



Ranch Ehrlo Society

# outcomes

2019-2020



# Contents

**Our philosophy - CARE**

**Youth group care**

**Emergency receiving**

**Education**

**Programs for Persons with Developmental Disabilities**

**Family programs**

**Community services**

## Who we are

***Ranch Ehrlo Society is a charitable organization dedicated to providing a range of quality assessment, treatment, education, support, and community services that improve the lives of children, youth, adults, and families.***

# How our programs help

We are guided by the CARE model, Children And Residential Experiences: Creating Conditions for Change, which works to improve services for our clients through six practice principles:

## Relationship based

Participants in care need to build trusting relationships with our staff. Being able to create meaningful relationships will help participants throughout their lives.

## Developmentally focused

Participants in care may need additional support and healing in order to overcome experiences that impede their development.

## Family involvement

One of the agency's goals is to strengthen family relationships and involve family in the participant's care.

## Competence centred

We help participants solve problems and develop critical thinking skills by developing their knowledge through tasks that build their level of competence.

## Trauma informed

A large number of participants in care have experienced violence, abuse, and neglect. Our staff use this lens of trauma to understand challenging and difficult behaviours.

## Ecologically oriented

Environmental opportunities are necessary to promote growth and give participants a model of how to care for themselves and others.

# How CARE works

The model is designed to strengthen organizational congruence and outcomes. It provides Ranch Ehrlo staff with clear objectives for daily routines, activities, and staff-client interactions. This allows staff and caregivers to focus on helping the residents achieve the competencies necessary to manage life events with greater success. Below are some concrete examples of how we are using the principles.

## Developmentally focused

Treatment goals have been developed with team input and align with the participant's zones of proximal development.

## Family involvement

With the arrival of the pandemic, we were forced to be more creative in making connections which has resulted in more virtual family contact visits.

## Competence centred

Understanding of a participant's environment has improved using tools such as visuals and social stories.

## Relationship based

Caregivers utilize creative ways to work out plans for one-on-one time despite having limited caregivers on shift.

## Trauma informed

Team discussions around participant behaviours are now approached with a trauma informed lens.

## Ecologically oriented

Each participant has been able to experience having choice in personalizing their room with a new room colour, bedding, family pictures, and posters in their area of interest.

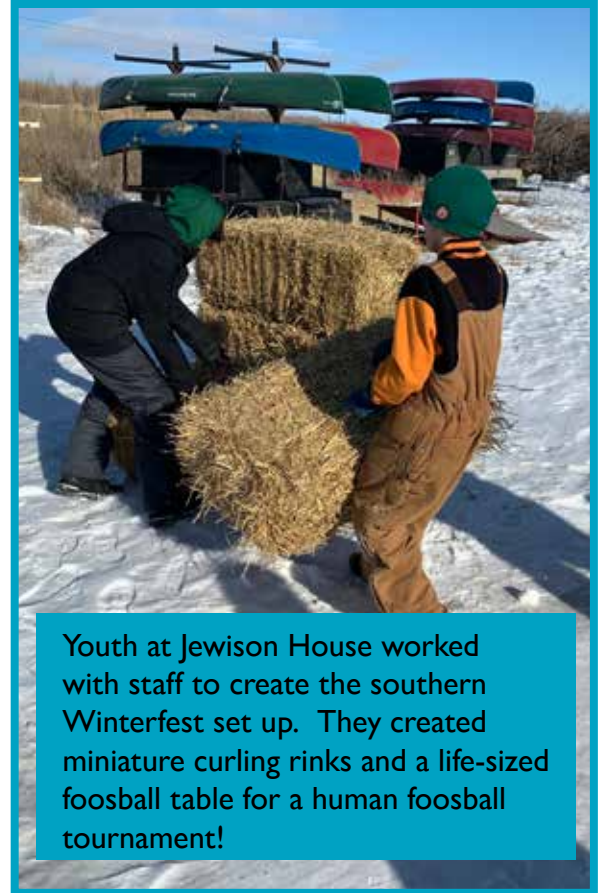
# Youth group care

Our integrated treatment approach incorporates residential services, clinical treatment, education, and recreation. Youth participate in activities focused on creating the best outcome for them as individuals.

