
- 4.5x more likely to develop depression
- 2x the level of liver disease

“ Adverse childhood experiences are the single greatest unaddressed public health threat facing our nation today. ”

Dr. Robert Block, the former President of the American Academy of Pediatrics

67% of the population have at least 1 ACE



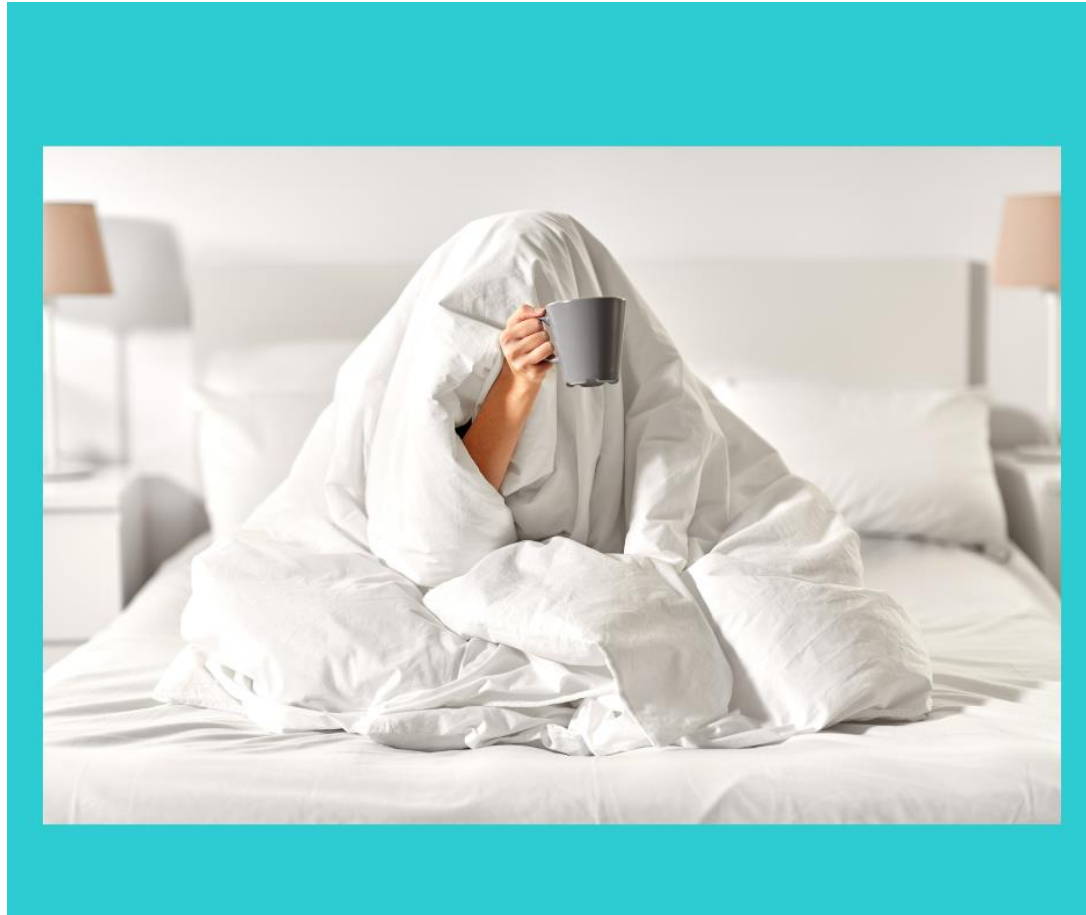
For more info or to schedule a class, contact:  
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# Wrap Around Services



Regular check- ins with the family.

