



The McDougall House Association

Annual Report 2022 / 2023



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

It is with great pleasure that I present the annual report for McDougall House Association, covering the period of April 1, 2022 – March 31, 2023. As we reflect upon the past year, we have faced both challenges and successes, all of which have contributed to our growth as an organization.

In the face of adversity, we find inspiration. Since 1969, our programming team has remained unwavering in their commitment to our cause, working tirelessly to ensure that McDougall House continues to be a safe haven for individuals seeking support in developing strategies to successfully manage addiction and maintain sobriety including one-on-one counselling, group work and activities including gardening, and individual reflection. The MHA team's dedication has served as a reminder of the transformative impact we can have on the lives of those we serve.

In August 2022, we were excited to share our home in a summer celebration with approximately sixty people in attendance including seventeen addiction and other agencies and four of our funders, seven donors, two MLA's, suppliers, media and approximately twenty current and former Board members and employees. This brought great exposure to MHA. Emerging from the confines created by the pandemic, this event was a joyous occasion for our community to come together and celebrate the resilience of McDougall House. Enhancements to the backyard continue this spring with the Urban Backyard project gaining traction with the support of several generous donors to create gardens, gazebos, etc. to improve our backyard space.

In broad terms, our strategy established in 2021 focused on optimizing opportunities for women to be successful in maintaining sobriety, lead life-changing programs, ensure long term sustainability for McDougall House and strengthen our governance practices at MHA. We are honored to continue the journey to further improve upon our service to women in the treatment and management of addictions, expanding. *"The annual economic cost of substance use in Canada is estimated at nearly \$40 billion. This includes costs related to healthcare, criminal justice, and lost productivity."* [1]

- Alcohol and tobacco are responsible for more than two thirds of these costs (\$14.6 billion and \$12 billion, respectively).
- The next highest ranked substances are opioids (\$3.5 billion) and cannabis (\$2.8 billion).

[1] CSUCH Scientific Working Group, 2018



Our mission remains of utmost importance to supporting women to live healthy, productive and fulfilling lives. We are extremely appreciative of all donors and funders for your generosity and commitment to supporting women managing addiction.

"It is estimated that 67,000 deaths per year are attributable to substance use in Canada. This includes:[1]

- *over 47,000 deaths attributable to tobacco, and*
- *early 15,000 deaths attributable to alcohol.*

There were an estimated 14,700 opioid-related deaths in Canada between January 2016 and September 2019."[2]

I am proud to share that despite some financial hurdles, we have made significant strides in advancing our mission of providing support to those in need. Fiscally, our funding contracts with Alberta Health Services (AHS) provide McDougall House with a strong base. With inflation impacts and reduced grants available from some agencies we experienced a deficit this year; however, this setback has only strengthened our resolve and determination to overcome obstacles.

Our funding contracts with Alberta Health Services (AHS) extended for twelve beds to March 31, 2026 with criteria to maintain 90 percent occupancy. This new funding agreement with AHS for residential addiction treatment has also impacted our program delivery, requiring an increase in programming to a minimum of 20 hours per week for each client. We have developed a fundraising strategy to evolve our fundraising efforts accessing new grant sources, events, donation drives and other initiatives to work to close our funding gap. Our accomplishments would not be possible without the generous support of our funders and donors. I express my deepest gratitude to all those who have contributed their time, resources, and financial support to McDougall House. Your unwavering commitment has made it possible for us to continue our vital work, even in the face of challenges.

In addition to our service-oriented accomplishments, we have also focused on evolving our governance practices. We believe that a strong and effective governance structure is essential for our organization's long-term sustainability and success. We have implemented new policies, improved communication channels, and enhanced our decision-making processes to ensure transparency, accountability, and efficiency. During the fiscal year, our ten volunteer Board members have worked hard through both Committees and the Board and I am grateful to work with a professional Board who provide support and expertise to our sole administrator, Liz. During this past year the Board Governance and Ethics Committee, and all Committees did further work finalizing Committee terms of reference

[2] Canadian Substance Use Costs and Harms (CSUCH) Scientific Working Group (2018). Canadian substance use costs and harms in the provinces and territories (2007–2014). Prepared by the Canadian Institute for Substance Use Research and Canadian Centre on Substance Use and Addiction. Ottawa: CCSA.