Youth have access to psychiatric services, speech and language pathologists, equine assisted learning, and occupational therapists. Individualized treatment plans include both group and individual therapy, and time is spent engaged with highly-trained staff taking part in creative or athletic activities.

***“There are some good people that help me cope and help me plan my future.”***

youth, 2020 survey



Youth at Jewison House worked with staff to create the southern Winterfest set up. They created miniature curling rinks and a life-sized foosball table for a human foosball tournament!

# Youth group care



288

Youth served last year at the Ranch.

19

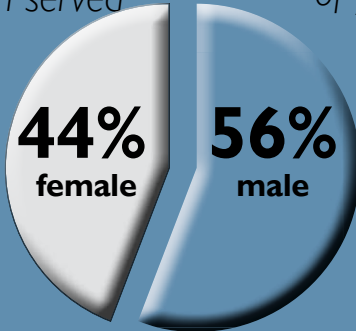
Average length of stay in months.

131

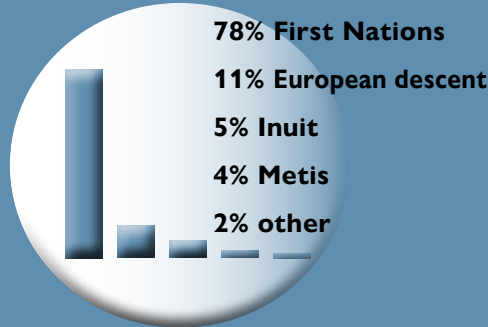
Number of youth discharged last year.

# Youth statistics

Gender of youth served



Cultural background of youth served



Age of youth served

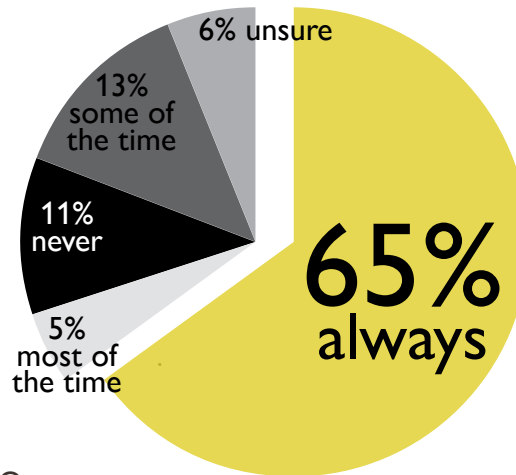


Youth on an ice fishing excursion.

# More on our philosophy

We believe youth do the best they can when provided with safe and accepting environments; warm, trusting, and nurturing relationships; and fun, therapeutic, educational activities. Our highly trained and caring staff are dedicated to helping youth work through issues and achieve personal goals.

Youth when asked if the treatment groups at their residence helps them with their problems



***“They (staff) are nice to talk to when you are troubled.”***

youth, 2020 survey



# Daily CARE practice ratings

Every day, youth care staff rate the implementation of CARE based on key indicators.



7.5 out of every 10 days were rated as having activities that were developmentally focused and effective at helping participants develop or practice new skills and competencies.



## Relationships

78%

Caregivers indicated they strongly or very strongly agreed that participants engaged, problem-solved, and showed trusting relationships with caregivers in 78% of the daily ratings.



