



GROWING FUTURES

VITAL SIGNS REPORT 2023

A look
into our
community's
most pressing
challenges.



South
Saskatchewan
Community
Foundation

VitalSigns[®]

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View the full report with additional content at [GrowingFuturesReport.ca](https://growingfuturesreport.ca)



“We do not want to disturb our future generation for our children and grandchildren. The leaves fall when they are done here on Earth, the leaves that return to the Earth are the future trees inside Mother Earth, and these in turn are the future forest. The human, when done life on Earth, will return in the future as our grandchildren. Knowing this, we should be respectful of our grandchildren. Knowing this, we should be respectful of our future generations and only take from Earth what you need. Every time you take something, you should make an offering and pray. Be respectful and walk in a sacred way.”

- The Late Elder Margaret Masney

South Saskatchewan Community Foundation acknowledges our presence on Treaty 4 and Treaty 6 territories; the original lands of the Cree, Dene, Ojibwe, Saulteaux, Dakota, Nakota, Lakota, and on the homeland of the Métis.

Why Vital Signs?

The 'Growing Futures: Vital Signs Report 2023' focuses on a South Saskatchewan region recovering from a global pandemic and adapting to an increased cost of living. The report investigates the ways these challenges are impacting our community.

This gives you a snapshot of data about South Saskatchewan and its most pressing needs and challenges. It is a starting point to act and find solutions to the identified challenges.

A Message From Our Executive Director



Donna Ziegler, SSCF Executive Director

South Saskatchewan is working through some of the most pressing challenges our community has faced in generations. The data in this report reveals emerging issues around safe and affordable housing, food insecurity, mental health, aging infrastructure, and gaps in funding where it may be needed most. It truly shows the interconnectedness of these very complex issues. Solutions will need to be developed through collaboration, brainstorming new ideas, committing new resources, and making policy changes. The Foundation knows that together with public, private, and philanthropic support, we can change the story and create positive, systemic, and sustainable change.

We hope you use this report not only as a way to better understand the challenges we are facing together in our community, but also to inspire you to take action and build towards the solutions needed to help those who need it more than ever right now. We're here to grow the futures of all people in South Saskatchewan and I believe that together, we can make incredible things happen.

How Does the Report Work?

SSCF strives to engage and reflect the voices of the South Saskatchewan community. As a result, SSCF looked to its member organizations for their insight on the pressing issues in the community.

The 'Growing Futures: Vital Signs Report 2023' identifies key focus areas based on the responses from 43 organizations in South Saskatchewan. Each focus area was carefully researched to provide in-depth, up-to-date information about significant trends and current action. The research process drew on local and national data sources, news articles, industry reports, and academic publications (where applicable) for timely and relevant information. Data to derive trends and statistics were compiled from a variety of sources such as Statistics Canada's Census of Population 2016 and 2021, Municipal Quality of Life Dashboard, Infrastructure Statistics Hub, as well as Canada Mortgage and Housing Corporation, Government of Saskatchewan, and Food Banks Canada amongst others. All collected data has been analyzed by researcher, Dr. Iryna Khovrenkov, PhD, to create the 'Growing Futures: Vital Signs Report 2023.'

We then aligned our data with the United Nations' Sustainable Development Goals (SDGs) to understand how our local data contributes on a global scale. We also looked at our research to ensure it is compatible with the Truth and Reconciliation Commission Calls to Action to better understand how our current data relates to a better future for Indigenous peoples.

Finally, we looked inwards at 2022 donations and granting data through the South Saskatchewan Community Foundation to better grasp our own local impact in relation to our community's needs.

What the Report Tells Us

The report reveals the following focus areas as the most pressing needs facing our community:



#1: Supporting Safe and Affordable Housing



#2: Increasing Food Security



#3: Improving Mental Health Services for Substance Use and Suicide Prevention



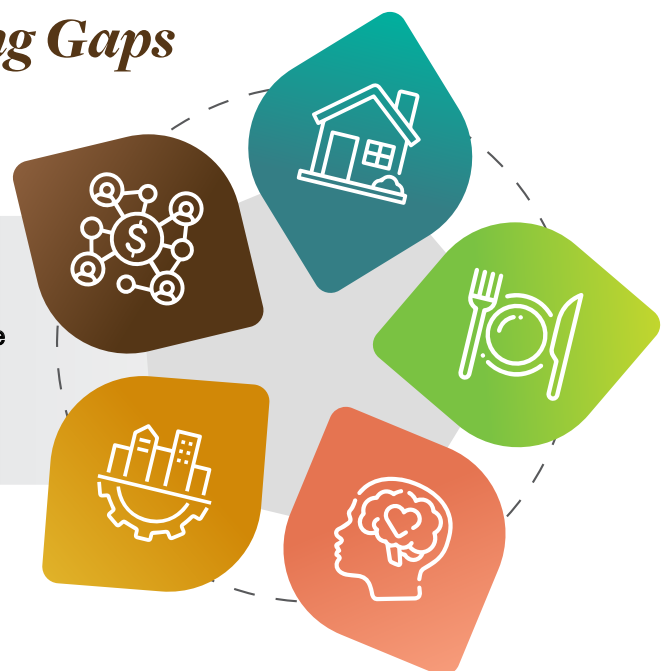
#4: Sustaining Community Infrastructure



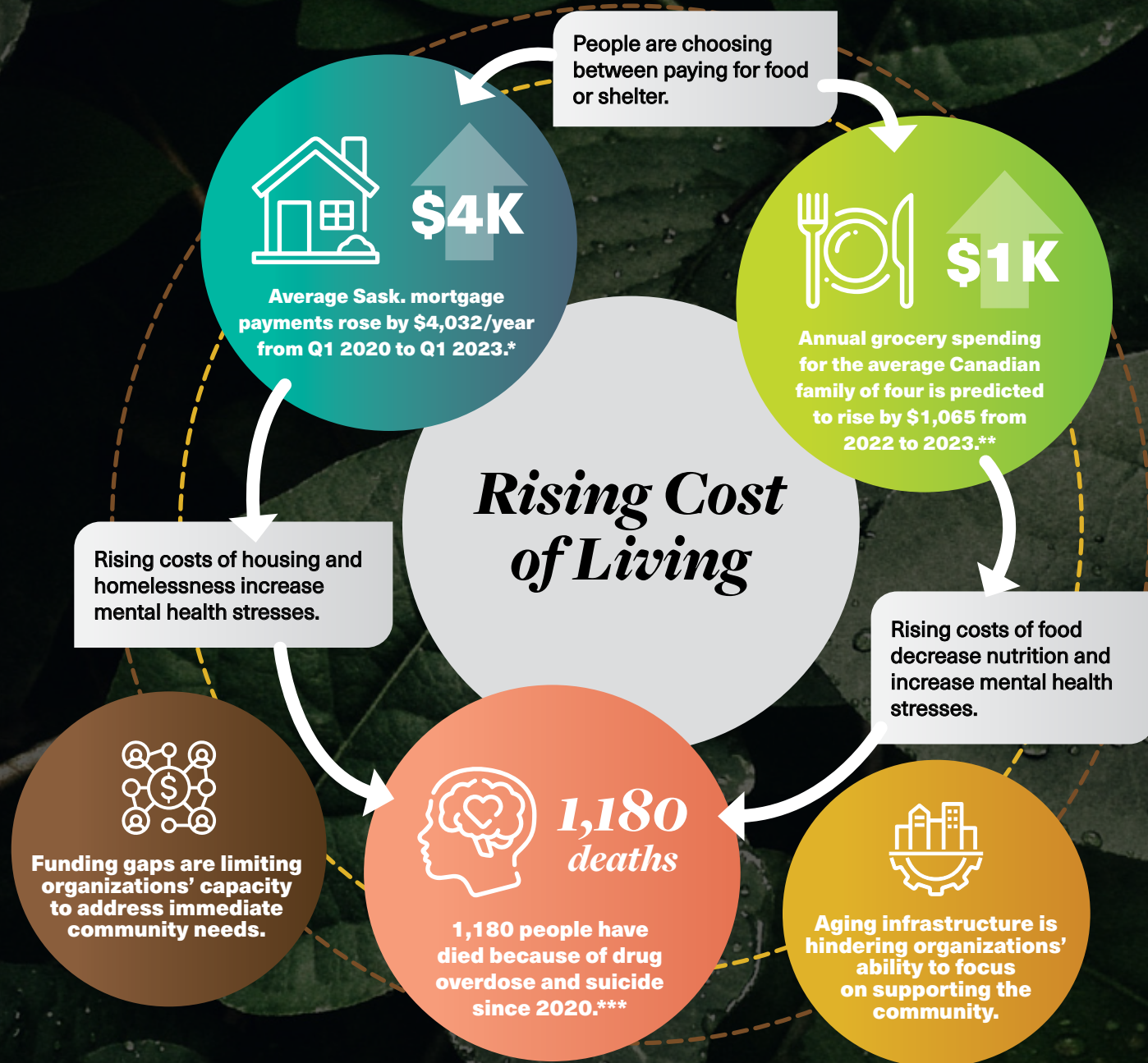
Additional Findings:

Community Funding Gaps

By addressing these focus areas, we can work towards equitable and sustainable support for the well-being of our community.



The rising cost of living is impacting everyone in our community.



We're exploring the impacts that the rising cost of living is having within each focus area *and we aim to help you find ways to be inspired and engage in positive change.*

* Canada Mortgage and Housing Corporation. August 17, 2023. Average Monthly Payments for New Mortgage Loans.

** Canada's Food Price Report 2023.

*** See Table 5: Overdose Death Locations in Saskatchewan Communities, 2020 - 2022 on pg. 15.



Focus Area 1:
***Supporting Safe and
Affordable Housing***
(40% of survey responses)

Truth and Reconciliation Calls to Action Addressed:
1.ii, 2.iii, 36, 38, 39, 46.iii UNDRIP, 55.iv

United Nations Sustainable Development Goals Addressed:
1.1, 1.2, 10.2, 11.1, 16.1, 16.2



Key takeaway:

A drastic surge in the cost of living is pushing more people in vulnerable situations into homelessness.

What are community organizations saying?

- Lack of affordable housing is a contributing factor to homelessness.
- Affordable housing and adequate shelter spaces are needed.
- Low-income housing options for seniors are a challenge.
- Lack of available housing for families fleeing domestic violence.
- Lack of available homes for people with intellectual and/or physical disabilities.
- Limited housing availability for individuals with autism.

“

Right now we have no space in our affordable housing units. We're full, so anyone who is coming for housing ends up on a wait list. We aren't in a position to expand, but we try to help as many people at their point of need as we can.”

- Kathy Ingram, Director of Finance and Development at Souls Harbour Rescue Mission

View the full story and more at [GrowingFuturesReport.ca](https://growingfuturesreport.ca)



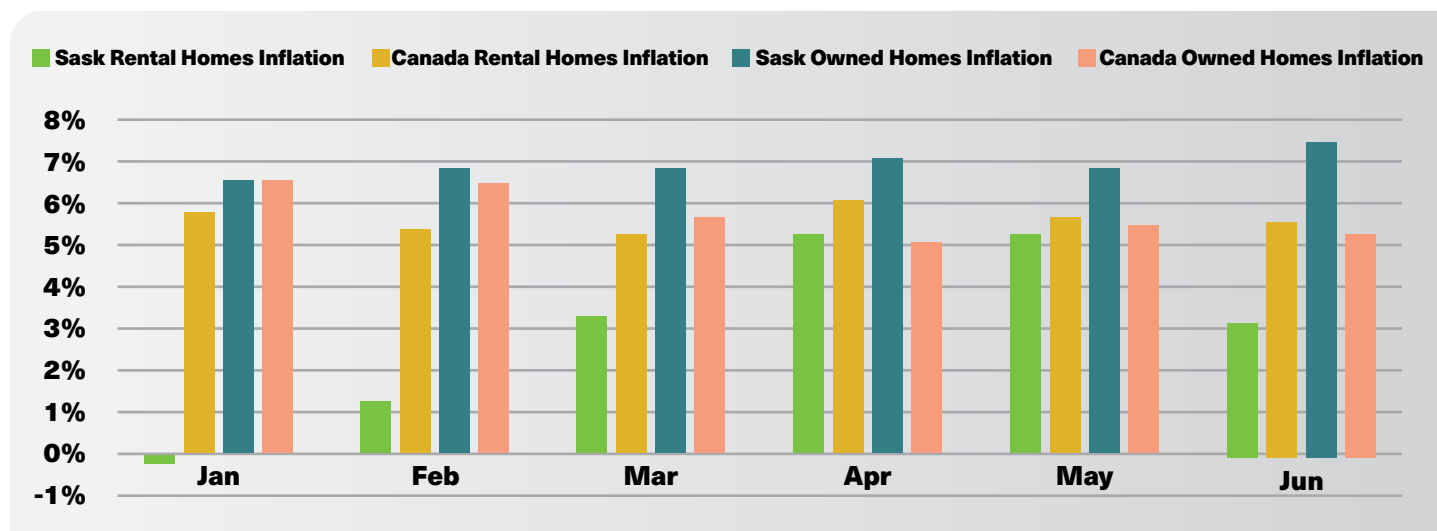


Why is this happening?

