



Lac Ste. Anne County

# Social Needs Assessment

October 2019





# EXECUTIVE SUMMARY

Lac Ste. Anne County area works to enhance the quality of life of its residents through direct service provision, through support to innumerable community organizations, and through its work with a variety of partners. The County's contributions to residents' quality of life encompasses many different service areas including fire services, infrastructure, agricultural services, community services and others. Family & Community Support Services (FCSS) is one of these other services. An intent of this municipally delivered service (provincially supported) is to enhance the lives of individuals and families by strengthening their capabilities to respond to challenges faced. To better understand the social needs of community members the County undertook the development of this Social Needs Assessment.

Through a variety of means including a household survey and stakeholder meetings an examination of the social profile of the Lac Ste. Anne County area was completed. This information is presented herein and leads to a greater understanding of the needs of residents. This Assessment will enable Lac Ste. Anne County area to make strategic decisions related to resource allocation and partnership opportunities as it addresses the needs identified.

Some findings from the resident survey<sup>1</sup> included the following.

- The rural setting is considered a strength of living in the Lac Ste. Anne County area by the greatest proportion of respondents (85%).
- The priorities to be addressed are:
  - » mental health,
  - » lack of employment,
  - » drugs and substance abuse and/or addictions,
  - » personal safety, and
  - » lack of employment supports.
- While “only” 14% of respondents have pre-school aged children at home, 80% of those respondents require child care.
  - » Approximately three-quarters of this group rely on family or friends in the Lac Ste. Anne County area for child care.
  - » Half of respondents (51%) with preschool aged children at home said there is a need for additional licensed daycare programs in the Lac Ste. Anne County area.

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<sup>1</sup> 374 responses were collected to the resident survey.



# EXECUTIVE SUMMARY

## STUDY CONCLUSIONS

- **Economic realities are top of mind for residents.** There is a need for employment and employment supports in the Lac Ste. Anne County area.
- **Licensed day care and before & after school care are needed.** It is important that this care is provided by licensed operators.
- **Services for seniors are needed.** With an aging population in the Lac Ste. Anne County area there is a requirement of services for in-home supports, transportation, and recreation and social programs.
- **Programming for youth is needed.** Additional programs beyond school programming and structured sport is desired.
- **Drug and substance abuse and additions is an issue.** This is a broad issue that impacts all segments of the population.
- **Mental health supports need to be enhanced.** The demand for services is currently outpacing the supply. There is a strong need for additional support services.
- **Personal safety is a concern for residents.** An issue that is connected to the other identified issues within the Lac Ste. Anne County area. Engaging the community and building a more connected community can create a greater sense of safety.
- **Promotion of available resources and services should be enhanced.** There is a need for mechanisms to be put in place that are commonly known and through which all services and opportunities are promoted.
- **Transportation supports should be augmented.** While seniors experience challenges with transportation so do others in the community.
- **Parenting skills could be bolstered.** Concerns related to children and youth in the Lac Ste. Anne County area could be better addressed through parenting skills programming.

Acting upon these recommendations will support all other efforts by Lac Ste. Anne County, neighbouring municipalities, and their community partners in strengthening the quality of life of area residents.

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# INTRODUCTION

Lac Ste. Anne County works to enhance the quality of life of its residents through direct service provision, through support to innumerable community organizations, and through its work with a variety of partners. One of the services the County provides is Family & Community Support Services (FCSS). FCSS is a service offered at the municipal level across Alberta that is funded through a partnership between the Province and the municipalities. The intent of the program is to:

- Help people develop independence, strengthen coping skills and become more resistant to crisis;
- Build awareness of social needs;
- Support people in developing skills to have healthy relationships with others;
- Help individuals and communities assume responsibility for decisions and actions that affect them; and
- Provide supports that help people participate in the community.

While FCSS is specifically focused on enhancing the lives of residents and takes this on through a social lens, there are other County efforts and initiatives that can work separately (or in concert) from FCSS with a goal of improving residents' lives and community strengths.

In an effort to better understand the social needs of residents in the Lac Ste. Anne County area, the County undertook the development of this Social Needs Assessment. In order to effectively support the community, it is imperative that the needs of the community are understood. This report presents the information gathered and research completed to gain an understanding of the community's needs. Based on an analysis of this information conclusions are drawn that will be utilized by Lac Ste. Anne County as it makes decisions related to resource allocation in order to best address the identified needs.

This report includes sections that present the study findings.

- An examination of the demographics of the Lac Ste. Anne County area.
- A review of existing municipal plans and documents.
- A review of rural health service, child care, and social programming.
- An inventory of regional social services.
- A survey of residents and its findings presented herein.
- Multiple meetings and discussions were convened with area stakeholders and agencies.

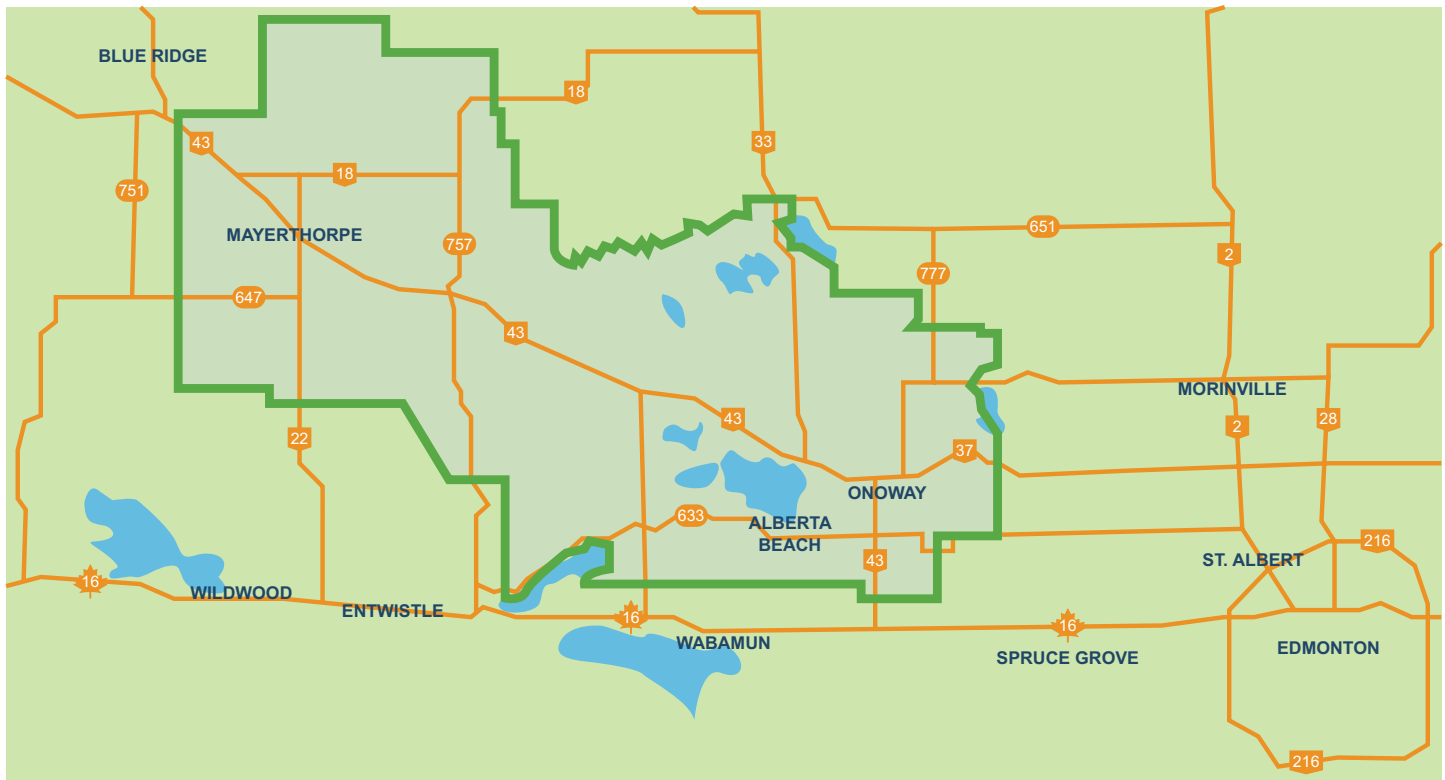
While some of the conclusions presented in this report may not fall entirely within the area of activity of the County's FCSS, a holistic understanding of the needs will help the County develop an approach to addressing the needs where it can – including within FCSS and beyond.

# ONE

## COMMUNITY CONTEXT

### 1.1 LAC STE. ANNE COUNTY

Located approximately 45 minutes northwest of Edmonton is Lac Ste. Anne County. The County stretches along Highway 43, it is orientated to the southeast around Onoway and to the northwest portion surrounding Mayerthorpe. Aside from those two aforementioned towns, there are several other communities that are situated within the borders of the County including Alberta Beach, and many summer villages and hamlets (including Sangudo the location of the municipal office). Covering an area of approximately 2,850 km<sup>2</sup>, Lac Ste. Anne County has a population of 10,899 (2016 Census).



The County's namesake comes from the largest body of water in the region, Lac Ste. Anne. An area of natural beauty and historical significance, the region was originally settled by the Nakota Sioux and Cree First Nation's People. Lac Ste. Anne was first called Wakamne, or God's Lake, by the Alexis Nakota Sioux Nation who live on the west end of the Lake, and Manito Sakhahigan, or Spirit Lake, by the Cree. Today the region continues to have a strong and proud Indigenous presence.

The development of the County began with the settlement of the Village of Lac Ste. Anne, which was one of the first established settlements in Alberta and the first permanent Catholic mission west of Winnipeg, Manitoba. Lac Ste. Anne Mission was designated a National Heritage Site in 2004 for its social and cultural heritage.

The region prospered with an economy rooted in the energy and agriculture sectors; through the amalgamation of smaller surrounding municipalities, the Municipal District of Lac Ste. Anne was formed in 1944, and finally, the Municipal District was declared a County in 1965.

Lac Ste. Anne County has grown far beyond the scope of the original mission, and has become an attractive collection of rural communities. As noted above, historically agriculture and the energy industry formed the core of economic activity within the County, but this is evolving to include stronger recreation and tourism sectors largely due to the lakes in the region.

The stated vision is for the County to be "...prosperous, progressive and collaborative, building on our strong sense of community and our agricultural roots, and providing a diverse range of opportunities for growth."

## MAYERTHORPE

The Town of Mayerthorpe is located in the northwest region of the County, with a population of 1,320 (2016 Census). It is the largest municipality within Lac Ste. Anne County. The town offers an abundance of unique experiences for tourists who would like to experience cowboy heritage, horseback riding, agricultural fairs, and marathons.

The Town offers its residents and the surrounding communities a variety of services and amenities including: K-12 schools, Parent Link Centre, playgroup, health care centre, public library, Exhibition Centre, outdoor swimming pool, with a splash pad added in the fall of 2017, curling rink, Seniors Friendship Centre, sports grounds and agricultural barns, golf course, ball diamonds, Diamond Centre (hall) and numerous parks and playgrounds.

## ONOWAY

The Town of Onoway with a population of 1,029 (2016 Census) is situated in the scenic Sturgeon River valley, on the eastern end of Lac Ste. Anne County. Onoway is a hub for transportation as it is situated along a key international trade highway, the CANAMEX Trade Corridor that connects Mexico to Alaska, and with the Canadian National Railway traveling through the town.

Onoway has deep roots as an agricultural community but also has an industrial base which includes oilfield and agricultural services, manufacturing and fabricating, constructing and environmental management. It offers residents a variety of services and amenities, including a playschool, a new elementary school and junior and senior high school, professional services, health care, senior care, a public library, seniors club, arena, curling rink, museum, community halls and a number of outdoor recreation amenities.



## ALBERTA BEACH

In 1912 the Alberta Northern Rail built a railroad to the area which is now Alberta Beach, with the purpose of bringing its employees to the area for holidays. By 1920 the area had incorporated as a summer village, with other companies such as Marshall Wells and Woodwards bringing their employees to the area for holidays and celebrations in the picturesque area.

As the demand to holiday in the community just west of Edmonton, continued to grow the Moonlight Express was started by the Alberta Northern Railway, which would transport people from Edmonton on Saturday mornings to Alberta Beach, and returned them on Sunday night to Edmonton. In the proceeding years Albertans began purchasing and building their own cabins and small businesses within the area of Alberta Beach.

On January 1, 1999, the Summer Village of Alberta Beach became a village. It has a population of 1,018 (2016 Census), however the Village can host upwards of 3,000 visitors during summer long weekends. A hotel and many small tourism based businesses operate within the village. Alberta Beach has developed in many ways while still preserving the reason for its popularity, which was allowing visitors an escape from urban life and a return to nature. Alberta Beach offers a variety of recreation facilities to its residents and visitors including a public library, seniors club, playschool, community hall (Agriplex), golf course, outdoor rink and numerous outdoor amenities.

## OTHER MUNICIPALITIES

In addition, the County is also home to the popular summer tourist destinations and Hamlets. This includes, but is not limited to, Summer Villages, such as Birch Cove, Castle Island, Ross Haven, and Sunrise Beach and Hamlets, such as Gunn and Sangudo.



## 1.2 DEMOGRAPHICS

### POPULATION

The population of Lac Ste. Anne County in 2016 was 10,899. Overall, the population of the County has grown at an average of 1.36% per year over the past 15 years. Between the last two census periods, its' population grew by 639 people, with an average annual growth rate of 1.25% from 2011 to 2016. The population growth rate of the County from 2011-2016 was 6.2%, which is lower than the Province of Alberta growth rate for the same period of 11.6%.

It should be noted that it is Alberta's urban centres that are experiencing strong growth rates, which is impacting the overall provincial average. For example, between 2006 and 2011 Lac Ste. Anne County experienced a growth of 7.8%, the Province of Alberta during that time recorded a growth of 11.6%. At closer examination between 2001 and 2006, Large Urban Centres experienced a growth rate of 12.6% and Rural and Small Town Areas (population of 10,000 or less) experienced a growth rate of 3.8%. Therefore, Lac Ste. Anne County (7.8%) experienced a higher rate of growth compared to other Alberta Rural and Small Town Areas (3.8%).<sup>1</sup>

**CHART 1: POPULATION GROWTH OF LAC STE. ANNE COUNTY AND OTHER MUNICIPALITIES OVER TIME**

	2001	2006	2011	2016	Population Growth: 2001-2016	Population Growth: 2011-2016
<b>Mayerthorpe</b>	1,570	1,474	1,398	1,320	-15.9%	-5.6%
<b>Onoway</b>	847	875	1,039	1,029	21.5%	-1.0%
<b>Alberta Beach</b>	762	884	865	1,018	33.6%	17.7%
<b>Lac Ste. Anne County</b>	8,948	9,516	10,260	10,899	21.6%	6.2%
<b>Alberta</b>	2,974,807	3,290,350	3,645,257	4,067,175	36.7%	11.6%

**CHART 2: POPULATION CHARACTERISTICS COMPARISON**

Characteristic	Lac Ste. Anne County	Comparison to Provincial Average
<b>Overall Growth (2011-2016)</b>	6.2%	11.6%
<b>Gender Distribution</b>	52% male/48% female	50% male/50% female
<b>Average Age</b>	42	38
<b>% Population Under 14</b>	16.9%	19.2%
<b>% Population 15-64</b>	66.7%	68.5%
<b>% Population 65+</b>	16.5%	12.3%
<b>Average Household Size</b>	2.5	2.6
<b>Median After Tax Household Income</b>	\$72,294	\$80,300

<sup>1</sup> Source: Alberta Department of Agriculture: Rural and Small Town Population Change – 2013 Alberta Official Statistic

### GROWTH PROJECTIONS

Three projected growth scenarios are outlined in the County's 2015 Municipal Development Plan. The future population growth is expected to be in line with historical experience of 1% annual growth. Assuming this growth rate, the population of Lac Ste. Anne County is expected to grow up to 13,062 by 2033. The other growth rates were provided by the County and are potential growth rates based on historical data.

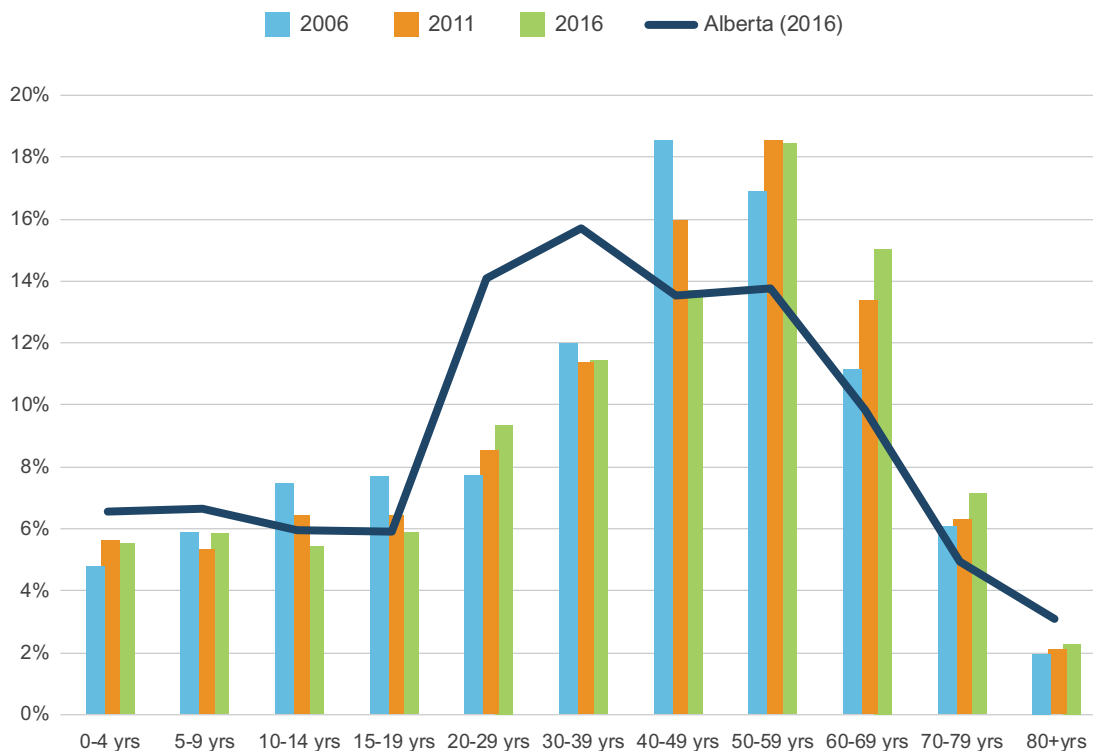
### CHART 3: LAC STE. ANNE COUNTY GROWTH PROJECTIONS

Scenario	Annual Growth Rate	2033 Projected Population
Low Growth Projection	0.5%	11,335
Anticipated Growth Projection	1%	13,062
High Growth Projection	1.5%	13,819

### AGE DISTRIBUTION

Age distributions in Lac Ste. Anne County demonstrate that the County is older on average than the general population of Alberta. The average age of a resident in Lac Ste. Anne is 42 years old, which is slightly older than the provincial average of 38. The demographics of the County speak to its current and future social needs, and with 57% of County residents over the age of 40. The proportion of people in their 20s has increased but is still well below the provincial average. Sizeable growth is seen amongst the population over 60 years of age.

