



2021/2022
ANNUAL REPORT



McDOUGALL HOUSE
RECOVERY HOME FOR WOMEN

The McDougall House Association acknowledges that we are located on Treaty 6 territory, a traditional meeting grounds, gathering place, and travelling route for diverse Indigenous peoples including the Cree, Blackfoot, Métis, Nakota Sioux, Iroquois, Dene, Ojibway/Saulteaux/Anishinaabe, Inuit, and many others whose footsteps have marked these lands for centuries.

MESSAGE FROM THE CHAIR

Since joining the Board in 2018, I am proud to be serving as the current Board Chair of the McDougall House Association (MHA) over the past three years. I would like to reflect on the 2021-22 year which continued as every other non-profit organization to navigate the impacts of the global pandemic, Covid-19.

From March of 2020 through to current day, the MHA leadership team have navigated the health and economic challenges related to Covid-19 with minimal disruption. The MHA has continued to provide a safe, secure and warm home to many women who came to us seeking support in developing strategies to successfully manage addiction and maintain sobriety including one-on-one counselling, group work and individual reflection. I want to thank our dedicated staff for their work and expertise in expanding programming with our clients and to our resourceful cook who provided our clients with delicious food over this past year.

After serving successfully in the role on an interim basis from late September 2020, the Board of Directors hired Liz Ferguson to fill the full-time position of Executive Director beginning April 1, 2021. We thank Liz and her team for successfully maintaining our operation and supporting the Board over this past year.

We held our strategic planning session with the Board in May 2021 to establish our direction for next few years. In broad terms, our strategy will focus on optimizing opportunities for women to be successful in maintaining sobriety, lead life-changing programs, ensure long term sustainability of MHA and strengthen our governance practices. We are excited to continue the journey to further improve upon our service to women in the treatment and management of addictions. Chances of having a mental illness in any given year in Canada: "1 in 5 and by the time Canadians reach 40 years of age, 1 in 2 have - or have had - a mental illness". "People with a mental illness are twice as



likely to have a substance use disorder compared to the general population. At least 20 percent of people with a mental illness have a co-occurring substance use disorder". Our mission remains of utmost importance to supporting women to live healthy, productive and fulfilling lives. We are appreciative of all donors and funders for your generosity and commitment to supporting women managing addiction.

Fiscally, we were successful in maintaining a surplus this past year and also managed to secure funding for one additional bed as Alberta Health aligned its funding across organizations subsidized for provision of addiction treatment and recovery programs. This has also impacted our program delivery requiring an increase in programming to a minimum of 20 hours per week. Further, the MHA was successful in benefiting from government programs during fiscal year 2021-22 to support maintaining health and safety within the house. We are continuing to evolve our fundraising efforts accessing new grant sources, events and other initiatives.