Housing is an essential basic need and a key determinant of health, wellbeing, stability, and security. The rising cost of living has made housing barely affordable for some individuals, while putting others at risk of losing their homes. Approximately 70% of Saskatchewan's population are homeowners and the remaining 30% are renters. As shown in Figure 1, the inflation rates of owned homes

in Saskatchewan consistently exceed those in the rest of Canada, averaging 7% in the first six months of 2023. Inflation rates for rental homes in Saskatchewan are lower compared to the rest of Canada, but they have seen a significant increase from just over 1% in February to over 5% in May of the current year.

Figure 1: Inflation for Rental & Owned Homes, Saskatchewan vs. Canada, January – June 2023



Source: Statistics Canada. Table 18-10-0004-01: Consumer Price Index, monthly, not seasonally adjusted.

As shown in Table 1, many South Saskatchewan centres have experienced noticeable rent increases, especially between 2018 and 2022. Rent in Moose Jaw rose by 16.3% in 2022, followed by Regina at 7%, and Estevan at 2.3%. Despite higher rent prices, vacancies for rental units have declined in most South Saskatchewan centres. More

building units are being added, as shown in the Units (Supply) section (most right) in Table 1, but there is typically a delay when putting these units on the rental market; this is creating further pressures on prices due to a tighter supply.

Table 1: Rental Market Report, South Saskatchewan, 2014, 2018, 2022

Rental Market Indicator	Average Rent (\$)			Vacancy Rate (%)			Units (Supply)		
Year	2014	2018	2022	2014	2018	2022	2014	2018	2022
Estevan	1,158	889	910	12.5	21.8	15.8	542	639	606
Moose Jaw	795	825	960	3.3	6.6	4.5	1,180	1,232	1,305
Regina	988	1,041	1,114	3	7.7	3	11,647	13,316	14,846
Swift Current	741	820	838	5.8	8.5	9.2	834	873	1,003
Weyburn	829	752	751	4.9	15.4	8.6	610	647	687
Saskatchewan	970	993	1,094	4.1	8.7	4.1	33,568	36,700	40,304

Source: Statistics Canada and Canada Mortgage and Housing Corporation. Rental Market Reports for 2014, 2018, 2022.

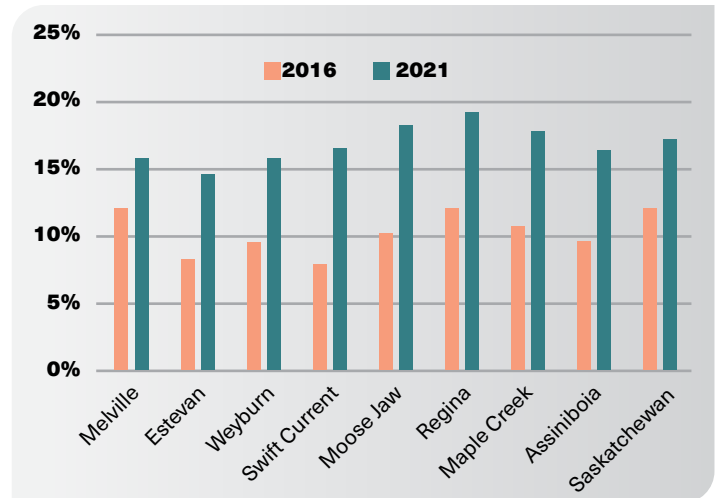


Researchers cite that the leading cause for a tight housing market is the compounding effects of inflation and the Bank of Canada's attempts to tame inflation through interest rate increases. Since March 2, 2022, the Bank of Canada has increased interest rates 10 times. When interest rates increase, they place a significant burden on current homeowners, especially on those with lower incomes, and some people are pushed out of home ownership. Additionally, many individuals who want to purchase their first home remain unable to do so. With these pressures in place, the demand for rental homes rises, and spikes in rental prices occur. This causes more challenges with housing affordability and further increases to interest rates will continue to negatively impact homeowners and renters.

A key measure of housing affordability is the percentage of a household's income spent on shelter costs. In 1986, Canada Mortgage and Housing Corporation and the provinces agreed that if households spend more than 30% of their income on housing, it's a sign they might need social housing support.

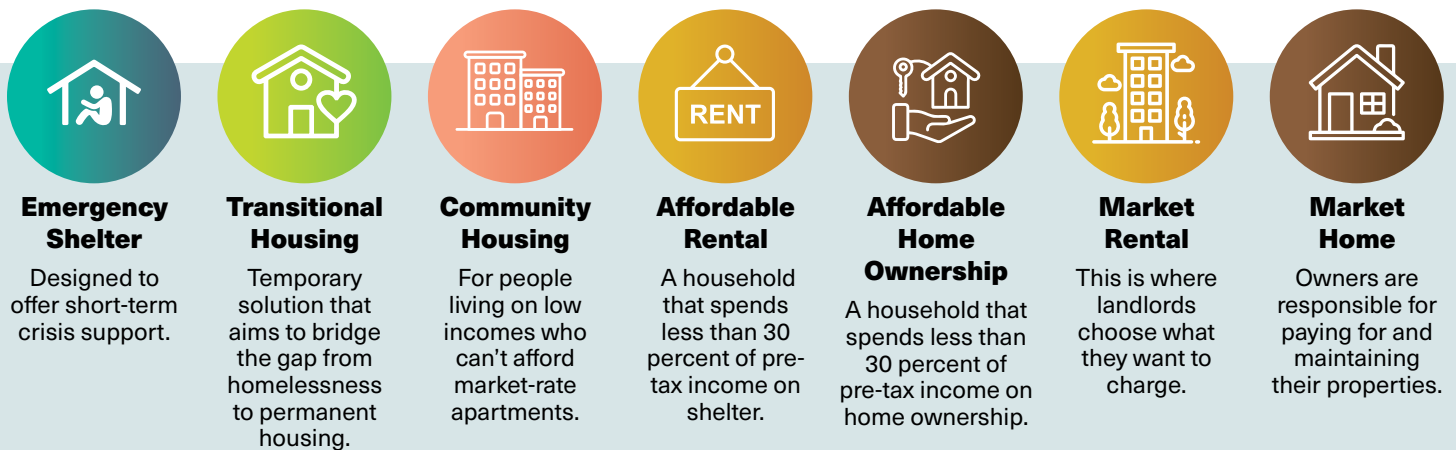
Figure 2 shows that in South Saskatchewan, housing has become less affordable. On average, 7% more households now spend more than 30% of their income on housing costs.

Figure 2: Households Spending More Than 30% of Income on Shelter Costs, South Saskatchewan, 2016 and 2021



Source: Statistics Canada. Census of Population, 2016 and 2021.

Types of Housing:



Source: United Way Halifax, modified from CMHC's 'The Housing Continuum.'

Impact on Homelessness:



We don't have a big homelessness plan in Estevan, and there are no places for homeless people to stay in the entire south east corner of Saskatchewan. Not having shelter or transitional housing makes it difficult to serve some people who need support."

- Ronza Reynard, Salvation Army Community Ministries Director in Estevan, Weyburn, and Yorkton

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As Saskatchewan continues to experience the effects of rent inflation and other rising costs of living, significantly more people are at a higher risk of becoming homeless. For example, U.S. economists conclude that every \$100 increase in median rent is associated with a 9% increase in the estimated homelessness rate.¹ In Regina alone, the number of people experiencing homelessness increased from 286 in 2018 to 488 in 2021, which is a 71% increase during a three-year period (approximately 80% of these individuals are Indigenous).² With inflation pushing more people towards housing instability, there is greater demand

for emergency shelters. However, due to the impacts of COVID-19, bed availability in these shelters has declined (see Table 2), which means that more people are ending up on the streets.

While shelters are a viable option, it may become more expensive in the long-term.³ Given the complexity of this issue, there is not one solution for every community. Researchers are concluding that there may be multiple approaches to addressing homelessness and housing affordability issues with collective action being an important starting point.⁴

Table 2: Emergency Shelter Capacity in South Saskatchewan

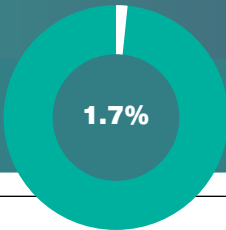
Capacity	# of shelters	# of beds	# of shelters	# of beds	# of shelters	# of beds
Year	2019		2020		2021	
Moose Jaw	1	10	1	10	1	10
Regina	5	159	5	103	6	83
Swift Current	1	6	1	6	1	6
Saskatchewan	17	483	15	407	16	329

Note: Estevan's shelter "The Estevan Warm Welcome Shelter" closed in 2017.
Source: Statistics Canada. Table 14-10-0353-01: Homeless shelter capacity, bed and shelter counts.

Highlighted actions being taken across South Saskatchewan:

- Under the Saskatchewan Housing Action Plan, approximately \$585 million of provincial and federal funding between 2019 and 2028 is being used to "to protect, renew, and expand community housing, and support Saskatchewan's priorities related to housing repair, construction, and affordability" (pg. 3, the Saskatchewan Housing Action Plan 2022-23). Some activities to be undertaken are:
 - 850 units in community housing will receive investments to provide capital improvements;
 - approximately 100 Indigenous housing units coming off subsidy will continue to be offered in good condition;
 - 350 households will receive support through the Shelter Enhancement Program for victims fleeing domestic violence and the Repairs Program to help homeowners with low incomes maintain safe, accessible, and adequate housing;
 - approximately 400 new units will be developed across the province through the Rental Development Program, investments in homeownership (i.e., Habitat for Humanity), and the development of housing for people with disabilities; and,
 - approximately 3,781 households with low incomes in housing need will be supported through the Saskatchewan Housing Benefit.
- In October 2023, the Government of Saskatchewan commits to spend \$40.2 million over two years to create 155 new supportive housing spaces, 120 new permanent emergency shelter spaces, and 30 new emergency shelter spaces for people with "complex needs."
- Regina's first Rapid Housing Initiative project officially opened in September 2023. The misatimosimôwin mîhkwawp (Horse Dance Lodge) is a 29-unit permanent supportive housing facility for individuals and families experiencing homelessness and housing insecurity in Regina developed in collaboration by the Silver Sage Housing Corporation, the City of Regina, Regina Treaty Status Indian Services, and the provincial and federal governments.

In 2022, 1.7% of total granted funds distributed through the South Saskatchewan Community Foundation supported the safe and affordable housing focus area.



¹ Washington Post. July 3, 2022. "Inflation is making homelessness worse."
² Homeless Hub (www.homelesshub.ca)
³ Cost Analysis of Homelessness: <https://www.homelesshub.ca/about-homelessness/homelessness-101/cost-analysis-homelessness>
⁴ "We gave people \$7,500 to people experiencing homelessness – here's what happened next", <https://theconversation.com/we-gave-7-500-to-people-experiencing-homelessness-heres-what-happened-next-212960>



A Story of Hope:



Tammy McCleary, Moose Jaw Transition House Emergency Outreach Worker

Moose Jaw Transition House's Emergency Outreach

The Moose Jaw Transition House was one of 34 recipients of the Emergency Response Fund for Community Needs. In an average year, the organization supports more than 100 women and children through its shelter. Unfortunately, during times of crisis, domestic violence escalates. Factors such as stress, isolation, and job loss are known to perpetrate violence in the home.

