

Annual Report

OUR HOUSE (EDMONTON) LTD

For Year-End March 31, 2018





Vision

Our vision is a community where fewer people suffer from addictions.

Mission

Our House is an Addiction Recovery Centre, whose sole purpose is to provide an environment where individuals with addictions can embark on a recovery process directed towards a meaningful, productive lifestyle.

We fulfill our mission through:

1. A residential program for men eighteen years and over;
2. Recovery-directed programs for men and women; and
3. Education initiatives in the community.



**Executive Directors Report**:

As taking the position of Interim Executive Director on June 27, 2018 my ability to offer a full year report is limited. Our House has certainly been going through changes in the past two years. This year the most apparent has been the need on the capital side to look after some long over looked infrastructure issues. In the process of doing this hazardous mold was detected in the kitchen towards the end of the fiscal year. This put us in the position of having to renovate the kitchen and dining room for the upcoming fiscal year.

As to the ongoing Intake procedures and Programing I have included the input from our Intake and Program managers.

**Intake Managers Report:**

In the last year we experienced a 22.5 % one-year program completion rate. We encourage and welcome our former clients, grads or not, to continue to visit Our House, for on going support and counselling. We want all our clients, past and present, to know that we are here for them.

In this year our occupancy rate was 88.3%. Our goal for next year is to achieve a 92% occupancy rate. We will accomplish this through better waiting list management and ongoing conversations with like stakeholders, such as Poundmakers, Henwood, Alberta Hospital, and other AHS facilities to mention a few.

As for the summer students we had this summer. I found them to be very helpful to me. As Intake manager as well as carrying a caseload, I get a large volume of phone calls ranging from clients wanting to come in to needing information about the program. Family members crying out for help for their loved one. Probation officers, doctors, nurses, lawyers, and other treatment centres wanting information. So, having a student return phone calls was a huge help to me. As well I have a real passion to teach them about Our House, recovery, and the clients.

The intake process is a great part of the job. I get to form a relationship with every man that comes into this program. When they come into the house for the first time there is lots of anxiety. It is important for the intake coordinator to address the anxiety. We do this by telling them how the program works. How many men are in the house. How the men and staff are great supports for their journey. I then explain to them how the intake process works. That we will go through papers that they have to sign and that I will explain every paper they sign to them. I explain to them before they leave the office that we will go through the intake binder together which explains all about Our House and how it works.



To ensure their safety as well has the house safety we ask them many questions regarding their physical, and mental health. We talk about the medications they are on. We go through the medications to make sure they are safe and allowed in the house. We explain to them that with in the first 4 weeks of being in the house they will see our medical director doctor who is an addiction doctor and has been working with the house for many years. We let them know that a hygienist comes in every Monday to do teeth cleaning. That we have Pharmacist that comes in everyday with meds and any questions they may have.

We go over confidentiality with the clients and make sure to explain that our counseling team meets every week and discuss our caseloads. That if one of our clients is struggling with something their counselor may ask the counselling team on how they can help them better. Other counselors will give feed back so, at times it is the whole counseling team that works together to better help our clients.

We make sure we go over the right to search anything that comes on this property. So, all clients understand their phones, rooms, computers, and cars can be searched at any time.

Clients also sign a form that they are not at any risk of falling or losing their sense of balance. As well as doing anything on this property caused by negligence or deliberate actions that would cause them to hurt themselves or others. As well as any activities they may do at the house. They need to acknowledge that unforeseeable risk may occur with activities and if they choose to do them they freely accept and solely assume all such risk.

I finish off the intake by going through the intake binder. Show them their weekly schedule and go through each day with them. I talk about the rules and behavior expectations of Our House, as well as the responsibility of chores. When rules are broken I talk about the write ups and consequence they will receive. I explain laundry days and times with clients. The 12-step programing. That they are required to do step work at step work time. Required to buy a 10-dollar NA book. To get a sponsor within a couple months of being in the house. Explain that we understand that it takes time to find a sponsor you can trust and work with, but it is required. Explain the different modules they take in the year that they are here at Our House. That they will have a counselor appointed to them and spend one hour a week with them. Then explain the 30-day restrictions. The reason we put that in place is to get them grounded as, well has getting them to ask others for help and support. The last thing we say to every client. If they have any questions or have any doubts or worries to come to our offices any time they need.

**Program Managers Report**:

2017 has been an exciting year for Our House Addiction Recovery Centre. We have three full time Addiction Counselors and one full time Provisional Psychologist. We have experienced much change within the organization and have formed many new partnerships with community agencies in the Edmonton area.



The clients have begun volunteering at a rescue organization for dogs called Pitbulls for Life. The men go out twice per week and form relationships with the rescue dogs, walking, feeding and playing with them, as well as assisting with cleaning and any other tasks required to assist the organization. The men state that this has helped immensely with their own recovery and feel good about giving back. We have had a couple of the dogs visit the house.