[3] Whiteford et al. (2013). Global burden of disease attributable to mental and substance use disorders: Findings from the Global Burden of Disease Study 2010. *Lancet*, 382: 1575-1586.

(including roles and responsibilities), Board and Committee Chair roles and responsibilities, Board terms, reducing our Board meetings from ten to seven, doing more work through Committees and refining our risk assessment.

The focus in the upcoming fiscal year will be a successful Accreditation in September 2023 providing support to our Executive Director and the programming team as we prepare to demonstrate our adherence to the extensive criteria within Accreditation Canada. For the third year now, we have undertaken a formal Board recruitment process to further augment both competency and diversity and will continue that through the year. This year we welcomed Cathy Manten and Rita Lazar-Tippe, as new members to the Board. As we have seen this past year change brings an opportunity for renewal and fresh ideas and perspectives. The Finance Committee had a full year with all routine activities including budget approvals and regular monitoring, insurance review and approval, review and approval of the audited financial statements. The People and Safety Committee worked to both support Liz with operational areas including compensation and benefits policies, immunization policies, performance management and health and safety policy updates to reflect legislative changes. Finally, our Fund Development Committee was successful in delivering a third online auction with successive growth and two donor drives and has developed a broad strategy and added non-voting Committee members to support its fundraising efforts. We thank these dedicated Committee members for their efforts to support successful fundraising initiatives.

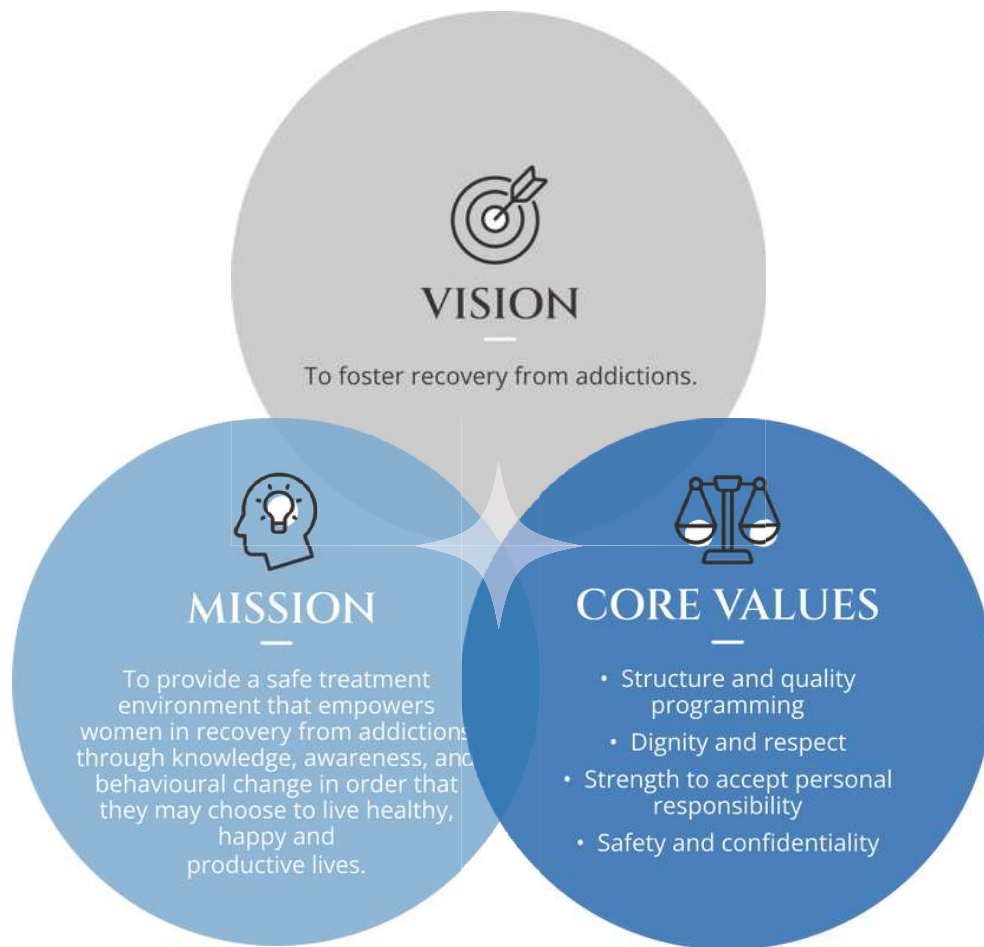
As we look ahead to the coming year, we are filled with hope and excitement for what the future holds. We remain committed to our mission and the unwavering belief that every person deserves a safe and supportive environment on their journey to sobriety. With your continued support, we will continue to make a positive impact on the lives of those we serve. Thank you for being a part of the McDougall House community and for your unwavering support. Together, we can create a brighter future for all.