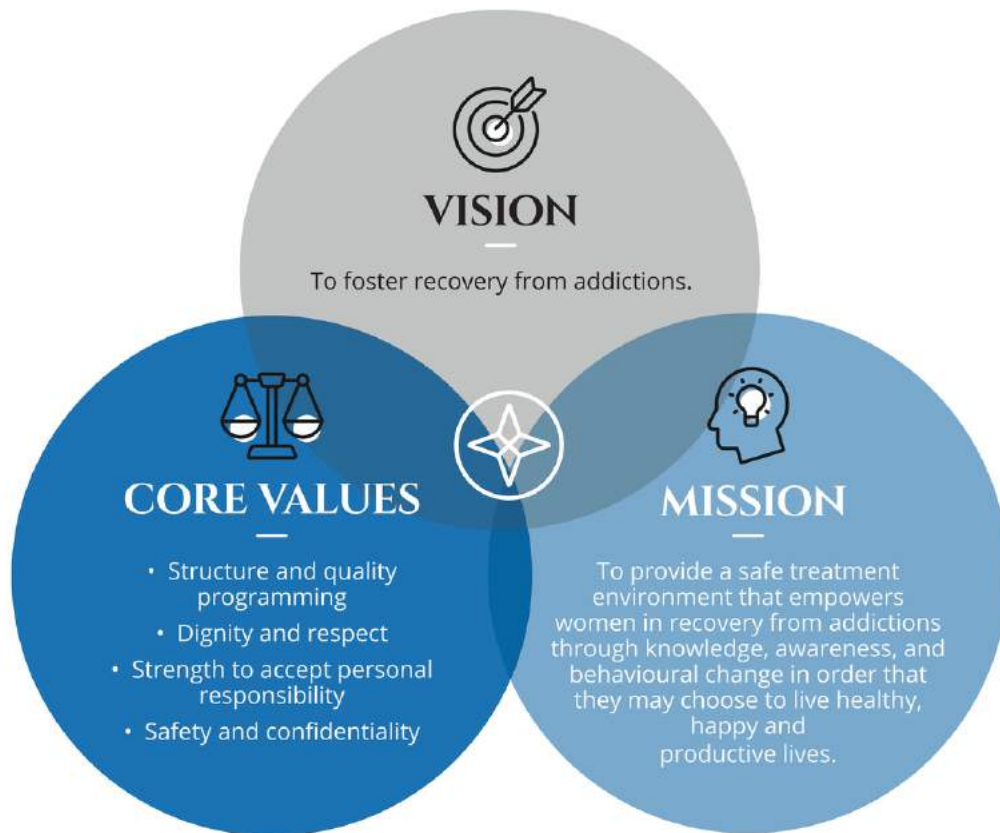
During the fiscal year, our nine volunteer Board members have worked hard through both Committees and the Board this year and I am grateful to work with such a great group of professionals who provide support and expertise to our sole administrator, Liz. During this past year the Board Governance and Ethics Committee was instrumental in revamping MHA bylaws filed with the Registrar of Corporations within the Province of Alberta February 9, 2022 with extensive work on the bylaws to preserve the spirit of our former bylaws and modernize them. Led by the Governance and Ethics Committee, all Committees did further work to establish Board and Committee terms of reference and roles and responsibilities with work continuing into the next fiscal year. For the second year now, we have undertaken a formal Board recruitment process to further augment both competency and diversity. As we have seen this past year, with change brings an opportunity for renewal, fresh ideas and perspectives. The Audit and Finance Committee also had a full year with all activities including evaluation and selection of new auditors. The People and Safety Committee worked to both support Liz with operational areas including compensation and benefits policies, immunization policy, and performance management. Finally, our Fund Development Committee was successful in delivering a second online auction, launching the League of Extraordinary Men and continuing to host the online Get Cooking events.

With hope that the impacts felt by COVID-19 will be primarily behind us, I look forward to what we will create in 2022-23.

Sheila Smigarowski
Board Chair

¹ Smetanin et al. (2011). The life and economic impact of major mental illnesses in Canada: 2011-2041. Prepared for the Mental Health Commission of Canada. Toronto: RiskAnalytica.

² Rush et al. (2008). Prevalence of co-occurring substance use and other mental disorders in the Canadian population. Canadian Journal of Psychiatry, 53: 800-809.



STRATEGIC DIRECTIONS

We highly value the MHA's unique and client centered recovery model that *optimizes* the number of opportunities for women to be successful in sustaining sobriety.

We *lead*, with a reputation of quality life-changing programs and services for substance misuse and sustained emotional and mental health, *inclusive* of all women on their journey of recovery from addictions.

We ensure *long-term sustainability* of MHA by building strong relationships with funders and partnerships within the community.

We provide strong *effective governance* oversight to ensure the integrity of the business and compliance to Accreditation Canada Standards and applicable legislation.



GOAL ONE

Comprehensive Programs and Services, developed and implemented, are client centered, holistic, cost effective and relevant to meet the needs of women in recovery.



GOAL TWO

Predictable and sustainable funding achieved through a diverse portfolio of short and long-term funding sources.