We have also began volunteering with the Food Bank twice per week, and for special events that occur throughout the year.

We have built a partnership with Alberta Health Services- Prevention and Health Promotion and have for the second year in a row participated in National Addictions Awareness Week, which occurs in November. The men attended four different schools in St. Albert to talk about their struggle with addiction and recovery. We have also had clients speak and multiple high schools within Edmonton. The feedback received has been overwhelmingly positive and we will carry on spreading the message of hope and recovery.

We have also been to the 4-H Club annual summer camp in Hinton for the men to share their message of resiliency. Hope and recovery.

Staff have been invited to the University of Alberta Dental Hygiene department to educate students on addiction. Staff were also invited to speak at the Food Bank’s Annual General Meeting about the work done at Our House.

We have strengthened our partnership with the Parkdale Medicine Shoppe Pharmacy to improve client care and in partnership with this pharmacy now offer medication reviews once per week. We also have a dental hygienist, and the STI Outreach team who come to our facility on a regular basis.

Our core program modules are in the process of being updated to reflect current information and Best Practices. Self-Esteem, Codependency and the Relationships module have been completely redeveloped.

We have redeveloped our Understanding Anger program, which is offered to community members as well.

Our Recreation Program has improved immensely over the last year, with a generous donation from Optimax through their Recovery through Recreation Program. This year the men have had the opportunity to attend the Edmonton Ballet, Opera, and various live theatre productions. They

have participated in Fat Biking, Hiking, Karaoke, a ski trip to Jasper, the Ice Castles exhibit, Deadmonton, Float tanks, Edmonton Folk Festival, as well as various sports events. We have also implemented an Art program during recreation time.



**DONERS AND SUPPORTERS**

Donations of time, goods and services, and funds are gratefully appreciated. We would like to thank all those who have taken the time to give this past year. Whether their donations be in gifts, financial, or time, they all play an important roll in the running of Our House.

We would like to thank all our granting agencies, funding providers, and individuals that have made Our House a place to give. With out their generosity we would be struggling to keep the doors open.

I would like to go through and name them all but there were so many. From the smallest donation of $20 to the ongoing support of AHS and the Alberta Government, Our House can flourish and help the suffering addict.

This better explains why each donation is so important and the impact that each dollar has…

Hello my name is Patrick K.

First I would like to express my gratitude for the Staff , the Program and most of all the length of time I spent at Our House. The reason I believe the time of one year was so important to me because it allowed me actually detox my brain and change my thinking.

I have struggled extremely with my alcoholism over the last five years. I went to five different treatment centers before coming to Our House. The length of time for these Co-ed treatment centers where from 4 weeks to 3 months. My Sobriety after these treatment centers would only last 3 to 9 months.

Alcoholism to me is a mental illness that progressed to a havoc way of hopeless thinking. Before arriving at Our House my thoughts where 95% negative.These thoughts made feel 95% negative towards myself and the world.

The program (modules) and one on one counselling helped me gradually change and practice positive thinking. I remember only having 1 good day a week after a month , then 2 good days after 2 months and so on. That is why I am so grateful for the 1 year program that Our House offers which I carry on today with 95% Hope because I have learned recovery is a daily reprieve based on my daily practices. I now have Freedom from addiction, my obsession was lifted and I don't think at all about drinking and actually I don't think about not drinking which is a great Freedom and Peace of Mind.

I now enjoy the little things in life like my 4 little grandkids which I actually babysit at times which is a miracle itself. I discovered that true happiness is to love and to be loved nothing more. Its also important for me to have human connection which I get from family and the fellowship of my 12 Step Program …….



**THE BOARD**

Madeline Serafinchan – Chair

2013 joined the board, chair since 2015

Board governance expert through many years work with the Edmonton Real Estate Board

Marketing and Sales professional

Dr. Dan Ryan – Vice-Chair

Founding board member of Our House in 1984

Board member from 1990 to 2010

Board member from 2015 to current

Highly recognized physician for his life long work in addiction treatment and education.

Kasia Zoledziowski, MBA, PMP – Secretary/Treasurer and Chair of Finance Committee

Member of the board since June 2014.

Financial expert with strong accounting knowledge and budgeting procedures.

Scott Philips MBA, CPA, CMA, PMP, BBA – Member of the Board and Finance Committee

Member of the board since January 2018

Experienced in strategic planning, budgetary responsibility, operations and business development

Charles Fay PMP – Member of the Board and Finance Committee

Member of the board since January 2018

Expert in Operation Planning, Productivity Improvement, Cost Reduction, Project Management and Budgeting/Finance.

John Pfrien BA, LLB – Member of the Board

Member of the board since January 2018. Lawyer supporting the Board with legal expertise.

Andy Greenshaw – PhD FRSA Member of the Board

Member of the board since January 2013.

Professor of Psychiatry and Neuroscience with special interest in addiction recovery.