

where we all



CARE

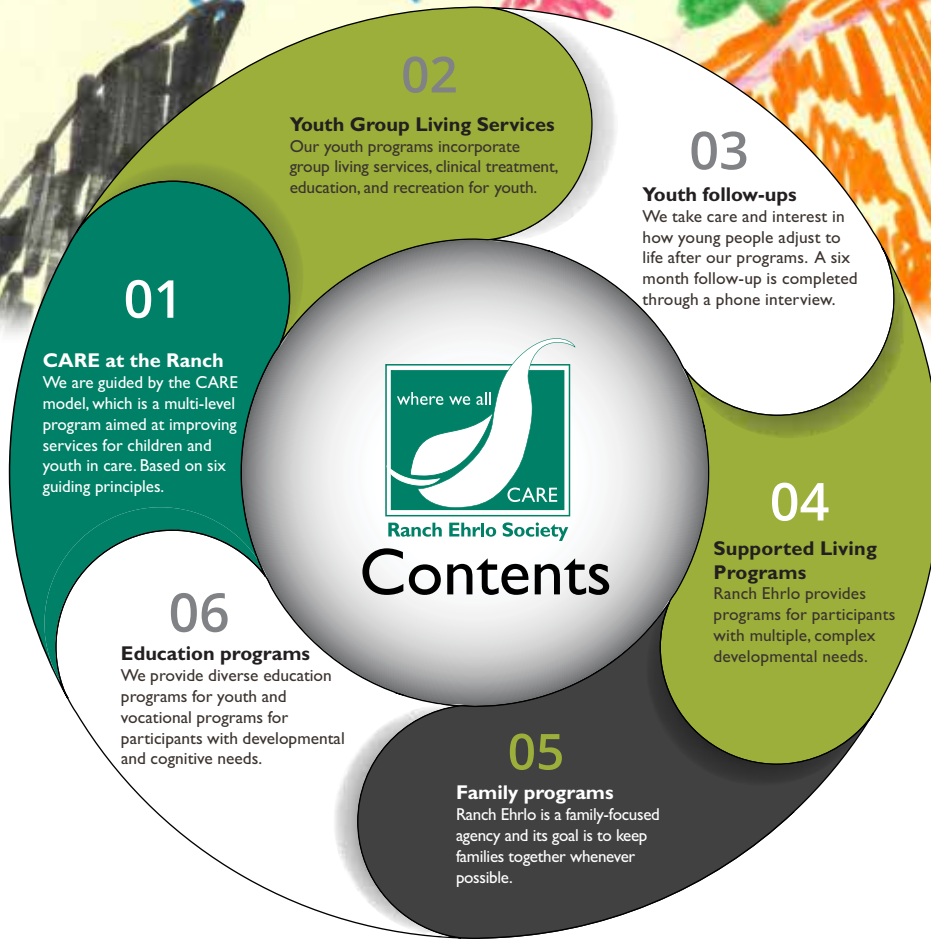
Ranch Ehrlo Society

2022-2023

outcomes

Artwork featured in this report
was created by Ranch Ehrlo youth,
adults, and families.






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.

Continual improvement is a top priority for Ranch Ehrlo Society to ensure the effective delivery of high quality programs and services. We use data from this report to evaluate services and identify opportunities for improvement.

CARE certified agency

Ranch Ehrlo successfully achieved CARE certification after six years of work to attain the designation. The CARE model strengthens our organizational congruence and outcomes. It provides Ranch Ehrlo staff with clear objectives for daily routines, activities, and staff-participant interactions and allows caregivers to focus on helping the participants achieve the competencies necessary to manage life events with greater success.

A background image of a person in a canoe on a calm lake, with tall reeds in the foreground. The image is overlaid with a semi-transparent green filter. A black arrow points from the quote box towards the top of the page.

“I am so proud to work at Ranch Ehrlo, and I am so proud and grateful to the staff for their focus and commitment to implementing CARE these past six years. The achievement of this CARE certification is another step in our journey to provide the best possible care to our participants.”