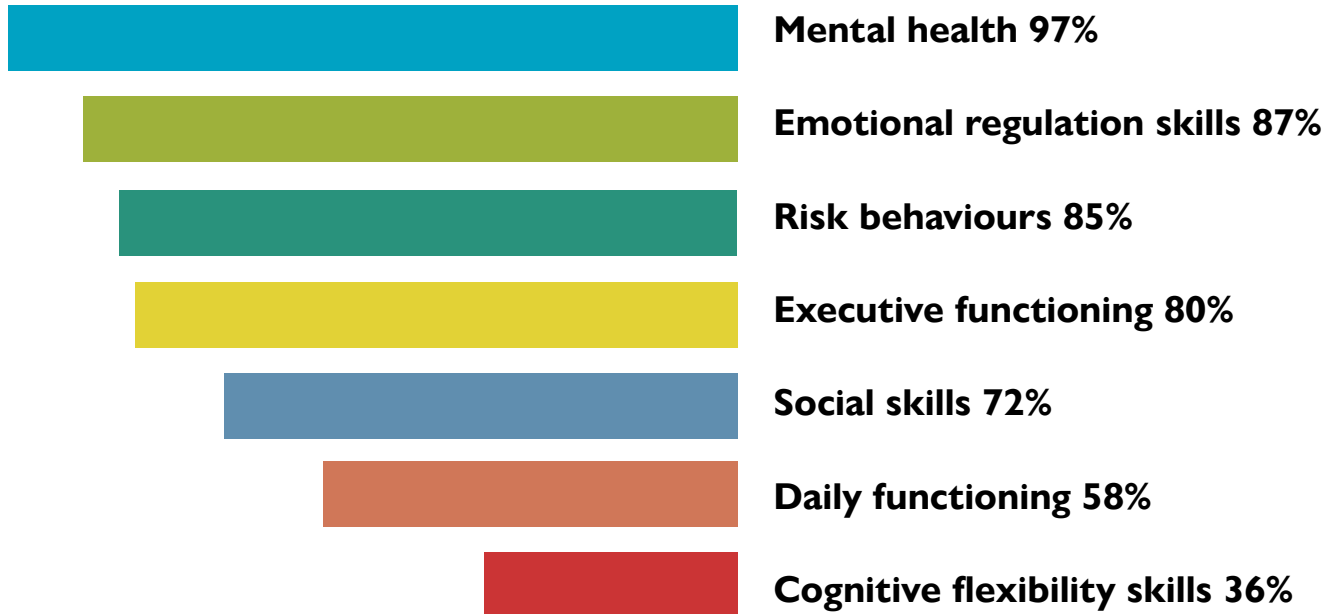
## Environment

76%

Caregivers indicated they strongly or very strongly agreed that participants experienced a sense of safety, security, warmth, and flexibility in 76% of the daily ratings.

# Issues for service

Youth come to Ranch Ehrlo for a variety of reasons. Once issues are identified, service and treatment plans are created in consultation with the youth, their parents or guardians, and staff from referring agencies. While at the Ranch, residents work with staff to achieve their treatment goals and to address the issues that brought them here. This is a list of the individual issues that we have assessed for the focus of treatment.



# Family involvement



Youth getting homemade bannock from mom while social distancing.

**82%**

of youth indicated that family, and other important people, are involved in their life at the Ranch

**82%**

of youth indicated they get to talk to their family as much as they like

***“I like staying in contact with my family and growing with them.”***

youth, 2020 survey

## Community involvement

Community engagement teaches youth how to build healthy relationships and reintegrate into their communities. Youth spend a great deal of time in their communities, volunteering at fundraising and local events.

**68%**

**of youth think the Ranch helped them to participate in traditional activities**

A youth at Appleton House was given a unique opportunity to showcase her artistic talents and beautify a community space by painting the transformer boxes on the Pilot Butte campus, transforming them from drab and boring to bright and colourful.