Jenn Angus, Executive Director of the Moose Jaw Transition House, says the funds received increased the organization's capacity for dealing with these issues.

Expecting domestic violence rates to go up, the funds enabled the hiring of their Emergency Outreach Worker, Tammy McCleary, for one year. Tammy's role was to manage an increase in shelter use. However, despite higher rates of domestic violence, the volume of women calling the shelter decreased.

"This was cause for concern as it was suspected that those who needed to use their services were not comfortable accessing the shelter during the pandemic," says Angus. "As a result, Tammy's role was shifted to provide direct outreach to women and families and reach them where they were. Tammy helped secure immediate safety, housing, crisis support, and food security to those who needed it."

Tammy reached approximately 250 women with her work, including more than 40 expecting mothers, 90 seniors, and 70 newcomers.

"The funds were pivotal," says Angus. "People were reached where they were at and given access to and knowledge of our services. With this assistance, community members were more aware and knowledgeable about how to be safe."

"These are the things that we felt we wouldn't have been able to do without the Emergency Response funding," she adds. "They wouldn't have known that they could reach out. This program was essential to reach all of these families and women in need who may have been neglected or not realized they could use the service at all. They now have a stronger, healthier social support network and can identify the social ties that provide support when needed."

"The work that SSCF does to support Saskatchewan and our communities is outstanding," says Angus. "How quickly they rallied to make these funds available was incredible. It shows how much SSCF does for Saskatchewan communities and how much they care about communities in this province. You don't see that every day. I want to thank the donors and the SSCF for supporting over 250 individuals in our community through this pandemic."

Vital Reflections:

The following Vital Reflections are questions you can ask yourself to ponder ways to get involved and help with safe and affordable housing in your community. These are intended to be a starting point to get you thinking of how you can help within your own individual capacity:

- **Can I volunteer my time? Reflect on how much time you can commit regularly to volunteer with organizations working towards reducing homelessness.**
- **Consider how you can use your voice or social media presence to educate and raise awareness to others about housing and homelessness issues in your community.**
- **Can I donate? Assess your financial situation and determine if you can make regular or one-time donations to organizations dedicated to homelessness solutions.**
- **How can I engage policymakers? Consider ways to engage with local government officials and advocate for policies that address the causes of homelessness.**



Focus Area 2:

Increasing Food Security

(33% of survey responses)

Truth and Reconciliation Calls to Action Addressed:

19, 46.iii UNDRIP, 55.iv

United Nations Sustainable Development Goals Addressed:

1.1, 1.2, 2.1, 2.2, 12.3



Key takeaway:

More people than ever before are experiencing food insecurity in Saskatchewan as food banks report a significant rise in visits.

What are community organizations saying?

- Hungry children and families.
- Healthy food choices are sacrificed for rent.
- Unaffordable food.
- Lack of healthy meals for residents of long-term care homes.

“

With the inflation and the food prices [increasing] I don't know how families are doing it these days. Our numbers are going up. Our requests are being increased all the time and schools are asking for more... So I know that the food insecurity is there and that there are hungry kids out there.”

- Lin Gennutt, Executive Director of Regina Food for Learning

View the full story and more at [GrowingFuturesReport.ca](https://growingfuturesreport.ca)





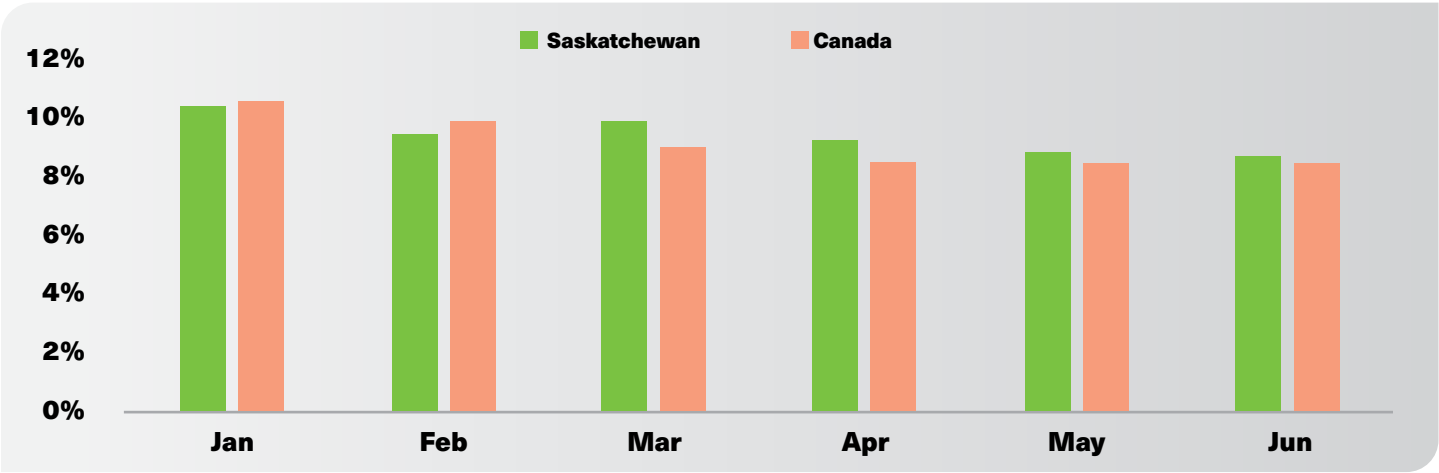
Why is this happening?

Having consistent healthy meals is as essential as having a home. Unfortunately, the COVID-19 outbreak forced restaurants and food processing facilities to temporarily close. These closures led to grocery stores being the primary providers of food services. Due to the need to reconfigure channels of food distribution, supply chains had to adjust their processes. Closures and supply chain disruptions have driven food prices to record highs.

According to the latest Statistics Canada figures (Figure 3), food price inflation rates in Saskatchewan,

averaging at 9.3%, have consistently exceeded the rest of Canada's rates for the months of March through June in 2023. Despite the federal government's attempts to slow inflation via interest rate increases, grocery prices are not showing any signs of decline. Canada's Food Price Report released in July 2023 projects further increases to food prices by 5% to 7%. With these factors in mind, it is understandable that our community partners report increases in food insecurity.

Figure 3: Food Inflation in Saskatchewan vs. Canada, January – June 2023

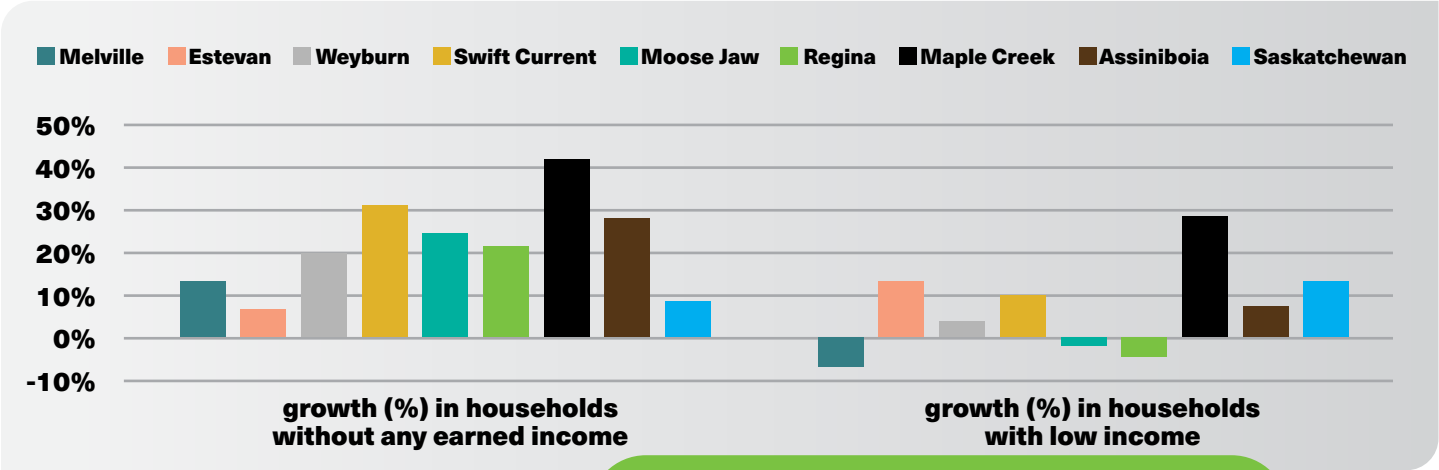


Source: Statistics Canada. Table 18-10-0004-01 Consumer Price Index.

A University of Saskatchewan report reveals that the prevalence of low incomes is a contributing factor to increased food insecurity across the province. Census Population data for 2016 and 2021 is confirming that the number of households without any earned income has decreased for all regions in South Saskatchewan (Figure 4).

We also see more households falling into a low income category, where their income is below 50% of median household incomes (except for Melville, Moose Jaw, Weyburn, and Regina).

Figure 4: Prevalence of Low Income in South Saskatchewan, 2015 vs. 2020



Source: Statistics Canada. Census of Population, 2016 and 2021.

These changes in earned and low income means that **people are getting poorer.**



...Our kids just need that consistent lunch that we provide to help them with school and being able to succeed in what they're doing.

This year for sure we saw the rising cost of food. **We watched as our numbers [of children accessing food] skyrocketed from the 150 that we usually start with in September to over the 400 mark**, and as we continued through the year that number never dropped. So we are seeing families choose between housing and food."

- Sharla Sept, Executive Director of Hunger in Moose Jaw

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When looking at legislated minimum wages across the provinces (Table 3), Saskatchewan's minimum wage of \$14 per hour is the lowest in Canada. A \$15 minimum wage is expected in Saskatchewan by October 1, 2024.

High food prices and low incomes are the causing factors forcing individuals to use food banks. Individuals also tend to sacrifice their meals to pay rent if it prevents them from losing their home. *"The rapid rate of inflation, coupled with rising rental costs, is driving people who were already living precariously close to the edge, off that edge."* (pg. 2, 2022 Hunger Count Report).

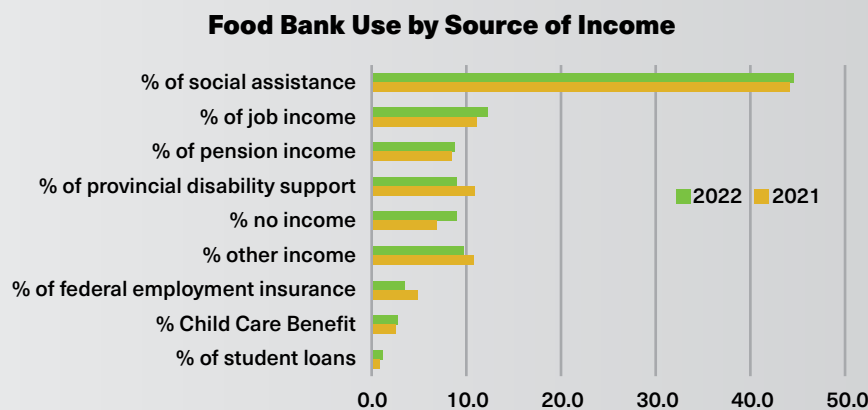
Table 3: Minimum Wages Across Canadian Provinces (October 2023)

Jurisdiction	Effective Date	Wage Rate
British Columbia	01-Jun-23	\$16.75
Nunavut	01-Apr-20	\$16.00
Ontario	01-Oct-23	\$16.55
Quebec	01-May-23	\$15.25
Alberta	01-Jun-19	\$15.00
New Brunswick	01-Apr-23	\$14.75
Newfoundland and Labrador	01-Oct-23	\$15.00
Nova Scotia	01-Oct-23	\$15.00
Prince Edward Island	01-Oct-23	\$15.00
Manitoba	01-Oct-23	\$15.30
Saskatchewan	01-Oct-23	\$14.00

Source: Minimum Wage Database. Government of Canada.

Table 4: Food Bank Use in Saskatchewan (2022)

2022	
Total # of food bank visits	44,851
% share of visits by children	40%
% change in total visits (2021-2022)	increase by 37%
% change in total visits (2019-2022)	increase by 21%



Source: Food Banks Canada. Hunger Count 2021 and 2022.