Natalie Huber, Ranch Ehrlo CEO

How our programs help



As a CARE certified agency, we are guided by CARE: creating conditions for change, which was developed by Cornell University to improve services for our participants through six practice principles. Below are the six principles and an example of how we utilize them in our programs.

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.

Example:

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

Developmentally focused

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

Example:

One home engages youth to determine what responsibilities they would like in the home and provides youth autonomy and support to help them succeed.

Family involvement

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

Example:

One home hosts mini celebrations every two months and invites families to strengthen relationships and build communication.

Competence centred

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

Example:

Many programs build work/life skills training into activity plans (cooking, creating job resumes, grocery shopping).

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.

Example:

One team develops individualized treatment that focuses on reducing the impact of trauma which could include a sensory garden, yoga, art, and music classes.

Ecologically oriented

Safe and nurturing environments are necessary to promote growth and give participants a model of how to care for themselves and others.

Example:

One program created a smudging station in the home so participants and staff could take part in the tradition whenever they chose.

Youth Group Living Programs

Our integrated treatment approach for young people incorporates live-in services, clinical treatment, education, and recreation.

Youth participate in activities focused on creating the best outcome for them as individuals. They have access to psychiatric services, speech and language pathologists, equine-assisted learning, music therapy, art-based therapy, 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.

This spring a Ranch youth who had never considered picking up a pen to write literature, won a award in his school for his poetry. The student wrote the winning entry in his mainstream Ranch classroom after learning about poetry in his English Language class.

“I was very happy and surprised. I’ve never won anything like that before,” the youth said.



Youth at the Ranch

Youth served
291



Youth discharged
131



Length of stay
16 months

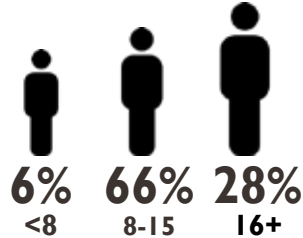
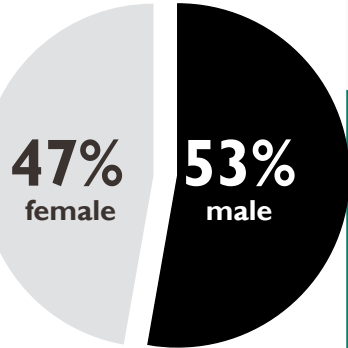


Emergency
receiving

208

individual youth
served in 22 beds
Safe spaces are important
for youth, especially when
they need a temporary
place to stay.

Youth statistics (youth served)

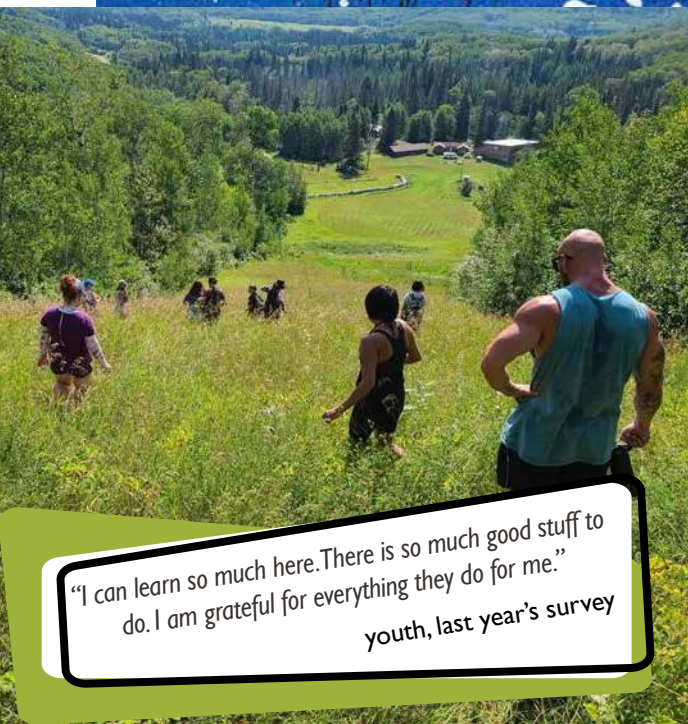


Age of youth served



This winter, youth at Peterson House organized a clothing drive and joined The Comeback Society to hand out the items to unhoused people in Victoria Park. The group is already looking forward to their next activity to continue to give back to the community in need.

