



2020/2021 ANNUAL REPORT



VISION, MISSION & VALUES

VISION

To foster recovery from addictions.

MISSION

To provide a safe treatment environment that empowers women in recovery from addictions through knowledge, awareness, and behavioural change in order that they may choose to live healthy, happy and productive lives.

CORE VALUES

- Structure and quality programming
- Dignity and respect
- Strength to accept personal responsibility
- Safety and confidentiality

GUIDING PRINCIPLES

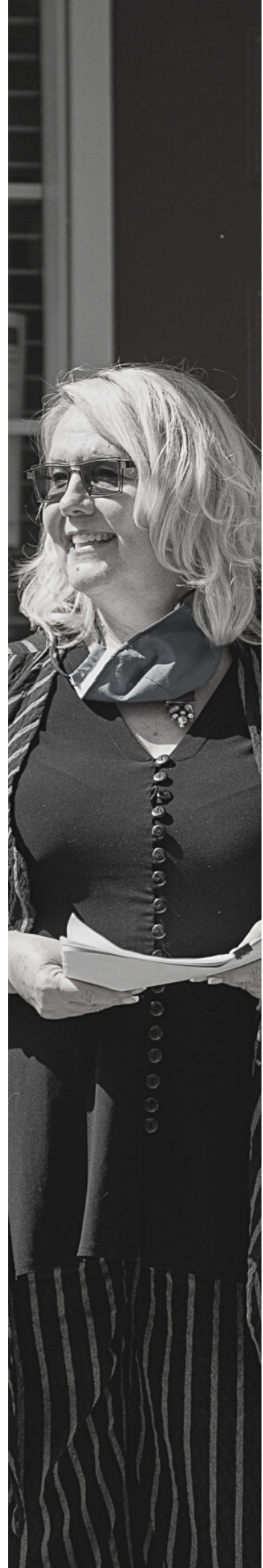
- We believe addictions treatment and recovery should be abstinence-based and provided in a safe environment.
- Women in recovery should be treated with dignity and respect.
- Recovery needs to be approached in a holistic manner.
- Recovery plans are individualized for each client, to address their particular needs and goals; it is a mutual contract between counsellor and client.
- Women collaborate in their own recovery process and need to be empowered to do so.
- Women benefit from the support and the therapeutic programming provided within a residential setting.
- The success of treatment requires continued evaluation from the client's perspective.

MESSAGE FROM THE CHAIR

On behalf of the Board of Directors of McDougall House, I would like to reflect on the 2020-21 year which continued as every other non-profit organization to adapt to the health, safety and economic implications triggered by the global pandemic, Covid-19.

From March of 2020 through to current day, staff have managed the health and economic challenges related to Covid-19. We were successful in benefiting from government programs during 2020-21 to ease our transition into fundraising in a new way going forward.

Despite the pandemic challenges, we were able to celebrate the relocation of McDougall House through partnership with Tacada and Fourcha Group with an official ribbon cutting ceremony held on Friday August 14, 2020. We were honored to have in attendance MP James Cumming, MLA David Shepherd, Councillor Bev Esslinger, Jordan Davis from Tacada and Sid Chadi from the Fourcha Group who all shared their remarks. Winifred Blades, our Past Chair also shared some history on the origins of the project and was our main Board point person in conjunction with our Executive Director to navigate the move.



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 to our wonderful resourceful cook who provided our clients with healthy, hearty and nourishing food over this past year.

We want to extend our appreciation for Laurie de Grace, former Executive Director for her excellent work serving MHA through its many challenges in 2019-20. With Laurie's departure and after serving in the role on an interim basis from late September 2020, the Board of Directors formally onboarded Liz Ferguson to the full-time position of Executive Director beginning April 1, 2021.

We have undertaken a strategy session following our fiscal year-end to maintain and continue the advancement of the great recovery work being done at McDougall House.

We are excited to embark on this next journey to further improve upon our service to women in recovery from addictions. Chances of having a mental illness or a substance use disorder in your lifetime in Canada: 1 in 3 so our mission remains of utmost importance. In broad terms, our strategy will focus on optimizing opportunities for women to be successful in maintaining sobriety, leading life-changing programs, ensuring long term sustainability and strengthening our governance practices.

