

Annual Report 2015



VISION STATEMENT

Our Vision is a Community where fewer people suffer from addictions.

MISSION STATEMENT

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.

We are currently operating at our 60 bed capacity, up significantly from our 2009 thirty-two bed capacity.

Description of Services

Our primary care services are designed to promote the health and well-being of clients through the provision of advice, informative and education programs.

Aftercare

We offer aftercare to our program graduates. There are currently no time restrictions on staff time spent with past graduates, as they require assistance. Client follow-up remains a key service for those who have completed or dropped out of treatment.

Outreach staff is available 24 hours a day by phone.

We believe in the continued success of all of our residents and invest the time to keep as many alive and sober as our resources permit.

Assessment

We conduct on site assessments for our current and potential residents. Through these assessments staff identify client needs, treatments and rehabilitation options and develop an appropriate individual care plan.

- Comprehensive Addictions and Psychological Evaluation (CAAPE)
- Suicide Risk Assessment
- Violence Risk Assessment
- Mental Health Program Assessment

Counselling - Group/Male Specific Programming

Our programming includes the following group counselling that is taught in a combination form some of which include a Twelve Step and/or Cognitive Behavior Therapy (CBT) approach. Our modules are three weeks in duration and include the following: Understanding Addictions as a Disease, Coping with Stress, Communication, Raising Self-Esteem, Assertiveness/Conflict Resolution, Relapse Prevention, Healthy Relationships, and Budgeting and Leisure.

Counselling - Individual

Clients receive a minimum of one hour per week in one-on-one counselling sessions. There are 6 counselors at our centre who have caseloads of between 5 and 10 residents.

Crisis Intervention

Our House employees are trained in appropriate crisis intervention. Our personnel have the knowledge to determine if a situation is beyond their scope of expertise and we work with partner organizations to limit harm to our residents and staff.

Information

Our House Addiction Recovery employees conduct outside information sessions for local universities, agencies and other charitable organizations.

Job Placement

During the last 90 days of our clients' program there is time allocated to assist the residents in securing the appropriate information and resources for exit planning. This includes working with unions, post secondary institutions to better facilitate community integration.

Recreation

Recreation, is an important part of maintaining sobriety and good mental health. Our recreational activities include; paintball, go carts, water tubing, theatre, golfing, fishing trips, annual camping trips, baseball tournaments, water park excursions and more. We have a weight room on site and our residents play street hockey and volleyball in our 3 acre yard.

Referral

We are committed to providing effective, high quality and client focused treatment. This is provided in a caring, professional manner, taking into account the individual needs of our clients. We work in partnership with other agencies to provide the appropriate care to our clients.

Family members of addicts labour under the emotional burden brought on by the addiction. Individuals in contact with us are often in despair. Frequently, counselling will be recommended for family members of addicts as well.

This year we made 47 referrals on behalf of our clients to find them housing once they leave our program and 16 referrals to other mental health professionals.

Relapse Prevention

Relapse prevention specific groups are offered to each resident twice per year. A large group is held in December yearly, as this is an especially vulnerable time for our men, and this group is also part of our regular module rotation.

Self Help Groups

We offer open Alcoholics Anonymous (AA), Narcotics Anonymous (NA), and Cocaine Anonymous (CA) groups on site that are usually filled to capacity. Our room maximum is 84. Attendees are those from among our residents as well as large numbers of individuals who are either former residents or community members. A second (AA) meeting has been added on Sunday evenings to meet the demand of the community.

Skill Development

We offer four “open to the public” three-week long Men In Recovery Courses. We also offer Mental Health First Aid and Understanding One’s Anger free to the community and they are open to the public three times annually.

Accreditation



Our House Addiction Recovery Centre successfully maintained its Accreditation with Commendation Status in 2014.

Staff Resources

As a non-profit facility, we always have to monitor our staffing levels to ensure that our resources allow us to continue to function effectively. We have an excellent staff team with a diverse background of education and experience.