In 2022, food banks saw a 37% increase in visits compared to 2021 (Table 4). Of the total visits, 40% were by children. When considering food bank usage by a client's source of income, individuals and families relying on Income Assistance are the primary users of food bank services. As food banks step up to provide relief, other community organizations are also eager to help and have organized

community fridges, bread/soup kitchens, and have mobilized staff in some schools to prepare food kits for the children to get the families through weekends. However, these temporary solutions, while immensely appreciated, are not enough to solve a complex problem of food insecurity in Saskatchewan.



Keeping North Central Students Fed with Chili for Children

Since 1979, Chili for Children has been providing children from marginalized families in the North Central area of Regina with healthy meals and cooking skills that they can carry through their lives.

They are an Indigenous-led organization that offers a nutritious lunch for approximately 1,000 students per day. They primarily serve Kindergarten and elementary students at three inner city schools, but they are also now open to offer lunch to high school students in need twice a week at Scott Collegiate. In addition to this, they have also received a small grant to start a six-week course to teach parents how to cook nutritious food while on a limited budget. While they would like to expand their services further to address a growing need for food security, Greg Stevenson, Executive Director of Chili for Children, expresses that they are currently at capacity with their resources.

“A few years ago, we were serving about 700 students per day and every year we’ve seen an increase. One year we jumped from about 700 to 800. Last year we had an increase of about another 100. Schools are asking if we can provide more food because they see an increase in enrollment. We have had a gradual increase every year, but we must tell schools that we can’t serve more than 1,000 students right now.”

- Greg Stevenson, Executive Director of Chili for Children

The demand is difficult for Chili for Children to keep up with, but they work hard to make sure as many children as possible get the food they need to succeed in school. The staff are dedicated and committed to feeding the children. Beyond the six staff that keeps the organization running smoothly, having reliable vehicles and equipment is key to their mission. Stevenson explains how important their vans are to their operations and talks to how they navigate aging vehicles in need of repair.

Chili for Children staff travel from one end of Regina to the other daily for purchasing food, picking up donated foods, and to deliver the hot meals to the schools. They also sometimes travel between Regina and Lumsden to gather food. While they see the challenge to feed children rising due to increased cost of food, they are optimistic that they will continue to feed as many children as possible, giving them the nourishment needed to be engaged students.

View the full story and more at GrowingFuturesReport.ca



Highlighted actions being taken across South Saskatchewan:

- Saskatchewan Government provided a one-time payment of \$500 to Saskatchewan households in late 2022 and early 2023 to help residents with rising costs due to inflation. In its 2023-24 budget, the federal government announced that it will be providing grocery rebates at double the GST/HST credit amount from January 2023 to eligible households.
- AGT Foods, in partnership with Food Banks Canada and Drive Away Hunger, announced the AGT Food Bank Crop Exchange Program in September 2023 - a program connecting producers across Saskatchewan with food banks in their communities. The program asks producers to donate a portion of their crop delivery when they deliver to their local AGT Foods delivery location, the proceeds from which go to support local food banks across Saskatchewan and Western Canada.
- In 2022, Saskatchewan Health Authority Nutrition and Food Service launched the Apple-A-Day (AAD) initiative – a program aimed at supporting individuals who are experiencing food insecurity. It’s designed as a weekly, free of cost, ‘prescription’ box of fresh fruits and vegetables for patients requiring improved nutrition. It was set to be tested and evaluated for one year at three locations: Pasqua Hospital in Regina, Battleford Union Hospital, and the La Ronge Community Health Centre.

In 2022, 18.8% of total granted funds distributed through the South Saskatchewan Community Foundation supported the food security focus area.

18.8%



A Story of Hope:



MNP Community Fund Supporting Regina, Estevan, and Weyburn Food Banks Throughout COVID-19

The MNP Community Fund was established at SSCF in 2017 by MNP partners based in Regina, Estevan, and Weyburn to support community programs and initiatives in those communities. In 2020, the Fund prioritized sending aid to those impacted by COVID-19 in the communities they support. As a result, a total of \$52,500 was distributed towards the Regina & District Food Bank (\$35,000), the Salvation Army Estevan Food Bank (\$10,000), and the Salvation Army Weyburn Food Bank (\$7,500). This one-time disbursement helped get food into the hands of those who needed it urgently.



MNP is proud to support the communities where our team live and work everyday. Due to the COVID-19 pandemic and economic conditions, we knew supporting the Food Banks was more important this year than ever. It was important for us at MNP to give back and make a meaningful contribution to those in our communities being directly impacted by food insecurity during these challenging times.”

**- Wayne Paproski,
Regina Partner at MNP**

Vital Reflections:

The following Vital Reflections are questions you can ask yourself to ponder ways to get involved to increase food security in your community. These are intended to be a starting point to get you thinking of how you can help within your own individual capacity:

- **How can I identify and connect with local food banks or food pantries that are in need of volunteers or donations?**
- **Are there community gardens or urban farming initiatives that I can participate in to help grow fresh produce for those in need?**
- **What can I do to raise awareness about food insecurity in my community and encourage others to join the cause?**
- **How can I collaborate with local organizations to organize food drives, cooking classes, or nutrition education workshops?**
- **Can I advocate for policies or initiatives at the local level to address food insecurity and promote equitable access to food resources?**



Focus Area 3:

Improving Mental Health Services for Substance Use and Suicide Prevention

(21% of survey responses)

Truth and Reconciliation Calls to Action Addressed:

19, 20, 21, 35, 36, 46.iii UNDRIP, 55.iv

United Nations Sustainable Development Goals Addressed:

3.4, 3.5



Key takeaway:

Opioid deaths in Saskatchewan are at a historic high and collective action should be taken to develop short-term and long-term strategies to address the root causes of substance use disorder.

What are community organizations saying?

- Lack of mental health support for grief related to suicide loss and substance use.
- Lack of mental health support for people dealing with trauma.
- Lack of mental health support for people dealing with addictions.

“

Being a community-based [mental health] organization, just like all the others out there, funding is always a concern and is something that we need in terms of being able to sustain the level of programming that we provide right now. But also to expand and grow because our demand is very high right now and we're having difficulty meeting that demand.”

- Keely Wight-Young, Executive Director of Caring Hearts

View the full story and more at [GrowingFuturesReport.ca](https://growingfuturesreport.ca)



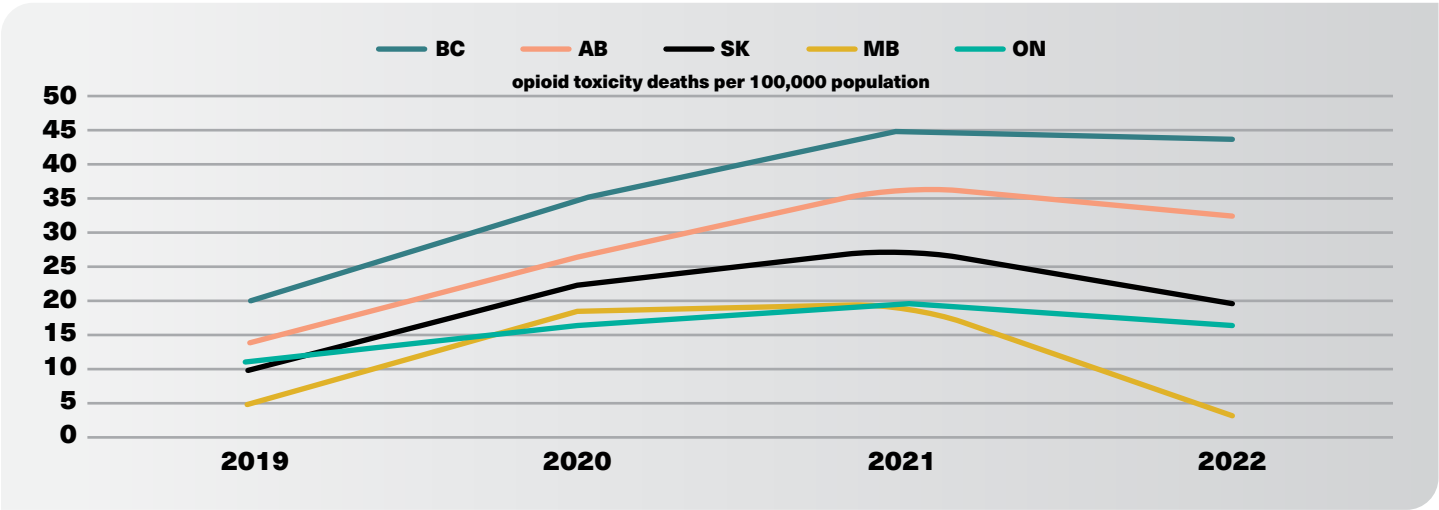


Why is this happening?

Saskatchewan communities have experienced a significant surge in substance use and suicide in the past few years. According to the latest figures from the Saskatchewan Coroners Service, 1,180 people have died because of drug overdose and suicide since 2020. Saskatchewan is ranked

third after British Columbia and Alberta in the number of opioid deaths per 100,000 population (Figure 5). And while the pace slowed slightly in 2022, the 20% death rate from substance use far exceeds the 2019 rate of 10%.

Figure 5: Opioid Death Rates in Western Canada and Ontario, 2019 – 2022



Source: Saskatchewan Coroners Service. Drug Toxicity Deaths. August 1, 2023, update.

Drug overdose deaths are occurring across numerous Saskatchewan communities. Table 5 provides a Google Earth visual of 134 communities impacted by overdose deaths since 2020. Looking to eight centres in South Saskatchewan, an upward trend in deaths from substance

use is evident. This suggests that these tragedies are not limited to large cities where drugs may be easier to acquire. Smaller communities, rural, and remote locations are also affected.

Table 5: Overdose Death Locations in Saskatchewan Communities, 2020 – 2022



	2020	2021	2022
Melville	1	1	1
Estevan	1	1	5
Weyburn	1	3	1
Swift Current	2	4	5
Moose Jaw	7	3	8
Regina	146	197	141
Maple Creek	-	-	-
Assiniboia	-	-	2
Saskatchewan	324	403	337

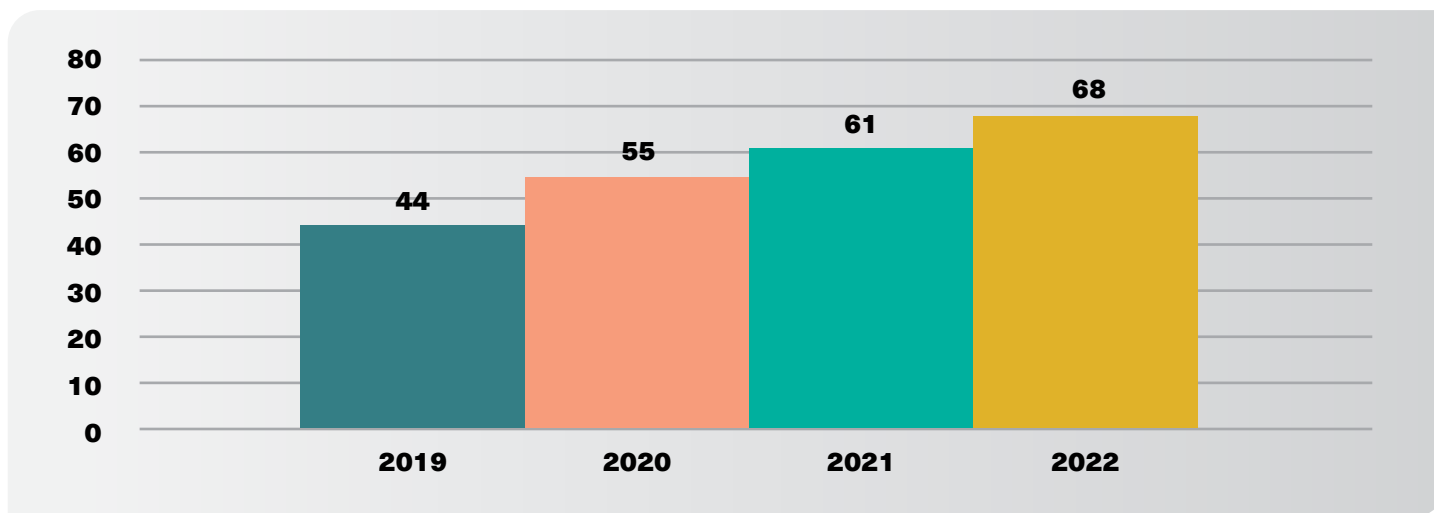
Source: Left-column visual - Google Earth; Saskatchewan Coroners Office; Regina CTV News. Right-column table - Saskatchewan Coroners Service. Drug Toxicity Deaths. August 1, 2023 update.