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

During the fiscal year, our Board has operated with seven Board members. Our volunteer Board members have worked particularly hard through both Committees and the Board this year and I extend my utmost appreciation. We have undertaken a formal Board recruitment process to further augment both competency and diversity and will continue that through the year. As we have seen this past year, with change brings an opportunity for renewal and fresh ideas and input which we welcome. With hope that the impacts felt by COVID-19 will be primarily behind us, I look forward to what we will create in 2021-22.

Sheila Smigarowski
Board Chair

[1] Pearson, C. Janz, T. & Ali, J (last modified 2015) Mental and substance use disorders in Canada. Statistics Canada Catalogue # 82-624-X. Available at: <https://www150.statcan.gc.ca/n1/pub/82-624-x/2013001/article/11855-eng.htm>

Executive Director Report

It is difficult to select the most apt understatement for fiscal year 2021. It has been one marked with disruption, change, teamwork and triumph.

Having spent the winter months at the new address, April 2021 started with the House, the city, the province, the country and the world in the grip of the SARS COV2 pandemic. Public Health orders in hand, the Board, employees and clients reacted to new and challenging restrictions on activity and interactions. Personal Protective Equipment became full-time requirements, visitors to the House were strongly discouraged, clients were asked to significantly curtail their contact with the world outside McDougall House. It was a challenge met with the dedication one would expect from the team at McDougall House.



Although it's been a steep learning curve for me since I started with the McDougall House Association (MHA) late in September 2020, the journey has been made significantly easier with the unwavering support of the counsellors and cook at McDougall House, and the inspiring dedication of the Board of Directors.

This year, in recognition of the extra burdens placed on the finances of organizations like the MHA, we received the benefit of additional support from

Alberta Health Services that allowed us to ensure that each of our clients would have her own room in case isolation (due to covid symptoms) and operational support that will cover additional costs incurred in addressing the pandemic. The dedication of our full-time employees will be recognized by the Government of Alberta the receipt of the Critical Worker Benefit.

The MHA is grateful for the support received from the Federal government through the Canadian Emergency Wage Subsidy (CEWS) program. These government supports have been important in ensuring McDougall House has been able to operate safely through the pandemic and continue to support women who have chosen the path of recovery for themselves.

The ongoing and significant support from Alberta Health Services is critical to the operations of McDougall House. We are grateful for the confidence placed in the MHA, by the Government of Alberta, as a contributing player in the province's efforts to assist Albertans with their recoveries from addiction. We look forward to a continued partnership.

In addition to government funding, the continued support from the Foote Fund, the Edmonton Community Foundation and the St. Paul's United Foundation is so very important. This year, the MHA welcomed support from ATB Financial as we look to work together to meet some of their ambitions to assist Albertans address mental health

challenges and support from past Chair Wynne Blades aimed at ensuring MHA fundraising activities can become sustainable. We are grateful for the donation of art from Sorrentino's, making the McDougall House a home for our clients and to the Civic Service Union for its support of some of the furnishings in the House.

