



# ANNUAL REPORT 2018-2019



## MESSAGE FROM THE BOARD CHAIR

On behalf of the Board of Directors of McDougall House, I would like to reflect on the 2018-2019 year.

Many changes have occurred. We welcomed Laurie de Grace as our new Executive Director, following the retirement on Cindy Ward. Cindy has dedicated over 20 years of service to McDougall House. Her contributions will long be remembered and appreciated.

Challenges have been many; Accreditation preparation for our second phase of Accreditation Canada and the physical move of our lovely house due to land development around us are but a few. We look forward to our new location on a much larger lot away from the busy street.

Throughout these changes, McDougall House has continued to provide a safe, secure and warm home to many women who came to us seeking recovery, counselling and empowerment. I want to thank our dedicated staff for all of their work and expertise in programming and working with our clients.

Thank you as well to all donors and funders. There is a constant need for funding for these programs.

Our volunteer Board members have worked particularly hard this year and they have my utmost appreciation.

I would like to honour three long service members who are retiring after many years - Dr. Sandra Hobbs, Frieda Lovig and Maureen McKay. Their contributions and enthusiasm were always noticed and appreciated.

As I step down as Board Chair, I am happy to introduce Sheila Smigarowski as the new Board Chair. I know that we are in good hands.

**Winnifred Blades**  
**Board Chair**

# EXECUTIVE DIRECTOR'S REPORT

At the beginning of December, I joined McDougall House as the Executive Director, knowing that I had big shoes to fill; Cindy Ward had competently run the organization for over twenty years. Replacing Cindy was just the beginning of the challenges and change is an understatement! I was very fortunate to join a very welcoming staff who have willingly answered all of my questions and have been very open and receptive to change – a very good thing.

After 40 years as an abstinence-based program, McDougall House has shifted slightly along the recovery continuum to align itself with a changing world and began accepting clients on drug replacement therapies, including Methadone, Suboxone and Naltrexone. To better serve these and all other clients, we entered into a partnership with MINT Health and Drugs for enhanced medication management with the daily delivery of bubble-packed prescriptions and regular visits by pharmacists who are able to deal with many health issues. Medication safety for all of our clients has now been enhanced with the careful monitoring of prescriptions and health management.

The land-swap agreement and the requirement to vacate our house for a couple of months has created a source of chaos, but has also provided us with a unique opportunity to do some necessary updates and upgrades. Without the available funding to do this work, I have been applying for multiple grants to cover the cost of as much work as possible.

Although the need for publicly funded addiction treatment is huge, we often find ourselves with empty beds. To ensure that we are helping as many women as possible, I have devoted significant time to community outreach to ensure that as many referral sources as possible are aware of the wonderful service that we offer. Our goal is to have a waiting list so that as soon as a bed becomes available, we have a client ready to move in optimizing the service we provide to the community.

The feedback from our alumni is very positive and therefore we would like to develop an ongoing relationship with many of them. We are exploring opportunities to engage the alumni through special programs and on-site meetings.

Post-secondary education programs, such as MacEwan University and the University of Alberta, are eager to develop relationships with community partners. I have been taking advantage of invitations to attend events that they host in order to explore opportunities to engage students in a variety of ways. These engagements are mutually beneficial as the students are provided with learning opportunities while we learn of new ways to enhance our operation and the services that we offer.

On July 1, the licensing application process begins for the *Mental Health Services Protection Act* requirement that all residential addiction treatment service providers to be licensed by November 1, 2019. We will face this task as we also prepare for our accreditation survey with Accreditation Canada. We are also preparing for the development of the new Association of Counselling Therapy of Alberta (ACTA) which will dictate the educational requirements and ongoing education of our addiction counsellors.

It is an exciting time in this field, and I feel very fortunate to be in a position to help make a difference in the lives of our clients and their families.