More on our philosophy



"I can learn so much here. There is so much good stuff to do. I am grateful for everything they do for me."
youth, last year's survey

We believe young people 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.

"The programs and services are well communicated, informative, and supportive. It's clear that they have also been effective as we have noted significant positive changes with our clients who attend the Ranch."
referring agency worker, 2022 survey



Wilson House slayed some dragons at their medieval live-action role-play (LARP) night.

Issues for service (youth served)

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, youth work with staff to achieve their treatment goals and address the issues that brought them here.



Mental health 96%



Emotional regulation skills 91%



Executive functioning 80%



Risk behaviours 77%



Social skills 68%



Daily functioning 50%

***“Thank you for helping my kids when they
needed someone when I couldn’t be there.”***

parent survey 2023



Family involvement



The Ranch has helped
my son immensely.

parent, 2022 survey

79%

of families were satisfied or very satisfied with their involvement during their child's stay at Ranch Ehrlo.

While family involvement has always been an integral part of a youth's treatment program, the agency decided to take the next step by establishing a structured family advisory committee. Going forward, family members will provide input and feedback to Ranch Ehrlo on our programs and how to improve services.



The first meeting of the Family Advisory Committee was held in 2023 with plans to meet regularly going forward.



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.

Caseworkers
who express
satisfaction
with our
cultural
programming



Caseworkers
who were
satisfied
with our
recreational
programming



(r) Tommy* was a self-confessed couch potato and now that has all changed thanks to joining his high school football team.

Scott Waters, program manager, said, “His level of confidence has significantly improved. He’s actually been able to speak in front of the group at home and speak in front of his football team. He was never able to do that before.”

“Activities like camping, ski trips, etc., helps identify the strengths and needs of child development.”

referring agency worker, 2022 survey



Culture has been a significant positive influence on Ella* and her family's healing journey. Ella has weekly meetings with an elder and proudly shares her knowledge and practice with others.

Several group homes now meet with an elder on a regular basis to talk and share.

*name changed for privacy

“The Ranch provides a variety of excellent programs and services to ensure the child receives the services they require for success.”