Referrals to other services – CHIMO, Women’s Resources, Early ON

Resources  
Gift Certificates  
Food





# In-School Mentoring

- Increased Self Esteem\*
- Developing a Broader Perspective\*
- Improved School Attendance and Engagement
- Improved Interpersonal Skills
- Decrease in Negative Behaviours



# Group Programming





# Kids N Kops





# Finally Matched



# How do we know mentoring works?



**70%** of our Mentees who had regular contact with their Mentors during the pandemic reported feeling less worried or anxious.  
(vs non-mentored youth in the same study)



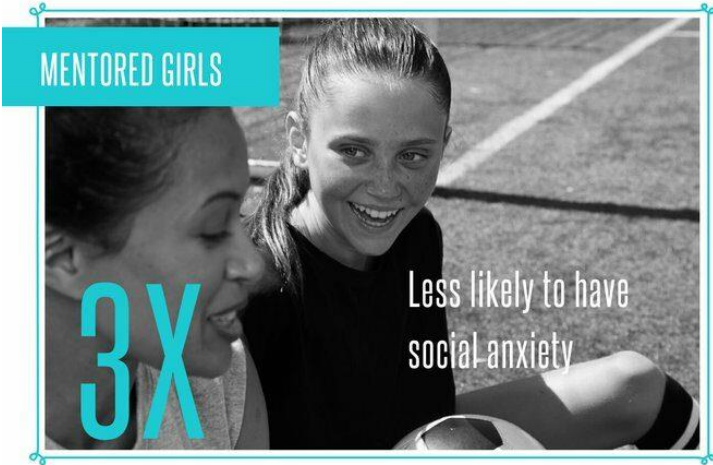
Research has shown that happy hormones and brain activity increase when volunteering

Volunteer with Big Brothers Big Sisters



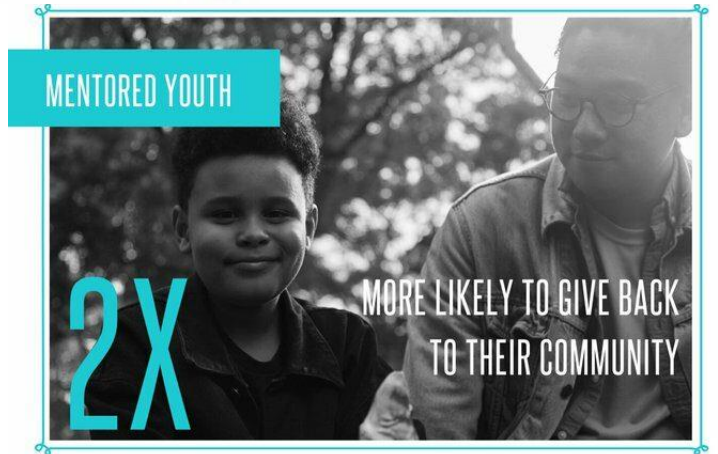
MENTORED YOUTH

**43%** Less likely to have conduct problems in school



MENTORED GIRLS

**3X** Less likely to have social anxiety



MENTORED YOUTH

**2X** MORE LIKELY TO GIVE BACK TO THEIR COMMUNITY





# BBBSKLH and CKL

## Kawartha Lakes Strategic Plan

- An Exceptional Quality of Life
- A Vibrant and Growing Economy

## Community and Safety Wellbeing Plan

Formal mentoring programs impact all 4 areas of the priority areas

- Mental Health and Addictions
- Housing
- Poverty
- Youth

- Volunteering improves health and well-being
- Our programs are age – friendly
- Young adults who had a formal mentor are 78% more likely to be working or studying compared to youth who only had informal mentors.
- Mentoring improves Mental Wellness
- 46% of youth that have had formal mentoring relationships are less likely to begin using drugs.
- 2 times more likely to give back to their community





# Barriers

**During our strategic planning process we identified 3 barriers.**

## **Funding**

We receive 2% of our budget from the Ministry of Education.

We depend on our community to financially support the work we do. Through donations and supporting our fundraising events.

## **Volunteer Recruitment**

Our volunteers provide the life changing support to the youth that access our programs. In recent years we have seen a decrease in volunteers. This results in long waitlists and sometimes having youth age out of our programs without every being matched with a mentor.



# Barriers

## Mistaken IDENTITY

The name Big Brothers Big Sisters is misleading.

There is a lack understanding about what BBBS does and the impacts we have on the community.

We are often confused with BGC.





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# Thank You

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