



**Step 1 – Choose a scenario(s) and read it to yourself / your group**

**Step 2 – Discuss with your group the following:**

- How do you think this young person is feeling in this situation?
- What do you think they should do next?
- What supports do you think they need?

**Step 3 – Choose a representative(s) from your group to present your findings**

### **Maya**

Maya aged out of foster care three months ago and has been staying with friends on and off since then. Recently, the friend she was staying with moved away, and Maya has been sleeping in a 24-hour fast-food restaurant at night. She's working part-time at a grocery store but doesn't make enough to afford rent in Kamloops. Maya has anxiety and sometimes misses work because she feels unsafe walking alone or taking the bus to work. She's been put on a waitlist for supportive housing but was told it could take months. When a coworker offered to let her stay just for a few days, Maya felt uncomfortable because the coworker made inappropriate comments about her appearance.

### **Serena**

Serena left an unsafe home environment when she was 17 and has been couch-surfing with her toddler, Theo. She stayed with an aunt, and a cousin for awhile but neither had room at their rentals and their landlords asked her to leave. Serena wants to finish high school and dreams of becoming a social worker. However, childcare options are limited, and she doesn't have a stable income or transportation. She can not find a youth shelter where they will allow Theo to stay with her. If she goes without him she can only stay for 30 days. When a support worker at the shelter suggested

that she place Theo in temporary foster care while she stabilizes, Serena left the shelter in tears and now worries that they will take Theo away.

### **Evan, Kira & Patches**

Evan and Kira left their hometown after their complicated relationships with their families became too much to handle. Evan's father was abusive and Kira's family were about to be evicted from their rental. The couple thought moving to a larger city would bring new opportunities. They found a pet friendly basement suite that they could barely afford; Evan's work was giving him less and less hours and Kira has not been able to find work. They've been living in their car for the past two weeks with their dog patches. When they tried to access an emergency shelter, they were told pets weren't allowed.

### **Avery**

Avery is a 20-year-old transgender student who recently started university in Kamloops. They live with a roommate who doesn't respect their pronouns, and on campus they've experienced misgendering and exclusion from group activities. Avery's family is unsupportive and refuses to acknowledge their gender identity, leaving them feeling isolated and anxious. Avery is exhausted from constantly defending their identity and struggles to focus on school while managing stress, anxiety, and feelings of loneliness. They need to find their own place but cannot afford the units that they have had time to find.

### **Ravi**

Ravi is an 18-year-old South Asian student in his first year of university of TRU. His parents live in poverty and have always strictly emphasized academic success and expect him to go into health sciences and become a doctor— they used all of their savings to send Ravi to Canada. Ravi, however, has a deep passion for music and writes songs late at night. Balancing demanding classes with his creative interests has become overwhelming. Recently, Ravi has been experiencing insomnia, constant worry, and panic attacks around exams. Ravi was introduced to opioids by a friend at school and now uses regularly in order to mitigate the stress and anxiety. He is failing his classes and fears he will be denied his study permit when he reapplies, he feels ashamed and does not want to go home.

### **Jordan**

Jordan, a 22-year-old university student, was referred to AWHK after his academic advisor noticed he was missing classes and appeared increasingly distressed. During the first meeting, Jordan disclosed that he has been gambling online almost every day, primarily in sports betting and poker. He shared that his gambling started to relieve stress, but it has escalated to the point where he is now \$3,500 in overdraft his bank account. Jordan reports difficulty sleeping, constant worry about money, and guilt about borrowing from friends without explaining why. He has not paid rent in 3 months and is facing eviction. He is too ashamed to ask his family for help when they have their own financial worries to deal with.

**George**

George was brought to a community mental health clinic due to his parent's observation that he is "not acting like a normal 16-year-old." George's parents report that he is failing school, has no peer group, and he is often angry at home, lashing out violently at his younger brother and sister. They brought him to the clinic because they think he is suffering from a mental illness that they can not help him with and they feel he needs live-in care elsewhere. The last straw for the parents was finding marijuana in George's rooms, something they will not tolerate having around their 2 younger children.

**Riley**

Riley is a 25-year-old single parent of two children (7 and 5 years old) living in Kamloops. They were working part time at MacDonalds but have had to go down to one day a week to care for their children; they struggle to make ends meet. Riley has a history of mental health challenges, including depression and anxiety and see a counsellor regularly. Both of their children were removed from her care at birth and Riley has just gotten custody of them again 6 months ago. Riley's social support is minimal; friends are busy with their own families, and extended family lives out of town. Riley is hesitant to reach out to services because she fears their judgement and does not want her children removed from her care again.