referring agency worker, 2022



Number of discharged youth with resolved CANS scores

Youth functioning

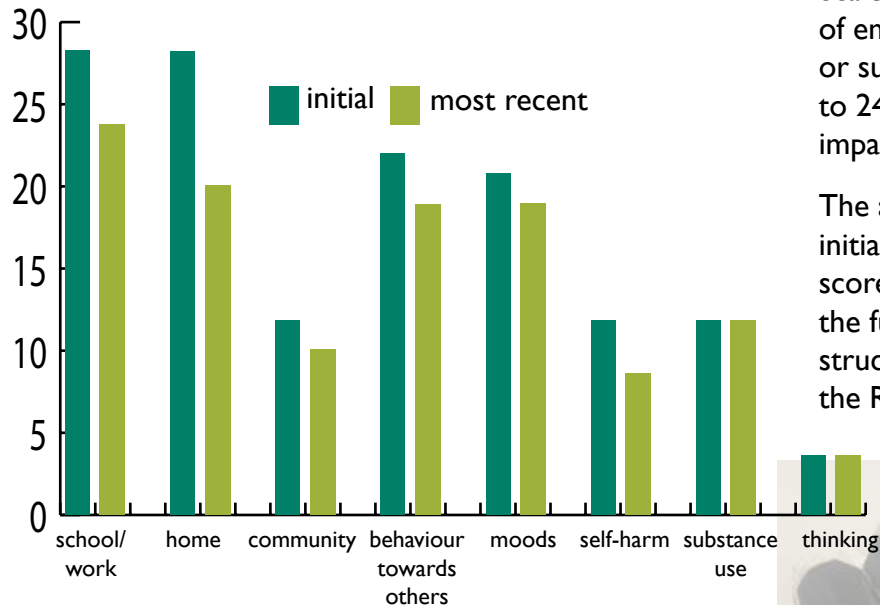
CANS scores

The Child and Adolescent Needs and Strengths (CANS) is a multi-purpose tool developed by Dr. John Lyons for children's services to support decision making, service planning, and the monitoring of outcomes. The CANS is based on a four-point scale with "0" and "1" indicating "no issue" or "watchful waiting" and "2" and "3" indicating the need for "action" or "immediate/intense action" due to risk/safety.

The graph shows the number of youth whose severe or moderate issues (2 or 3) at admission were rated as resolved (0 or 1) at discharge in the areas of mental health needs, risk behaviours, emotional regulation, social skills, and daily functioning.

Youth functioning

Average subscale CAFAS scores for youth served



78% of youth showed improvement in their CAFAS score

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 **130**. The most recent average score was **98**. The significant decrease means that the functioning of our youth has improved within the structured, nurturing, and supportive environments at the Ranch.

“Exceeded my expectations and went above and beyond limits in understanding my family situation”.

parent, 2023 survey

“I’m very satisfied and grateful for the services.”

parent, 2023 survey

To where are youth transitioning?