**Laurie de Grace**  
**Executive Director**

# FINANCIAL STATEMENTS

## McDougall House Association Statement of Financial Position

March 31	2019	2018
<b>Assets</b>		
Current		
Cash and cash equivalents	\$ 723,648	\$ 742,078
Accounts receivable	15,727	13,680
Goods and services tax recoverable	4,440	2,141
Prepays	1,745	10,597
	<u>745,560</u>	<u>768,496</u>
Property and equipment (Note 3)	<u>286,980</u>	<u>291,336</u>
	<u>\$ 1,032,540</u>	<u>\$ 1,059,832</u>
<b>Liabilities</b>		
Current		
Payables and accruals	\$ 14,568	\$ 11,676
Employee deductions payable	-	1,537
Deferred revenue (Note 4)	25,000	-
	<u>39,568</u>	<u>13,213</u>
Long term		
Deferred capital contributions (Note 5)	1,087	-
	<u>40,655</u>	<u>13,213</u>
<b>Net assets</b>		
General fund	705,992	755,283
Invested in capital assets	285,893	291,336
	<u>991,885</u>	<u>1,046,619</u>
	<u>\$ 1,032,540</u>	<u>\$ 1,059,832</u>

# McDougall House Association

## Statement of Revenues and Expenses

Year Ended March 31

2019

2018

## Revenue

Alberta Health Services grant	\$ 421,029	\$ 421,028
Room and board	110,180	100,560
Fundraising	55,530	79,905
Donations	41,500	61,385
Other grants	40,900	17,000
Interest and other	12,235	7,924
	<u>681,374</u>	<u>687,802</u>

## Expenses

Salaries and wages	566,611	589,654
Fundraising	41,859	65,148
Food	31,295	29,309
Professional fees	16,904	9,349
Repairs and maintenance	16,126	11,902
Utilities	13,563	11,255
Office	11,510	8,190
Amortization of property and equipment	10,189	11,057
Insurance	10,279	8,929
Advertising and promotion	8,264	1,684
Business taxes, licenses and memberships	3,249	748
Telephone	2,695	4,731
Travel	1,065	763
Staff development	1,019	-
Interest and bank charges	829	1,036
Miscellaneous	652	1,140
GST expense	-	2,285
	<u>736,109</u>	<u>757,180</u>

(Deficiency) of revenues over expenses

\$ (54,734)\$ (69,378)

# THANK YOU TO OUR SUPPORTERS

## Individuals and Families

Sharon Bell  
 Nataalka Bilotta  
 Winifred Blades  
 Jelena Bojic  
 Diane Brickner  
 Jerri Cairnes  
 Dena Carlson  
 Charles Cathcart  
 Gisele Davis  
 Darlene Dickinson  
 Stephen Forberg  
 Crystal Graham  
 Dawn Harsch  
 Sandy Jacobson  
 Sydney Johnson  
 Lanita Layton  
 Shirley Leonard  
 Padget Lofgren  
 Frieda Lovig  
 Nancy MacBeth  
 Maureen McCaw  
 Javaid Naqvi  
 Karen Pentland  
 Anita Pryske  
 Lisa Rau  
 Judy Ross  
 Beverly Samograd  
 Virginia Sharek  
 Colleen Shaw  
 Mona Tarrabain  
 Hailey Taskey  
 Yvonne Young

## Government

Alberta Health Services  
 City of Edmonton

## Foundations

Edmonton Community Foundation  
 Eldon & Anne Foote Fund for Continuing Support,  
 Felix & Pat Kuefler Fund  
 Ralph & Gay Young Family Fund  
 Tides Canada Lights on Fund

## Corporate

ATB Financial  
 Cameron Development Corporation  
 Canterbury Foundation  
 Crystal Glass  
 Edmonton Eskimos  
 Exquiscare  
 Flaman  
 Fountain Tire  
 Hilliard MacBeth  
 Hugo Boss Canada  
 Lexus of Edmonton West  
 Lloyd Sadd Insurance Brokers  
 Dr. Thomas and Melanie Nakatsui  
 Pinnacle Organizational Performance Solutions  
 TD Bank  
 The Brick  
 Urban Retreat Body & Skincare Centre  
 Women with Vision Opticians & Optometry  
 Yvonne M Young Professional Corp