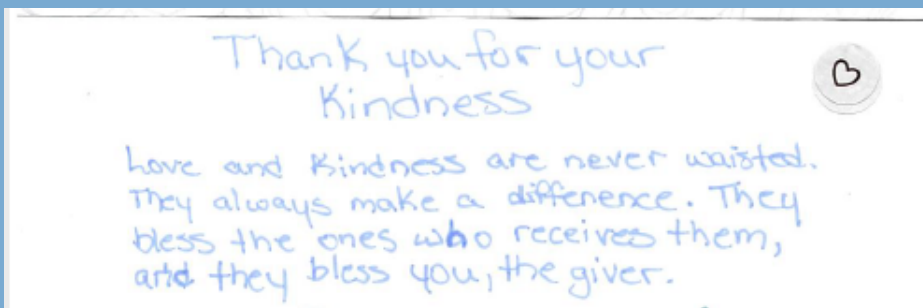
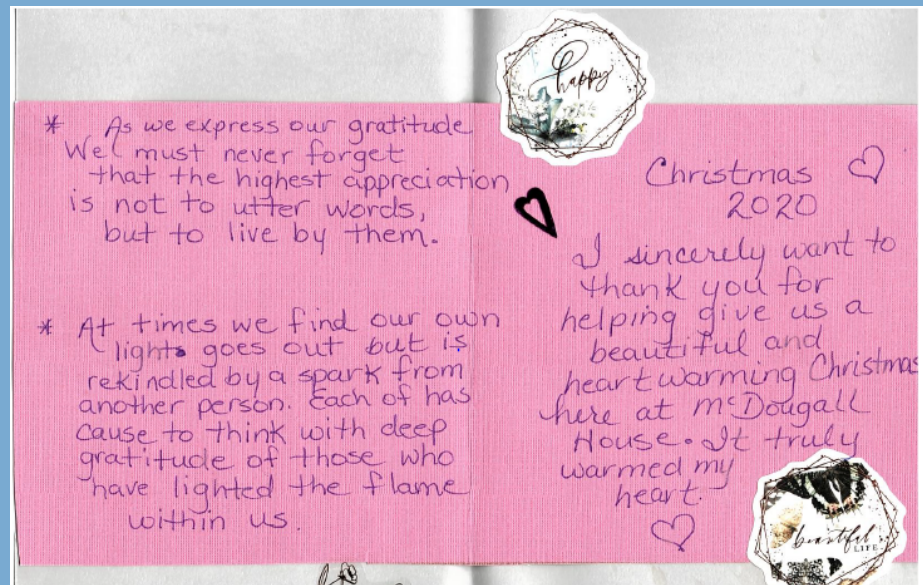
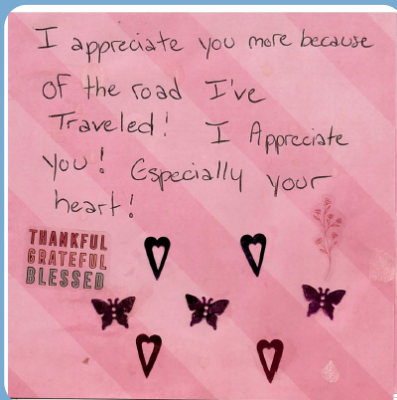
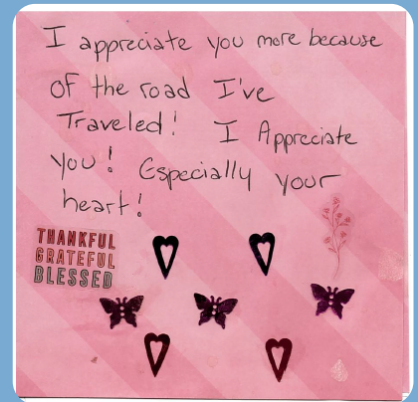
I would like to thank the MHA Board of Directors for their confidence and support. I also thank and recognize Counsellors, Norma, Glenda and Valerie, for their commitment, their support and good humour. They themselves are well supported by our two Program Aides, Jenessa and Angelique. I thank and recognize the dedication and good work of our cook, Mona. Our Client Support Workers are many and fill an important role in the MHA operations. I thank each of them for their commitment to supporting the women who come to McDougall House.