Family

Youth are living with their family



On their own

Youth are living on their own



Different group home

Youth are living in a different group home



Other

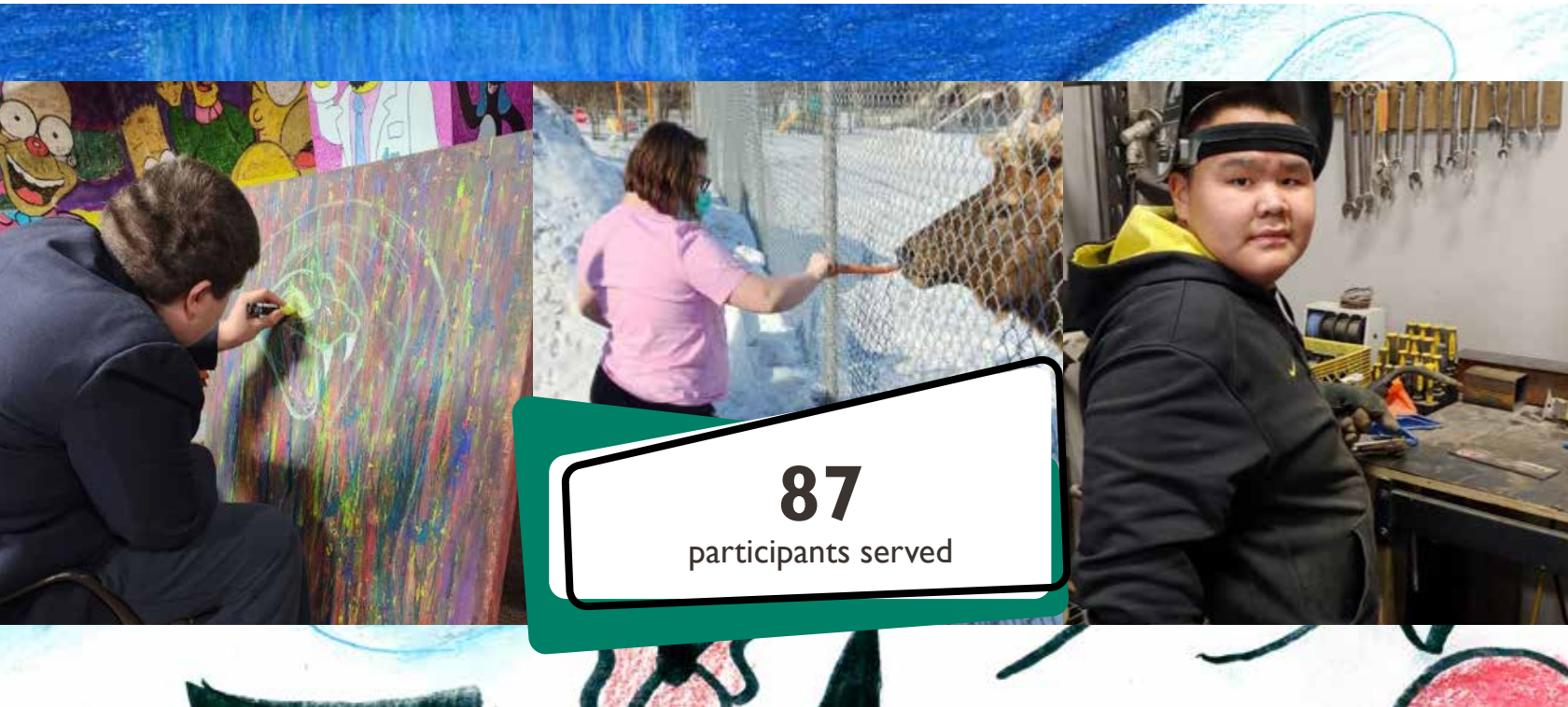


84% of regional caseworkers were satisfied with our day-to-day care at

91% of youth attained all or part of their goals!

Supported Living Programs

Ranch Ehrlo Society supports persons with differing abilities by providing live-in, educational, clinical, and vocational programs to people with multiple, complex developmental needs. Care and support are focused on person-centred and strength-based services which provide participants the opportunity to develop skills to live more independently in their community.



87

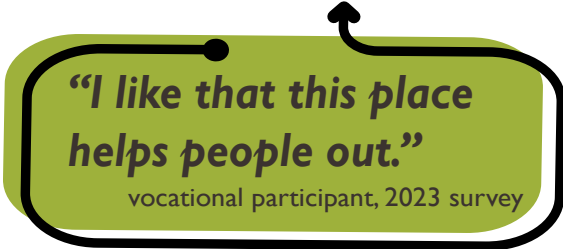
participants served

Everyone has a voice

Ranch Ehrlo has an adult representative council (ARC) that is made up of all the adults who are participants in the Supported Living Programs.

ARC lets our adult participants have a voice in operations of the agency, as well as facilitates communication between participants, clinicians, managers, and administration. It also helps to build relationships and let adult participants organize leisure activities and events.

“ARC brings everyone out together so we can meet new people, new faces, and talk about new topics,” David Sanguais, adult participant.



“I like that this place helps people out.”

vocational participant, 2023 survey

Amazing transformation

*Billy has made a complete transformation! He came to the Ranch when he was seven years old. He was nonverbal, had frequent aggressive outbursts, and had a hard time making it through a full day at school.

Billy’s staff worked very hard with him. He had speech therapy, and plenty of attention from his direct care team.

Three months later he was attending school for half-days.

Matthew McGeough, program manager, said, “He is now speaking in complete sentences, getting 100 per cent on his spelling tests, and doing his homework in the evenings.”

Billy is also making huge strides with independence and following routines and procedures.

**Name changed for privacy.*

Vocational programs



"I like changing furnace filters and snow shoveling. I also like to cut grass."

vocational participant, 2023 survey

Vocational crew helps out the Ranch

Building relationships is fun and meaningful for long-term success! Several vocational participants work hand-in-hand with our property management team at the Ranch to better the lives of their peers.

The focus of the Vocational Training Employment Program is on developing life skills, vocational training, and skill development, and supervised vocational activities.

They can be seen on the left, working alongside two members of our staff, helping to plant a shelter belt at the Corman Park campus.