**79%**

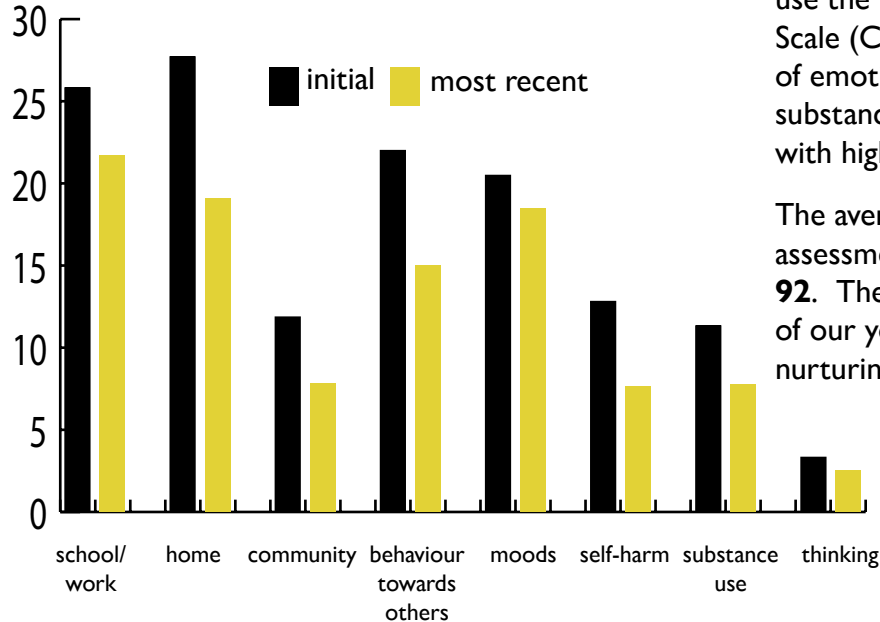
**of youth think the Ranch helped them to participate in community activities**



During the pandemic, youth from Lee House penned letters and made cards for residents of a local elderly care home to ease the loneliness they may have experienced.

# Youth functioning

Average subscale CAFAS scores

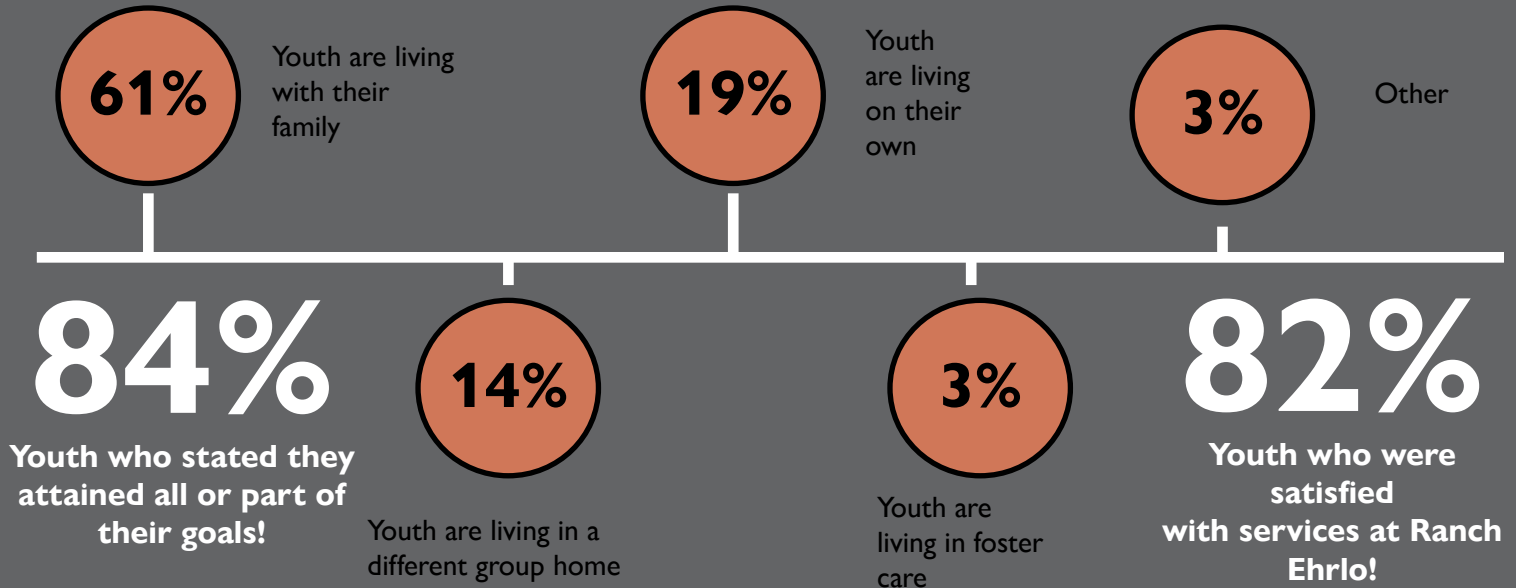


One of our goals is to improve the psychological development and social integration of our youth. We use the Child and Adolescent Functional Assessment Scale (CAFAS) to measure the degree of impairment of emotional, behavioural, psychiatric, psychological, or substance abuse problems. Scores range from 0 to 240, with higher scores indicating more severe impairments.