Liz Ferguson
Executive Director



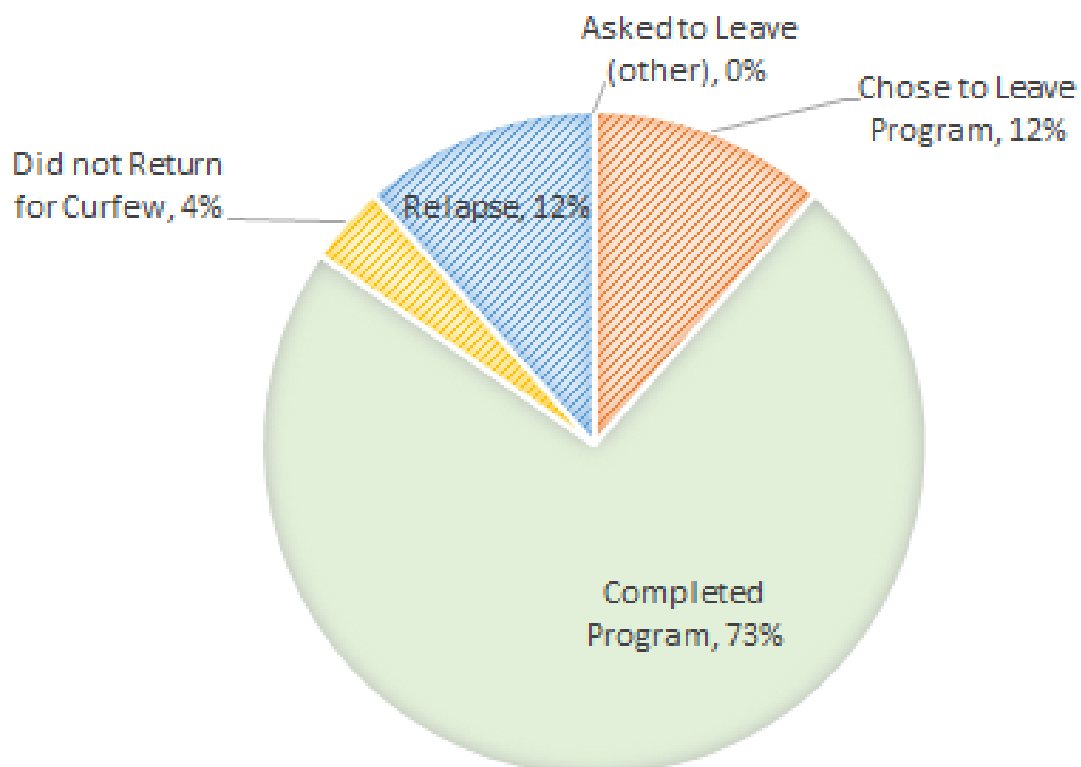


Every year the MHA Board of Directors collects holiday gifts to help celebrate the season with our clients. This year, the clients on the receiving end of this bounty expressed thanks with home made and heartfelt cards





SUCCESS RATES IN FY2021



From our clients.....

"I am extremely grateful and fortunate to have had this experience and for McDougall House to be part of my story. I think the group of ladies I was blessed to be with made it easier as well. I have a stronger sense of self having been here and gone through the program."

"I feel that my stay at McDougall House has been one of the most positive growing experiences I have ever had. I did not expect to learn so much in so little time and feel so comfortable and strong because of treatment. McDougall House staff and clients far exceeded any expectations I ever had of a treatment center. I feel incredibly blessed to have been given the opportunity to stay here and learn from such an incredible group of women."

"It was amazing! This program has taught me how to live a new life - my life and I am saved now and I am so grateful."

"McDougall House saved my life. I would recommend this program to any woman who is committed to her recovery and is looking to learn new skills."

".....I believe it to be the best program for women in Edmonton right now. I have experience with others."

"Absolutely I would recommend this place! You are all amazing and have changed my life."

The Online Auction - February 2021

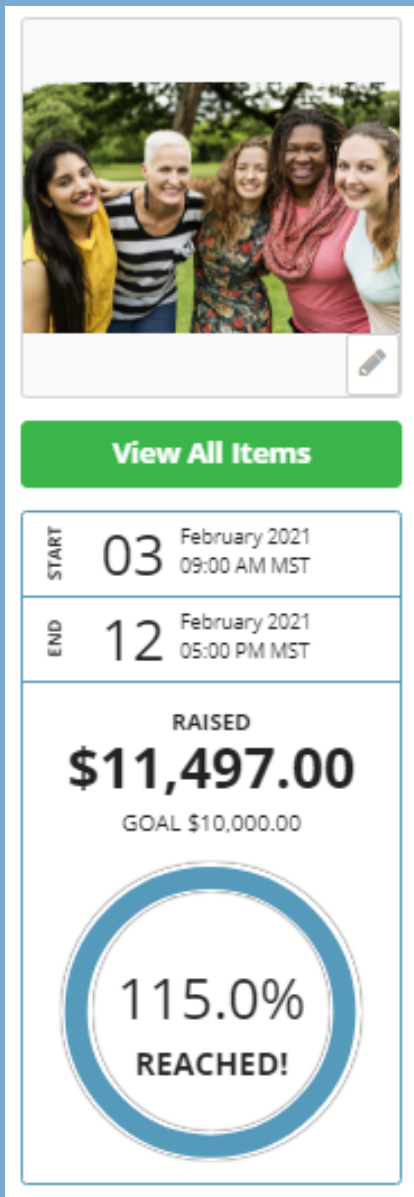
Like so many things, as Public Health orders evolved through the pandemic year of FY2021, MHA's fundraising plans were postponed, then revised, then postponed and then revised again. What was to be another Fashion Show morphed into an Online Auction held in February as the **McDougall House 50+ WAYS TO RENEW OUR LOVE** Auction.