### CHART 4: LAC STE. ANNE COUNTY DEMOGRAPHICS 2006-2016



## ABORIGINAL IDENTITY

Within Lac Ste. Anne County 8.7% of residents identified as Aboriginal on the 2016 census, with the majority (70%) self-reporting as Metis. The Alexis Nakota Sioux Nation is situated in the centre of Lac Ste. Anne County, on the north shore of Lac Ste. Anne. The Alexis Nakota Sioux Nation has a total registered population of 2,050.<sup>2</sup>

## NEW CANADIANS

Lac Ste. Anne County has a very low percentage of new Canadians, with only 0.7% (75) of the population being new immigrants (since 2006), compared to 8.9% across Alberta. Approximately 5% of the total County population are immigrants, with the majority immigrating before 1981.<sup>3</sup>



2 Source: Indigenous and Northern Affairs Canada. First Nation Profiles: Alexis Nakota Sioux Nation. Reviewed at: [http://fnp-ppn.aandc-aadnc.gc.ca/fnp/Main/Search/FNRegPopulation.aspx?BAND\\_NUMBER=437&lang=eng](http://fnp-ppn.aandc-aadnc.gc.ca/fnp/Main/Search/FNRegPopulation.aspx?BAND_NUMBER=437&lang=eng)

3 Source: Lac Ste. Anne County, Municipal District, Census Profile 2016. Statistics Canada 2019.

## 1.3 ECONOMICS

### HOUSEHOLD INCOME

An analysis of the household income of Lac Ste. Anne County reveals that the median total household income in 2015 was \$83,735, which is \$10,100 lower than the Alberta median total household income for 2015.<sup>4</sup> The mean (average) total household income for 2015 is below the province with \$98,150 averaged in the County, compared to \$125,522 in Alberta.<sup>5</sup>

The County has a higher percentage of residents categorized as low income (LIM-AT) (11%) versus 9.3% of the provincial population. However, when comparing shelter costs, Lac Ste. Anne has a lower percentage of residents spending 30% or more on shelter costs, with 18% in the County compared with 20.2% across Alberta.<sup>6</sup>

### EDUCATION

A slight majority (50.3%) of the population aged 25-64 years old of Lac Ste. Anne County possesses some form of postsecondary certificate, diploma, or degree. While 49.7% possess either a secondary school diploma, or have no certificate or diploma. Twenty percent (20.1%) of the working population of the County has an apprenticeship and/or trade certificate, which is above the Provincial rate of apprenticeship certification. The County rate of residents with a university degree is 6.9%, and much lower than the provincial rate of 28.2% of the population.<sup>7</sup>

### CHART 5: LAC STE. ANNE COUNTY EDUCATION PROFILE

	Lac Ste. Anne County	Alberta
<b>Total Population Aged 25-64</b>	6,090	2,257,820
<b>No certificate, diploma or degree</b>	17.9%	10.8%
<b>Secondary (high) school diploma</b>	31.8%	25.2%
<b>Apprenticeship or trade certificate</b>	20.1%	10.6%
<b>College, non-university, diploma or certificate</b>	19.8%	22.0%
<b>University certificate or diploma</b>	3.5%	3.2%
<b>University degree, bachelor and above</b>	6.9%	28.2%

### EMPLOYMENT

The unemployment rate in Lac Ste. Anne County was 10.1% in 2016, greatly increasing 65.6% from 6.10% in 2011. The female population had the lowest increase over last five years, increasing 11.0% to 8.10%.<sup>8</sup>

4 Source: Lac Ste. Anne County, Municipal District, Census Profile 2016. Statistics Canada 2019.

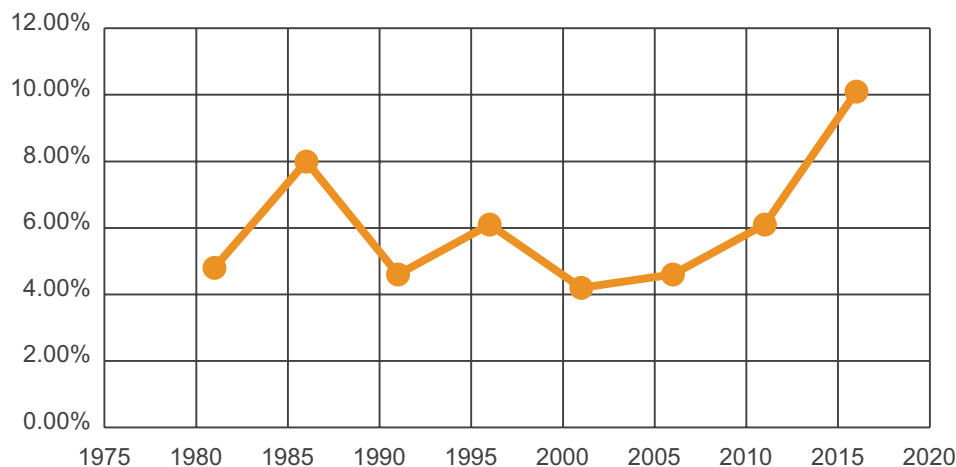
5 Source: Lac Ste. Anne County, Municipal District, Census Profile 2016. Statistics Canada 2019.

7 Source: Lac Ste. Anne County, Municipal District, Census Profile 2016. Statistics Canada 2019.

8 Source: Statistics Canada, National Long form Census (1981-2016) and National Household Survey (2011)

## CHART 6: LAC STE. ANNE COUNTY UNEMPLOYMENT RATE 1981 – 2016

Unemployment Rate Lac Ste. Anne County 1981-2016



### HEALTH

Lac Ste. Anne County is located within Alberta Health's local geographic area (LGA), Mayerthorpe, and within the broader 'North Zone' (which is one of the five geographic zones created by Alberta Health). The 2017 Community Profile of Mayerthorpe report identified the following key primary and community health indicators.

#### GENERAL HEALTH INDICATORS

- The North Zone (which Mayerthorpe LGA is a part of) reports a higher level of obese adults than the provincial rate (30.7% vs 22.8%), and a higher level of inactive people (45.9% vs 43.1%).
- In Mayerthorpe (LGA), 4.6 per 100 people have three or more chronic diseases, the province rate is 3.9 per 100 people.
- Maternal health records between 2012 and 2015, show that the teen birth rate (per 1000 women aged 15-19) was higher than the province teen birth rate (21 per 1000 vs 14 per 1000 women).
- Maternal health records between 2012 and 2015, show that the number births in the Mayerthorpe LGA was 529.

#### PRIMARY CARE INDICATORS

- Approximately two-thirds (69.7%) of resident family physician claims were to physicians outside of the Mayerthorpe LGA, which is higher than the Alberta rate of 53.1%.
- There are significantly less family physicians in Mayerthorpe (0.4 per 1000 peoples), compared to the provincial rate (1 per 1000 peoples).
- Mayerthorpe's emergency department visits for mental and behavioural issues was higher than the provincial rate (2362.5 vs 1167.8 per 100,000).
- Mayerthorpe's emergency department visits for substance abuse issues was higher than the provincial rate (1929.8 vs 1073 per 100,000).

## SUICIDE RATES

Suicide rates in the North zone, which the Mayerthorpe LGA is a part of, have increased between 2012 and 2017 by 45%.<sup>9</sup> During that same time period, the Province of Alberta experienced an increase of 26% in the rate of suicides. The North zone experienced the highest rates of suicide, compared to the other zones in the province during this time period. The following change shows suicide statistics for the North zone, by age between 2012 and 2017.

**CHART 7: ALBERTA NORTH ZONE SUICIDE RATE BY AGE CATEGORY, 2012 - 2017**

Age Category	2012	2013	2014	2015	2016	2017
5-9	0	0	0	0	0	0
10-14	0	5	5	3	2	1
15-19	10	7	15	7	13	7
20-24	13	13	18	22	15	15
25-29	13	14	16	15	18	20
30-34	14	16	14	16	17	23
35-39	7	7	20	24	10	14
40-44	12	20	16	22	17	17
45-49	19	20	18	16	14	16
50-54	12	20	15	23	14	21
55-59	11	10	16	15	16	9
60-64	4	6	9	15	12	18
65-69	4	2	5	6	6	9
70-74	5	4	5	9	4	7
75-79	1	1	2	7	6	3
80-84	0	0	3	1	4	3
85-Plus	1	2	2	0	2	0
	<b>126</b>	<b>147</b>	<b>179</b>	<b>201</b>	<b>170</b>	<b>183</b>



# TWO

## PLAN REVIEW

In planning for the future of community services in Lac Ste. Anne, there are a number of County documents that have been reviewed to gain an understanding of the region. Some provide background information on recreation and community services, and others are assessments from different times. While some of the studies were completed several years ago, a review demonstrates that some social issues persist and require ongoing attention.

### 2.1 LAC STE. ANNE COUNTY STRATEGIC PLAN 2018-2021

#### VISION FOR LAC STE. ANNE COUNTY

*Lac Ste. Anne County is prosperous, progressive and collaborative, building on our strong sense of community and our agricultural roots, providing a diverse range of opportunities.*

#### MISSION FOR LAC STE. ANNE COUNTY

*Lac Ste. Anne County acts in the best interests of the County as a whole to create a positive environment for economic growth, citizen and community engagement, and the provision of services for sustainable infrastructure.*

The Plan identified several goals and objectives for the various operational departments. For Community and Protective Services there were several identified that are pertinent including the following objectives.

- Complete a day care needs assessment.
- Complete a Social Master Plan to guide FCSS.
- Develop and adopt a recreation master plan.
- Develop a parks and open spaces master plan.



## 2.2 MUNICIPAL DEVELOPMENT PLAN – BYLAW 23-2014

A statutory requirement, the Municipal Development Plan (MDP) establishes a framework for land use decision making within the County. The MDP must embody the overall aims, ambitions and philosophy that the County holds in relation to its development and growth.

The MDP includes many policies, some of which relate to this Social Needs Assessment.

- 9.2.2 Neighbourhood-oriented community services uses such as child care services, education services, health care clinics and places of worship may locate within the neighbourhood area they serve.
- 9.5.12 The County shall work with local service agencies, the private sector, and key public institutions to support local initiatives to establish transit service to meet the needs of local population.

## 2.3 TOWN OF ONOWAY/LAC STE. ANNE COUNTY – NEEDS ASSESSMENT REVIEW 2009

In 2009 the Town of Onoway and Lac Ste. Anne County conducted a needs assessment review. The purpose of this review was to collect information from ten years of past needs assessments and reports, and report on all data collected, identifying actionable items that would meet the interagency goal of improved community health.

The three major priority actionable items identified were: marketing programs and services, need for recreation and social programs geared to youth and teens, and the need to address teen drug and alcohol abuse.

The report identified the strong working relationship between Lac Ste. Anne County and the Town of Onoway and their desire to continue working together to offer programs and services with the goal of more efficient use of resources.

## 2.4 SOCIAL & COMMUNITY SERVICES NEEDS ASSESSMENT, TOWN OF ONOWAY AND LAC STE. ANNE COUNTY 2008

The Town of Onoway and the surrounding rural area of Lac Ste. Anne County conducted a Social & Community Services Needs Assessment in 2008. The assessment identified four key issues that require attention from the service side, and issues around the process of using services and programs to enhance community quality of life.

The report identified teens, children & seniors, service access, and communications as the areas of focus that require the attention of regional social and community services. The assessment suggests that teens are lacking in recreational or social programs that would help ensure they stay away from drugs and crime. It highlights that the region is lacking in programming for both seniors and young children. It also suggests that the community could be greatly serviced by a transportation service which would support access to desired services for all demographic groups. And that a communication program is needed so increase awareness and knowledge of the community support services available in the area.



# THREE

## RURAL HEALTH SERVICE AND PROGRAM DELIVERY REVIEW

The delivery of health care services and programs in rural communities is not only integral to the wellbeing of residents, it is integral to the viability and sustainability of these communities. As such rural health care services has been studied by regional and provincial governments across Canada. Being able to access to employment and educational opportunities, as well as health care services, social supports and recreation helps communities grow.

Canadians who live in rural communities have long had challenges receiving access to health care services. The population of Canadians who live in rural communities is approximately 18% and they are serviced by less than 8% of Canadian physicians.<sup>1</sup>

In Alberta, a rural health services review was completed in 2015. Over the two-year review process, communities with a population of less than 10,000 were consulted on the state of their health care services. During the initial phases of the review, a community meeting was at Onoway. From the consultations and research, 56 recommendations were made to address the concerns of the rural Alberta communities. The recommendations aim to meet the broader goals of creating<sup>2</sup>:

- Greater engagement, decision-making, and accountability at the community level.
- A robust system of team-based primary health care services.
- Solutions to current issues facing EMS dispatch and operations to improve response times and ensure community availability.
- A coordinated approach to workforce sustainability with increased focus on development of a full spectrum of home-grown healthcare professionals.
- Enhanced utilization of existing facilities to improve local access to basic health care and specialized services.
- Acknowledging the crucial role of health care facilities and services in the economic viability of rural communities, and by extension, the province as a whole.

Further to government interventions, the College of Family Physicians of Canada (CFPC) and the Society of Rural Physicians of Canada (SRPC) formed a joint taskforce (Taskforce) in 2014, with the goal to improve the health of rural Canadians by producing and sustaining an increased number of family physicians practicing comprehensive rural generalist medicine. In 2017 they released “A Rural Road Map for Action: Directions” which provided a framework to improve access to rural health care in Canada through adapted rural training programs for physicians and a national rural research agenda. Since there has been a focus in Canadian medical schools to provided generalized rural medicine education and increase the exposure of medical students to rural communities.

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1 Canadian Institute for Health Information. Supply, Distribution and Migration of Physicians in Canada 2015 – Data Tables. Ottawa, ON: Canadian Institute for Health Information; 2016.

2 Government of Alberta. Rural Health Services Review Final Report; 2015, p. 3.

# FOUR

## ALBERTA CHILD CARE LICENSING REVIEW

### 4.1 CATEGORIES OF CHILD CARE PROGRAMS

Parents have a number of options when selecting child care for their families in Alberta; these options range from day care, pre-school, and out-of-school care programs where care is provided in a larger group setting, to group family child care and family day homes where there are fewer children cared for in a home setting.

Alberta's licensed child care programs must meet the requirements laid out in the Child Care Licensing Act and the Child Care Licensing Regulation. These rules and standards make sure children's health and safety needs are being met.

The Province of Alberta has five categories of licensed child care programs<sup>1</sup>:

#### 1. **Preschool Program**

A child care program provided to preschool and kindergarten children for less than four hours per child in each day the program is provided.

To obtain a license, the programs must meet the requirement that one in every four staff working directly with children hold at least a child development worker certificate.

Financial help is available to eligible stay-at-home parents for their pre-school children through the Child Care Subsidy Program.

#### 2. **Day Care Program**

Child care programs within this category provide care for seven or more children for four or more consecutive hours, each day the program is provided. A day care program must operate in accordance with the following regulations:

- » The Program Supervisor must hold a child development supervisor certificate. In an extended absence of the program supervisor, a person with certification at minimum as a child development worker must be designated to assume the responsibilities of the program supervisor.
- » At least one in every three primary staff working directly with children between the hours of 8:30 a.m. and 4:30 p.m. must hold at least a child development worker certificate.
- » All other primary staff working directly with children at any time of day must hold at least a child development assistant certificate.

Financial help is available to eligible families through the Child Care Subsidy Program.

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<sup>1</sup> Source: Alberta Child Care Licensing Handbook. Reviewed at: <http://www.humanservices.alberta.ca/documents/child-care-licensing-handbook.pdf>

### 3. **Group Family Child Care Program**

A child care program where two child care providers offer child care to not more than 10 children, including the licence holder's own children, in the private residence of the licence holder. In order to operate in accordance with the Child Care Licensing Regulation, the licence holder or each additional care provider must be certified at minimum as a Child Development Worker.

### 4. **Innovative Child Care Program**

A child care program approved by the Director that is designed to meet the unique child care needs of the community in which the program is provided.

### 5. **Out-of-School Care Program**

Programs in this category are child care programs created to care for seven or more kindergarten and school-aged children before and after school, during the lunch hour and/or when schools are closed.

To obtain a license, the programs must meet the requirement that one in every four staff working directly with children hold at least a child development worker certificate.

Please see Appendix 1 for a summary of Alberta's license child care programs.

## 4.2 LEVELS OF CHILD CARE CERTIFICATION

Under the Child Care Licensing Regulation, staff who work directly with children in licensed child care programs are required to be certified. Training standards for certification are regulated under the Child Care Licensing Regulation.

An applicant must submit their education and practical experience documentation to the Child Care Staff Certification Office, which will review the application and determine which level of certification the applicant qualifies for based on their training and education.

### **CHILD DEVELOPMENT SUPERVISOR**

Applicant must have completed a two-year early learning and child care diploma program offered by an Alberta public college, or an approved educational equivalency.

### **CHILD DEVELOPMENT WORKER**

Applicant must have completed a one-year early learning and child care certificate program offered by an Alberta public college, or an approved educational equivalency.

### **CHILD DEVELOPMENT ASSISTANT**

Applicant must have completed the Child Care Orientation Course, or one college level child education course.

# FIVE

## SOCIAL PROGRAMMING REVIEW: APPROACHES TO PROGRAM PLANNING AND MODELING INTERVENTIONS

Over-arching principle: Take protective and risk factors into account when program planning

### FAMILY AND COMMUNITY SUPPORT SERVICES (FCSS) PREVENTION MODELLING

The over-arching provincial goal statement for FCSS in the province of Alberta shown below is taken from **Family and Community Support Services: FCSS Outcomes Model: How we are making a difference** (March 2012):

FCSS enhances the social well-being of individuals, families and community through prevention. FCSS regulations state that programs must not:

1. Provide primarily for the recreation needs or leisure time pursuits of individuals,
2. Offer direct assistance, including money, food, clothing or shelter, to sustain an individual or family,
3. Be primarily rehabilitative in nature, or
4. Duplicate services that are ordinarily provided by a government or government agency.