The average CAFAS score for our youth at their initial assessment was **134**. The most recent average score was **92**. The significant decrease means that the functioning of our youth has improved within the structured, nurturing, and supportive environments at the Ranch.

69% of residents showed meaningful improvement of 20 or more points in their CAFAS total score outcome indicators

# Where are youth transitioning to?



# Six month follow-up

We take care and interest in how residents adjust to life after our programs. A six month follow-up is completed through a phone interview. Last year, outcome information was difficult to gather with only 20% of former participants responding.

**84%**  
of former youth,  
under 16, are  
attending school

**41%**  
of former youth are  
working full or part  
time

**58%**  
of former youth have  
“no” or “minimal  
impairment” on  
CAFAS Substance  
Abuse Scale

**76%**  
of former youth have  
positive or very positive  
relationships with  
parents or peers

**30%**  
of former youth  
have moderate to  
high involvement in  
recreation and/or  
community services


**80%**  
of former youth have  
neither been charged  
nor convicted of a  
criminal offence

# More six month follow-ups

**97** was the average CAFAS score for former youth. The average score improved by 37 points from the time of admission.

*“There are some good people that help me cope and help me plan my future.”*

youth, 2020 survey



While many of our group homes have the goal of reunifying a youth with their family at the conclusion of treatment, Matheson House, located in Prince Albert, is geared toward helping older youth transition to independent living. One of those youth had a goal of receiving his driver's license. Staff

stepped up to and took him to driver training and helped him prepare. This spring the youth passed with flying colours. He not only received his license but increased his maturity level and decision making skills on the way to his new goal of being self-sufficient.



# Emergency receiving



Ranch Ehrlo provides temporary emergency receiving services for youth while the Ministry of Social Services develops a longer term plan.



**211** youth served



**22** beds available

Youth coming into the Emergency Receiving Services Program reside in Rorison House or Kenyon House at the Pilot Butte campus or Flegal House on the Buckland campus.

*“The emergency receiving home feels like a home – the youth get their own living space for the time that they are there, and excellent efforts are made to minimize the disruption in their lives.”*

Wendy Patterson, Council on Accreditation reviewer after visiting our emergency receiving program.

## Education in a pandemic

**With the shut down of educational facilities at the Ranch and across the province, our educational staff were redeployed into our group homes. This change was quick, and there was very little time for pre-planning. Our education team rose to the challenge and with the residential staff, amazing programming was created for our youth in a very stressful time.**

# Education

Ranch Ehrlo offers alternative education opportunities to students who have had little experience or success in traditional school settings. Schaller, Hansen, and Ellen Gunn education centres provide youth with an accredited educational curriculum and additional learning resources. We also have classrooms in the cities of Regina, Saskatoon, and Prince Albert to help students integrate into mainstream education.

Schaller school's buddy bench, where a child can go when they want someone to talk to.