Sincerely,

Sheila Smigarowski
Board Chair

A handwritten signature in blue ink, consisting of a series of loops and a long, sweeping tail that curves upwards and to the right.

Strategic Plan



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.



Strategic Plan

FY2023 Update



GOAL ONE

Compassionate residential treatment programming, continually refreshed and implemented, is client-centred, holistic, cost effective and relevant to meet the needs of women in recovery from addiction.

- Annual program completion rates. That is, 77% in FY21, 70% in FY22 and 74.53% in FY23.
- Alumnae program relaunched Jan 28th. Six alumni participated and all resident clients. A former client was the guest speaker. The event was well received with requests for it to be repeated. The Alumnae meetings are to be scheduled every three months.
- Preparations in place for the inclusion of Indigenous Healing partners as presenters and guest speakers for selected workshop sessions.



GOAL TWO

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

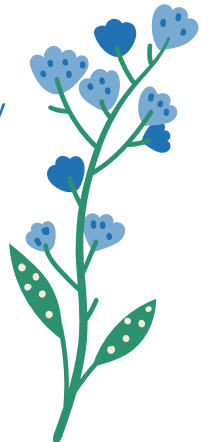
- Alberta Health Services contracts renewed to March 31, 2026
- Successful project-focus grant requests, \$35K for Urban Backyard project.
- Annual Holiday Season Drive and Online Auction raised profile along with \$7K and \$15K respectively.
- Fundraising Committee working towards a refreshed strategic approach relative to attracting corporate support.



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.

- Bylaws refreshed and filed
- Board and Committee Terms of Reference written and review schedule established.
- Revision of Policy and Procedure manual underway
- Processes for Accreditation review (Sept 2023) in place.



From a former client.....

McDougall House,

The process of recovery can be dark, painful and lonely.....until you see the big white house with the red door.

I came into recovery broken, afraid and aimless. At my rock bottom. I had lost my home, my family, my belongings and my sanity. I was at my lowest point and desperate for a change – for a chance at a new beginning.

I heard about McDougall House through several women who had similar stories to mine. They spoke about a large white house with many windows and a big red door, but also of all the healing they experience there. “A life changing experience”, I heard. So, I took a leap of faith and had to see for myself.

To say that I am grateful for McDougall House is an understatement. My journey thus far has been life altering. I have grown in ways I did not know I





needed to. The house and staff provide a safe, nourishing and educational home to heal in the time I most need it. The staff are caring, comforting and invaluable to my program and I appreciate them greatly.

Without this house and without these women, I would be lost and I would not be the sober, strong, healthy woman I am today.

Thank you to all involved for making McDougall House a possibility. I am eternally grateful.

McDougall House 2022/2023

47 women were enrolled in McDougall House programming
35 completed the program
74.5% program completion rate

The Program

400+ One-on-one counselling sessions
200+ 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