Prevention for FCSS is explained this way:

For FCSS, prevention occurs by strengthening resiliency through identifying and enhancing individual, family and community assets.

- Prevention may involve enhancing the strengths, skills, and abilities of individuals, families and the community so they are more resilient and better able to deal with a stress or challenge that may result in future problems.
- Prevention may involve building individual or environmental safeguards that enhance the ability to deal with stressful life events, risks, or hazards and promote the ability to adapt and respond constructively.
- Prevention may involve addressing protective and risk factors.
- Protective and risk factors can exist both within individuals and across the various settings in which they live, such as the family, peer group, school, and community.

Protective and risk factors are the aspects of an individual, family, or community (or group) and environment or personal experience that make it less likely (*protective factors*) or more likely (*risk factors*) that people will achieve a desired outcome or experience a given problem.

Another term used for protective factors is “assets.” “Asset-based” approaches used by local FCSS programs put the emphasis on the positive (protective), not the negative (risk), factors that contribute to outcomes. Research suggests that the greater the number of assets, the more likely are positive outcomes. Research suggests that the greater number of risk factors, the more likely a negative outcome.

Protective and risk factors are generally grouped into two categories: those that are personal characteristics of individuals and those that occur in the environment (both socially and physically). *Personal factors* are things that are unique to each individual (or group). They include an individual's knowledge, skills, experience, history, and genetic makeup. *Environmental factors* are factors that affect a specific group of people in each community; they are not specific to each person. The environment refers to the conditions in which each individual life - their household, their neighborhood or town, and the larger community. Categories of environmental factors include: support and services; access, barriers and opportunities; consequences of efforts; and policies and living conditions.

General principles are things that are true for all of the "subtypes" of factors: protective and risk, personal and environmental, social and physical. Research has consistently shown that:

- *Many protective and risk factors are related to multiple community outcomes.* That is, they are important factors in many community social concerns. As such, they provide a good place to start when developing lists of protective and risk factors. For example, a child having a strong relationship with a caring adult is a protective factor against substance abuse, dropping out of school, committing criminal actions, and so on. On the other hand, poverty is a risk factor for teen pregnancy, substance abuse, and inadequate access to health services.
- *Not all protective and risk factors are created equal.* Some protective and risk factors are much more influential than others. For example, having friends who use drugs has been shown to be a very significant risk factor for a teen to start using drugs. It's a much stronger risk factor than simply having the substances available in the community. It's important to consider the relative importance of each protective and risk factor because this will help you prioritize your actions later on.
- *The more protective factors or assets individuals have in their corner, the less likely they are to engage in an unhealthy behaviour.* And conversely, the more risk factors a person has, the greater the likelihood they will engage in a given unhealthy behavior. For example, if you smoke heavily, eat a diet high in cholesterol, don't exercise, and have high blood pressure, it's much more likely that you will have a heart attack than if your only risk factor is a poor diet.<sup>1</sup>

## FAMILY AND CHILDREN FOCUSED INTERVENTIONS

Research has found that successful interventions, which are focused on families and children, must both promote protective factors and reduce risk factors to ensure child and family well-being. There is growing interest in understanding the complex ways in which these protective and risk factors interact within the context of a child's family, community, and society to promote child and family well-being as well as to affect both the incidence and consequences of child abuse and neglect.

Protective factors are conditions or attributes of individuals, families, communities, or the larger society that promote healthy development and well-being of children and families and reduce or eliminate risk. These factors help ensure that children and youth function well at home, in school, at work, and in the community, today and into adulthood. Protective factors also can serve as buffers, helping parents who might otherwise be at risk of abusing their children to find resources, supports, or coping strategies that allow them to parent effectively, even under stress.

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<sup>1</sup> Source: Excerpted and adapted from: Section 2. Understanding Risk and Protective Factors: Their Use in Selecting Potential Targets and Promising Strategies for Intervention  
Reviewed at: <http://ctb.ku.edu/en/table-of-contents/analyze/choose-and-adapt-community-interventions/risk-and-protective-factors/main>

There are six protective factors that have been shown to strengthen families. These six protective factors are associated with optimal child development and lower levels of child abuse and neglect. The six protective factors<sup>2</sup> are:

- Nurturing and attachment
- Knowledge of parenting and child development
- Parental resilience
- Social connections
- Concrete support for families
- Social and emotional competence of children

### YOUTH FOCUSED INTERVENTIONS

Positive long-term outcomes related to health, school success, and successful transitions to adulthood typically do not occur as the result of single interventions. A growing body of evidence suggests that protective factors “buffer” the effects of risk exposure and, importantly, may help individuals and families negotiate difficult circumstances and fare better in school, work, and life.

Focusing on protective factors offers a way to track child and adolescent development by increasing resilience in the short term and contributing to the development of skills, personal characteristics, knowledge, relationships, and opportunities that offset risk exposure and contribute to improved well-being and positive outcomes in the long term. In this sense, protective factors can be used as interim results to monitor for progress over time towards the desired impacts that may not be realized for many years.

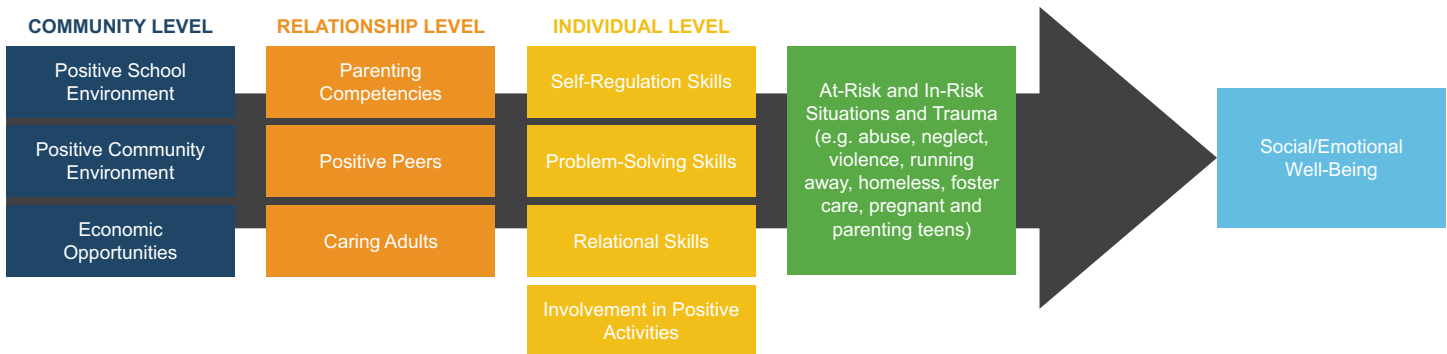
### PROTECTIVE FACTORS MODEL: PERSONAL ENVIRONMENT DYNAMIC

Part of the mandate of the Administration on Children, Youth and Families, a division of the United States Department of Health and Health Services, is to care for vulnerable child and youth populations. Specifically, this population group include: homeless and runaway youth, children exposed to domestic violence, victims of child abuse and neglect, youth in and aging out of the foster care system, and pregnant and parenting teens. Following a project investigating protective factors for these vulnerable populations, the conceptual model below was developed to show the protective factors with the strongest evidence for these populations at the community, relationship and individual levels.



## DIAGRAM 1: PERSONAL ENVIRONMENT DYNAMIC MODEL

### CONCEPTUAL GENERAL MODEL: PERSONAL-ENVIRONMENT DYNAMIC



To examine this model at the micro level, the individual level, the evidence is strongest for the protective nature of self-regulation skills, relational skills, and problem-solving skills.

**Self-regulation skills** refer to a youth's ability to manage or control emotions and behaviors, which can include anger management, character, long-term self-control, and emotional intelligence.

**Relational skills** refer to a youth's ability to form positive bonds and connections (e.g., social competence, being caring, forming prosocial relationships) and a youth's interpersonal skills (e.g., communication skills and peaceful conflict resolution skills).

**Problem-solving skills** refer to a youth's adaptive functioning skills and ability to solve problems.

Self-regulation skills, relational skills, and problem-solving skills are related to positive outcomes such as resiliency, having supportive friends, positive academic performance, improved cognitive functioning, and better social skills. They are also related to reductions in post-traumatic stress disorder, stress, anxiety, depression, and delinquency. Finally, these skills are related to more satisfaction with out-of-home placements and fewer placement disruptions for youth who have been removed from their homes.

Another protective factor with strong evidence at the individual level is **involvement in positive activities**, which refers to a child's school connectedness, commitment, and engagement as well as older youth having a job or participating in job training opportunities. Involvement in positive activities is associated with lower levels of antisocial and general problem behavior, reductions in repeat pregnancies, higher socioeconomic status, and resiliency.

At the meso level, the relationship level, parents, guardians, other adults, and peers serve as important sources of protection for children and youth.

For youth of all ages, the **competencies of the parent or guardian** include parenting skills (e.g., establishing clear standards and limits, discipline, knowledge about child development, and proper care) and positive parent-child interactions (e.g., sensitive, supportive, or caring parenting and close relationships between parent and child). These competencies are related to numerous well-being outcomes such as increases in self-esteem, lower risk of antisocial behavior, lower likelihood of running away and teen pregnancy, reductions in child behavior problems, increases in social skills, better psychological adjustment, and reductions in internalizing behaviors. Also, for children in out-of-home placements, improvements in parenting competencies have been associated with being reunited with their parents.

The **presence of a caring adult** in the life of a young person is particularly important for teens and young adults. These caring adults are often program staff or home visitors but can also be caring adults in the community, mentors, advocates, teachers, or extended family members. The presence of a caring adult is related to numerous positive outcomes including greater resilience, lower stress, less likelihood of arrest, reductions in homelessness, higher levels of employment, less delinquent conduct, favourable health, less suicidal ideation, and reductions in rapid repeat pregnancies and better outcomes for the children of teen mothers.

**Positive relationships with peers** are another source of protection for in-risk populations and include both support from peers and positive peer norms (such as refraining from drinking or using illegal drugs and peer disapproval of these and other harmful behaviors). Having friendships and support from peers is related to reductions in depressive symptoms, more empathetic parenting attitudes (among teen mothers), and higher self-esteem. Positive peer norms is related to reductions in rapid repeat pregnancies, less alcohol, tobacco and other drug use, lower levels of sexual activity, less antisocial and delinquent behavior, more success in school, and more helping of others. Ensuring that our children and youth have positive peers can be achieved by building connections and interaction with groups that are engaged in positive activities.

At the macro level, the community level, three community-level factors are particularly important:

A **positive school environment** showed the most evidence at this level. A positive school environment is one with supportive teachers and staff as well as specialized school-based programming geared toward improving outcomes for these populations. This protective factor is related to reductions in traumatic stress disorder symptoms, depression, psychosocial dysfunction, and dating violence, as well as improvements in school performance and resilience. Two additional protective factors are a **positive community environment**, as defined by neighborhood quality and advantage, community safety, social cohesion, and social network support, and **economic opportunities**, as defined by higher socioeconomic status, employment, and financial support for higher education.<sup>3</sup>



3 Source: Excerpted and adapted from: Promoting Protective Factors for In-Risk Families and Youth by the Administration on Children, Youth and Families, US Department of Health & Human Services  
Reviewed at: <http://www.dsgonline.com/ACYF>

## 5.1 REVIEW OF SOCIAL PROGRAMS AND SERVICES BEST PRACTICES

The following information highlights trends and best practices that correspond to some of the priority areas identified through both the interview process and survey. The examples are not intended to be exhaustive or comprehensive but rather to provide some evidence based starting points for program and service options and development.

### FOURTH R – STRATEGIES FOR HEALTHY YOUTH RELATIONSHIPS (WESTERN UNIVERSITY, CENTER FOR SCHOOL MENTAL HEALTH)

Involving all adolescents in education about safety and risk, rather than just those who show problems, builds resiliency for future difficulties. A universal approach precludes the need for identifying youth and reduces the stigma of being labeled high risk. Through this program, all students are better equipped with the skills they need to build healthy relationships and to help themselves and their peers reduce risky behaviours.

The Fourth R consists of a comprehensive, school-based program designed to include students, teachers, parents, and the community in reducing violence and risk behaviours. It is important that young people be given information that will help them make good decisions, and are shown positive relationship models that will demonstrate alternatives to the negative examples they frequently see in the world around them.

In addition to the classroom component, the Fourth R seeks to involve the school and community in delivering positive messages to youth. Teachers are engaged through the delivery of the program. Students are engaged through active learning, peer mentoring, and role modeling of appropriate behaviours. Parents are engaged through outreach and communication about the program. Finally, these strategies build bridges between community agencies and the school community to increase access to resources and services for youth.

### YOUTH SOCIAL ENTREPRENEURSHIP PROGRAMS (REGINA STREET CULTURE PROGRAM)

Youth social entrepreneurship programs are an alternative approach to a more traditional youth center. The programs actively work to engage and empower youth in the community using social entrepreneurship, positive role modelling and peer mentoring, connecting with and building community resources, creating positive social activities, and life skills training to enable youth to be the change they wish to see in their own lives.

YSE programs work to develop positive self-image, resilience and self-reliance, self-confidence, inclusion and skills development. Outcomes can include success in employment, education, peer and community engagement, positive lifestyles and personal and community leadership.

A typical program will be partially or completely funded through entrepreneurship, corporate and community support and fundraising. A current example of a social entrepreneurship program in Blackfalds is the After the Grind not for profit organization.

## CHILDREN AND YOUTH INJURY PREVENTION (SASKATCHEWAN PREVENTION INSTITUTE)

A comprehensive program focuses to reduce the occurrence of disabling conditions in children using primary prevention methods and by providing training, information, and resources based on current best evidence.

- Program content can include:
  - » Bike and wheel safety;
  - » Child traffic safety;
  - » Accidents and injuries;
  - » Farm safety;
  - » Fire, flame, burns and scalds;
  - » Holiday safety;
  - » Pedestrian safety;
  - » Playground safety.

## SHIFT – THE PROJECT TO END DOMESTIC VIOLENCE (UNIVERSITY OF CALGARY, FACULTY OF SOCIAL WORK)

Shift was created to lead this charge and advance a primary prevention agenda in Alberta. Primary prevention explicitly focuses on actions before the condition of concern develops. In the area of domestic violence, it means reducing the number of new instances of violence by intervening before any violence has occurred (World Health Organization, 2007).

Interventions can be delivered to the whole population or to particular groups that are at high risk of using or experiencing violence in the future. Examples include whole-school approaches to violence prevention and building healthy relationships skills and environments, home visitation programs that target first-time moms and parents, and social marketing campaigns that encourage bystanders to step in to stop the violence.

The purpose of Shift is to work with and enhance the capacity of policy makers, system leaders, clinicians, service providers and the community at large, to significantly reduce the rates of domestic violence in Alberta. We are committed to making our research accessible and working collaboratively with a diverse range of stakeholders, to inform and influence current and future domestic violence prevention efforts, through the perspective of primary prevention.

The research program was initiated to explore the issue of domestic violence and its root causes and identify primary prevention strategies and programs from around the globe that demonstrate evidence. What we discovered is that although domestic violence is complex and pervasive, it is also preventable. There are evidence-based programs and policies that can stop domestic violence from happening in the first place.

## HAPPINESS 101 (RED DEER PRIMARY CARE NETWORK)

Happiness 101 is a Red Deer based program offered through the Primary Care Network. The seven-week program is an innovative skill development process using principles of positive psychology leading to positivity, a healthy body and healthy mind.

### **YOUTH ENGAGEMENT (THE COMMUNITY UNIVERSITY PARTNERSHIP (CUP); YOUTH ENGAGEMENT PROJECT; YOSHITAKA IWASAKI PRINCIPAL INVESTIGATOR)**

Engaging high-risk, marginalized youth presents a significance challenge in our society, considering the prevalence of disconnect and distrust these youth often experience with their system in which they live. Yet, meaningful youth engagement is a key concept not only for positive youth development, but also for a system change to more effectively support high-risk youth and families.

A most pressing community issue is to more effectively support high-risk youth living in marginalized conditions such as poverty, homelessness, discrimination, social exclusion, and mental health challenges.

The target goals/outcomes are social change and transformation of large and small systems to more effectively support development of high-risk, marginalized youth through actively engaging youth in working collaboratively with community and on giving voices to youth and youth serving partners and mobilizing them for a system change.

The improvement of support systems (policy & practice) and environments (neighborhoods, schools, & communities) is a key objective.

### **YOUTH MENTAL HEALTH (ALBERTA CENTER FOR ACTIVE LIVING)**

Physical activity is an essential part of the development of healthy youth and supports the maintenance of psychological wellbeing. Move Your Mood is a physical activity program for youth seeking mental health support.

Regular physical activity can make us feel better, put us in a better mood, invigorate our bodies, quiet our minds, eradicate boredom, stave off depression, and bolster our ability to cope with stress and anxiety. Physical activity can bring about life-changing transformation by improving our state of mind and being.

Move Your Mood is a locally-developed, community-supported and provincially-funded program for youth. This program idea was initiated by an interest in the Canadian Mental Health Association's (CMHA) successful Minding Our Bodies program for adult Ontarians with chronic mental illness.

### **AGING WELL (LET'S TALK ABOUT AGING; AGING WELL IN ALBERTA; CHIEF MEDICAL OFFICER OF HEALTH)**

Ideas about aging well in Alberta are changing. Perspectives are focusing on moving toward something rather than retiring from jobs, lifestyles or communities. Older persons are less concerned about being defined by age and more concerned about aging well according to their individual values, beliefs, perceptions, abilities and lifestyles.

### ALBERTA ADOLESCENT RECOVERY CENTER (AARC)

AARC operates from a fundamental belief that addiction is a disease with serious impacts on adolescents in particular; rather than a psychological or moral affliction. The effects of addiction are biological and social, as well as psychological and spiritual. Their work is guided by the belief that addiction is a chronic disease, not a temporary phase that a teen is going through. The objective of AARC is to provide hope for youth aged 12-21 suffering from addiction through long-term, cost-effective treatment.

### HOUSING FIRST INITIATIVE

Housing First' is a recovery-oriented approach to ending homelessness that centers on quickly moving people experiencing homelessness into independent and permanent housing and then providing additional supports and services as needed. It is an approach first popularized by Sam Tsemberis and Pathways to Housing in New York in the 1990s, though there were Housing First-like programs emerging elsewhere, including Canada (HouseLink in Toronto) prior to this time. The basic underlying principle of Housing First is that people are better able to move forward with their lives if they are first housed. This is as true for people experiencing homelessness and those with mental health and addictions issues as it is for anyone. Housing is provided first and then supports are provided including physical and mental health, education, employment, substance abuse and community connections.