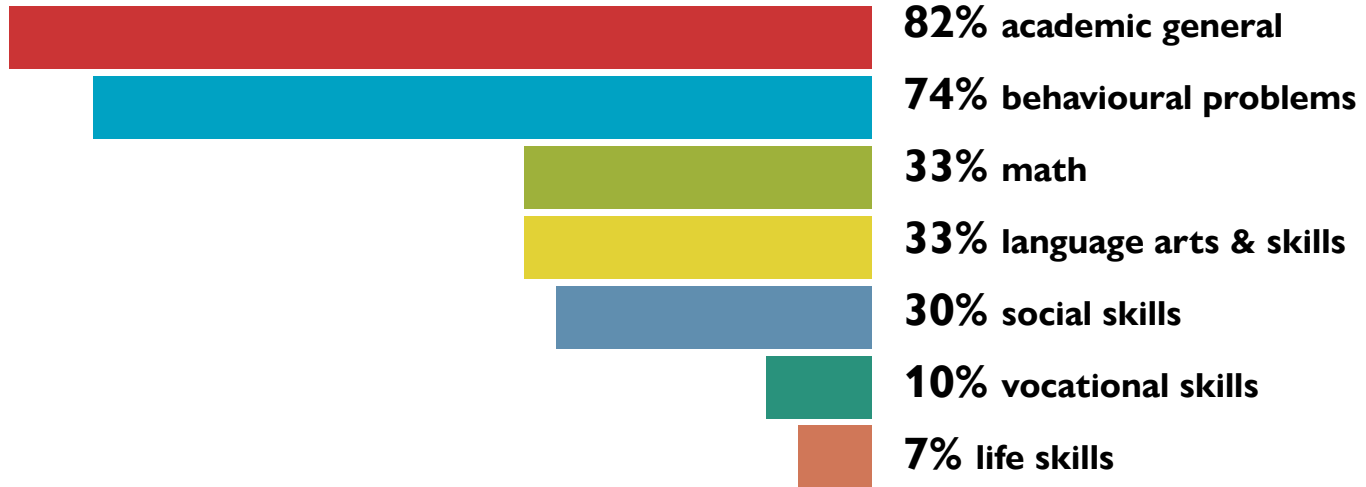


Buddy Bench

***“They are giving me the opportunity to have a brighter future.”***

youth, 2020 survey

## Student issues at admission





“They are there for you. They help me if I’m having a bad day. They respect me. They feel special to me.”

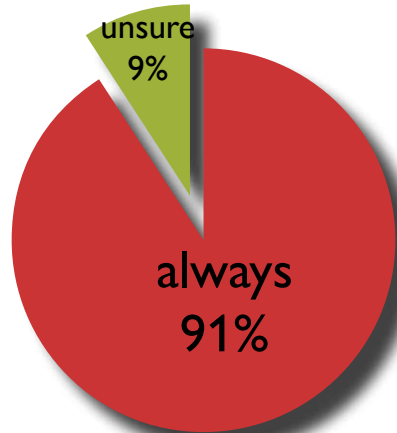
participant, 2020 survey

## Programs for Persons with Developmental Disabilities

Ranch Ehrlo Society’s Programs for Persons with Developmental Disabilities provides residential, educational, and vocational opportunities to people with complex developmental needs. Care and support are focused on person-centred and strength-based services.



***How well has living at the Ranch helped you deal with problems?***



***Are you satisfied with the services?***



Participants in one of our PDD programs helped the #heartsofyqr movement and created some window art of their own to highlight a positive message during the pandemic and to thank essential workers.

**80**  
# of participants

Our programs are designed to provide individualized treatment based on principles of social integration and normalization and provide residents with an opportunity to develop skills to live more independently in their community.



**77%**  
of vocational goals  
were achieved



Ranch Ehrlo offers several learning and vocation programs for clients with developmental and cognitive disabilities.