Staff attended educational courses including: Safe Food Handling, De-escalating Violence, Mental Health First Aid, First Aid, Applied Suicide Intervention Skills Training, Sexual Trauma, and management courses.

Counseling staff keep current with relevant educational sessions in order to maintain their respective professional status.

Highlights of Services

The organization has doubled its capacity to help those in need in the last six years. In partnership with Alberta Hospital, we have four of these 60 beds reserved for clients who have concurrent disorders coming directly from the concurrent disorder program. Thus allowing this group of clients rapid access to our programming. These dedicated beds are continually filled, which speaks to the need of this group.

Summary of Incidents

There were no significant incidents or major safety risks to the organization to report for the year ended March 31, 2015.

Program Measures

Our residents evaluate every program module, and evaluations on their counselors are completed every four months.

Significant Challenges

Funding is a barrier for the organization. An increase in funding would allow the organization to add to its programming staff further enhancing services. Two of the centre's vehicles are also facing the end of their life cycles.

Major Program Changes

Life Skills the course is no longer being offered and has been replaced by a three week long Men in Recovery course.

Community

Our House Addiction Recovery Centre staff and clients give back to the community. Our residents have been active in the community through our volunteer commitment to Edmonton's Food Bank annual fundraising event, "Candy Cane Lane". Our clients have started to volunteer on a weekly basis with the Edmonton Food Bank and go out every Monday afternoon to help in the warehouse. Our staff and clients once again took part in the Christmas Bureau and Santa's Anonymous Campaign and assisted with Habitat for Humanity. We also took part in Homeless Connect twice this year

Statistical Information

Output Data Collection:

Activities	# of Activities	Estimated	Actual
Addiction Recovery Program	Daily	50	60
Mental Health Program	Daily	20	34
Men in Recovery	4 x annually	60	59
Anger Management Program	8 x annually	60	60
Mental Health First Aid	3 x annually	20	27
Recreation	As needed	45	56
Outreach	As needed	20+	30+ est
AA x 2/CA/ and NA x 2	Each weekly	80 + capacity	40-65 per meeting

Client Satisfaction

Our House Addiction Recovery Center asked the following of both current and past residents:

- a) I was told how long I have to wait for services or care.
- b) I know who to contact about my services or care.
- c) The people who provide my services or care do a good job.
- d) The people who provide my service or care regularly wash their hands or wear gloves before touching me.
- e) I have been taught how to avoid getting an infection, such as washing/cleaning my hands.
- f) I feel safe when I receive services or care.
- g) I have the information I need to help me make decisions about my services or care.
- h) I am encouraged to make decisions about my services or care.
- i) I was told how to care for myself, if possible.
- j) I usually understand instructions or information from the person providing my services or care.
- k) I have been told about the services or care available to me by other organizations.
- l) The people who provide my services or care ask my permission first.
- m) The people who provide my services or care are respectful of me.

Our current and former residents answered yes to all the questions above. We received 100% client satisfaction.

Donations

We would like to express our thanks to the following people, groups and businesses for their support in 2014-15. Their donations have been in the form of goods in kind or financial. Each of these contributions plays a vital part in Our House's ability to continue to provide quality programming.

Churches and Foundations

Anglican Church of the Good Shepherd ACW
Allard Foundation
Community Investment Operating Grant
Edmonton Community Adult Learning Association
Edmonton Community Foundation
Edmonton Dental Assistants Association
Edmonton's Food Bank
Edmonton Police Service
Iconic Club of Edmonton
Invanhoe Cambridge Inc
Kitaskinaw School
Ladies Auxiliary to Edmonton Area Fraternal Order of Eagles
Marian Centre
Realtors Community Foundation
Royal Alexandra Hospital Employees' Charitable Donations Fund
Society of Petroleum Engineers
St. Barnabas Mission
St. John Bosco Parent Association
St. Matthias Anglican Church
St. Augustine's Parkland Anglican Church
St. Michael Anglican Catholic Church of Canada
Union 52 Benevolent Society