GOAL THREE

McDougall House board members are diverse, engaged and fulfill their fiduciary responsibilities to steward the business operations in achieving the established strategic goals.

From a former client to one of our counsellors.....

I would like to express my utmost appreciation for all you have done to bring my life from the darkness into the light. Everyday I am given the opportunity to use the skills I learned at McDougall House and the way I communicate has greatly changed. I came into the McDougall program a shell of the woman I longed to be and I had a great deal of maturing to do. I needed to listen more and not be too quick to try and give an answer. Like you said, "It is a lot harder to do than to teach." Twenty-seven years of continuous treatment followed by relapse left me feeling hopeless, and incapable of healing from the disease of addiction that stole my life. I refer to the house as a house of "magic" due to the complete transformation in my thinking and behaviors attached. I speak differently (I statements, assertiveness), I can set healthy boundaries and say no without feeling scared I might hurt others feelings, I have confidence in my decision making and in my abilities, I realize the importance of self care and balance in my life, I stopped saying "sorry" where it doesn't belong, and most of all I feel a sense of peace in my life today like never before.

My sponsor and I are currently working together and she is guiding me through the big book of Alcoholics Anonymous, page by page. I get invited to the "fun in recovery" events in the fellowship which leads to a greater connection for me with others. I have much respect for those, successful in recovery, working, and still willing to give of their time and knowledge to help others such as myself.

Self compassion is important to me today. I needed to learn to forgive myself before I could learn forgiveness with others, especially my family. This is a day-to-day goal, as well as acknowledging co-dependent behaviors. It boils down to the key ingredient of acceptance, which is also a work in progress., However, my patience and tolerance with myself and those around me has greatly improved.

The transitional housing program you recommended was the right decision for me. It enables me to use the skills learned at McDougall in all my affairs. I am fortunate to live with ladies from McDougall and we enjoy morning coffee, reflection, and social outings together such as meetings and swimming at the recreation center. Today I feel immense gratitude for your honesty and loving care shown throughout my time at the house. The other counsellors and the support staff also have a lasting influence on me.

The evening Program Aide taught me that, no matter what happens in life, the most important thing is how I take care of myself in the situation. I am still learning that I can not control the events that arise in my life, but I am responsible for my reaction to them. I take life as it comes, one day at a time and I feel happy, joyous and free.

Thank you again for your influence in my direction of courage, strength and independence. I think about your teachings on a daily basis and I want you to know how your patience and guidance have shaped my life today!



In Fiscal Year 2022

The Women

40 women were enrolled in McDougall House programming
39 were discharged from the program
28 of those completed the program
71.8% program completion rate

The Program

400+ one-on-one counselling sessions conducted
250+ Psycho-education group sessions
50+ Trauma group sessions
50+ Spirituality group session
50+ Life-skills group sessions
400+ individual goal-setting meetings
90+ individual case conferences
9,000+ healthy meals and snacks

Underlying Mental Health Circumstances of our Clients

23 struggling with anxiety disorders
3 with a bipolar diagnosis
22 suffering from depression
8 with Attention-deficit disorder or Attention-deficit/hyperactivity disorder
5 with Borderline Personality Disorder
1 with a diagnosis of schizophrenia
11 with Post traumatic stress disorder
1 with Obsessive compulsive disorder

Addictions addressed at McDougall House

Alcohol 54%
Cocaine 3%
Crack 10%
Crystal Meth 18%
Gamma Hydroxybutyrate 3%
Opioids 13%

EXECUTIVE DIRECTOR REPORT – FY2022

In fiscal year 2022 the McDougall House Association (MHA) welcomed forty women to its programming. Of the thirty-nine that were discharged, twenty-eight completed the program. That calculates to seventy-two percent of the women who came to us for assistance found success in McDougall House programming. Here is a testimonial from one of our former clients this year,

"Attending McDougall House is the absolute best decision I have made. It is a wonderful place for women in recovery to heal and grow. The staff is supportive and nonjudgmental and the program is extremely helpful and relevant to recovery. Being at McDougall House has helped me grow into the sober, confident woman that I am today and I will be forever grateful for the time I have spent here."