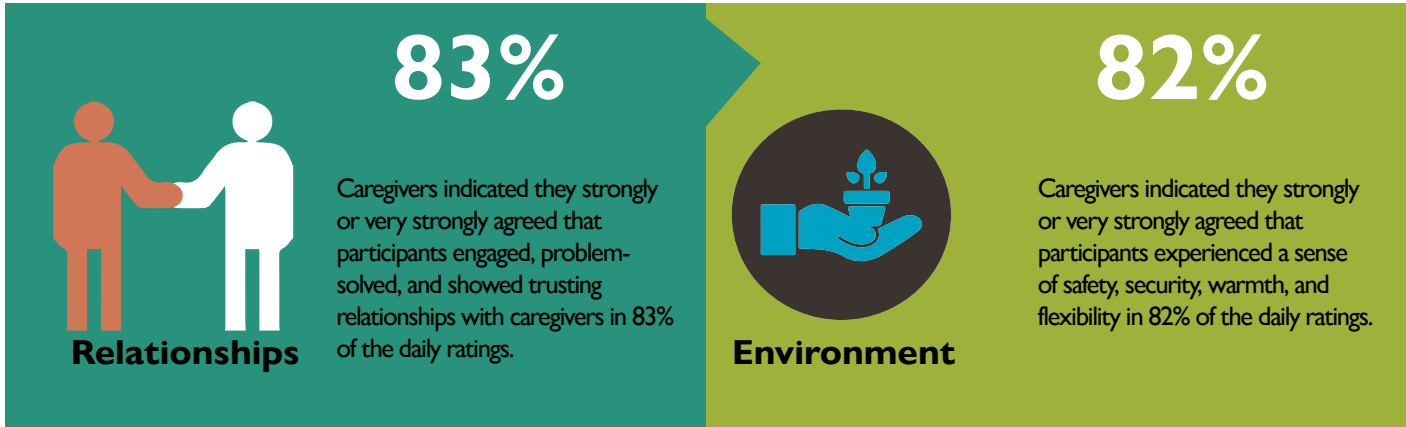
**83%**  
of participants achieved  
their person-centred  
care goals

# Daily CARE practice ratings

Every day, personal support staff rate the implementation of CARE based on key indicators.



7.9 out of every 10 days were rated as having activities that were developmentally focused and effective at helping participants develop or practice new skills and competencies.





families reunified

69

families served

*“My family came into this program pretty lost with what seemed like no light at the end of the tunnel. After a long process, thinking my boys were the main problem, I realized they were only a fraction and most of it was me. It has been a challenge trying to change my ways but now that we are here I look back and it wasn’t as hard as I thought, it was more the fear of change. Being in this program, guided by my therapist, I can finally see light. I feel more connected to my boys. I feel more confident parenting and have a better understanding of family and of each other.”*

program participant



**This was our first full year after the expansion to Fort Qu’Appelle and Moose Jaw. We saw an increase in the number of families served and a 15% increase in the number of family reunifications!**

## Family Treatment Program

This program improves family safety, family functioning, and child well-being so families can remain together. The program works to either prevent the placement of children out of their home or to assist families to reunite after having a child in care.

Intensive in-home services are provided that assist the family in obtaining the knowledge, skills, and abilities to successfully reunify children to their care, including: counselling in child development; effective parenting; mood management; communication; life skills; budgeting; and accessing community resources.





## Intensive Family Preservation Services

The program is an intensive in-home family treatment program designed to keep children and families safe and prevent out-of-home placement of children. The time-limited services are family-focused, child-centred, goal-oriented, and provide in-home skills building and after-care supports and linkages.

*“The program was better than we thought, our worker was amazing. They were very kind and thoughtful about our situation”.*

program participant

*“The IFPS therapist did everything in their power to ensure that the parent was supported. There were many times when I felt the therapist went above and beyond to meet family needs and ensure that the kids were safe”.*

referring worker



of families stayed together!

44

families served

## Treatment Foster Care

This program provides family-based care for children using professional foster parents. Foster families support the care, treatment, and community engagement of the children while helping to develop and strengthen healthy relationships with birth or reunification families.



Treatment foster parents help a child get over the loss of a grandparent.

17

children served

64%

children reunited with family after discharge

67%

children who improved functioning based on CAFAS



Heather Whitequill and Quincy Dustyhorn are foster parents in a new program designed for younger children who require intensive services within a family setting. The program has fully trained staff rotating in and out of the house to assist the foster parents. Families have access to Ranch Ehrlo's assessment and therapeutic services.

## Ehrlo Counselling Services

Ehrlo Counselling provides counselling, training, and consultation services to Ranch Ehrlo clients and the community at large. Ehrlo Counselling provides prevention and intervention-based community services to individuals and families. They are intended to build and promote stronger, healthier, and more integrated communities.



