



Annual Report 2019-2020



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Message From the Board Chair

On behalf of the Board of Directors of McDougall House, I would like to reflect on the 2019-2020 year which can be described as a full transformation of the house and Society on almost every level after 50 years of successful operation.

Laurie de Grace joined us on the first of December, 2018 as our new Executive Director. Since then, Laurie, the counsellors and staff, along with the Board have worked tirelessly to support the transformation of the house including replacement of kitchen appliances, office and bedroom furniture, and modernizing our internal systems and digitizing the operations where possible.

In addition to fundraising concerns, challenges have been many:

- Change of auditor to Grant Thornton in our 2019 year-end financial statement process
- Disruption with the physical relocation of our lovely house in a win-win arrangement with Kingsway Crossing Development Limited
- Along with the physical disruption, the program moved temporarily to the Edmonton Inn where we took over a hotel floor to continue successfully with our program for several months
- Preparation for our second application of Accreditation Canada where we achieved “Accredited Status” following our review in late September 2019
- Two insurance claims, the latter of which created a significant disruption due to the kitchen being out of service shortly following the return to the house
- Successful registration under the Mental Health Services Protection Act (MHSPA) which needed to be in place by November 1, 2019, not long after completing Accreditation
- Just as this fiscal year was nearing a close, COVID-19 set in

Throughout these changes and strain on our resources, 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 their work and expertise in programming and working with our clients, and our wonderful resourceful cook who navigated some very trying circumstances with the kitchen being closed shortly following the return to the house.

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 two long serving Board members who will be leaving the Board at the end of this term. Winifred (Wynne) Blades, our most recent Past Chair is leaving after 10 years on the Board, and Nancy MacBeth a former Chair and Treasurer, and current Secretary served for 15 years. Both have contributed endlessly and have been committed to our cause both in time and financial support. In this past year, Wynne has worked tirelessly to ensure a successful outcome with the house move. Wynne and Nancy have been dedicated to the successful operations of the house and will be missed. We are also sorry to accept the resignation of Sandy Jacobson serving on the Board for just over 2 years whose expertise and energy will be missed.

During the year, we welcomed two new Board members, Diana Shaw and Rachael Hovan. As we have seen this past year, with change brings an opportunity for renewal, fresh ideas, and input, which we welcome. COVID-19 aside, I look forward to what we will create in 2020-2021!

Sheila Smigarowski
Board Chair

Executive Director's Report

What a year!!! We knew that it was going to be a year like none other with plans in place to relocate our building. While this was by far the most significant event, there was so much more. We experienced two interior water leaks; one the week before leaving the house and the other on the second day after our return. The latter closed the kitchen for two full months.

Accreditation Canada requires an onsite survey every four years to maintain our status and 2019 was the year for our survey. The Mental Health Services Protection Act mandated that all addiction treatment centres in Alberta must be licensed in order to operate. The licensing application opened on July 1 and had to be completed by November 1. Fortunately the additional work was manageable with the help of students hired through the Canada Summer Jobs program and we were successful with both Accreditation Canada and in obtaining our new provincial license.


Preparing to relocate from our facility was a huge task. The first step was to find temporary space in which we could continue operating while the house was vacated. Locating a suitable venue to provide safe and secure residential space for our clients, office space and counselling rooms was challenge enough. However, without knowing the exact date when we would be moving, or the duration of our stay presented quite a challenge. We had the good fortune to be introduced to the management team at the Edmonton Inn & Conference Centre. In addition to creating the best possible “home away from home”, their customer service was exemplary throughout our extended stay. Housing an addiction treatment operation in a hotel setting might not be ideal but with a dedicated floor with restricted access, we managed and overall, we could not have had a more positive experience in a temporary location.

Moving from the house provided a rare opportunity for interior work to be done without disrupting the clients and staff. If only we had also had an unlimited budget! However, we successfully obtained funding from the organizations listed below to cover the costs of some projects.

We also received some generous in-kind donations. Just before we moved, we took delivery of enough art to adorn the walls throughout the house. Rowles Gallery and Sorrentinos donated a collection of paintings and large vases. Following our return, Era Rowles and her staff installed the art. On the weekend before our return, The Brick provided complete sets of bedroom furniture for all of the bedrooms. What a wonderful welcome home gift for the clients.