# SIX

## INVENTORY OF REGIONAL SERVICES

There are numerous social programs and services available to residents in the Lac Ste. Anne County area to address their needs. The following tables present an inventory of these services; it should be noted however that this list may not be all-inclusive. The programs included in the table are primarily those delivered with support of FCSS funding or are delivered by a municipality with the assistance of FCSS funding.

**CHART 8: FCSS SUPPORTED REGIONAL PROGRAMS**

Event/Activity/Program	Target Audience/Market	Mission/Purpose/Description	Service Area Base
<b>Al-Anon and/or Alcoholics Anonymous</b>	All	Support Group for alcoholics and / or relatives and friends of alcoholics.	Various
<b>Annual Children's Fairs</b>	Families	Provides information, activities, networking and resources.	Mayerthorpe Onoway
<b>Beachwave Park</b>	Families	Provides recreational and social programs primarily for children and youth.	Alberta Beach
<b>Bus Excursions</b> (East End Bus, West End Bus)	Seniors	East End Bus Society & West End Bus Committee provide round trip transportation for seniors in the LSAC region, with various pick up and drop off locations throughout the area. Initiatives increase accessibility for seniors beyond their own communities.	Pick ups in: Alberta Beach Cherhill Darwell Greencourt Gunn Mayerthorpe Onoway Rochfort Bridge Sangudo
<b>Camp Warwa</b>	Children 5-16 years old.	Providing year-round opportunities to develop outdoor education skills and develop youth leadership capacities.	Camp Warwa (near hamlet of Darwell)
<b>Celebrating Our Seniors - Annual Seniors' Week</b>	Seniors	During the first week of June, various programs and activities are planned to recognize seniors in our communities.	Various
<b>Community Events/Fairs</b>	All	Provide a social, community building, volunteer opportunity.	Throughout
<b>Community Health Services</b>	All	Provides services such as dental services, early childhood intervention programs, environmental services, home care, lab, mental health, nutrition services, occupational therapy, public health, respiratory therapy, speech/language therapy.	Mayerthorpe Onoway

Event/Activity/Program	Target Audience/Market	Mission/Purpose/Description	Service Area Base
<b>Community Volunteer Income Tax Program</b>	Seniors	Service for low-income residents to have support to prepare and file annual income tax.	Throughout
<b>Day Homes</b>	Children	Government approved day homes; subsidies available.	Throughout
<b>Early Childhood Programming</b> (such are Parent & Tot programs, Active Play Programs (Tumble Tots) Parent Education programs, arts & crafts, holiday themed programs)	Children 0-5 years old & their families.	Programs to support parent and child.	Throughout
<b>Food Banks</b>	All	Provides food support to those who are temporarily disadvantaged.	Throughout
<b>Home Support</b>	Seniors	Subsidized program for Lac Ste. Anne County seniors, providing a Home Support Worker to assist with in-home housekeeping care at a reasonable cost.	Lac Ste. Anne County Residents
<b>Interagency</b>	All	Interagency Round Table meetings held approximately 5 times annually; provides opportunity for local agencies to share information.	Mayerthorpe Onoway
<b>Library Services</b>	All	Public libraries offer books, access to technology, learning activities and programming.	Alberta Beach Darwell Mayerthorpe Onoway Rich Valley Sangudo
<b>Mayerthorpe Seniors' Outreach</b>	Seniors	Provides services for seniors including transportation to appointments, assistance with yard work, housekeeping and home repair etc.	Mayerthorpe
<b>Meals on Wheels</b>	Seniors, those with disabilities.	To provide in-home delivery of nutritious meals (hot or frozen) by volunteer drivers.	Throughout
<b>Playschool Programs</b>	Children 3-5 years old.	Social programming for children.	Alberta Beach Mayerthorpe Onoway Sangudo
<b>Schools</b>	Children 5-18 years old.	Public schools provide a social educational facility; presenters are brought in occasionally to speak to the student body on topics such as anti-bullying, self-confidence/self-esteem, leadership, etc.	Alberta Beach (K-7) Darwell (K-7) Mayerthorpe (K-6 & 7-12) Onoway (K-7 & 8-12) Rich Valley (K-7) Sangudo (K-9)



Event/Activity/Program	Target Audience/Market	Mission/Purpose/Description	Service Area Base
<b>Seniors Clubs</b>	Seniors	Seniors clubs provide an opportunity for socialization and friendship.	Alberta Beach Cherhill Darwell (Interlake) Mayerthorpe Onoway Sangudo
<b>Snow Angels</b>	Seniors	To support seniors during the winter months by assisting (through volunteers) with snow shovelling of steps and sidewalks.	Various
<b>Summer Programs</b> (Day Programs)	Children 3 - 13 years old.	Day programs and day trips offered during the months of July & August (subsidized by Lac Ste. Anne County FCSS to keep fees affordable)	Alberta Beach Mayerthorpe Onoway Sangudo
<b>Youth Programming</b> (Educational such as PARTY Program, Babysitting Course, Home Alone etc.)	Youth	Various trainings/ awareness for youth.	Various
<b>Youth Programs</b> (Social such as Girl Guides, Scouts, Cadets, etc.)	Youth	Various programs which promote socialization, leadership, skills, etc.	Various

The County's FCSS provides grant funding to a myriad of organizations and events annually; areas, organizations, and initiatives that were recipients of FCSS funding from 2018 including the following.

- Community events & celebrations. Small events could receive up to \$750 per year while large events held by other municipalities (not Lac Ste. Anne County) could receive up to \$2,000 per year. Large community events hosted within the County (but not hosted by the County) could receive up to \$3,500 per year.
- Meals on Wheels & Food Banks were each eligible for up to \$1,000 per year.
- Playschools - \$4,000 per year to each program.
- Parent & Tot Programs were eligible for up to \$2,500 each year.
- Youth Groups such as Scouts, Cadets, Girl Guides could each receive up to \$1,000 annually.
- Schools operating within Lac Ste. Anne County could receive up to \$3,000 per year while schools operating in an other municipality were eligible for up to \$1,500 per year.
- Libraries in the County were eligible for a maximum of \$2,500 per year.
- Seniors' Clubs could receive up to \$1,500 per year.

# SEVEN

## HOUSEHOLD SURVEY FINDINGS

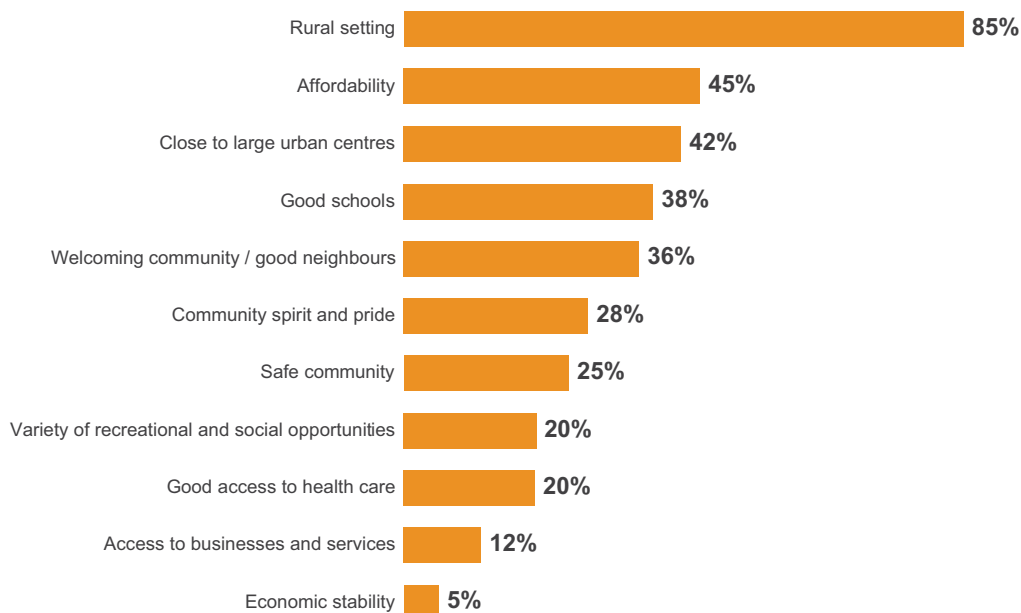
To understand the social needs within the community a broad community survey was fielded. While primarily fielded online, hardcopies of the questionnaire were also available to area residents. A number of efforts were employed to promote the survey and encourage participation. A postcard was designed and mailed out to households in the Lac Ste. Anne County area through use of neighbourhood mail. The intent was to capture the entire service area, as such households in the Towns of Onoway and Mayerthorpe and Alberta Beach were included in the mailout. In total 3,297 postcards were sent. In addition to the postcard a poster was designed and posted throughout the study area - in particular the libraries in the area posted the notice. Communication through the County's website and through other channels available to the County were utilized to promote the survey as well.

The survey gathered responses beginning in mid March 2019. The intended survey cut-off was mid April but the survey was kept active into May in order to gather the greatest number of responses. In total 374 full and partial responses were collected. The findings are presented below in the order the questions were posed.

### QUALITY OF LIFE

To begin the questionnaire, respondents were asked to identify the strengths of life in the Lac Ste. Anne County area. As illustrated in the following graph the rural setting was considered a strength by the greatest proportion of respondents (85%). The affordability (45%) and the proximity to large urban centres (42%) were the next most mentioned strengths.

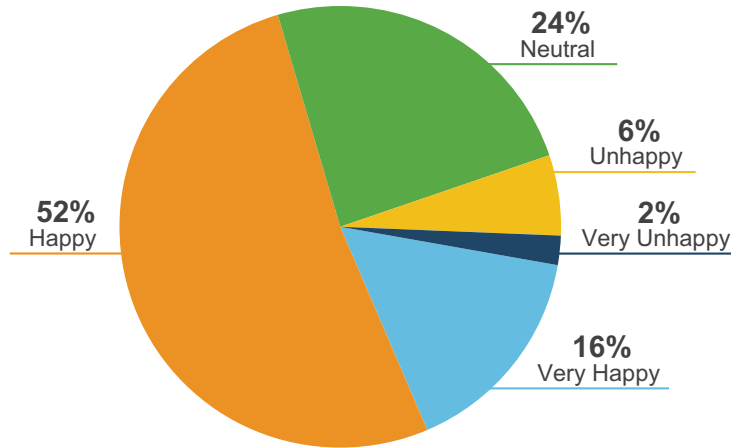
#### STRENGTHS OF LIVING IN LAC STE. ANNE COUNTY



1 The findings are representative of the broad community and are accurate to within 5.1% 19 times out of 20.

Two-thirds (67%) of respondents indicated that they are happy or very happy with their quality of life in the Lac Ste. Anne County area. Notably only 8% stated that they were unhappy or very unhappy. See the accompanying graph.

### SATISFACTION WITH QUALITY OF LIFE



### SOCIAL ISSUES

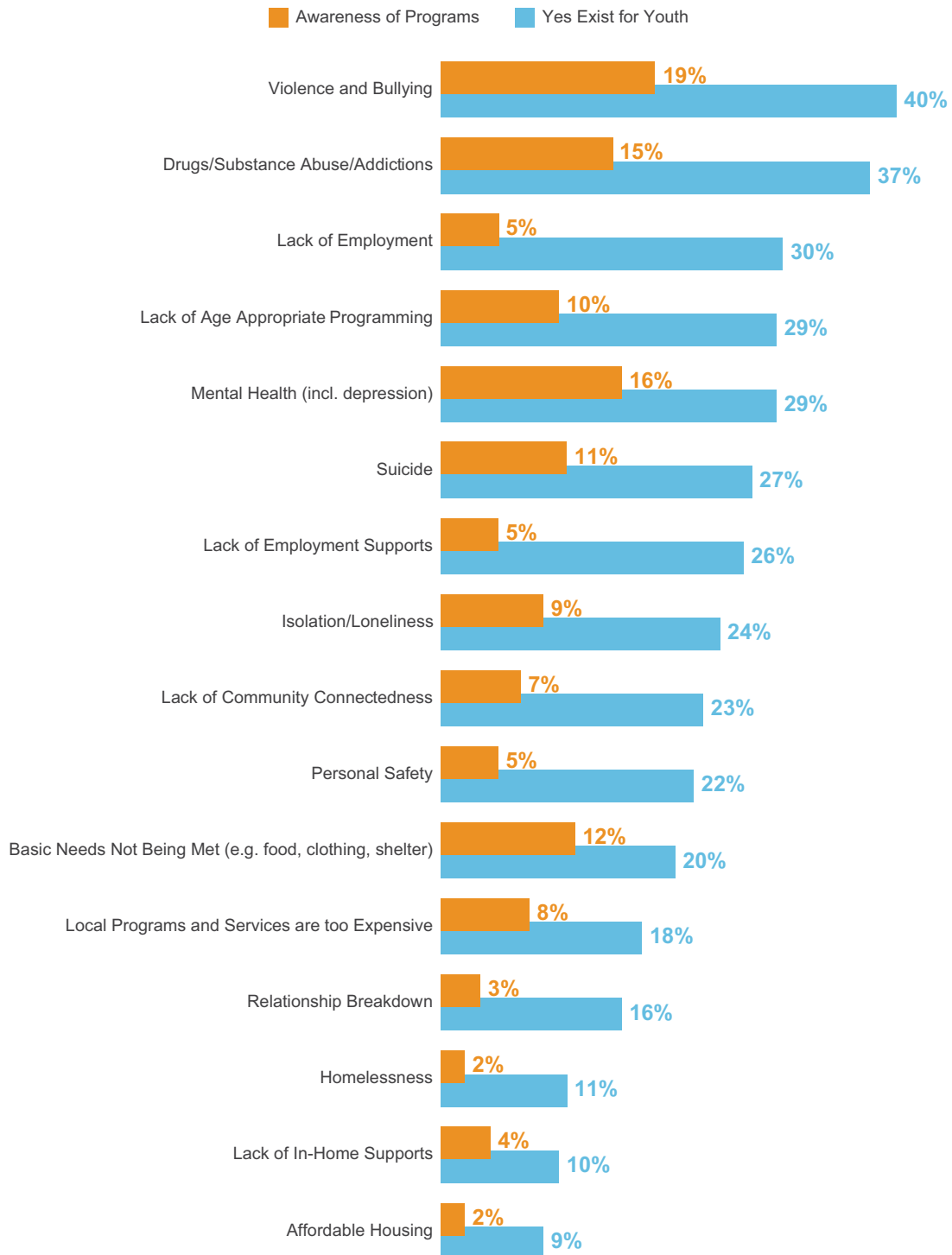
The survey asked about their awareness of issues existing among youth, seniors and/or among adults and families in the Lac Ste. Anne County area. As well respondents were asked to indicate if they were aware of any programs in the area that addresses those social needs.



## YOUTH

As noted in the following graph, the issues identified as existing by the largest proportion of respondents as they relate to them are violence and bullying (40% said this issue exists); then drugs / substance abuse / addictions (37%). Less than half of respondents however said that they are aware of programs that exist to address those issues. See the graph for additional responses.

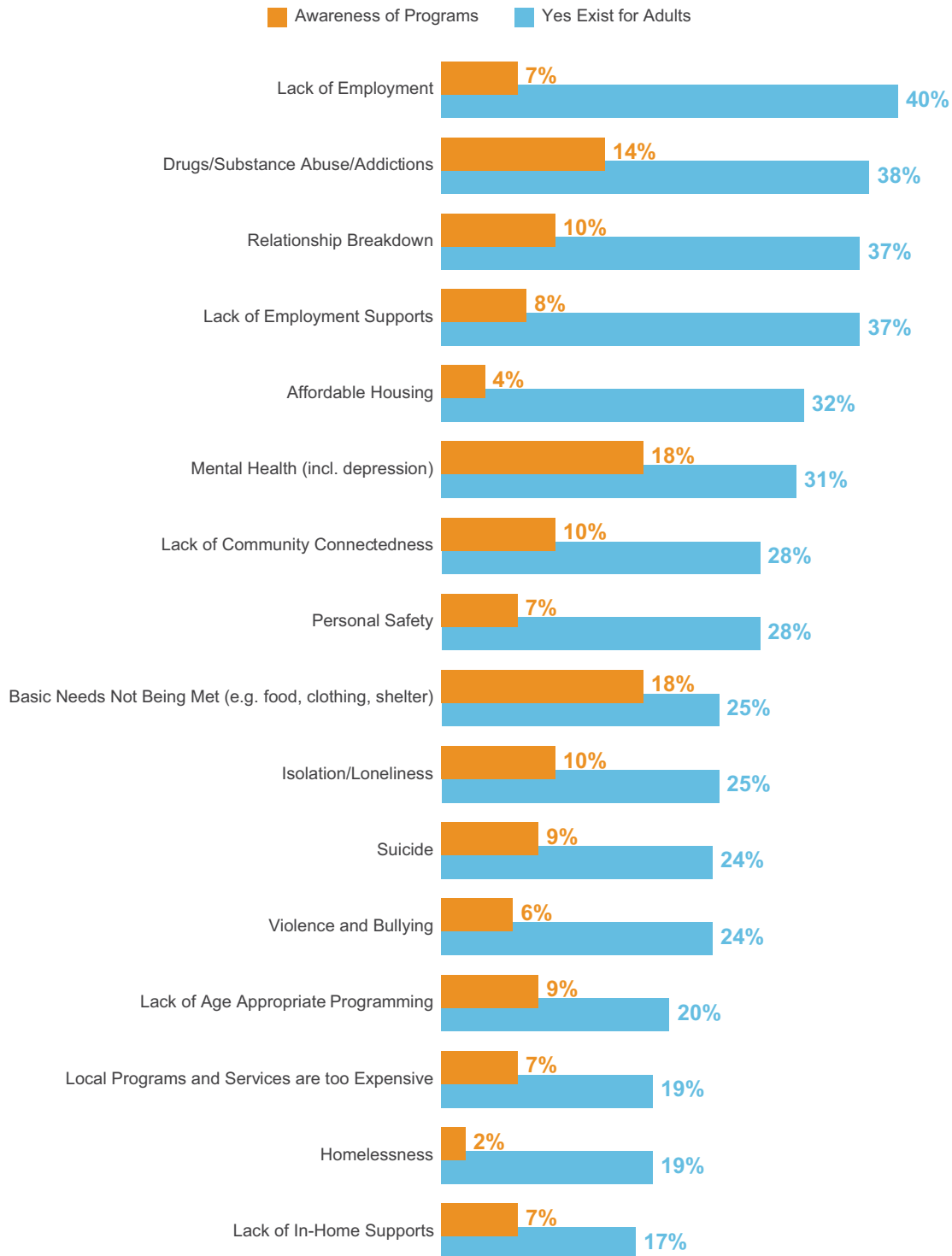
### SOCIAL ISSUES IN THE LAC STE. ANNE COUNTY AREA FOR YOUTH



## ADULTS AND FAMILIES

The issues identified as existing for adults and families by the greatest number of respondents were lack of employment (40%); drugs / substance abuse / addictions (38%); relationship breakdown (37%); and lack of employment supports (37%). The awareness of appropriate programs to address these issues is low. See the graph for additional responses.