This year, McDougall House was successful in increasing financial support from Alberta Health Services to include all twelve beds.

While this accomplishment provides a positive reflection on the Association's financial position, the key energy behind achieving this and other goals comes from the readiness of our counsellors to reconfigure the schedule to increase therapeutic programming provided for our clients to over 20 hours per week.

In addition to core and essential operational support from Alberta Health Services, the MHA continued to benefit from additional pandemic-specific support, allowing us to ensure that our clients would have her own room in case isolation was required (due to covid symptoms).



The MHA continued to receive support 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.

In addition to government funding, the

continued support from the Foote Fund, Alberta Lotteries and the St. Paul's United Foundation is so very important. This year, the MHA welcomed support from ATB Financial and the Edmonton Oilers Community Foundation as we work together to meet their ambition to assist Albertans address mental health challenges. Also this year, McDougall House was the recipient of financial support from Gail Taylor of the Harold and Gail Taylor Foundation and active fundraising support from Gail Taylor through her song writing under the "Gail T As Charged" label. We continue to be grateful to former Chair Wynne Blades for an annual grant at ensuring MHA fundraising activities can become sustainable.

The energy that fuels accomplishments at McDougall House comes from many sources. Recognition and my thanks go to:

- The women who come to McDougall House having made the decision to change their lives for the better,
- Counsellors Norma and Glenda, and for several months Lawna, for their commitment to McDougall House, their dedication to our clients and for their good humour,
- Our two Program Aides, Jenessa and Joy, who both provide compassion for our clients along with competent and steady support for our counsellors,
- The dedication of our cook, Mona, and
- Our Client Support Workers who are many and fill an important role in the MHA operations.

Every day, I am impressed and inspired by of the McDougall House employees as they dedicate their energies to supporting the women who come here for help. I thank each of them for their commitment to McDougall House and their work here.

And finally, my thanks to the MHA Board of Directors for their confidence and support.

Liz Ferguson
Executive Director

FUNDRAISING

358 bids

\$13,310 raised



50+ WAYS TO RENEW OUR LOVE
AN ONLINE AUCTION IN SUPPORT OF RECOVERY
FEB 4 TO 11, 2022



SPONSORED BY



LEXUS OF EDMONTON

WE ARE PROUD TO STAND WITH WOMEN OF MCDUGALL HOUSE
WHO ARE REBUILDING THEIR LIVES, FREE OF ADDICTION

> 100 items donated

69 nine Auction packages

75 auction participants

Urban Inner City Adventures - top Experience @ \$410

Windermere Golf & Country Club - top Sport @ \$700

Canadian Rocky Mountains Resorts & Lexus of Edmonton - top Travel @ \$950

Top bid: \$1,100 for Gourmet dinner fo 6 to 8 people donated by Chef Brad

In 2021/2022, McDougall House hosted three **Get Cooking** online cooking events, generously supported by Kathryn Joel and her team.

For two of the events, the Italian Centre join in to provide the ingredient packages and the event in October 2021 featured a guest appearance by Donovan Workun, world renowned Improviser and a founding member of Atomic Improv

All together, these fun and entertaining events raised over \$4,000



FUNDRAISING

JOIN THE LEAGUE OF EXTRAORDINARY MEN

Stand with the women of McDougall House as they rebuild their lives, free from addiction.

A day of recovery at McDougall House, benefiting from understanding and support, only \$250



One-on-one counselling and care for a month, only \$500



A week of building maintenance and shelter, only \$750



A week of nutritious food and provisions, vital to recovery, only \$750



Donate one time or sign up to support us monthly.