During the pandemic, Ehrlo Counselling staff continued to help clients using a combination of online and telephone counselling, as well as in-person support.

# 368

clients accessed services

# 100%

of clients said counselling  
helped them

*“It has been a good  
experience and it is  
helping me.”*

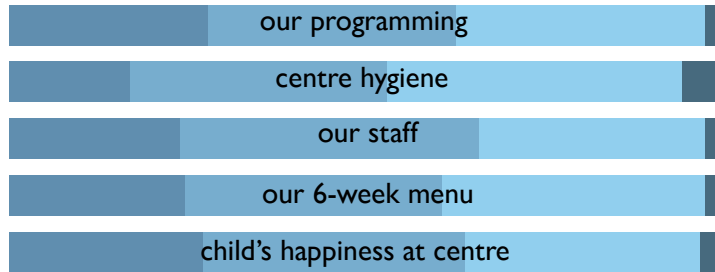
client

# Ehrlo Early Learning Centres

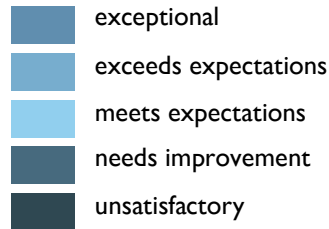
The centres provide high quality childcare to families in Regina at five separate locations. Our philosophy is based upon experiential or real-life learning.

## Essential services in a pandemic

The government made the decision to re-purpose certain childcare centres in March for children of essential service workers. Four of our centres stepped up in a big way and re-opened for this important purpose.



**We asked parents their thoughts on a variety of topics. Here are their responses.**



## Comments from parents

*"I have always been floored at the level which the caregivers actually care for my children."*

*"Kids are always coming home with new knowledge."*

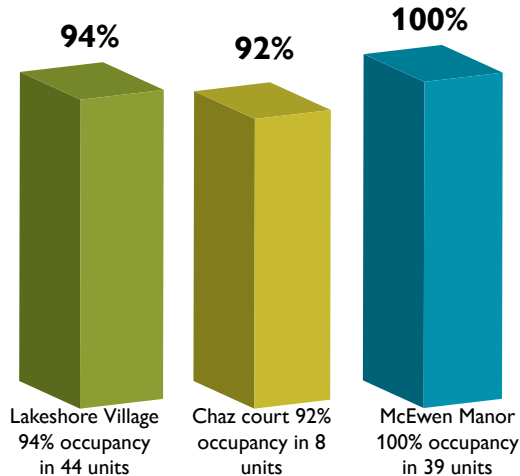
*"Great transitional bridge to school."*

*"That says a lot about the staff, amongst everything going on lately to still keep being kind and loving when they have their own worries and concerns going on. Amazing and appreciated."*

# Ehrlo Housing

Ehrlo Housing provides affordable housing to low-income families, individuals with chronic mental health conditions, and young people transitioning from care.

## Occupancy rates



*"I really appreciate all the extra cleaning you do to make sure the buildings are safe for everyone!"*

tenant



62 families served



39 individuals served



11 young adults served

# Ehrlo Sport Venture

Ehrlo Sport Venture Program ensures all youth and families have access to recreational programs including free drop-in sports leagues and a sport library where equipment can be borrowed free-of-charge.

177

youth participated in the  
Ehrlo Soccer League



107

youth participated in the  
Ehrlo Baseball Rookie League



327

youth participated in the  
Outdoor Hockey League



106

youth participated in the  
Ehrlo Football League





## Continual improvement

Continual improvement is a top priority for Ranch Ehrlo Society. We work diligently to ensure the effective delivery of high quality programs and services to meet the divergent needs of our participants. Data informed decision making involves analyzing and reporting key performance indicators and outcomes. The feedback we receive is used to evaluate services and identify opportunities for improvement.

For further information, please contact:  
David Rivers & Don McEwen, Ranch Ehrlo Society  
P 306-781-1800

This information can be downloaded  
from [www.ehrlo.com](http://www.ehrlo.com)



Ranch Ehrlo Society