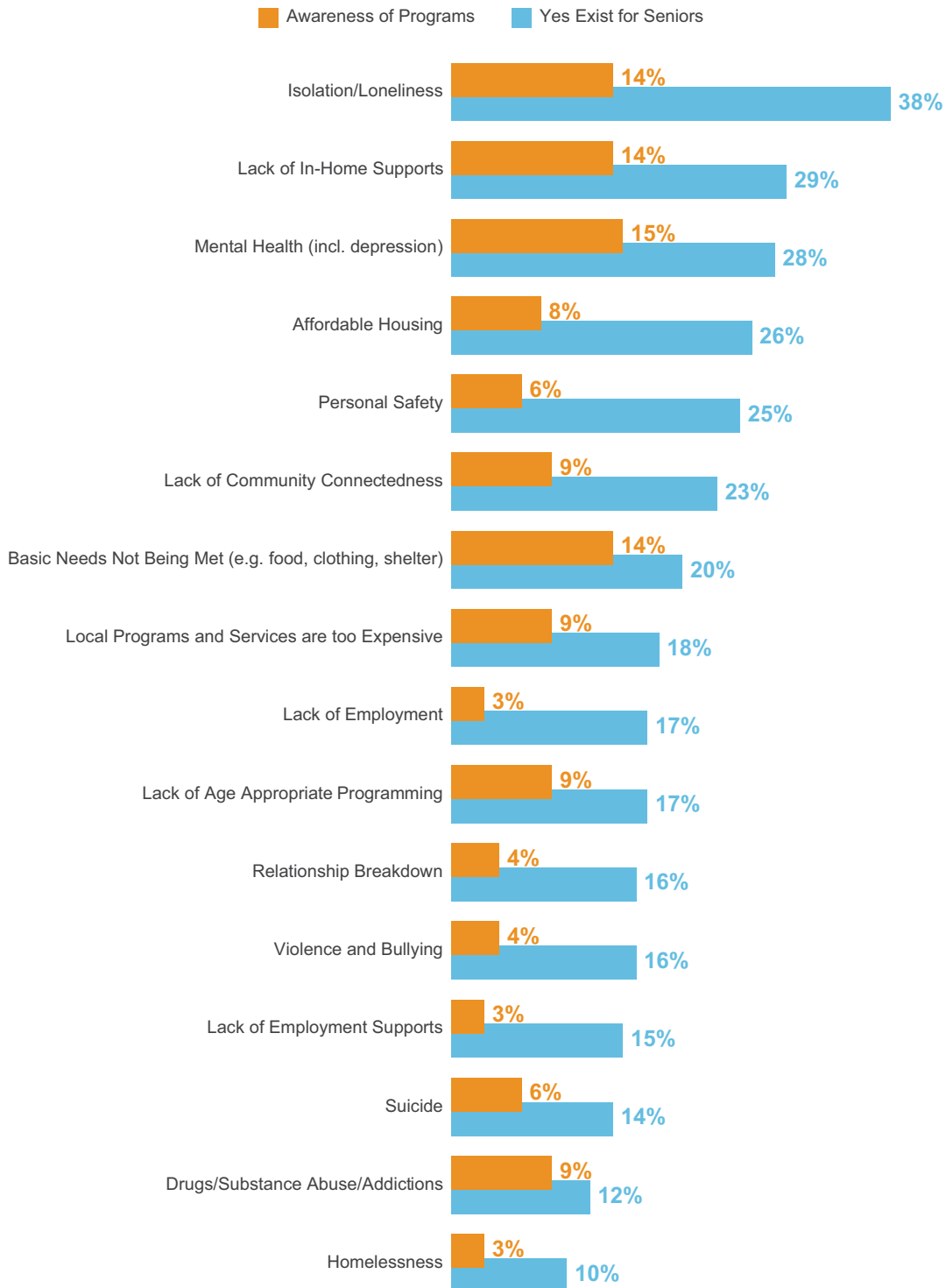
## SOCIAL ISSUES IN THE LAC STE. ANNE COUNTY AREA FOR ADULTS & FAMILIES



## SENIORS

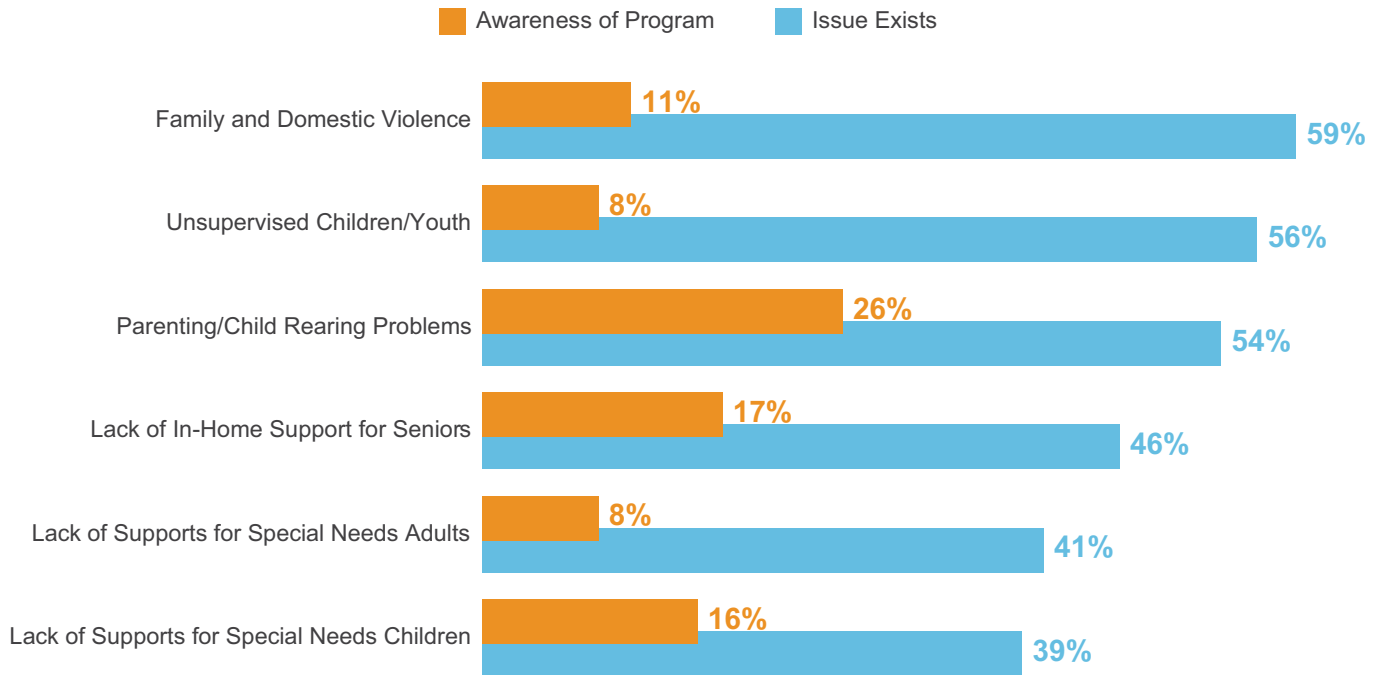
The top issues identified for seniors were: isolation/loneliness (38% identified this as an issue), lack of in-home supports (29%), and mental health (28%). When asked if there were programs to address these issues the responses indicate a lack of awareness. See the graph.

## SOCIAL ISSUES IN THE LAC STE. ANNE COUNTY AREA FOR SENIORS



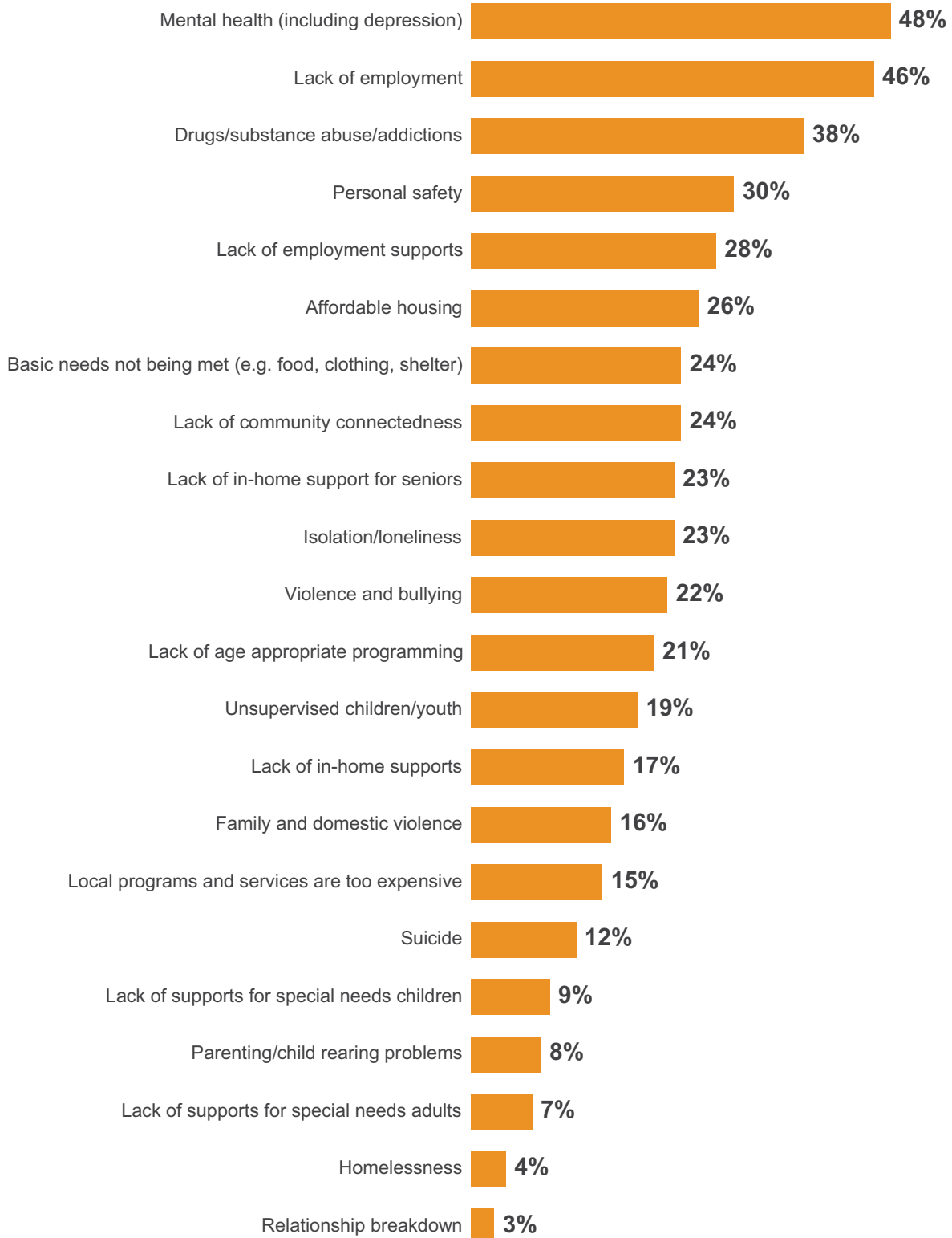
Respondents were asked about the existence of several other social issues in the Lac Ste. Anne County area. As illustrated in the following graph over half said that family and domestic violence (59%); unsupervised children and youth (56%); and parenting / child rearing problems (54%) exist. Small minorities were aware of any programs to address these issues.

## OTHER SOCIAL ISSUES IN THE LAC STE. ANNE COUNTY AREA



Respondents were then asked to identify the top five priorities that should be addressed. As illustrated in the graph the five priorities are: mental health (48%); lack of employment (46%); drugs / substance abuse/ addictions (38%); personal safety (30%); and lack of employment supports (28%).

### TOP SOCIAL ISSUES TO BE ADDRESSED

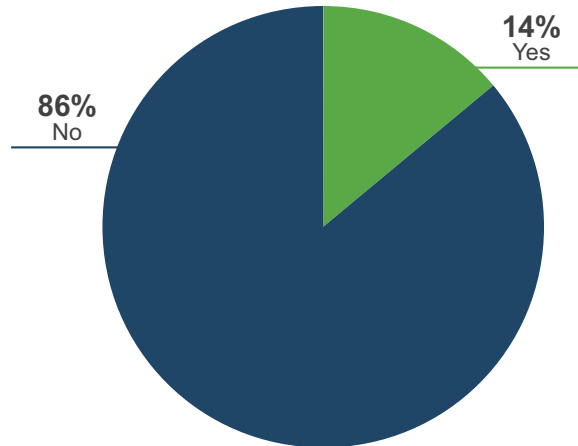




## CHILDCARE

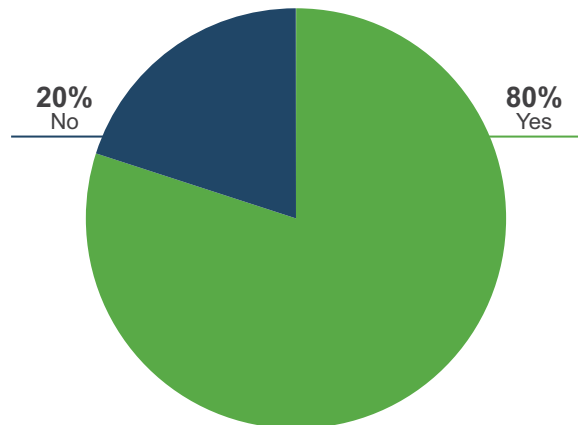
Fourteen percent of respondent households have preschool aged children in the home.

### PRESCHOOL AGED CHILDREN AT HOME



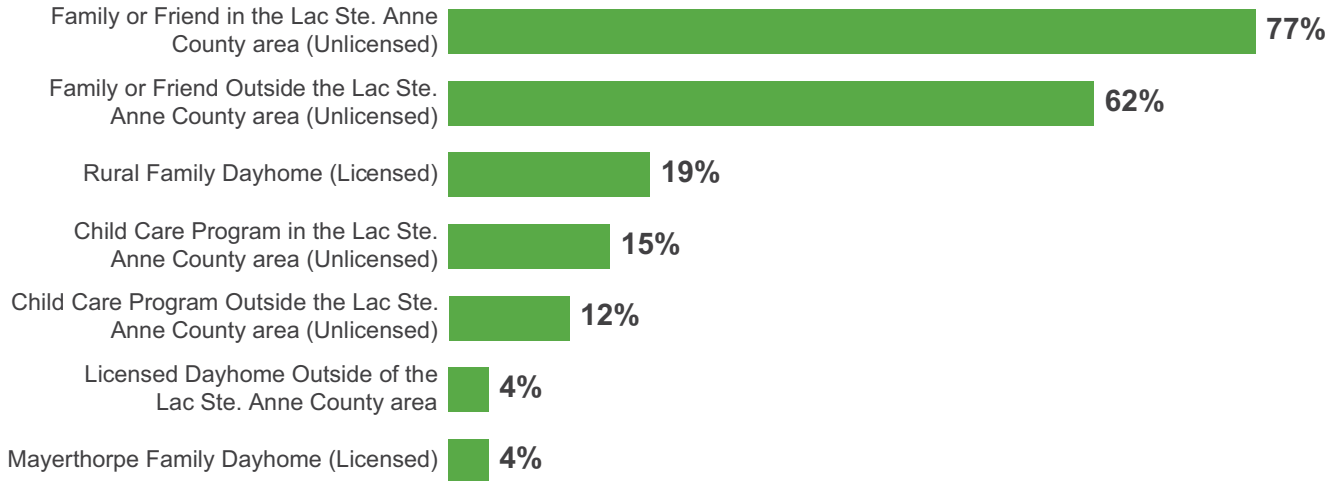
Of those respondents with preschool aged children at home (n=35) over three-quarters (80%) of them require childcare.

### CHILD CARE REQUIRED



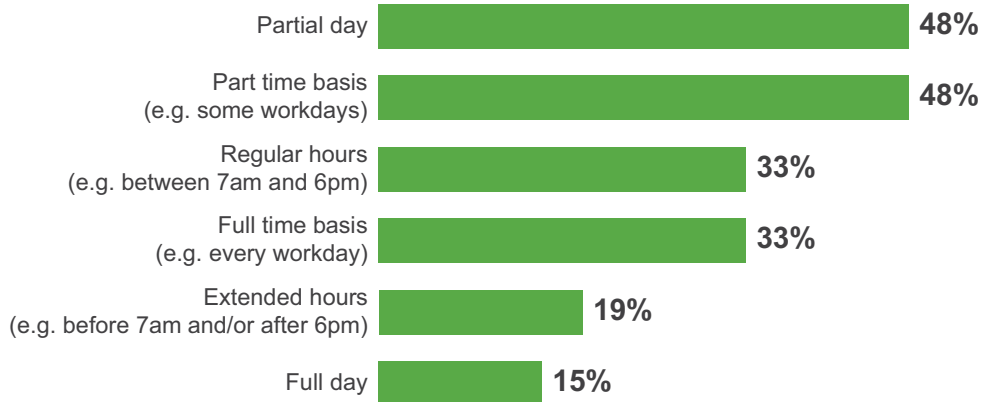
Of those respondents who indicated they require childcare, 20 (77%) said they relied on family or friends in the Lac Ste. Anne County area for that service. Sixteen (62%) said they used family or friends outside the Lac Ste. Anne County area.

### CHILD CARE SERVICES USED



Most respondents (48%) identified their need for child care on a part time basis (some work days) and partial days, while 33% required child care on a full-time basis.