While the figures for suicide loss are not as dramatic as opioid deaths, they have been consistently rising since the COVID-19 pandemic as depicted in Figure 6. The 2020

pandemic year recorded a 25% increase in suicides while suicide rates averaged 11% for each of 2021 and 2022.

Figure 6: Deaths by suicide, Saskatchewan, 2019-2022



Source: Saskatchewan Coroners Service, June 6, 2023.

The Saskatchewan Drug Task Force report released in 2021 finds that unmanaged mental health problems and personal trauma are the two leading factors that contribute most to substance use (pg. 76).⁵ This report also cites additional reasons - poverty, homelessness or lack of affordable and supported housing, unemployment, stigma, and lack of early intervention - that can exacerbate already difficult situations for people living with addictions. Therefore, accessing adequate and timely mental health support is vital for individuals living with addiction and other mental health challenges.

The findings from the Task Force also confirm that lack of trauma-informed care (i.e., care providers who recognize and understand the symptoms), mental health supports, and access to treatment are the three main barriers experienced by affected individuals. Community organizations also conclude that necessary mental health supports are limited in many municipalities.



We all need a safe place where we can have open discussions about mental health and I feel our mission is to remove the barriers to getting help... We have a list of counsellors that specialize in trauma, anxiety and depression... Just as training people with medical first aid for physical health has saved lives, training people in such things as mental health first aid and psychological first aid can save lives also.”

- **Julius Brown, Director of OSI-CAN**

View the full story and more at [GrowingFuturesReport.ca](https://growingfuturesreport.ca)



⁵ Saskatchewan Drug Task Force Report. 2021. Praxis Consulting Ltd. in partnership with the Government of Saskatchewan.



Seeking Timely and Flexible Mental Health Support with CMHA - Weyburn Branch

The Canadian Mental Health Association (CMHA) – Weyburn Branch provides a variety of recovery-focused mental health programs for people of all ages and their families. The Weyburn Branch has five priority service delivery areas including advocacy, psycho-social programming, public education, vocational rehabilitation services, and youth programming.

Tasha Collins, Program Director at CMHA - Weyburn Branch, explains how the organization has evolved over the years. She says, “back in 2011 when I started at CMHA mental health wasn’t something many people talked about or were aware of, so we used to do a lot of activities and events to build awareness of mental health and what we do in the community. We have seen a lot of growth in understanding the need for mental health services in our community.”

CMHA’s awareness has grown over the years while programming has also expanded. However, Collins notes challenges to find funding that is not tied to specific projects. They are limited to applying for projects aligning with available grant opportunities. The projects they deliver with grant funding are impactful, but Collins notes that the impact could be even greater if the funds were directed differently.

“I find that when funding is specific to a certain program it can be difficult to retain staff because their positions are project specific instead of permanent. If we see success in a project and want to expand it, we must find more funding to continue to staff and expand it. If the funding isn’t available, then the projects cannot be delivered and we lose that staff capacity,” Collins explains.

Collins goes on to note the importance of unrestricted operational funding, saying, “we could do some incredible things if we could get extra funding towards our core operations each year. It would create a whole new opportunity for us to expand services where they are needed most and be more proactive. For example, if someone walks into our office today asking for immediate help, we don’t have a therapist or counsellor on staff. Instead, we refer them to Mental Health and Addictions Services with SHA, where they wait for a call back. A person who is reaching out for help today might spiral downward while waiting and then need acute care. If we had the capacity (secured, sustainable funding) we could make a connection with them right away and provide initial supports while they are waiting, increasing safety and support in those situations.”

CMHA – Weyburn Branch can often find funding for activities but cannot easily secure funding for staff members to consistently deliver those activities. Collins has hope that with more flexible funding options they can continue to grow their services and better help the people of Weyburn at their most crucial times of need.

Highlighted actions being taken across South Saskatchewan:

- The Newo Yotina Friendship Centre opened Regina’s first and Canada’s only Indigenous-led harm reduction and safe consumption site in 2021. The centre aims to prevent overdoses and adverse medical effects associated with drug use by supporting individuals 18+ who use drugs under the observation of a Primary Care Paramedic.
- Free take home Naloxone kits are available at 225 locations in 76 communities across Saskatchewan as of 2022.
- In October 2023, the Government of Saskatchewan commits to spend \$49.4 million over five years for mental health and addictions, creating 500 new addictions treatment spaces and a central intake system people can directly contact to self-refer.
- The University of Regina and AIDS Programs South Saskatchewan Inc. launched **Project Reportneedles.ca** on August 1, 2023 to map discarded needles in public places and then offer targeted supports such as naloxone training and recovery options in places where there is high needle use.

In 2022, the South Saskatchewan Community Foundation distributed 7.7% of its total granted funds to support the mental health focus area.



7.7%



A Story of Hope:



An Anonymous Donor Supports Phoenix Residential Society HOMES Program

For over 40 years, Phoenix Residential Society has provided residential and case management services to individuals in a variety of different programs. They serve individuals with major mental illness, substance use disorders, cognitive and developmental disabilities, acquired brain injuries, and those experiencing chronic homelessness. Their services range from providing community-based supports to 24 hour-staffed apartment buildings.

The HOMES Housing First program provides intensive supports to individuals who have experienced homelessness and have a variety of very complex needs. They are currently supporting 62 individuals who were living on the streets for many years, prior to coming into the program.

After Phoenix Residential Society reached out to SSCF seeking financial support to sustain this crucial program in 2023, an anonymous donor through the Foundation awarded a significant donation towards the HOMES Housing First program.

HOMES Success Story:

This is the journey of one of our now graduated individuals. When we first met them, this individual struggled with the experience of homelessness, substance use, trauma, and aggression that led to frequent interactions with Regina Police Services. For years, their life was marked by instability and they often found themselves in conflict with others due to their aggressive behaviour. Their future seemed uncertain.

With the help of the HOMES program, they found a stable place to call home and they were finally able to focus on their personal growth and well-being. The HOMES program's support did not just stop at housing; it extended to providing access to mental health services, substance use treatment, and life skills training.

Once settled into their new home, the positive changes became evident. Without the daily stress of survival on the streets, they had the mental space to reflect on their past and set new goals for the future. Over time, the transformation was remarkable. The anger and aggression that once defined them began to subside. They learned effective communication skills, conflict resolution strategies, and emotional regulation techniques. As their self-esteem grew, they started envisioning a different life for themselves.

After years of hard work and dedication, they graduated from the HOMES Housing First program. They had not only maintained their housing, but had also rebuilt their life from the ground up. Today, they live independently in their own house within the community, surrounded by a network of friends and mentors who continue to uplift and support them and in turn, this individual now lends their support to others.

Vital Reflections:

The following Vital Reflections are questions you can ask yourself to ponder ways to get involved regarding mental health support. These are intended to be a starting point to get you thinking of how you can help within your own individual capacity:

- **Can I offer peer support to individuals in recovery or those dealing with mental health challenges?**
- **How can I reduce the stigma surrounding addiction and mental health in my community?**
- **How can I support families and friends of individuals struggling with addiction or mental health issues?**
- **Can I volunteer at local addiction treatment centres, mental health clinics, or shelters?**
- **What fundraising initiatives can I organize to provide financial support to local addiction and mental health services?**



Focus Area 4: *Sustaining Community Infrastructure*

(19% of survey responses)

Truth and Reconciliation Calls to Action Addressed:

46.iii UNDRIP

United Nations Sustainable Development Goals Addressed:

4.7, 9.1, 9.4, 12.2, 13.1, 13.3



Key takeaway:

Community organizations need investment into the restoration and maintenance of aging assets to operate effectively.

What are community organizations saying?

- Outdated water and sewer infrastructure.
- Water treatment plants requiring upgrades.
- Buildings in need of maintenance (i.e., old flooring, old doors, old dining hall, etc.).
- Outdated transportation.

“

Currently we have one boiler running of two that we need to have funding for... The operational costs and infrastructure - those things are kind of tricky to get funding for... The infrastructure challenges we face could be the end of the organization [if they are not addressed]. That would mean approximately 80 students that would disengage in school and not reengage in school throughout one entire year.”

- Bryan Rice, Principal CEO of Cornwall Alternative School

View the full story and more at [GrowingFuturesReport.ca](https://growingfuturesreport.ca)





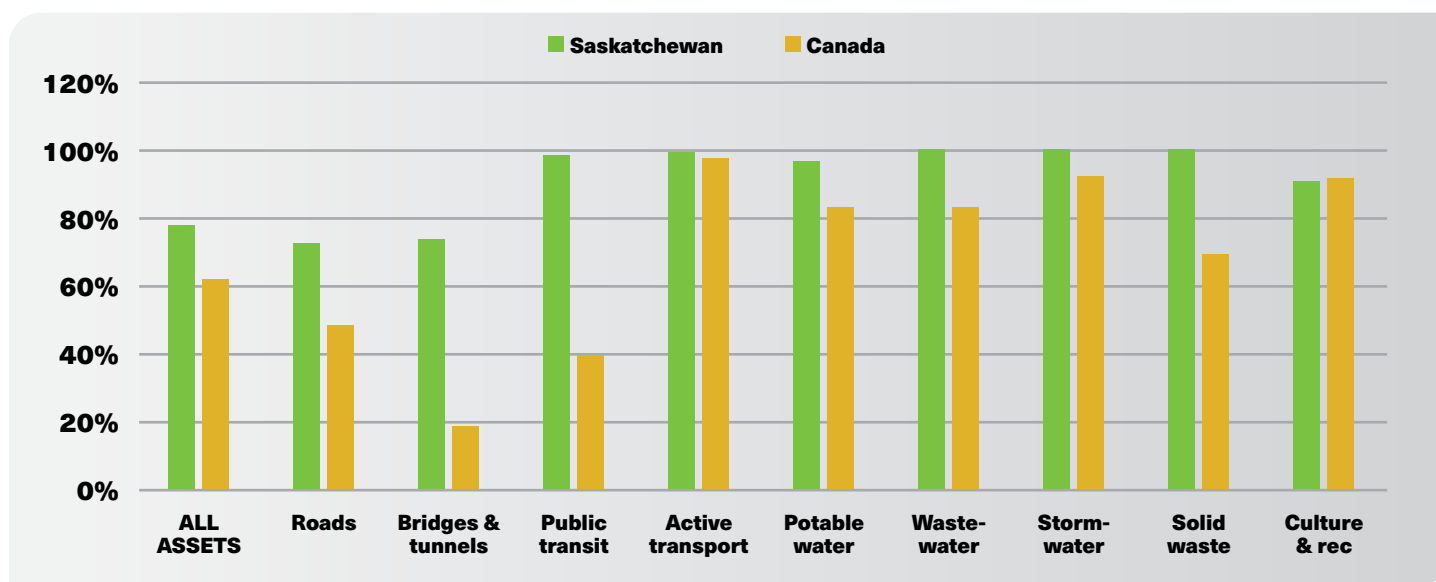
Why is this happening?

Much of the infrastructure that exists today was built in the 1970s. The projected lifespan of most infrastructure assets ranges from 40 to 50 years. These numbers indicate that our infrastructure is aging. From stories and survey results captured by community organizations, it is evident that aging infrastructure is also hindering the capacity for organizations to focus on their core missions.

The responsibility of maintaining local public infrastructure rests primarily with the local level of government. For example, in the context of our province, Figure 7 provides a snapshot of public infrastructure ownership compared to the rest of Canada and reveals that Saskatchewan has more municipally owned assets (sometimes exactly at 100%) than the rest of Canada.

The federal government's role is to cover the costs of infrastructure projects. Historically, this funding model has been adequate. However, challenges with this model arise when existing infrastructure assets need to be updated or replaced. Since local governments have limited financial capacity to address arising infrastructure disruptions, they look to provincial governments for financial assistance. It is challenging for provincial governments to carve out dollars after they have committed funds to priority areas such as health, education, and social services. This leaves municipalities in a difficult situation. As local governments continue to experience financial hardships and increased demand for infrastructure repairs and replacements, community organizations have had to cover some of the infrastructure costs to continue offering services and run programs for their communities.