Funding From Various Organizations




Several New Window Coverings
The Stollery Charitable Foundation


New Light Fixtures
The Home Depot Foundation


New Kitchen Appliances
The Allard Foundation


New Kitchen Appliances
St. Paul's Foundation


Kitchen Renovations
Edmonton Community Fund


Office & Client Workspace Renovations
Butler Family Foundation

In addition to the funding for specific projects we were the recipients of other generous grants and donations from many organizations and individuals, some solicited and others not. LADS Foundations chose to donate the value of their work when they learned about the nature of our business while building the new foundation. The Eldon and Anne Foote Fund has provided substantial financial support again this year. We are very appreciative of all the funds we receive, donations big and small, as every dollar helps us with our day-to-day operations.

We did not hold the annual spring fashion show this year and, in its place, we tried some new ideas. We held an instore fashion show at callidas, a wonderful store that became a casualty of COVID-19. We ran the Unevent, a somewhat unique approach to fundraising before COVID-19 arrived and inspired various forms of non-events. Our most unique event was a Sound Bath led by “The Gong Father” Kevin Guadet, a meditative event that took place at ATB’s Entrepreneur Centre. The plan to hold a second Sound Bath in April had to be cancelled.

Our clients were given the opportunity to regularly focus on their wellness with weekly yoga and Somatics sessions. Yoga instructor, Angela McFaul, visited each Friday morning. The Somatics training was led by Nancy MacBeth, a long serving Board member. The clients looked forward to these meditative practices and found them to be very beneficial.

For the first time, McDougall house had the benefit of working with several students from McGill University, MacEwan University, and the University of Alberta. They worked on various projects and delivered valuable results, work that we did not have the time or resources to do on our own. We will continue to engage students to provide them with real world experiences and to enhance our operation.

As the year came to an end, the pandemic began! We were very fortunate to have a recently updated pandemic plan in place, part of the preparation for the accreditation survey. This proved the value of having such preparations in place, even if the likelihood of using them appears to be remote.

We are very proud of all that we have accomplished and survived this year! We now feel that we can weather almost any storm.

Laurie de Grace
Executive Director

Financial Statements

McDougall House Association Statement of Financial Position

March 31	2020	2019
Assets		
Current		
Cash and cash equivalents	\$ 502,977	\$ 723,648
Short term investments	134,661	-
Accounts receivable	31,078	15,727
Goods and services tax recoverable	2,990	4,440
Prepays	<u>1,432</u>	<u>1,745</u>
	673,138	745,560
Property and equipment	<u>324,446</u>	<u>286,980</u>
	<u>\$ 997,584</u>	<u>\$ 1,032,540</u>
Liabilities		
Current		
Payables and accruals	\$ 21,557	\$ 14,568
Deferred revenue	<u>33,000</u>	<u>25,000</u>
	54,557	39,568
Long term		
Deferred capital contributions	<u>32,891</u>	<u>1,087</u>
	<u>87,448</u>	<u>40,655</u>
Net assets		
General fund	618,581	705,992
Invested in capital assets	<u>291,555</u>	<u>285,893</u>
	<u>910,136</u>	<u>991,885</u>
	<u>\$ 997,584</u>	<u>\$ 1,032,540</u>

McDougall House Association

Statement of Revenues and Expenses

Year Ended March 31

2020

2019

Revenue

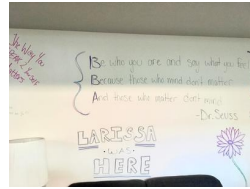
Alberta Health Services grant	\$ 421,029	\$ 421,029
Room and board	123,600	110,180
Donations	101,681	41,500
Other grants	55,146	40,900
Interest and other	19,976	12,235
Fundraising	5,962	55,530
Amortization of deferred capital contributions	1,674	-
	<u>729,068</u>	<u>681,374</u>