As we look back our first Online Auction, we want to thank all those who participated in this event. We had a great time organizing the auction and then even more fun watching as the bidding strategies played out.

The enthusiasm our community showed in bidding on the auction items and in supporting McDougall House was impressive and inspiring.

Here are a few highlights:

- Sixty-two items were donated, from coffee baskets, to golf rounds, to weekend get aways, to fine jewelry, to art work, to unknown amounts of chocolate and so much more
- The auction site was visited over 12,000 times
- Over 550 bids were made over the course of the auction
- The Ruth Bader Ginsburg action figure was first out of the gate as the leader in percentage potential earnings but in the end, it was Oilers and Mike Weir memorabilia that topped the charts.




LEXUS OF EDMONTON

The McDougall House
50 WAYS TO RENEW OUR LOVE
Auction
was sponsored by
Lexus of Edmonton

McDougall House Association

Statement of Financial Position

March 31

2021

2020

Assets

Current

Cash and cash equivalents	\$ 746,110	\$ 502,977
Short term investments	50,000	134,661
Accounts receivable	89,678	31,078
Goods and services tax recoverable	3,744	2,990
Prepays	<u>1,432</u>	<u>1,432</u>
	890,964	673,138

Property and equipment (Note 3)	<u>358,714</u>	<u>324,446</u>
	<u>\$ 1,249,678</u>	<u>\$ 997,584</u>

Liabilities

Current

Payables and accruals	\$ 43,728	\$ 21,557
Deferred revenue (Note 4)	<u>80,583</u>	<u>33,000</u>
	124,311	54,557

Long term

Deferred capital contributions (Note 5)	72,638	32,891
Government loan payable (Note 9)	<u>40,000</u>	<u>-</u>
	236,949	87,448

Net assets

General fund	726,653	618,581
Invested in capital assets	<u>286,076</u>	<u>291,555</u>
	<u>1,012,729</u>	<u>910,136</u>
	<u>\$ 1,249,678</u>	<u>\$ 997,584</u>

McDougall House Association

Statement of Revenues and Expenses

Year Ended March 31

2021

2020

Revenues

Alberta Health Services grant	\$ 421,029	\$ 421,029
Room and board	136,640	123,600
Other grants	173,153	55,146
Canadian emergency wage subsidy grant	73,836	-
Forgiveness of government loan payable	20,000	-
Donations	12,671	101,681
Fundraising	11,842	5,962
Interest and other	11,028	19,976
Amortization of deferred capital contributions	4,266	1,674
	<u>864,465</u>	<u>729,068</u>

Expenses

Salaries and wages	587,952	615,437
Food	44,351	31,537
Professional fees	29,080	14,791
Insurance	17,517	21,500
Repairs and maintenance	17,445	54,156
Office	15,831	19,501
Utilities	15,617	10,979
Amortization of property and equipment	13,338	11,796
Laundry, bedding and linen	5,768	6,915
Business taxes, licenses and memberships	4,964	7,273
Telephone	4,176	3,386
Miscellaneous	1,555	3,224
Fundraising	1,502	3,740
Staff development	1,149	3,384
Interest and bank charges	830	843
Travel	521	2,025
Advertising and promotion	276	330
	<u>761,872</u>	<u>810,817</u>

Excess (deficiency) of revenues over expenses

\$ 102,593

\$ (81,749)

Thank You To

Our Supporters

Individual Donors

Cheryl Armstrong
Winifred Blades
Andrea Bowes
Nimala Chellappah
CJFM Investments Ltd.
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Darcie Sabados
Micheal Shabada
Cynthia Soneff
Merle Taylor
Ultra Shine
Catherine Vu
Gothamica Wickramasekara
Deanna Williamson
Jayanthia Yogasundaram

Government

Alberta Health Services
Government of Canada
Government of Alberta
City of Edmonton
Canada Summer Jobs

Foundations

Edmonton Community Foundation
Eldon and Anne Foote Foundation
St. Paul's United Foundation (Edmonton)

Corporate

ATB Financial
CSU52 Civic Service Union
Fourcha Group
Levi's Team @ West Edmonton Mall
Lexus of Edmonton
Rowles & Company Ltd.
Sorrentino's
Tacada



LEXUS OF EDMONTON



FOURCHA
GROUP Creating Communities



Rowles & Company Ltd.