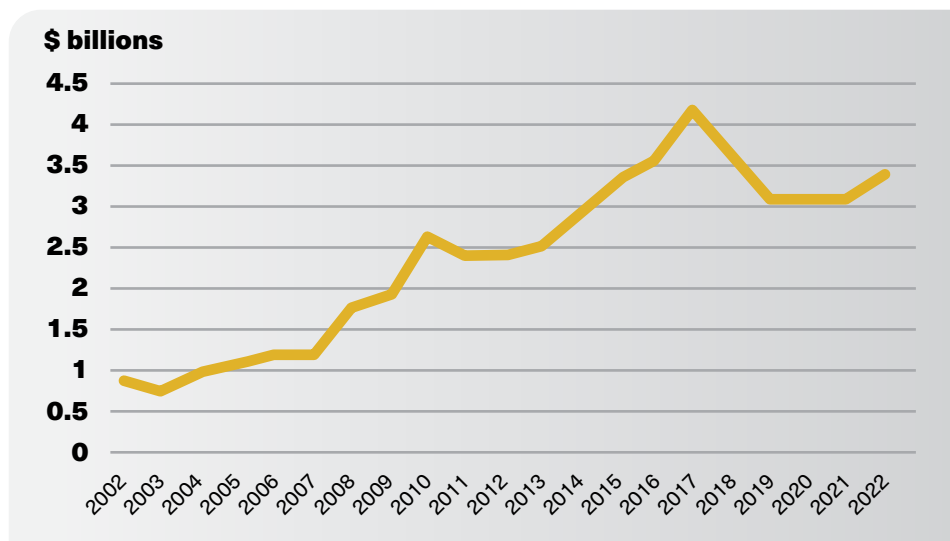
Figure 7: Municipally Owned Share of Core Public Infrastructure Assets (2020)



Source: Statistics Canada. Table 34-10-0284-01 Estimated replacement value of core public infrastructure assets.

Figure 8: Saskatchewan's Total Infrastructure Investment (2002-2022)

Saskatchewan's total infrastructure investment between 2002 and 2022 (Figure 8), except for COVID-19 years, shows a strong upward trend. Governments at all levels have committed sizeable investments for new infrastructure to help support community growth and meet modern demand. Between 2002 and 2022, Saskatchewan has more than tripled its investment in new infrastructure assets from \$1 billion in 2002 to \$3.4 billion in 2022.



Source: Statistics Canada. Infrastructure Statistics Hub.

“

...in Moose Jaw we are in the process of a new building project. Our building in Moose Jaw is old and is falling apart. It is absolutely beyond what we should expect anybody to go to for help... We could have an actual commercial kitchen in Moose Jaw with all the equipment that is necessary. We could much better serve the people who need it in the area. And if we can have a food distribution centre, we could increase capacity not only for us, but also to share food with food banks across the region and make a bigger impact, together.”

- Kathy Ingram, Director of Finance and Development at Souls Harbour Rescue Mission

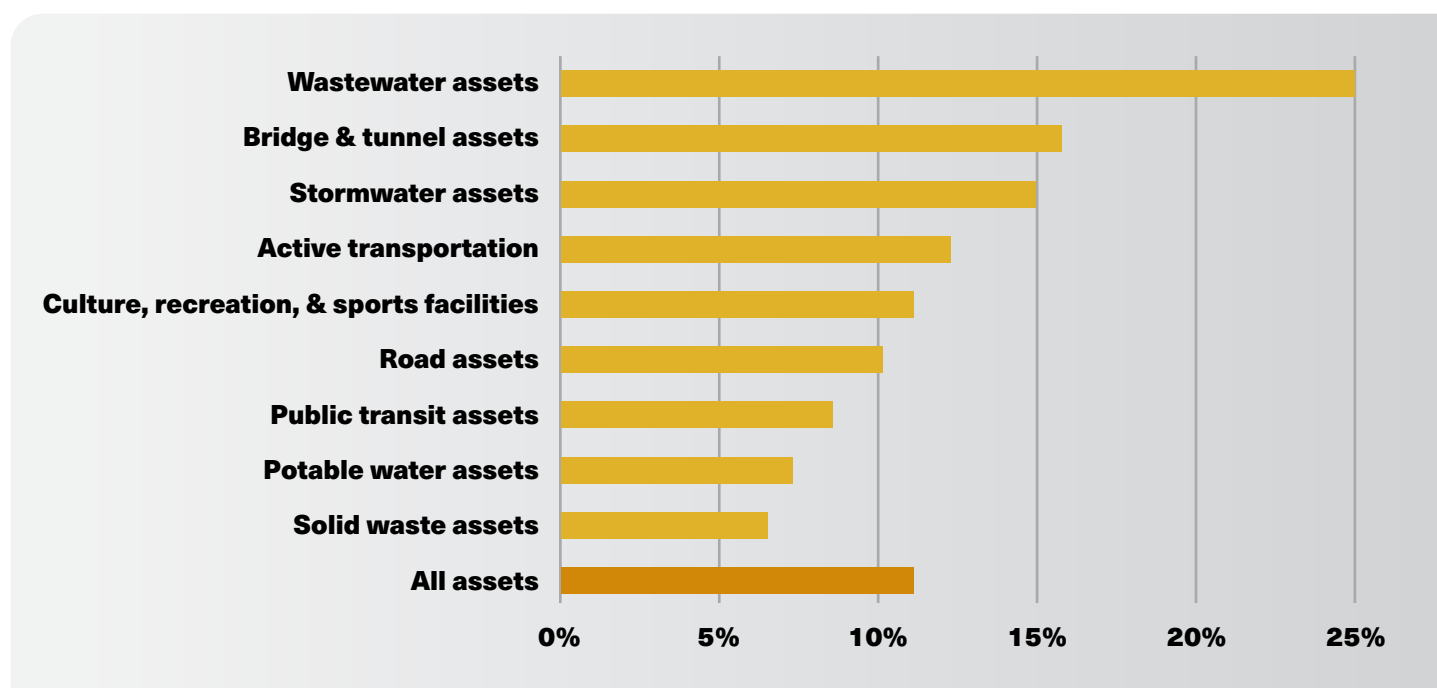
View the full story and more at [GrowingFuturesReport.ca](https://growingfuturesreport.ca)



However, a primary issue is a lack of government funding to support operation and maintenance of existing infrastructure assets. Without such investments, assets can quickly deteriorate and completely lose their usability. Saskatchewan's current infrastructure backlog – assets in poor or very poor physical condition – amounts to \$20 billion. Figure 9 shows that over 10% of Saskatchewan's assets are in poor or very poor condition. Statistics Canada defines assets falling under the 'very poor' category as those that require immediate replacement as the

operating asset has less than 10% of expected service life remaining and contains health and safety risks to the public. Assets falling under the 'poor' category have 40% of its expected service life remaining. This evidence suggests that Saskatchewan governments face an urgent need to prioritise funding the rehabilitation of infrastructure. Some experts call on the government to adopt a different model of government investment – one that supports the recovery of aging assets, especially during times of high inflation and economic instability (Macklin, 2020).⁶

Figure 9: Share of Assets in Poor or Very Poor Condition, Saskatchewan, 2020



Source: Statistics Canada. Table 34-10-0284-01 Estimated replacement value of core public infrastructure assets.

⁶ Macklin, Andrew. 2020. "Addressing the challenges of aging infrastructure". ReNew Canada.



The existing problem of already aging infrastructure is compounded by effects of climate change. Evidence suggests that, in some instances, climate change can reduce the lifespan of infrastructure assets by 20% to 30% (Chinowsky, 2022).⁷ For example, floods that result from early snow melt overwhelm the water systems and

lead “to issues like sewage leaks, which can contaminate water supplies” (pg.1, Chinowsky, 2022). Extreme heat can contribute to roads and bridges expanding and contracting too often, leading to potholes and weakening structures. As Canada’s climate is becoming more unstable, re-examining funding priorities is crucial.



If we were into a new building that required less maintenance, it would save us tons of money. We would be able to prioritize more money towards our programming... because right now with the aging infrastructure we’re constantly seeing problems. Like the roof [is damaged], the washrooms are leaking... there are cracks everywhere and we’re constantly spending money on this building. If we had a newer building it would save us a lot of time and money and I’d be able to focus my energy and our funds towards what it actually should be used for - helping our community, our continued programs and expanding our programs.”

- **Tyler Gelsinger, Executive Director of Carmichael Outreach Inc.**

View the full story and more at [GrowingFuturesReport.ca](https://growingfuturesreport.ca)



Highlighted actions being taken across South Saskatchewan:

- On April 18, 2023, the Government of Canada announced that, together with the Saskatchewan Government, investments will be made to rehabilitate assets in several rural municipalities in South Saskatchewan (Lumsden No.189, Antler No. 61, Caledonia No. 99, Poplar Valley No. 12). This announcement is missing specific investment amounts that would be directed to these municipalities.⁸

In 2022, 2.3% of total granted funds distributed through the South Saskatchewan Community Foundation supported the community infrastructure focus area.

2.3%

⁷ Chinowsky, Paul. 2022. “Canada’s Aging Infrastructure is Not Prepared for Climate Change”. Conference of Defence Associations Institute.

⁸ Infrastructure Canada. 2023. “The governments of Canada and Saskatchewan invest in 21 infrastructure projects to build stronger communities across Saskatchewan.”



A Story of Hope:



The G. Murray and Edna Forbes Foundation Fund Supports Carmichael Outreach's Basement Floor Repairs

During spring of 2023, SSCF launched its Giving Catalogue as a way for charities to reach out to potential donors with their most prominent and pressing needs. Carmichael Outreach reached out to the community through the Giving Catalogue to seek financial support for urgent building maintenance.

Carmichael Outreach is a non-profit organization supporting the homeless, those living in poverty, with chronic illness, addictions, and mental illness in the community. They settled into their new home in December of 2019 after spending two years renovating the space.

As time has passed, there has been some significant basement floor shifting. Every bit of space in Carmichael's building is utilized, so several offices have been directly impacted by the floor shifting. This includes the inflicting of body aches to staff using the offices.

Unsure where to turn, Carmichael Outreach was hopeful that their needs would be supported by donors through the Giving Catalogue without taking essential money and resources away from their invaluable community-based services.

The fund advisors of the G. Murray and Edna Forbes Foundation Fund held at the SSCF quickly responded to Carmichael's needs and donated to support the repairs in full at a total of \$13,574. Because of this generosity, Carmichael Outreach is able to spend more time and energy focusing on their mission and support community members in need.

Vital Reflections:

The following Vital Reflections are questions you can ask yourself to ponder ways to get involved regarding sustaining community infrastructure. These are intended to be a starting point to get you thinking of how you can help within your own individual capacity:

- **What skills, resources, or connections do I possess that could be valuable in helping these charities and infrastructure projects?**
- **How can I involve local businesses or professionals to provide pro bono services or equipment to charities in need?**
- **What educational or awareness campaigns can I initiate to engage more community members in the challenges of aging infrastructure for community organizations?**
- **What organizations have infrastructure and equipment needs that I can support or donate towards?**



Additional Findings:

Community Funding Gaps

(16% of survey responses)

Truth and Reconciliation Calls to Action Addressed:
46.iii UNDRIP

United Nations Sustainable Development Goals Addressed:
4.1, 4.2, 4.4, 4.a, 9.1, 9.2, 17.16, 17.17



Key takeaway:

Unrestricted funding is vital to allow organizations to direct efforts and resources towards immediate community needs and operational costs.

“

We have been here for over 35 years. We listen well and we know what the community needs, but when funding is limited to specific projects, it limits our capacity to focus on core challenges and core needs of our community.”

- Ann Perry, Executive Director of The Circle Project

What are community organizations saying?

- Funding needed to hire non-profit staff because relying on volunteers is difficult.
- Funding needed to support newcomer/immigrant/refugee families with children.
- Funding needed for youth with intellectual disabilities.
- Funding needed to engage with Indigenous Knowledge Keeper.
- Funding needed for new programs (i.e., addiction's support, pet-friendly shelter spaces).
- Funding needed for respite care program.
- Funding needed for technology for the blind.
- Funding needed for educational programs.
- Funding needed to support core needs.
- Non-program unrestricted funding is needed.