Expenses

Salaries and wages	615,437	566,611
Repairs and maintenance	54,156	16,126
Food	31,537	31,295
Insurance	21,500	10,279
Office	19,501	11,510
Professional fees	14,791	16,904
Amortization of property and equipment	11,796	10,189
Utilities	10,979	13,563
Business taxes, licenses and memberships	7,273	3,249
Laundry, bedding and linen	6,915	340
Fundraising	3,740	41,859
Telephone	3,386	2,695
Staff development	3,384	1,019
Miscellaneous	3,224	312
Travel	2,025	1,065
Interest and bank charges	843	829
Advertising and promotion	330	8,264
	<u>810,817</u>	<u>736,109</u>

Deficiency of revenues over expenses	\$ <u>(81,749)</u>	\$ <u>(54,734)</u>
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Year in Review



Client Artwork

Basement Walls
Before the Move

Courage and Vulnerability
go hand in hand.

In those who

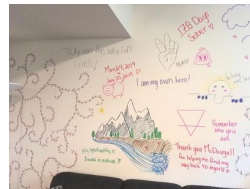


Thank you to those who
came before me, those who are with
me now, and those that will come after.
With this gratitude, I'm able to seek
the connection that is vital to my
recovery. I'm no longer alone.



Shine Bright
Like a
Diamond

McDougall House has
helped me begin again.
Every staff member and client
has and continues to play a huge
part in my recovery journey!
I have found a solution to my addiction
AKA Connection.



Work on the internal
and the external will
take care of itself



The Move



Hotel

Counsellor's Office
Counselling Room
Group Meeting Room



18
Clients
Completed the
Program

10
Guest
Speakers

4
Summer
Students

43
Clients During
the Year

5
Summer
Student
Projects



Activities

Yoga with Angela McFaul
Somatics with Nancy MacBeth

Fundraising

New Furniture

Donated by The Brick

Student Project

Smudge Kit

Thank You To

Our Supporters

Individuals & Families

Nichole Aichinger	Vanessa Domingues	Kristin Kastro	Hilary Nicol
Cheryl Armstrong	Donna Dotinga	Wendy Kinsella	Carey Organ
Sylvia Noreen Bell	Alan Evans	Carolyn Larsen	Anna Pandos
Molly Benfield	Jacqueline Evans	Freida Lovig	Karen Pentland
Winnifred Blades	Jennifer Fedio	Dyanne Lyons	Charlie Prefontaine
Kaelyn Bodnarchuk	Travis Gamborski	Hilliard and Nancy MacBeth	Christine Rankel
Andrea Bowes	Kevin Gaudet	Maureen MacKay	Chellaraj Retnanandam
Sharon Brown	June Greig	Mary Lynn Malin	Diana Shaw
Mallorie Buoy	Diane Gunn	Mary Marshall	Sheila Smigarowski
Nimala Chellappah	Brian Hesje	Amy McKinnon	Nagula Suthaker
Karu Chinniah	Cathryn Heslep	Francesca Marrello	Judy Ustina
Joyce Crowe	Sandra Hobbs	Linda McDollum	Karen Ann Vallee
Alana Davis	Kim Hobbs	Angela McFaul	Catherine Vu
Meghan Dee Roo McConnan	Barbara C. Howell	Marilyn Mucha	G. Wickramasekara
Brian Dickinson	Sandy Jacobson	Shyamala Nagendren	Barbara Wood
Darcy Dietrich	Jammy Jorza	Kathleen Ness	

Government

Alberta Health Services
City of Edmonton
Canada Summer Jobs

Foundations

Allard Foundation
Building Trades of Alberta Charitable Foundation
Butler Family
Edmonton Community Foundation
Eldon and Anne Foote Foundation
Royal Alexandra Hospital Employees Charitable Donations Fund
The Home Depot Foundation
The Stollery Charitable Foundation
The Catholic Women's League of Canada
St. Paul's Foundation (Edmonton)

Corporate

ATB
callidas
CSU52 Civic Service Union
Edmonton Inn & Conference Centre
Fourcha Group
LADs Foundations
Lexus of Edmonton
Rowles & Company Ltd.
Sorrentino's
Tacada
Manohara & Savitri Senaratne Professional Corporation
The Brick
William H. Ross Architects Ltd.
Wirtanen Family Holdings Ltd.

Our Supporters



Rowles & Company Ltd.



Royal Alexandra
Hospital Employees
Charitable Donation
Fund