91%

of participants improved their person-centred care goal ratings

80%

of participants said they learned new skills at their program

83%

of vocational goals were achieved

Education

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

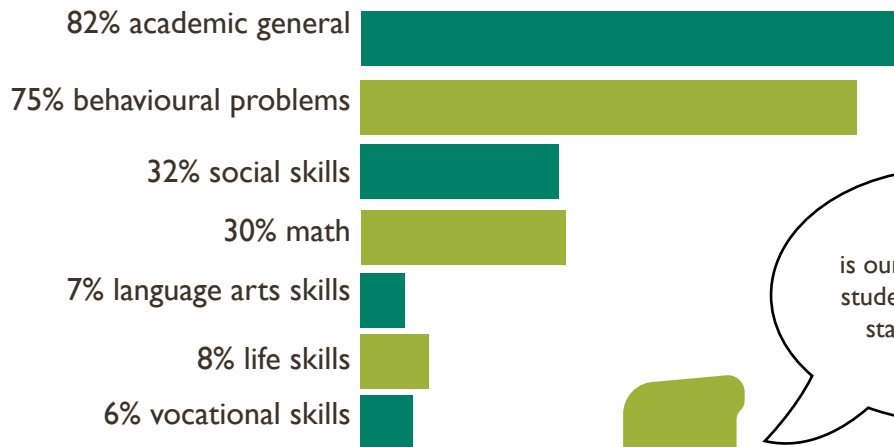
Showing up when it counts

Last October a youth was about to play her last volleyball game at her elementary school and had the opportunity to do so in front of a packed crowd. Her teacher rallied staff to pack the gym to show support.

74%

of families were satisfied or very satisfied with the educational services and/or vocational training during their child's stay at Ranch Ehrlo

Student issues at admission



89% of high school students in Regina said being in a Ranch school program has helped them with their goals



5:1

is our most common student to education staff ratio in our classrooms

"It's awesome. It helps Ranch youth meet new people in the community."

High school student in a integrated public school program, 2023 survey



“The therapist is very respectful towards our culture & values.”

Family participant

Family Treatment Program

75%
families reunified



115
children
remained
with family

78
families
served



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.

Reunited

Martine Ahenakew has overcome a lot of life's hardships including generational trauma, residential schools, addiction, the loss of a child, and abuse to reunite her family.

The single mother of three is now clean and sober, working full time, and taking care of her kids. It is a dramatic difference from where she was a few years ago and it took a lot of hard work and dedication.

Years before, her children were removed from her care with no plans to reunify. Martine came into the Family Treatment Program and learned many new skills and used the therapy available to make a change in her life.

She credits her transformation and being able to reunite with her family to Ranch staff, especially her family preservation therapist, Theerie Hill. “She had faith in me when no one else did including me! I wouldn’t be alive right now if it weren’t for Theerie and the Ranch,” she said.



In anticipation of attending a round dance in Regina, a staff member in the Family Centred Addiction Program decided to make traditional ribbon skirts with the families for participants to wear to the event.

Family Centred Addiction Program

The program, based out of Moose Jaw, Saskatchewan, is an innovative addictions treatment program that supports not only the individual struggling with substance misuse but also their immediate family. Families take up residence in their own two or three-bedroom family apartments within a secure environment that offers 24/7 on-site and awake staff support.

Individuals who are ready to work on their recovery attend daily structured programming that combines a holistic treatment approach, focused on achieving sobriety and relapse prevention, but also supporting individuals in understanding areas such as trauma, mental health, co-dependency, and enhancing family function.