### CHILD CARE NEED



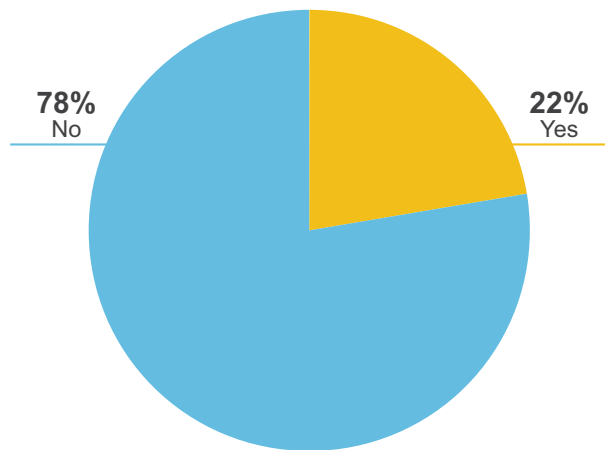
When asked if there is a need for additional licensed daycare programs in the Lac Ste. Anne County area 40% said “yes”. **When examining the responses only from those with preschool aged children in the home, 51% said there is a need for more licensed child care** in the Lac Ste. Anne County area, 37% were unsure, and 11% said there is no need.<sup>2</sup>

<sup>2</sup> Of the five respondents who have preschool aged children in their home AND who live in the Mayerthorpe and Sangudo areas, three said there is a need for additional licensed childcare. Of the 25 respondents who have preschool aged children in their home AND who live in the Rich Valley, Darwell, Alberta Beach, and Onoway areas, 11 said there is a need for additional licensed daycare programs.

## BEFORE AND AFTER SCHOOL CARE

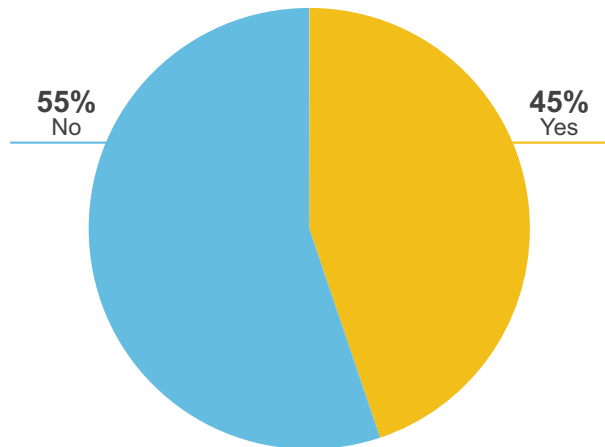
Twenty-two percent (22%) of respondents have children in elementary school (Kindergarten to grade 6) in their household.

### CHILDREN IN HOUSEHOLD: KINDERGARDEN TO GRADE 6



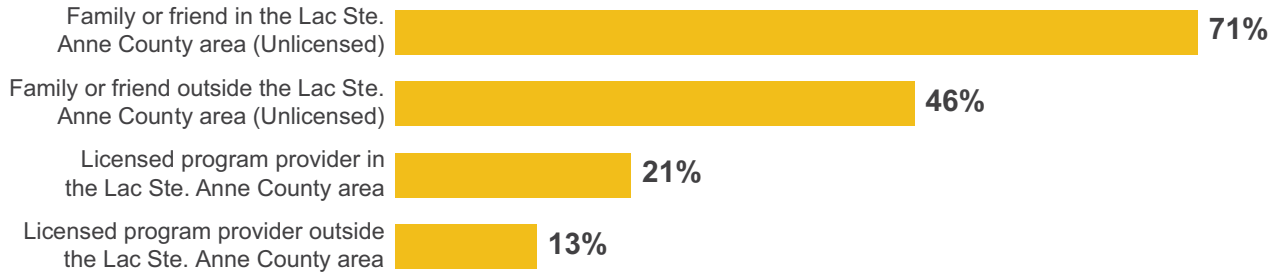
Of the respondents with school aged children (n=56), forty-five percent (45%) of respondents require before and after school child care, 55% responded that they do not require before and after school care.

### REQUIREMENT OF AFTER/BEFORE SCHOOL CARE



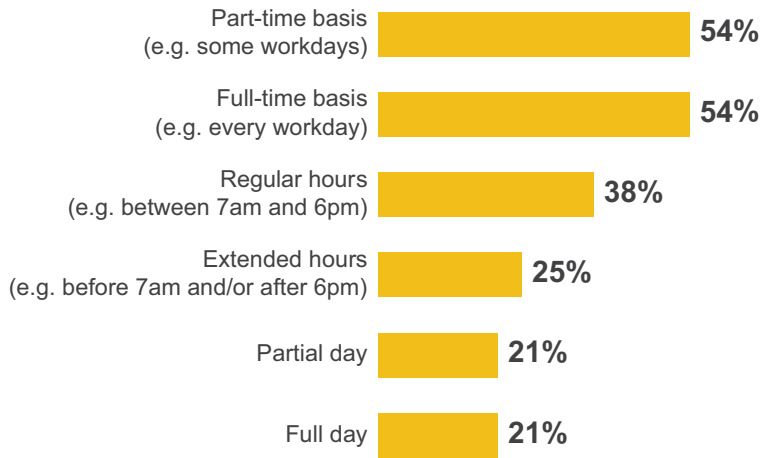
The majority of respondents who require child care before or after school care utilize a family or friend in the Lac Ste. Anne County area (71%), while 46% responded that they utilized a friend or family outside the Lac Ste. Anne County area for before and after school care for their children.

### TYPES OF CHILD CARE SERVICES USED



Full time (every workday) and part time (some workdays) before and after school care were identified as needed by 54%, while 38% needed care between 7am and 6pm.

### NEED FOR BEFORE AND AFTER CARE



While 44% of all respondents said there is a need for more licensed before and after school care programs **62% of respondents with children in the home (K-6) said there is a need.** Twenty-nine percent (29%) were unsure and only nine percent (9%) said there is no need.<sup>3</sup>

Respondents were able to provide comments related to the provision of child care and before and after school care in the Lac Ste. Anne County area. The most commonly mentioned issues are noted below.

- **The lack of childcare is impacting the population.** There were several comments in which respondents indicated that a lack of childcare was forcing people to leave the area. They had employment opportunities, but were unable to work because they could not access child care. As well comments identified a trend of residents taking their children out of the Lac Ste. Anne County area for care to accommodate their employment schedule. This was particularly a concern of residents in the Onoway area.
- **There is a lack of licensed child care options within the Lac Ste. Anne County area.** The respondents expressed their concerns over the lack of licensed child care providers in the Lac Ste. Anne County area, and there were several comments related to concerns over the qualifications of care givers. For example, "...There needs to be more access to licensed care so parents are not forced to leave their children in unlicensed homes". This was particularly a concern for residents in the Alberta Beach area.

## SOCIAL PROGRAMMING

When asked what improvements if any are needed to the existing social programs offered in the Lac Ste. Anne County area, the most commonly mentioned issues were the following.

- **There is a lack of youth/teen programming.** The respondents from across the Lac Ste. Anne County area stated that there was a need for increased programming for youth/teens in the region. A common theme was the belief that providing recreation opportunities for youth would help to combat dangerous and unhealthy behaviours by youth.
- **There is a lack of communication, and therefore awareness, of programs.** There were several comments that there was a lack of awareness of the programs available, and better communication was required. This theme was particularly prevalent in respondents in the Mayerthorpe, Sangudo, Rich Valley and Darwell areas.
- **There is a lack of rural services.** There were several comments relating to the lack of programming in rural areas, as well as the loss of programming in rural areas. These comments generally identified the lacking transportation options in rural areas as well.
- **There is a lack of mental health services and programs.** This was the most frequent response, that improvements to mental health programs were greatly needed in the Lac Ste. Anne County area. Specifically access to programs needed to be improved.
- **There is a need for more support and programming for the senior population.** There were several comments, which spoke to the need for improvements to "aging in place" supports. As well there were several comments identifying the need for senior's social programming.

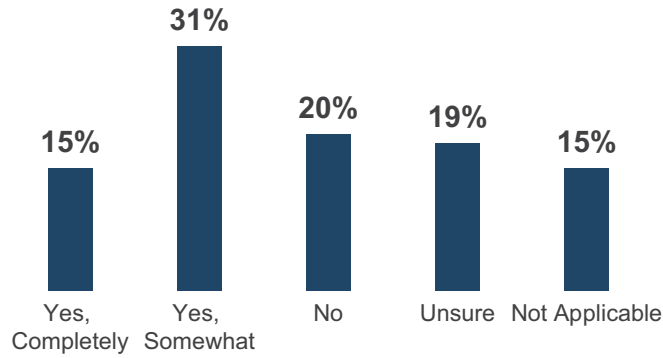
The respondents were also asked to identify new programs, which they believed were needed in the Lac Ste. Anne County area. The comments echoed the above identified themes related to the needed improvements for social programs. The new programming themes, which were prominently identified within the responses were:

- The need to develop new teen/youth programming, which will engage youth in healthy manners to keep them active and productive members of their communities.
- The need to develop programs to support volunteers, which would create new volunteer bases for community organizations.
- The need to for programs which address concerns related to crime prevention and the desire to explore community policing options. There were several comments that stated the creation of community watch programs could reduce crime across the Lac Ste. Anne County area.

There were also several comments recommending new programming for rural recreation, mental health support, community building and senior programs.

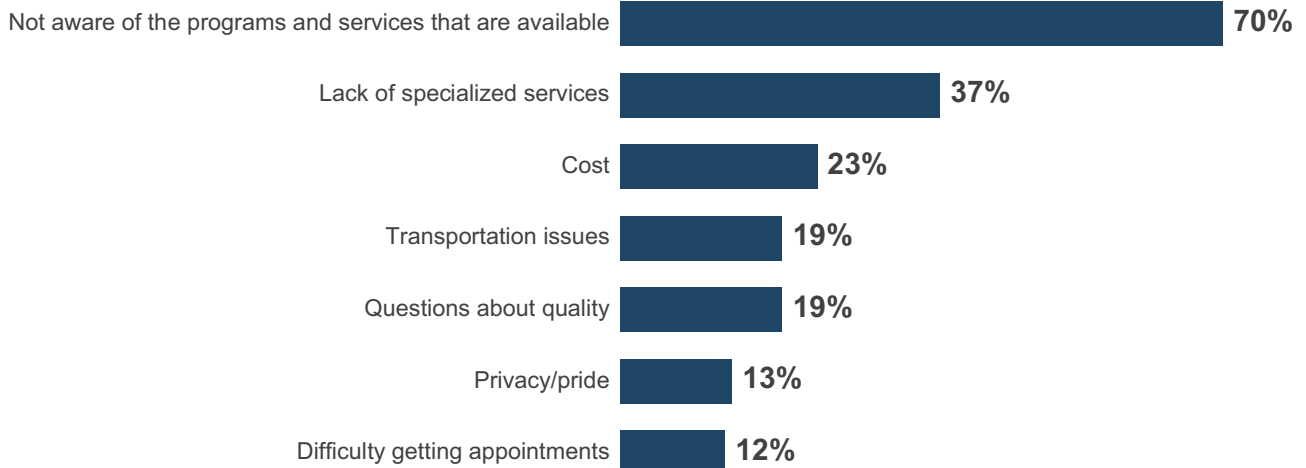
When asked if they are able to access the services/programs in the Lac Ste. Anne County area, 46% responded yes, completely or somewhat; 20% responded no.

## ABILITY TO ACCESS PROGRAMS AND SERVICES NEEDED



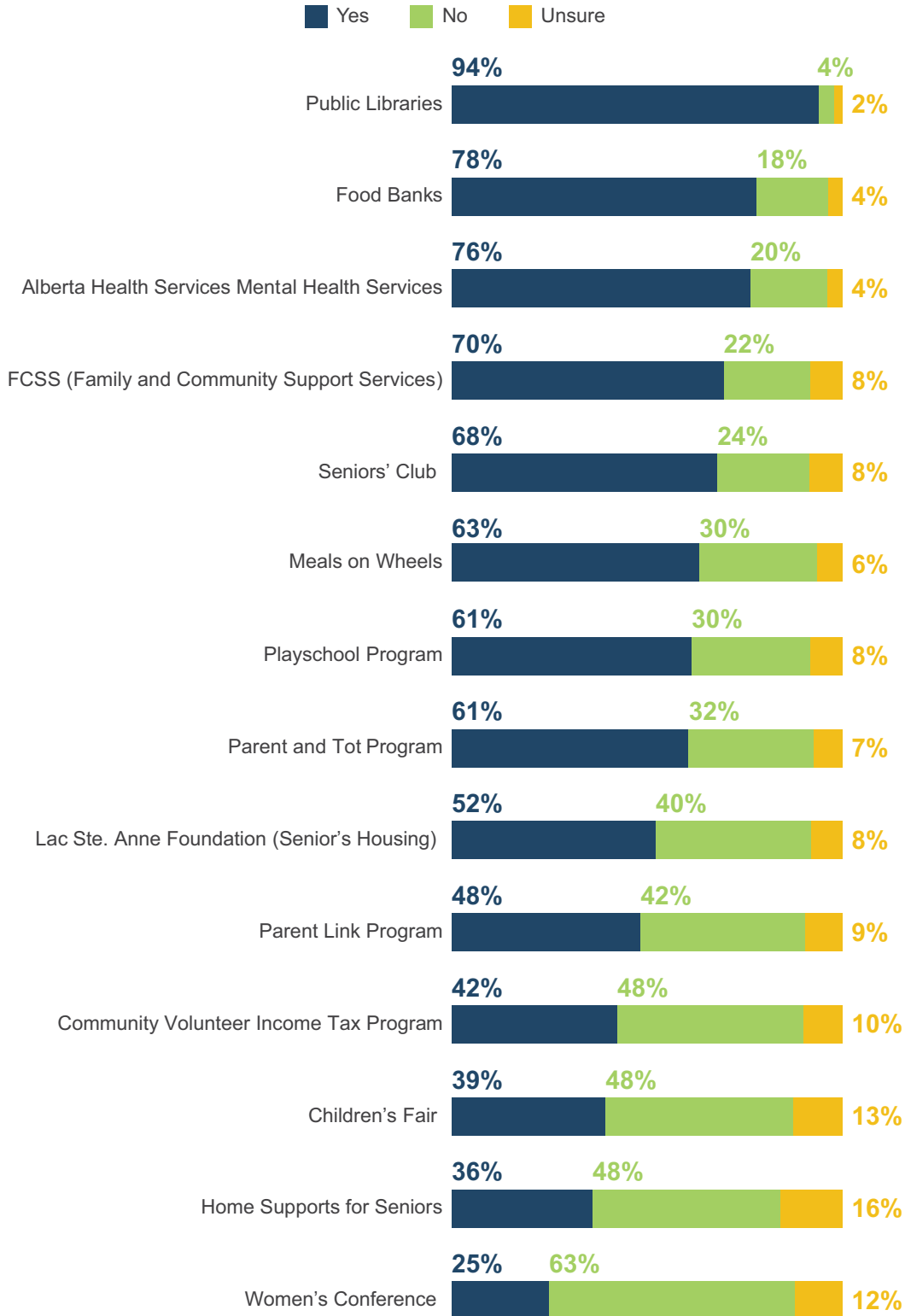
Not aware of the services (70%), lack of specialized services (37%), and cost (23%) were identified as the top barriers to accessing the programs and services needed.

## BARRIERS TO ACCESSING SERVICES AND PROGRAMS



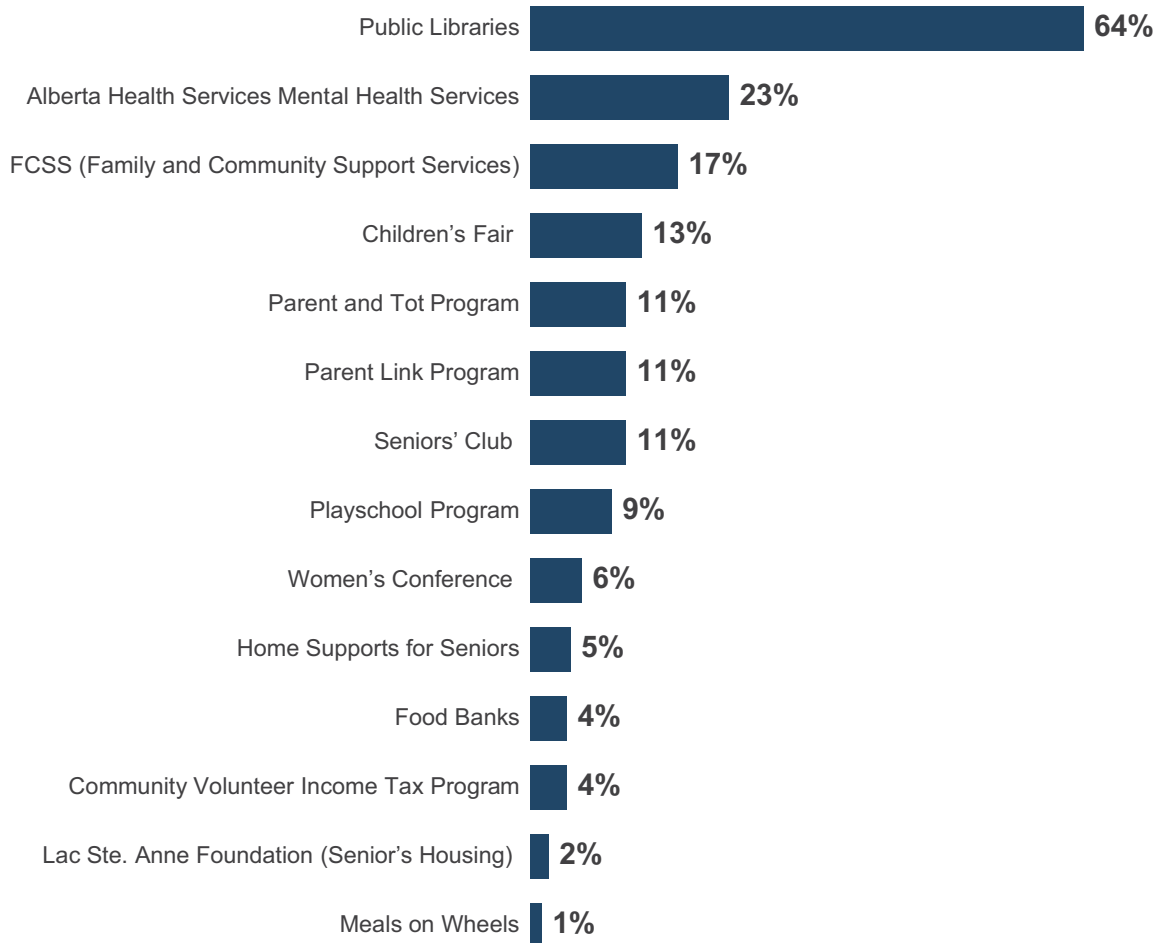
When asked if they were aware of a number of organizations and services in the area almost all (94%) said they were aware of the public libraries. Approximately three-quarters of respondents were aware of food banks (78%), Alberta Health Services Mental Health Services (76%), and FCSS (70%).