This year saw the launch of

The League of Extraordinary Men

Paul Davies
Graham Drinkwater
James Drinkwater
Ian Duncan
Dan Hugo
Jim McKillop
Allister McPherson
Al O'Brien

THE MCDOUGALL HOUSE ASSOCIATION
STATEMENT OF FINANCIAL POSITION
MARCH 31, 2022

	2022	2021
	\$	\$
ASSETS		
CURRENT		
Cash	225,443	740,575
Accounts receivable	31,287	95,213
Goods and services tax recoverable	5,936	3,744
Prepaid expenses	1,683	1,432
Short term investments	638,088	50,000
	<u>902,437</u>	<u>890,964</u>
PROPERTY AND EQUIPMENT	347,050	358,714
	<u>1,249,487</u>	<u>1,249,678</u>
TOTAL ASSETS		
LIABILITIES		
CURRENT		
Accounts payable and accrued liabilities	66,155	43,728
Deferred revenue	25,000	80,583
	<u>91,155</u>	<u>124,311</u>
CANADA EMERGENCY BUSINESS ACCOUNT LOAN	40,000	40,000
DEFERRED CAPITAL CONTRIBUTIONS	69,390	72,638
	<u>200,545</u>	<u>236,949</u>
NET ASSETS	771,282	726,653
General fund	277,660	286,076
Invested in capital assets	<u>1,048,942</u>	<u>1,012,729</u>
TOTAL LIABILITIES AND NET ASSETS	<u>1,249,487</u>	<u>1,249,678</u>

THE MCDUGALL HOUSE ASSOCIATION
STATEMENT OF REVENUES AND EXPENDITURES
YEAR ENDED MARCH 31, 2022

	2022	2021
	\$	\$
REVENUES		
Alberta Health Services grant	446,350	421,029
Room and board	153,840	136,640
Other grants	151,810	173,153
Donations	23,247	12,671
Fundraising	22,960	22,960
Interest and other	7,722	11,028
	805,929	766,363
EXPENSES		
Salaries and wages	585,773	587,952
Food	45,352	44,351
Repairs and maintenance	39,380	17,445
Professional fees	22,222	29,080
Insurance	21,366	17,517
Fundraising	17,957	1,502
Office	14,040	15,831
Amortization of property and equipment	13,507	13,338
Utilities	12,271	15,617
Property taxes	8,401	655
Laundry, bedding and linen	7,753	5,768
Business taxes, licenses and memberships	4,458	4,308
Telephone	4,354	4,176
Interest and bank charges	586	831
Staff development	456	1,149
Advertising and promotion	223	276
Miscellaneous	-	1,555
Travel	-	521
	798,099	761,872
EXCESS OF REVENUES OVER EXPENSES FROM OPERATIONS	7,830	4,491
OTHER INCOME		
Canada Emergency Wage Subsidy grant	23,292	73,836
Canada Emergency Business Account forgiveness	-	20,000
Amortization of deferred capital contributions	5,091	4,266
	28,383	98,102
EXCESS OF REVENUES OVER EXPENSES	36,213	102,593

Thank You To Our Supporters

Individual Donors

Chari Bennie
Robert Berget
Winifred Blades
Angela Bowes
Canada Helps Partner Giving Program
Margaret Cann
Catholic Women's League - St. Albert
Ale Cooper
Michael Corbett
Alyson Covin
Rae Dawn Crosby
Roger Delbaere
Anne Dietrich
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Carol Stewart
Charlene Strand
Shelley Teadale
Aleem Thaver
Barb Turner
Jo-Anne Vitek
Gothamika Wickramasekara
Richard Worthington
Jayanthi Yogasundaram

Government

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

Foundations

Edmonton Community Foundation
Eldon and Anne Foote Foundation
Edmonton Oilers Community Foundation
Harold & Gail Taylor Foundation
St. Paul's United Foundation (Edmonton)

Corporate

ATB Financial
Get Cooking
Italian Centre Shop
Levi's Team @ West Edmonton Mall
Lexus of Edmonton
Willis Law

Non-profit Partners

Edmonton Food Bank

The McDougall House Association would like to thank its supporters for their compassion and partnership



Alberta Health
Services

Alberta

Canada