View the full story and more at GrowingFuturesReport.ca





What is driving these funding gaps?

Post-pandemic effects:

At the onset of the COVID-19 pandemic, charities and non-profit organizations were the 'first responders' to address community needs, pivoting nearly overnight to meet new service demands.⁹ Available resources - programs or otherwise - were pooled to address immediate community priorities. The pandemic also derailed the usual fundraising activities of many charities, leaving them with little, if any, private donations. This is because donors were also experiencing financial strain from sudden job losses and reduced disposable incomes. As organizations are returning to more normal operations, they may be finding themselves with limited resources to address existing community needs.

Program-based vs. operational funding requirements:

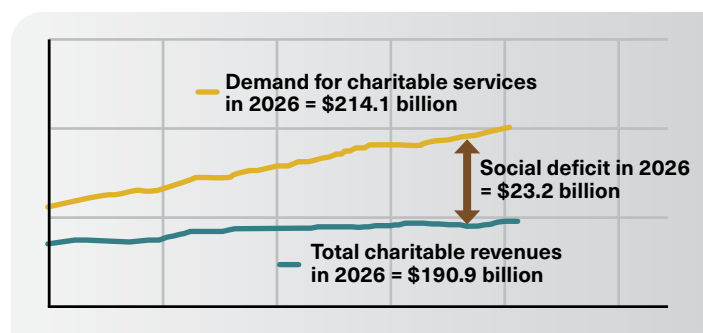
Governments or other institutional funders often designate their funding to specific projects and outcome-based programs. From the perspective of community organizations, such funding approaches create barriers for organizations to respond to emergent community needs in a timely manner and may even lead to long-term financial instability. Access to core funding would create opportunities to cover essential costs (i.e., grant writing, fundraising, etc.) for the purpose of generating new funds for operations.¹⁰

Possible funding misalignment:

Evidence suggests that funding often goes to 'popular' causes.¹¹ For example, in the United Kingdom, mental health, addictions, support of vulnerable children, and domestic violence fall under unpopular causes. While this type of evidence has not been collected in Canada, practitioners and field experts question if where funding is going aligns with where support is needed most. The size of a charity can also play a role in attracting funding whereby people prefer to give to larger more established organizations.¹² However, it is often small charities (those with assets less than \$100K) that tend to be aware of pressing community needs and can pivot quickly to address them.

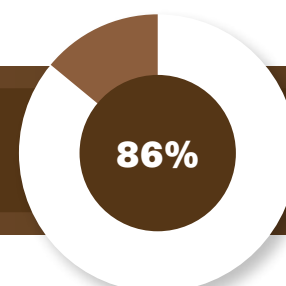
The key implication of the existing funding gaps is a rapidly rising social deficit. Social deficit, as defined by Imagine Canada (2018), is a phenomenon "where there are not enough services to meet increased need."¹³ We are currently at a time where we are witnessing increased demand for charitable and nonprofit services, but slower economic growth resulting from the effects of the COVID-19 pandemic. If these circumstances persist, researchers project that the social deficit will amount to \$23.2 billion by 2026 (Figure 10).¹⁴ Charities and nonprofit organizations are calling on governments and institutional funders to adopt unrestricted funding practices.

Figure 10: Social Deficit Projection for 2026



Source: Author's graph based on Emmet (2016) "Charities, Sustainable Funding and Smart Growth."

In 2022, 86% of total granted funds distributed through the South Saskatchewan Community Foundation supported unrestricted operational needs for charities.



⁹ Vital COVID-19 Focus. 2021. "Through COVID-19 and Beyond: Charities and the Heart of Our Communities". South Saskatchewan Community Foundation.

¹⁰ Core Funding Brief. 2022. Imagine Canada.

¹¹ Body, Allison and Beth Breeze. 2016. "What are 'unpopular causes' and how they can achieve fundraising success?". International Journal of Voluntary Sector Marketing, 21: pp. 57-70.

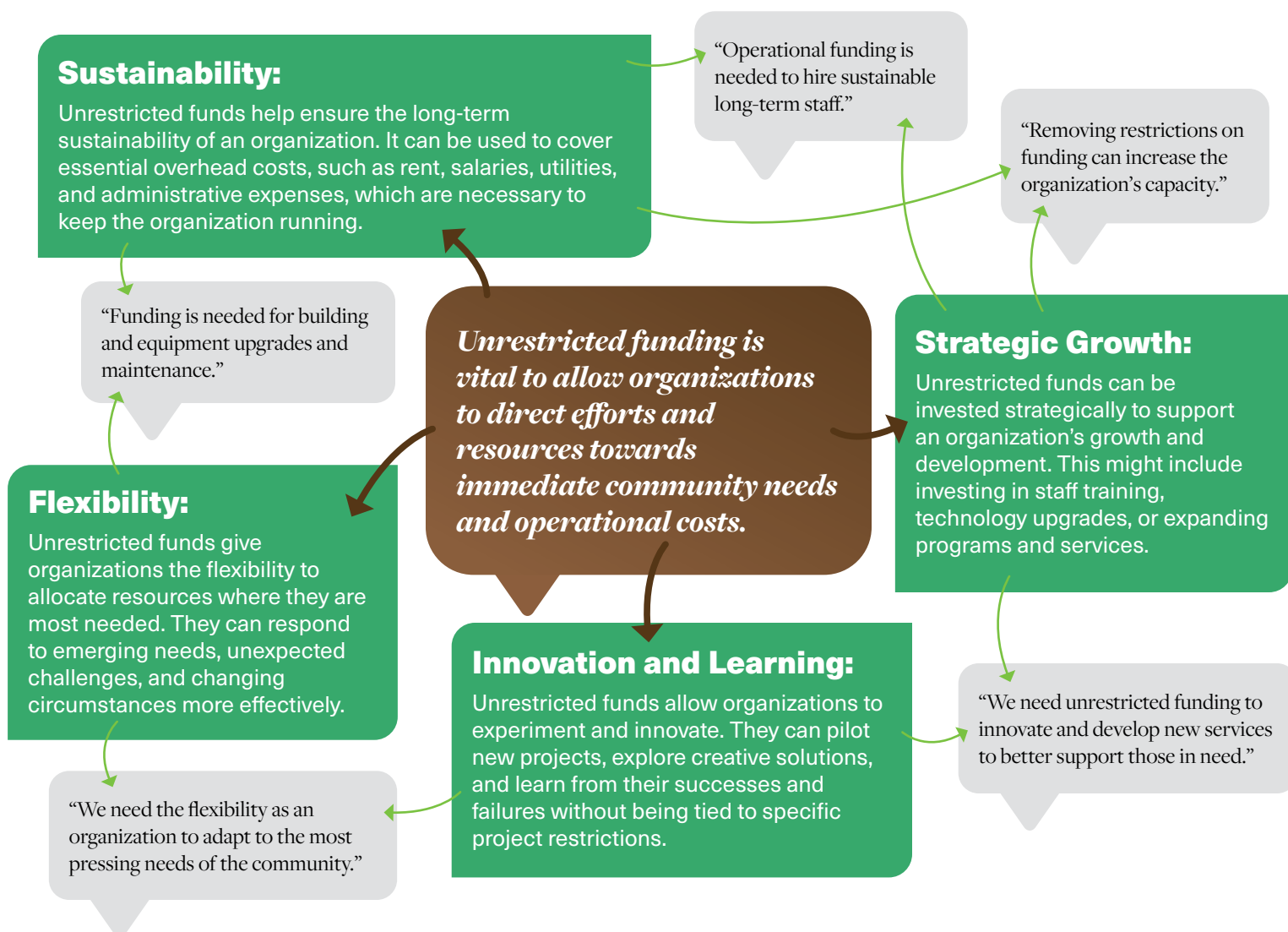
¹² Payne. 2012. "Changing Landscapes for Charities in Canada". SPP Papers 5(34). University of Calgary.

¹³ Imagine Canada. 2018. "Canada's Emerging Social Deficit".

¹⁴ Emmet, Brian. 2016. "Charities, Sustainable Funding and Smart Growth". Imagine Canada.



Rethinking Support through Unrestricted Funding:



Vital Reflections:

The following Vital Reflections are questions you can ask yourself to ponder ways to get involved and address community funding gaps. These are intended to be a starting point to get you thinking of how you can help within your own individual capacity:

- **How can I identify local charities that are facing funding gaps and need operational support?**
- **Can I use my skills, such as grant writing or financial planning, to assist charities in securing long-term operational funding?**
- **Are there potential corporate or philanthropic partnerships I can facilitate to provide sustained financial support?**
- **What innovative fundraising strategies or revenue-generating activities can I suggest to charities?**
- **What advocacy efforts can I participate in to promote policies that facilitate stable and unrestricted operational funding for charities?**

Students Inspiring Change

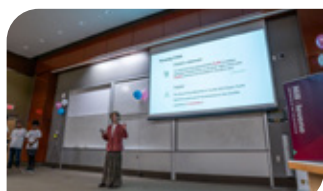
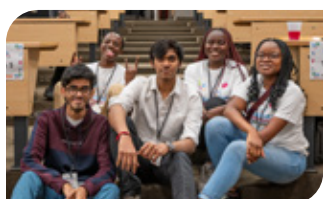
Hill and Levene Schools of Business Innovation Challenge



The Foundation sends a special thanks to the Hill and Levene Schools of Business at the University of Regina for hosting our “wicked problem” focusing on safe and affordable housing, food insecurity, access to mental health services, and the aging infrastructure challenges of our community as identified in the ‘Growing Futures: Vital Signs Report 2023.’

On September 22 and 23, 2023, six teams of diverse interdisciplinary University of Regina students stayed up for 24 hours creating innovative solutions to address the real-world challenges in our community today. The teams presented a wide variety of inspiring ideas around food sharing, food preservation, efficient mental health services, wholistic housing solutions, and more.

We hope these ideas inspire community members to work towards and advocate for solutions to these interconnected “wicked problems” in our community.



Featured Innovation Challenge Idea



Members (L to R):
Chidinma Favour
Batyah Anosike, Neil
Tauro, Parker Dedman,
Sanket Panchal, and
Jay Patal

Team 4: *Our Sitka*

Our Sitka, is a nonprofit organization developed by Team 4 during the innovation challenge to tackle the wicked problem of homelessness. The idea is to provide a centralized network of care for high risk populations by bringing NGOs within walking distance inside communities. Our Sitka would function as a community centre, providing information and consultation services for people wanting to learn about and access existing NGOs, incorporating both in-person ambassadors and transportation to and from facilities. They would also provide emergency housing and a collaborative centre that would offer basic childcare and training for those in the community who want to grow their skill sets. The ultimate goal of Our Sitka is to create a reliable communication, delegation, and delivery network for NGOs and community members that is both accessible and personal. This helps build stronger communities by giving people the care, the skills, and the encouragement needed to become independent of our services.

View more Innovation Challenge ideas at GrowingFuturesReport.ca/innovation-challenge or by scanning this code on your device:



Make an Impact Today

The South Saskatchewan Community Foundation has established the Vital Community Fund as a legacy fund that will directly address the focus areas identified.

Donate to the Vital Community Fund

You can contribute towards the focus areas in the 'Growing Futures Report' by donating directly to the Vital Community Fund. This is a legacy fund that will directly address the focus areas identified in the Vital Signs report in a sustainable manner to support our community's most pressing needs for many years to come. This fund will help every person grow safely and make their dream of a brighter future for themselves a reality.

If you are looking to make a difference, you can give to the Vital Community Fund to support initiatives addressing the interconnected focus areas highlighted in this report, including safe and affordable housing, food insecurity, mental health services, and sustaining community infrastructure.

Growing this fund can drastically increase the amount of sustainable support that charities have. This means that charities will be better equipped to deliver crucial support to the people they serve. You can be part of a movement to grow your community and secure stronger futures for all community members through the Vital Community Fund.