## AWARENESS OF ORGANIZATIONS IN COUNTY



As illustrated in the accompanying graph the public libraries were utilized by approximately two-thirds (64%) of households in the last two years.

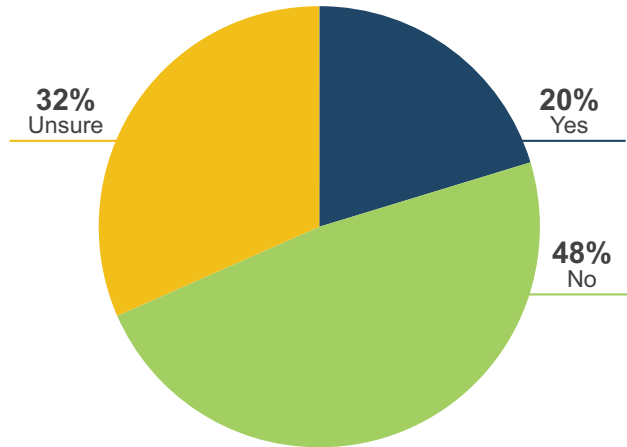
## USE OF THE SERVICE IN THE LAST TWO YEARS





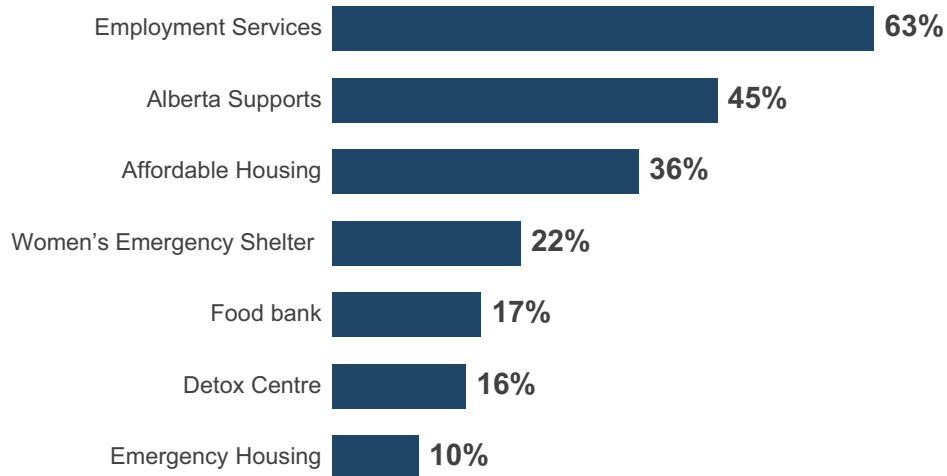
Twenty percent (20%) of respondents had a household member access services outside of the Lac Ste. Anne County area, that they would have preferred to have accessed within the area.

## ARE THERE SERVICES ACCESSED OUTSIDE THE REGION THAT YOU WOULD PREFER TO ACCESS IN THE AREA?



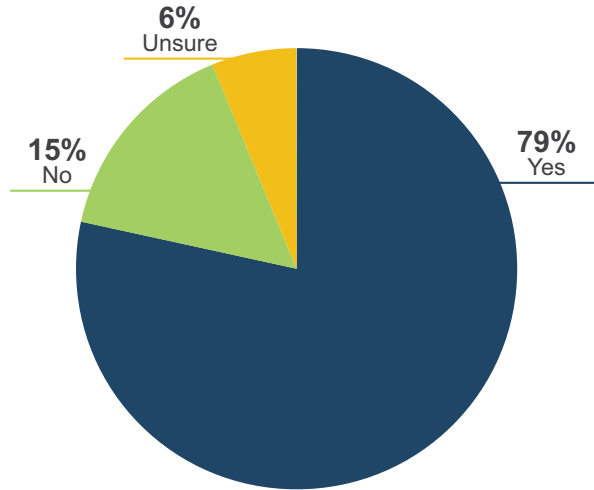
Employment services (63%), Alberta supports (45%) and affordable housing (35%) were the top programs and services the respondents would have preferred to access in the Lac Ste. Anne County area. It should be noted that nearly 30% of responses (n=28) selected other. The top responses were a need for youth programming, senior programs, mental health support programs, and public transportation.

## PROGRAMS PREFERRED TO BE ACCESSED IN THE AREA



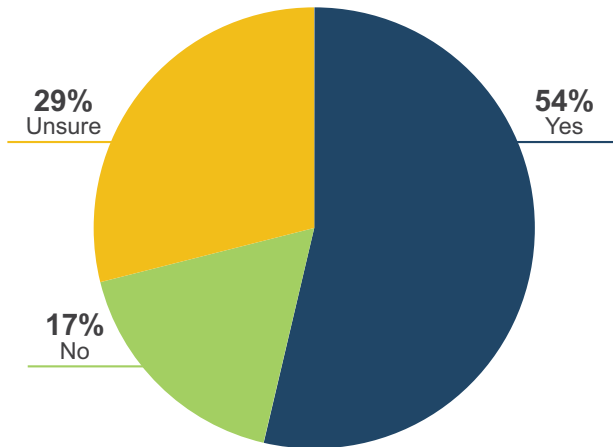
Over three-quarters (79%) of respondents had heard of FCSS before receiving this survey.

### AWARE OF FCSS BEFORE SURVEY



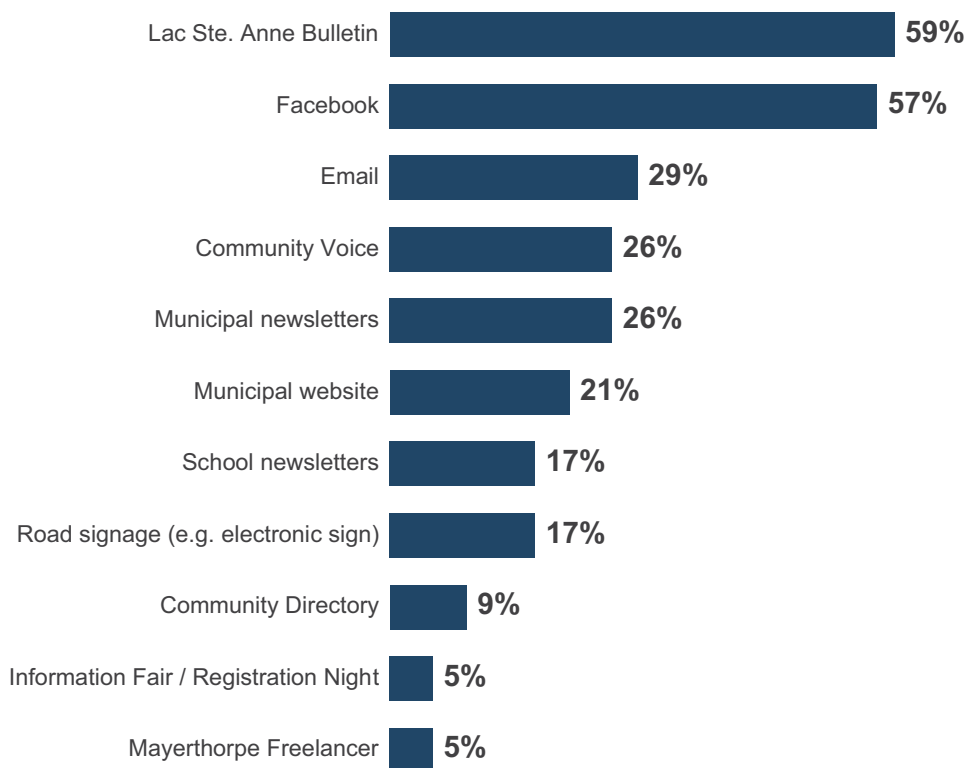
Over half of respondents (54%) were aware of FCSS programs and services in the community.

### AWARE OF FCSS PROGRAMS AND SERVICES



When asked to identify the best methods to get information to them regarding social programs and services the Lac Ste. Anne Bulletin (59%) and Facebook (57%) were the most commonly identified methods.

## COMMUNICATION METHODS



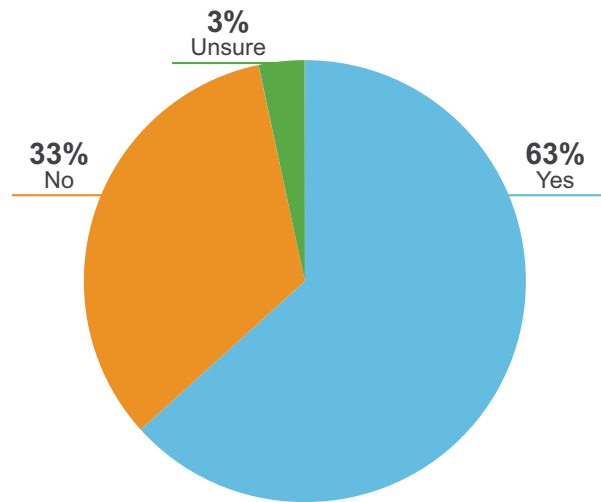
Respondents were provided with an opportunity to provide any additional comments regarding their thoughts and concerns regarding social programming in the Lac Ste. Anne County area. Many of the comment reiterated responses from previous questions. The following key themes emerged.

- **Teen/Youth Services and Programming** – there was a call for more programming available for youth in the community. Opportunities for unstructured activity is needed.
- **Public Transportation** – the ability to attend appointments, programming, and events was seen as lacking. Without supplying one’s own transportation the ability to get around is limited.
- **Crime Prevention** – a concern was expressed about the level of property and vehicle crime happening. Additional police patrols was suggested as a means to bolster people’s feeling of safety and reduce crime.
- **Mental Health Support and Services** – there is a shortage of mental health services in the area or the services available are oversubscribed and difficult to access.
- **Senior Services and Programming** – while there were some comments that seniors are the recipients of a lot of programming there were several comments suggesting a need for additional programming targeting seniors. This included the continued provision of home care supports.
- **Recreation services** – there is a significant connection between recreation services and opportunities and people’s wellbeing. There were numerous calls requesting additional investment in recreation programming and amenities including skateparks, green spaces, and trails.

## VOLUNTEERISM

Approximately two-thirds (63%) of households included someone who volunteered locally in the previous twelve months.

### HAS ANYONE IN THE HOUSEHOLD VOLUNTEERED LOCALLY IN THE LAST 12 MONTHS?



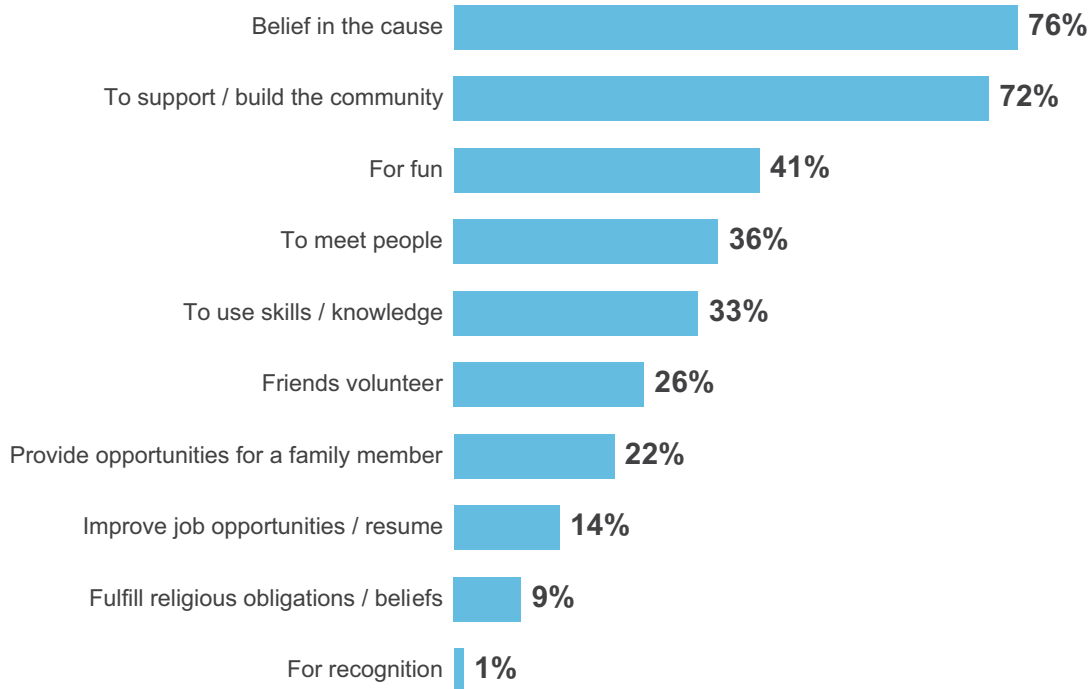
When asked within which area volunteering occurred, the most common area was community events in which 40% of households volunteer. Thirty-eight percent of households volunteered in sports and recreation, 27% in school / education programs, and 21% in service clubs.

Less than half (45%) of respondent households did volunteer outside the Lac Ste. Anne County area in the past year.



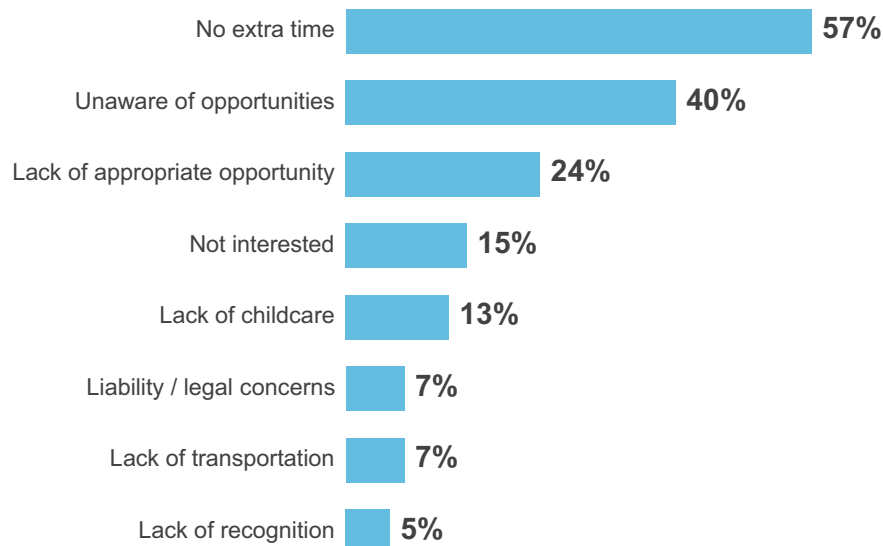
As illustrated in the accompanying graph, the biggest sources of motivation to volunteer are a belief in the cause (76%) and to support / build the community (72%). Recognition was only identified by one percent of respondents.

## SOURCES OF VOLUNTEER MOTIVATION



The most prevalent barriers to volunteering are a lack of time (57%) and a lack of awareness of the opportunities (40%). Only 15% said they did not volunteer because they were not interested in volunteering.

## VOLUNTEER BARRIERS



## DEMOGRAPHICS

Residency	
Onoway area	31%
Alberta Beach area	20%
Sangudo area	13%
Darwell area	11%
Mayerthorpe area	10%
Rich Valley area	7%
Other	8%
Tenure in the Area	
Less than 1 year	4%
1 to 5 years	20%
6 to 10 years	13%
More than 10 years	63%
Household Adults Primarily Work Outside the Area	
Yes	59%
No	41%
Age Distribution	
0-5 yrs	6%
6-11 yrs	9%
12-15 yrs	6%
16-19 yrs	6%
20-55 yrs	47%
56-64 yrs	13%
65+ yrs	14%





# EIGHT

## STAKEHOLDER MEETINGS

A series of interviews and meetings were convened with stakeholders throughout the Lac Ste. Anne County area. The meetings hosted in the west and east ends of the area, provided a forum to discuss the social issues existing in the Lac Ste. Anne County area with a diversity of perspectives and opinions. In total forty-one (41) different organizations and perspectives were represented by fifty-two (52) individuals. See the Appendix C for the list of organizations involved.

A synopsis of all the discussions is presented below. It should be noted that the findings presented below were not necessarily articulated by all participants in the discussions, but rather they emerged as significant issues across the many conversations. In some instances communities or specific organizations have worked to address some issues; the issues have been highlighted as in need of attention generally in the Lac Ste. Anne County area.

### FINDINGS

- **Transiency.** The issue of transiency arose in many conversations. This was seen as an issue as people living a transient lifestyle are less likely to be connected to the community and contribute to the community. The transient population has been associated with substance abuse issues and is generally seen as a drain on community resources and energy and as a source of mischief.
- **Disengaged and disconnected youth.** There was a general sentiment that opportunities for youth are lacking in the area. While the schools provide some opportunity through its activities and clubs, beyond school these opportunities are lacking particularly if organized sport is not of interest or is unaffordable. There is a need for programs to engage the community's youth as there is a lack of employment opportunities as well. Concerns about unattached and unsupervised youth were mentioned.
- **Parenting skills.** There was a call to strengthen the capacity of parents. This was mentioned as a response to issues with youth. Parents are dealing with employment and economic challenges and may have substance abuse issues. The need to provide programming to help enhance the skills of parents was seen as a need.
- **Personal safety.** Personal safety is based on perception and people spoke about concerns with their own personal safety. This arose through discussion of the transient population, concerns with substance use and abuse in the community, and unengaged youth which has led to incidents of vandalism and mischief. The availability of community policing was mentioned as a factor here with RCMP services needing to come from further away.
- **Substance abuse.** The use and abuse of substances was identified as a concern. This was tied to economic challenges for people in the area as well as with the transient population. Some commented that the use of substances, including alcohol, was seen as normal even amongst underage youth.