Corporate Donors

*Alberta Furnace and Carpet
Cleaning
Alberta Health Services
Alberta Treasury Branches
Bolt Security
Burnco Landscape Centre
Cobs Bread Spruce Grove
Dan Ryan Professional
Corporation
Executive Drywall
Onyx Mechanical
Salisbury Greenhouse
Seven M Construction
Telus
The Medicine Shoppe –
Parkdale*

Private Donations

- Adeline Andronyk
- Andrew Greenshaw
- Bard Golightly
- Bob & Diane Spenrath
- Brian and Carol Zwicker
- Carol Vis
- Cathleen Matthews
- Corinne Bulmer
- Dennis & Liliane Fitzgerald
- Don Byrne
- Estella Prosser
- Frank Stockall
- Garth Carbert
- Georgia Diamond
- Gordon & Heather Payne
- Helen Lees
- Irene Slater
- Janis Elliot
- Jill Davies-Shaw
- Julie and Brian Malone
- Kari Horiachka
- Kathy Ratzlaff
- Kim & Colleen Mckee
- Lesley Ann Eastwood
- Lianne McInnis
- Lianne Sept
- Linda Jack
- Lloyd & Noel Ruhl
- Lori Harasci
- Lori Radke
- Louise Hayes
- Lucienne Epp
- Madeline Sarafinchan
- Margaret Gibbons
- Marjorie Bencz
- Marnie Kachman
- Marnie Marple
- Martha Yuen
- Mary Jane Mclaughlin
- Mary Thompson
- Mike Leclerc
- Millie Silverstone
- Muriel Peacocke
- Nancy Kuyten
- Natasha VanDellen
- Neil Pothoven
- Pamela Witte
- Parm Bhui
- Patricia Bencz
- Patricia Bykowski
- Paul Braconnier
- Peter Newton
- Rebecca Bernard
- Rita Schaller
- Rob Swyrd
- Robert Arnold
- Robert Parent
- Roger Breault
- Roger Ogden
- Rolf Wagner
- Rosalind Lane
- Ross McBain
- Rudolf and Alma Klingbeil
- Sherri Anderton
- Steve Leskiw
- Susan and Richard Dunlop
- Susan Neveu
- Todd And Dana Bradley
- Vivian Richter
- Y. Rashid

Our House Addiction Recovery Centre Financial Report 2014-2015
Statement of Operations as at March 31, 2015

Revenue	2015	2014
Gaming Revenue	25,874	52,276
Donations	22,545	18,687
Grants	221,780	244,938
Treatment Fees	833,299	822,931
Interest	482	<u>7,187</u>
\$	1,103,980	1,146,019
Expenses	2015	2014
Amortization	91,978	95,432
Advertising	1,773	2,465
Automotive	15,399	10,592
Bank charges and interest	1,653	1,949
Donations		-
Insurance	17,149	23,826
Office	11,089	12,695
Professional fees	16,374	45,551
Programs and workshops	152,020	156,585
Repairs and maintenance	77,718	82,793
Salaries and benefits	656,510	593,916
Telephone ad utilities	143,639	138,896
Travel	<u>744</u>	<u>884</u>
\$	1,186,046	1,165,584
Unrealized loss on investment	19,297	(10,587)
Deficiency of Revenue over Expenses	(62,769)	(30,152)

BALANCE SHEET

ASSETS	2015	2014
\$		
Current	161,753	156,599
Long Term	231,270	211,974
LIABILITIES		
Current	45,738	24,642
Long Term	--	--
NET ASSETS	\$ 3,535,415	3,578,556



Pool Room

The clients took ownership in trying to make a difference in their House environment by renovating the pool room into an area where they can enjoy conversation and recreation.



Thank you for your countless hours of support.

BOARD OF DIRECTORS 2014-2015

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(Retired December 2014)

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I would like to acknowledge the ongoing commitment of our senior management staff in the continued delivery of quality client care service. On behalf of the Board I would like to acknowledge them and their work in what continues to be an ever changing and demanding environment.

Respectfully,

Patricia Benz