Scan this code to visit the donation page
or visit GrowingFuturesReport.ca:

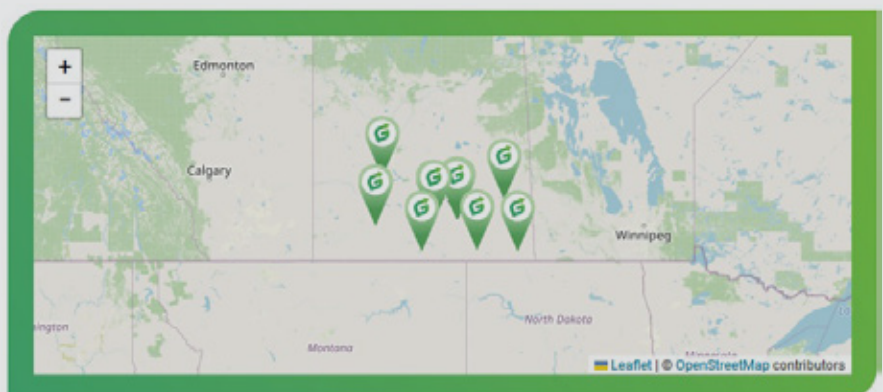


Explore the Charity Map and Get Involved

At GrowingFuturesReport.ca/CharityMap you will find a variety of charitable organizations that are working hard to improve the emerging issues that have been highlighted throughout this report. We have chosen to include the first three focus areas (Supporting Safe and Affordable Housing, Increasing Food Security, and Improving Mental Health Services for Substance Use and Suicide Prevention) within the map because these are focus areas that are affecting our communities directly.

The focus areas of Sustaining Community Infrastructure and Community Funding Gaps have been omitted from the map because these focus areas are applicable broadly to the entire charitable sector.

Scan this code to view
the map on your device:



Storytelling Contributors

The Foundation would like to acknowledge and thank everyone who contributed the stories and experiences of their organizations to help bring this research and data to life. All of the stories captured are featured in written or video formats on the **GrowingFuturesReport.ca** website. Visit the website if you would like to view the full stories.

- **Canadian Mental Health Association - Weyburn Branch** (*Tasha Collins*)
- **Caring Hearts** (*Keely Wight-Young*)
- **Carmichael Outreach Inc.** (*Tyler Gelsinger*)
- **Chili for Children** (*Greg Stevenson*)
- **The Circle Project** (*Ann Perry*)
- **Cornwall Alternative School** (*Bryan Rice*)
- **MNP Community Fund** (*Wayne Paproski*)
- **Moose Jaw Transition House** (*Jenn Angus*)
- **Regina Food for Learning** (*Lin Gennutt*)
- **Estevan Salvation Army Food Bank** (*Ronza Reynard*)
- **Hunger in Moose Jaw** (*Sharla Sept*)
- **OSI-CAN** (*Julius Brown and Ronley Arnold*)
- **Phoenix Residential Society** (*Sheila Wignes-Paton*)
- **Souls Harbour Rescue Mission** (*Kathy Ingram*)

View the full stories at [GrowingFuturesReport.ca](https://growingfuturesreport.ca) or by scanning this code on your device:



Survey Contributors

The Foundation would like to thank the 43 community organizations who submitted their input through the survey to help identify the focus areas explored in this report:

- Calvary Baptist Community Church
- Canadian Mental Health Assoc. (Regina Branch) Inc.
- Canadian Mental Health Assoc. (Saskatchewan Division) Inc.
- Canadian National Institute for the Blind (CNIB)
- Cancer Foundation of Saskatchewan
- Caring Hearts Counselling
- CityKidz Regina
- Community Outreach Fort Qu'Appelle
- Creative Options Regina - Inclusion Regina
- Do It With Class Young People's Theatre
- Eden Care Communities
- The Governing Council of The Salvation Army in Canada
- Gravelbourg Co-Cathedral Preservation Committee a subcommittee of the Our Lady of the Assumption Finance Council
- Holy Family Roman Catholic Church
- Inclusion Weyburn
- Lumsden Beach Camp
- Nature Regina
- Nature Saskatchewan
- Osteoporosis Canada
- Qu'Appelle Fire and Rescue and EMO
- Rainbow Youth Centre
- REALM
- Regina and Area Sexual Assault Centre
- Regina Early Years Family Resource Centre
- Regina Education and Action on Child Hunger (REACH)
- Regina Food for Learning
- The Regina Highland Festival Association Inc.
- Regina Little Theatre
- Regina Transition House
- Santa Maria Senior Citizens Home
- SCEP CENTRE - Early Intervention and Training Services
- South Central Early Childhood Intervention Program
- Square One Community Inc.
- St. Aidan Anglican Church
- TFHQ Safe Shelters Inc - Wichihik Iswewak (WISH) Safe House
- Town of Churchbridge
- Town of Lemberg
- United Church Housing Corporation of Regina, Operating as Mutchmor Lodge
- United Way Regina
- Village of Vanguard
- Weyburn Wor-Kin Shop
- Youth for Christ Regina

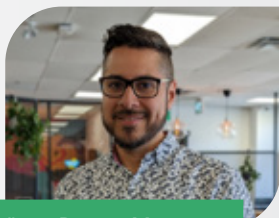
Report Contributors



Dr. Iryna Khovrenkov

South Saskatchewan Community Foundation (SSCF) commissioned and appreciates the professional research analysis and documentation by Dr. Iryna Khovrenkov for the 'Growing Futures: Vital Signs Report 2023.' Dr. Khovrenkov is an Associate Professor at Johnson Shoyama Graduate School of Public Policy at the University of Regina. Iryna's research focuses on charity and nonprofit finance, as well as government policies that shape Canada's nonprofit sector. Iryna teaches graduate courses in public finance, economics, and nonprofit sector foundations.

SSCF Staff Contributors



Victor Roman Morrow

As the Manager of Community Impact and Communication, Victor leads the Vital Signs research and worked as the primary connector between all parties involved in the development of this report.



Brooklyn Coulson

As the Web and Digital Specialist, Brooklyn developed all aspects of the GrowingFuturesReport.ca website version of the report.



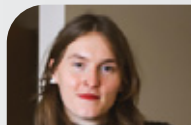
Tiffany Caron

As the Granting and Digital Officer, Tiffany conducted all internal data collection from the Foundation for this report.

Report Recommendations & Oversight



Addison Docherty



Madeline Docherty

Flow Community Projects

Through their Report Review and Enhancement Service, Flow Community Projects offered their consultation and recommendations to enhance the language, readability, and overall content of the report.

The Foundation thanks consultants Addison and Madeline Docherty for their oversight and commitment to Vital Signs.

Partnerships

The 'Growing Futures: Vital Signs Report 2023' has only been made possible due to an incredible amount of collaboration, knowledge sharing, and community involvement. The Foundation would like to acknowledge the partners who have provided their expertise to help bring this report to life.



Colleen Strauch

Colleen Strauch - Luther College Nonprofit & Voluntary Sector Studies Network

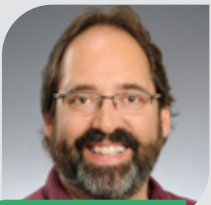
The Nonprofit Voluntary Sector Studies Network (NVSSN) is a community-driven network made up of professionals from the nonprofit and voluntary sector, University of Regina students, faculty members, staff, and campus partners. Because of the efforts of Colleen Strauch, Director of the NVSSN, the Foundation was able to connect with various people and resources through the University of Regina and its expanded community.



Dr. Tim Maciag

Dr. Tim Maciag - University of Regina Faculty of Engineering and Applied Science

Through a connection from the NVSSN, the Foundation partnered with the University of Regina Faculty of Engineering and Applied Science to develop the interactive web version of the report (growingfuturesreport.ca). The Foundation acknowledges Dr. Tim Maciag for including the ENSE 271 - People-Centred Design class to spend nearly four months engaged with Vital Signs research. The class was tasked to rethink the way Vital Signs reports are delivered by creating an online version that increases engagement and readability for users. As a result of this partnership, the Foundation hired Brooklyn Coulson, a student from the ENSE 271 class, to develop the final report website.



Dr. Roger A. Petry

Dr. Roger A. Petry - Professor of Philosophy at Luther College

We have connected local data in this report to the United Nations Sustainable Development Goals. The 17 SDGs are a global measurement of sustainability of communities. The way each SDG relates to the report's focus areas can be viewed throughout the report.

The Foundation thanks Dr. Roger A. Petry, Professor of Philosophy at Luther College, for his expertise and oversight of the SDGs and how they are represented within this report.



John Bird

John Bird - ta-tawâw Student Centre at the University of Regina

We have connected local data in this report to the Truth and Reconciliation Commission Calls to Action (CTAs). This is an intentional effort to commit the findings of this report to the well-being and advancement of the Indigenous communities we serve.

The Foundation thanks John Bird, Manager of the ta-tawâw Student Centre at the University of Regina, for his insights into the CTAs and how they align within this report.

Our Alignment with the United Nations Sustainable Development Goals (SDGs)



We have connected local data in this report to the United Nations Sustainable Development Goals. The 17 SDGs are a global measurement of sustainability of communities. The way each SDG relates to the focus areas of the report can be viewed to the right. Please note that not all 17 SDGs are represented in the report. Instead, we have connected specific SDGs that are relevant to the focus areas.

The Foundation thanks Dr. Roger A. Petry, Professor of Philosophy at Luther College, for his expertise and oversight of the SDGs and how they are represented within this report.

You can view more information about SDGs at sdgs.un.org/goals or by scanning the code below:



Focus Area 1: Supporting Safe and Affordable Housing

Goal 1 - No Poverty (1.1, 1.2)

Goal 10 - Reduced Inequalities (10.2)

Goal 11 - Sustainable Cities and Communities (11.1)

Goal 16 - Peace, Justice, and Strong Institutions (16.1, 16.2)



Focus Area 2: Increasing Food Security

Goal 1 - No Poverty (1.1, 1.2)

Goal 2 - Zero Hunger (2.1, 2.2)

Goal 12 - Sustainable Consumption and Production (12.3)



Focus Area 3: Improving Mental Health Services for Substance Use and Suicide Prevention

Goal 3 - Good Health and Well-Being (3.4, 3.5)



Focus Area 4: Sustaining Community Infrastructure

Goal 4 - Quality Education (4.7)

Goal 9 - Industry, Innovation, and Infrastructure (9.1, 9.4)

Goal 12 - Responsible Consumption and Production (12.2)

Goal 13 - Climate Action (13.1, 13.3)



Additional Findings: Community Funding Gaps

Goal 4 - Quality Education (4.1, 4.2, 4.4, 4.a)

Goal 9 - Industry, Innovation, and Infrastructure (9.1, 9.2)

Goal 17 - Partnership for the Goals (17.16, 17.17)

Our Alignment with the Truth and Reconciliation Commission Calls to Action

We have connected local data in this report to the Truth and Reconciliation Commission Calls to Action (CTAs). This is an effort to align the findings of this report to the well-being and advancement of the Indigenous communities we serve.

The Foundation thanks John Bird, Manager of the ta-tawâw Student Centre at the University of Regina, for his insights into the CTAs and how they align within this report.

You can view the full 94 Truth and Reconciliation Commission Calls to Action by scanning the code below:



Focus Area 1: Supporting Safe and Affordable Housing

Child Welfare (1.ii, 2.iii)

Justice (36, 38, 39)

Royal Proclamation and Covenant of Reconciliation (46.iii UNDRIP)

National Council for Reconciliation (55.iv)



Focus Area 2: Increasing Food Security

Health (19)

Royal Proclamation and Covenant of Reconciliation (46.iii UNDRIP)

National Council for Reconciliation (55.iv)



Focus Area 3: Improving Mental Health Services for Substance Use and Suicide Prevention

Health (19)

Justice (35, 36)

Royal Proclamation and Covenant of Reconciliation (46.iii UNDRIP)

National Council for Reconciliation (55.iv)



Focus Area 4: Sustaining Community Infrastructure

Royal Proclamation and Covenant of Reconciliation (46.iii UNDRIP)



Additional Findings: Community Funding Gaps

Royal Proclamation and Covenant of Reconciliation (46.iii UNDRIP)

We encourage you to read this report and continue to participate in conversations, volunteering, donating, or by finding other ways to engage with the challenges our community is facing.

We have the power to make a difference, together.

Please contact the South Saskatchewan Community Foundation to learn more about how you can get engaged in your community and how we can support you to take action.