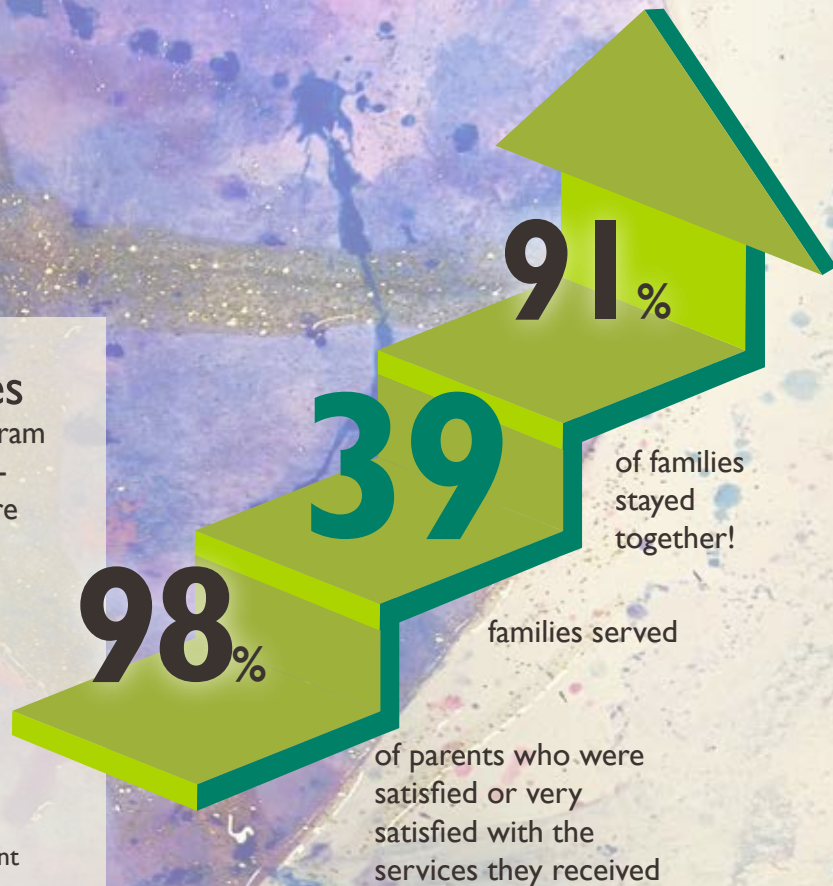


Intensive Family Preservation Services

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.

“I think as a family we are in a better place than before the therapist came in our life. The communication between us is better, we tried to rebuild the trust.”

Family participant



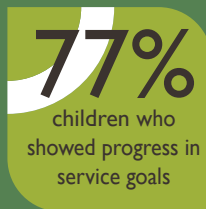
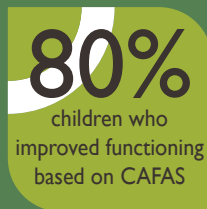
Treatment Foster CARE



This program, which operates in northern and southern Saskatchewan, 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.

“Being a foster family has expanded the hearts of our whole family. It is a privilege and honour to be a part of a child’s growth and healing.”

Janelle & Logan, foster parents



(t) Summer culture camp for families. (b) Treatment Foster Care youth warming up after a day at the spray park.



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.

95%

of clients said counselling helped them

97%

of clients believed the therapist delivered services in a culturally-sensitive manner

337

clients served

"I feel very calm when coming in. Everyone is amazing here."

client



Ehrlo Counselling Services held an open house to connect and network with current community stakeholders and potential stakeholders.

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.



Children learning about Indigenous culture and sharing circles.

97.8%

Percentage of parents that stated their children were happy at the centre.

97.4%

Percentage of parents that stated the centres met or exceeded their expectations, and that programming allows the children to experience social, emotional, physical, creative, and cognitive growth.

Curiosity in action

Children at our Wilfrid Walker Ehrlo Early Learning Centre had a close experience with some cold-blooded companions. The children received a visit from Prairie Aquatics and Exotics after they developed an interest in reptiles following a conversation with Preet Sidhu, the program supervisor.



Ehrlo Housing

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

Lakeshore Village
(43 units)



63 families
served

McEwen Manor
(39 units)



44 adult individuals
served

Chaz court
(8 units)



15 young
adults served



Ehrlo Housing held a tenants appreciation barbecue to celebrate tenants of Lakeshore Village, Chaz Court, and McEwen Manor.



Overall
occupancy rate

“Thank you for the opportunity to live there (Lakeshore). You gave my family a place when we needed it the most!”

Tenant, 2022-2023

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. We had over 378 patron transactions at the library and we served 48 schools through our School Skate Program, lending out 11,910 items throughout the winter season.

242

youth participated in the Ehrlo Soccer League



312

youth participated in the Ehrlo Baseball Rookie League



386

youth participated in the Ehrlo Basketball League



286

youth participated in the Outdoor Hockey League



265

youth participated in the Ehrlo Football League





where we all

Ranch Ehrlo Society



CWLC+LBEC