- **Mental health issues need to be addressed.** Mental health is a broad topic but one that arose in almost all conversations. Meeting participants clearly spoke about the mental health challenges that people are dealing with – all ages. The schools have some resources to help support people but these resources are completely oversubscribed. There are resources in the community as well but the amount is insufficient. There are a multitude of reasons and issues that contribute to these mental health issues but the commonality is that there is a need to help address these issues for the good of individuals, families, and the community.
- **Community assets.** There are a number of great assets in the community that are working to strengthen the community. All participating organizations would qualify as this. The schools in particular serve as a strong support and resource for the community's youth. The libraries were also seen as a particularly strong asset. Libraries provide a variety of programs and are responsive to the broad community's needs. Their mandate allows them to morph their services in order to best meet community needs filling gaps between other community agencies.
- **Knowledge sharing.** The interagency meetings that occur in both Onoway and Mayerthorpe are really good venues for sharing amongst social agencies. This is important for agencies to know what others are doing and to learn from each other. This knowledge sharing could be mirrored when it comes to community organizations. Knowing what programs and events others are doing is important to avoid duplication and to learn good ideas of what works. The notion of a community calendar was raised. Organizations can learn from each other related to programming, event hosting, promotions, community development and even financial issues. A forum like this would also be good to facilitate learning and inservicing.
- **Communication and promotion.** While there are a large variety of programs, events, and services for people to participate in and access, often people are unaware of them. Traditionally in smaller communities there has been a reliance on word of mouth but there needs to be some mechanisms in place that are commonly known and through which all these services and opportunities are promoted.
- **Community identity.** There is great value in communities hosting their own events. These events help strengthen community identity which, to some degree, can help address issues of belonging and social isolation. These events are also helpful in welcoming people into the community. For newcomers to the community, particularly those without children, integrating into the community was considered difficult. This is a challenge that varies amongst the individual communities but is one that needs to be addressed.
- **Volunteerism.** The need for volunteers is important to enable a large number of community events and programs. While some interview attendees did indicate that they are not experiencing current volunteer recruitment challenges there were issues around volunteerism that arose several times. The transiency issue and the fact that some people view their home community as simply a bedroom community impacts the connection, they have with the community which, in turn, impacts a willingness to volunteer. There are some challenges in promoting volunteer opportunities and while some communities have specifically addressed this, a broader approach to creating a volunteer marketplace was raised. This would help prospective volunteers with available opportunities. The possibility of formal volunteer recognition events was broached as well.
- **Child care.** The need for additional childcare was identified. There is a strong need but the availability of childcare (including before and after school care) does not meet the need. There is some in-home care but the number of spaces is unclear. As well the need for licensed day care was particularly seen as an issue.





# NINE

## NEEDS ASSESSMENT CONCLUSIONS

The conclusions identified herein have been drawn from the information presented throughout this report. The conclusions may not in their entirety fall within the mandate of Lac Ste. Anne County FCSS as its mandate does not include all social needs. There may however be actions or responses to these conclusions that FCSS could implement. The specific approaches by FCSS, and Lac Ste. Anne County in fact, will need to be determined as they consider the conclusions of this report.

These conclusions are intended to identify the issues that exist within the area. Understanding these then will enable all entities to formulate strategies and allocate resources within their controls to address the issues. The issues as well are not completely discrete from one another but may be interrelated. In other words as one is addressed this can positively affect the others.

- **Economic realities are top of mind for residents.** There is a need for employment and employment supports in the Lac Ste. Anne County area. The economic circumstances certainly are a significant overriding issue that may contribute to other social issues in the area. While job creation and economic development is certainly beyond the responsibilities of FCSS, the County does expend some efforts in business attraction. Certainly the stresses that originate from being unemployed, underemployed, or employed away from home can lead to or exacerbate social issues in the community.

- **Licensed day care and before & after school care are needed.** With a dispersed population it can be difficult to provide these services without sizeable customer base, however these type of services are unique in that great volumes are not required. Certainly there was a call for these services across the study area. Having excellent services is important to enable people to work. Having these services close to home is important as well. In fact the lack of these services is seen as having an impact on retaining people in the area. In other words if they are unable to find appropriate childcare and before & after school care in the area they may feel a need to move to another area to access these services.

» In terms of child care it is important that this care is provided by licensed operators. There are two primary means for these services to be provided.

Day Care	Group Family Child Care
<p><b>Pros</b></p> <ul style="list-style-type: none"> <li>• Defined ratios for staff based on number of children of different ages</li> <li>• Defined ratios for amount of indoor and outdoor space per child</li> <li>• Staff are trained and certified</li> <li>• Professional centre that is unattached to an individual's home; this may seem more attractive to a parent that does not know the individuals providing the childcare</li> <li>• Because of investment in facility, longevity and stability of operation may be more likely</li> </ul>	<p><b>Pros</b></p> <ul style="list-style-type: none"> <li>• Identifies staffing levels but not as prescriptive as Day Care requirements</li> <li>• Flexibility exists regarding amount of indoor (“adequate”) and outdoor (“within safe and easy walking distance”) space</li> <li>• Staff are trained and certified</li> <li>• Minimal set-up is required as locations are people’s homes</li> <li>• May be easier to have multiple locations</li> <li>• Relatively easily to set up</li> <li>• Enables a multitude of locations and centres to be set up</li> <li>• Operation from a home environment may seem more inviting and appealing to some families</li> </ul>
<p><b>Cons</b></p> <ul style="list-style-type: none"> <li>• Requires investment in a facility</li> <li>• Operating costs are greater than Group Family Child Care</li> </ul>	<p><b>Cons</b></p> <ul style="list-style-type: none"> <li>• Facility, its amenities and equipment is dependent upon the family home</li> <li>• Standardization of spaces does not exist</li> <li>• Some parents may be reticent to utilize this service being offered from someone’s home</li> <li>• Promotion of the service requires more effort; promotion may be more difficult with smaller, home based operations</li> </ul>

» The solicitation of suppliers interested in offering additional childcare services in the Lac Ste. Anne County area is warranted.

- **Services for seniors are needed.** While there are a variety of services for this segment of the community, these services are in continual need. There is an aging population in the Lac Ste. Anne County area and many of these seniors are living in their own homes, often in rural locations. These dynamics can present challenges related to social isolation, the need for in-home supports, and transportation to appointments, events, and services. Social and recreational programs are needed for seniors as well as aging in place programs. Transportation services need to be examined.
- **Programming for youth is needed.** The employment challenges in the area impact youth as well. With challenges for some finding employment and with a lack of programs and activities beyond structured sports and school programs, concerns have been expressed about how youth are spending their time. Some considerations are noted below.
  - » Accessible recreation (not just sport) programming to address social concerns/at risk youth.
  - » Mental health supports for youth. Some are available through the schools but more services are needed particularly aside from the schools.
  - » Engage youth in their community through volunteer opportunities, which also provide development of career/like skills
- **Drugs / substance abuse / addictions is an issue.** This is seen as a broad issue that impacts families, youth, and individual adults. There are numerous ramifications to this issue and many contributors to it as well. Regardless the use and abuse of drugs is an issue that in and of itself is a concern within the area as well as the actions that come as a result of this abuse and addictions.
- **Mental health supports need to be enhanced.** Through all engagement activities the need for additional mental health supports was identified. There are some supports and services of which residents have availed themselves of but these services are unable to service the demand. The resources offered in the schools are overtaxed as are those available in the community. Bringing more services and professionals into the area is a strong need.
- **Personal safety is a concern for residents.** Safety is an issue that is a matter of personal perception. This issue can be considered interconnected and related to some of the above identified social issues, for example, property crime and substance use and abuse were considered contributors to this issue. A perceived lack of law enforcement patrols were seen as contributing to this issue as well. Fairly or unfairly unengaged community youth was also seen as a contributor to this. Personal safety can be enhanced in a community that watches out for itself and in which its members are active and engaged in the community. Aside from additional policing, programs, events, and activities that engage members of the community and bring them together can help contribute to a greater sense of safety.
  - » Support programming that has a focus on fostering community involvement and engagement.
    - Community workshops/meetings to provide tools to address social issues, which will lead to a sense of community empowerment.
      - Community policing/watch.
    - Support events that promote community belonging and development of community pride/spirit.
      - Events to connect neighbourhoods, villages, and all communities in the Lac Ste. Anne County area.
      - Tools for communities to create their own vibrancy and sustainability.

- **Promotion of available resources and services should be enhanced.** There is a wide variety of services and programs available. While there is a need for additional services and programs in the area, the promotion of those that are existing is important. Often people are not receptive to communication efforts until they are looking for that information; nonetheless ongoing promotion is needed to ensure that residents are aware of the existing programs and services. Having a central depository of information can be helpful.
- **Transportation supports should be augmented.** There is a bus service that operates in the area however there continues to be a need for additional transportation supports. As noted earlier, seniors have some unmet transportation needs as do others in the community (such as youth). While many communities “wrestle” with the issues of transportation, continuing to monitor the use of existing services and the demand for additional services is needed. These services need to be affordable as well.
- **Parenting skills could be bolstered.** Concerns related to children and youth in the community are at the heart of this issue. Unengaged or employed youth, a perceived lack of programming for youth, substance use and abuse issues amongst parents and youth, and several other issues indicate that there is a need to provide parenting skills programming.



# APPENDIX A

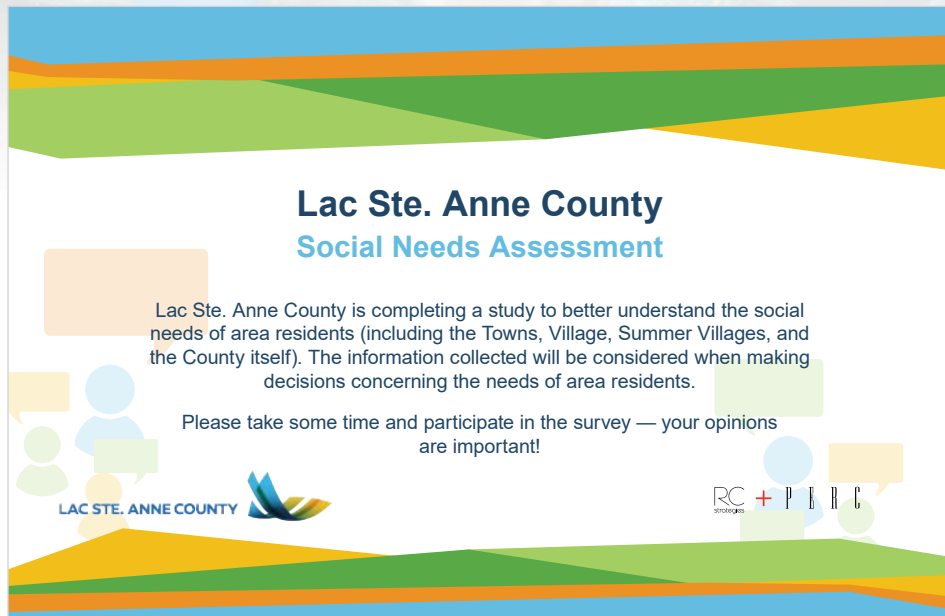
## REVIEW OF LICENSED ALBERTA CHILD CARE PROGRAM CATEGORIES

Child Care Program Category					
	Day Care	Group Family Child Care	Innovative Child Care	Out of School Care	Pre-School Care
Description	A Day Care program is a facility-based program that can serve infants, toddlers, and pre-school aged children. Typically, day cares provide care throughout the day, from the morning to early evening.	Group family child care programs offer care in a private residence, there are typically between seven and 10 children with two caregivers. Children of all ages may participate in a group family child care program.	A child care program approved by the director that is designed to meet the unique child care needs of the community in which it is provided.	Out-of-school-care programs operate before and after school, during lunch hours and sometimes when school is closed. These programs provide care to school-aged children.	Pre-school programs offer child care for four or less hours per day for pre-school aged children.
Age Ranges	Infants to school aged children	Children, all ages	Children, all ages	School aged children	Pre-school aged children
Staff Ratio	Children less than 12 months; 1 staff/3 children. Children, 12-19 months; 1 staff/4 children. Children, 19 months – 3 years; 1 staff/6 Children. Children, 3-4.5 years; 1 staff/8 children. Children, 4.5 years & older; 1 staff/10 children.	Where 7 or more children are present at a program, 2 care providers must be on duty.	Must comply with the program standards set by the director for the program.	Kindergarten children; 1 Staff/10 children. Children Grade 1 and higher; 1 Staff/15 Children	Children 19 Months - 3 years; 1 staff/6 children. Children 3 Years & older; 1 staff/12 children.
Indoor Space	3 square metres per child	"A license holder must provide adequate indoor play space for children"	A minimum net floor area of 2.5 square metres per child	A minimum net floor area of 2.5 square metres per child	A minimum net floor area of 2.5 square metres per child
Outdoor Space	Not less than 2.5 square meters for each child who is 19 months of age or over.	Outdoor space must be within easy and safe walking distance, if outdoor space is on the program property it must be securely enclosed.	Indoor and outdoor furnishings, play equipment, and play materials must be safe and maintained, developmentally appropriate, and of sufficient quantity and variety for children.	Outdoor space must be within easy and safe walking distance from the program premises.	

# APPENDIX B

## SURVEY PROMOTION



### POSTCARD

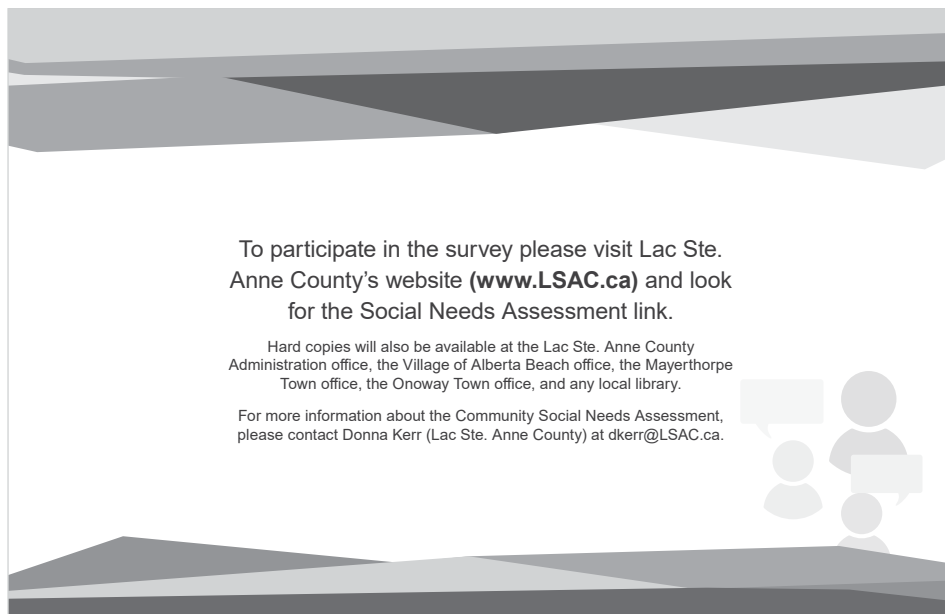


**Lac Ste. Anne County  
Social Needs Assessment**

Lac Ste. Anne County is completing a study to better understand the social needs of area residents (including the Towns, Village, Summer Villages, and the County itself). The information collected will be considered when making decisions concerning the needs of area residents.

Please take some time and participate in the survey — your opinions are important!


 



To participate in the survey please visit Lac Ste. Anne County's website ([www.LSAC.ca](http://www.LSAC.ca)) and look for the Social Needs Assessment link.

Hard copies will also be available at the Lac Ste. Anne County Administration office, the Village of Alberta Beach office, the Mayerthorpe Town office, the Oneway Town office, and any local library.

For more information about the Community Social Needs Assessment, please contact Donna Kerr (Lac Ste. Anne County) at [dkerr@LSAC.ca](mailto:dkerr@LSAC.ca).



## POSTER

# Lac Ste. Anne County Needs Your Help!

Residents in the Lac Ste. Anne County area are asked to share their thoughts by participating in a survey about social needs in the area.

Lac Ste. Anne County is completing a Needs Assessment to understand the social needs of the area's residents. The information collected will be considered when making decisions concerning the needs of our residents.

Residents living in the following communities are invited to participate in the survey:

- Lac Ste. Anne County
- Town of Mayerthorpe
- Town of Onoway
- Village of Alberta Beach
- The Summer Villages: Birch Cove, Castle Island, Nakamun Park, Ross Haven, Sandy Beach, Silver Sands, South View, Sunrise Beach, Sunset Point, Val Quentin, West Cove, and Yellowstone

To participate in the survey online please visit Lac Ste. Anne County's website ([www.LSAC.ca](http://www.LSAC.ca)).

Hard copies of the questionnaire will also be available at the following locations:

- Lac Ste. Anne County Administration Office (56521 Range Road 65, Sangudo)
- Village of Alberta Beach Office (4935 – 50 Avenue)
- Onoway Town Office (4812 – 51 Street)
- Mayerthorpe Town Office (4911 Denny Hay Drive 52 Street)
- Or any local library (Rich Valley, Sangudo, Onoway, Alberta Beach, Darwell, Mayerthorpe)

You can participate in the survey beginning in March 2019.

For more information about the Community Social Needs Assessment, please contact **Donna Kerr (Lac Ste. Anne County)** at [dkerr@LSAC.ca](mailto:dkerr@LSAC.ca)

LAC STE. ANNE COUNTY



RC + P E R C  
strategies

# APPENDIX C

## ORGANIZATIONS / PERSPECTIVES REPRESENTED IN THE STAKEHOLDER INTERVIEWS / MEETINGS

1. Alberta Beach Community League
2. Alberta Beach & District Lions Club
3. Alberta Beach Municipal Library
4. Alberta Beach Seniors Association
5. Alberta Health Addictions and Mental Health
6. Allies Community Resources Centre
7. Darwell Athletic Association
8. Darwell and District Agricultural Society
9. Darwell Public Library Society
10. Darwell School
11. Elmer Elson Elementary School (Mayerthorpe)
12. Grasmere School (Alberta Beach)
13. Interlake Golden Age Society
14. Lac Ste. Anne County Family and Community Support Services
15. Lac Ste. Anne County Parent Link | Early Childhood Development
16. Lac Ste. Anne East End Bus Society
17. Lac Ste. Anne East Food Bank
18. Lac Ste. Anne Historical Society
19. Mayerthorpe Community Health Services – Home Care
20. Mayerthorpe and District Agricultural Society
21. Mayerthorpe Family and Community Support Services
22. Mayerthorpe (Junior Senior) High School
23. Mayerthorpe Minor Hockey
24. Mayerthorpe Public Library
25. Meals on Wheels (Onoway)
26. Onoway and District Agricultural Society
27. Onoway & District Historical Guild
28. Onoway Elementary School
29. Onoway Junior Senior High School
30. Onoway Minor Hockey
31. Onoway Playschool
32. Onoway Public Library
33. Onoway Town Council
34. Rich Valley Agricultural Society
35. Rich Valley School
36. Royal Canadian Mounted Police – Stony Plain Detachment
37. Sabres Cheer Spirit
38. Sangudo Community School
39. Sangudo & District Agricultural Society
40. Sangudo Minor Sports
41. Sangudo Public Library