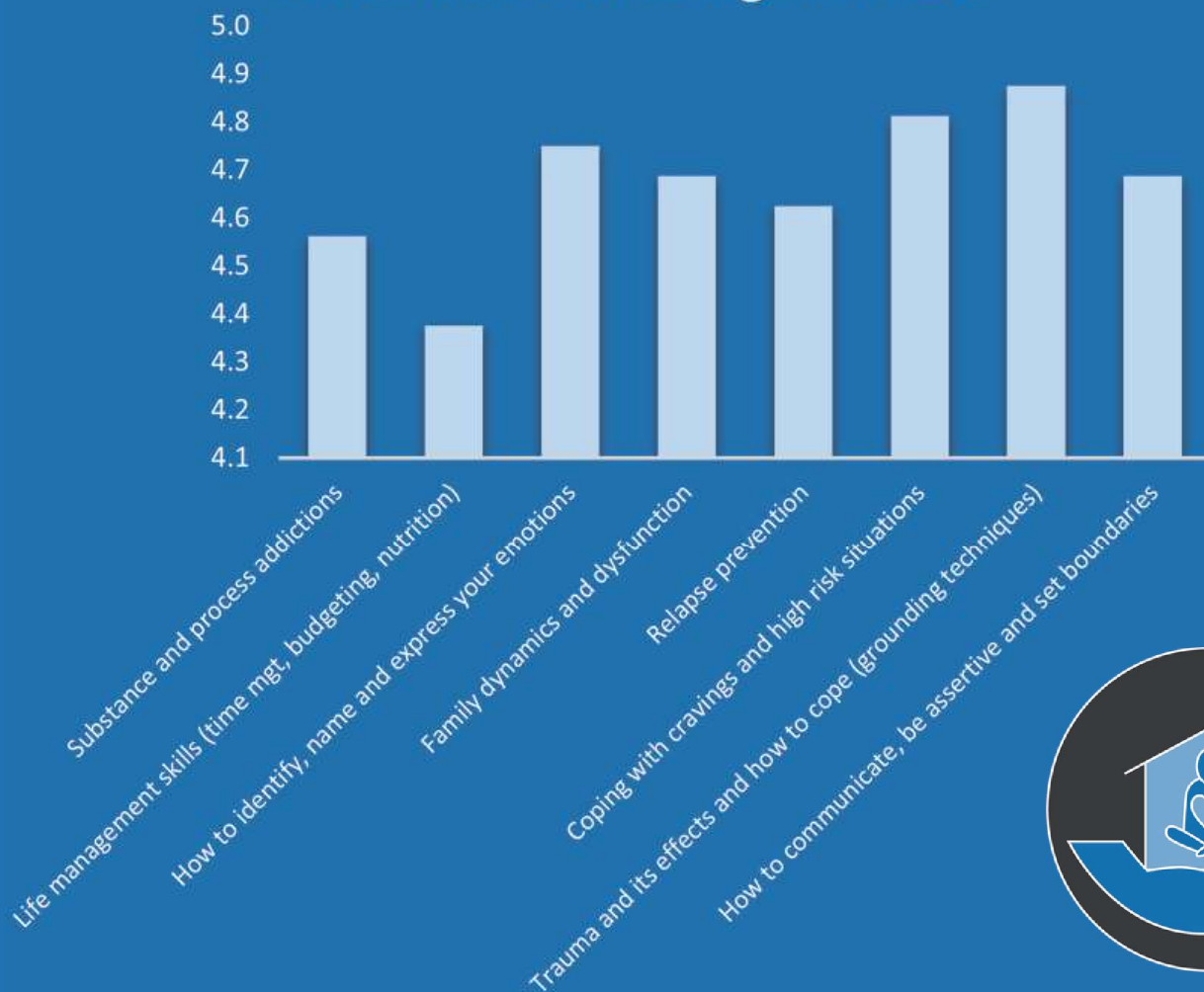
Underlying Mental Health Circumstances of our Clients

28 struggling with anxiety disorders
4 with a bipolar diagnosis
7 with borderline personality disorder
25 suffering from depression
12 with attention-deficit disorder or attention-deficit/hyperactivity disorder
3 with obsessive compulsive disorder
1 with a diagnosis of schizophrenia
17 with Post traumatic stress disorder

What Clients say about the program at McDougall House

Client rating on a scale of 1 to 5
(with 5 as the highest rating)

Education at McDougall House



"The program has taught me that to heal, I have to feel, to feel is to be vulnerable. To be vulnerable is to embrace. To embrace is to be compassionate. To be compassionate is to love myself. I'm not there yet, but the light of hope is!"

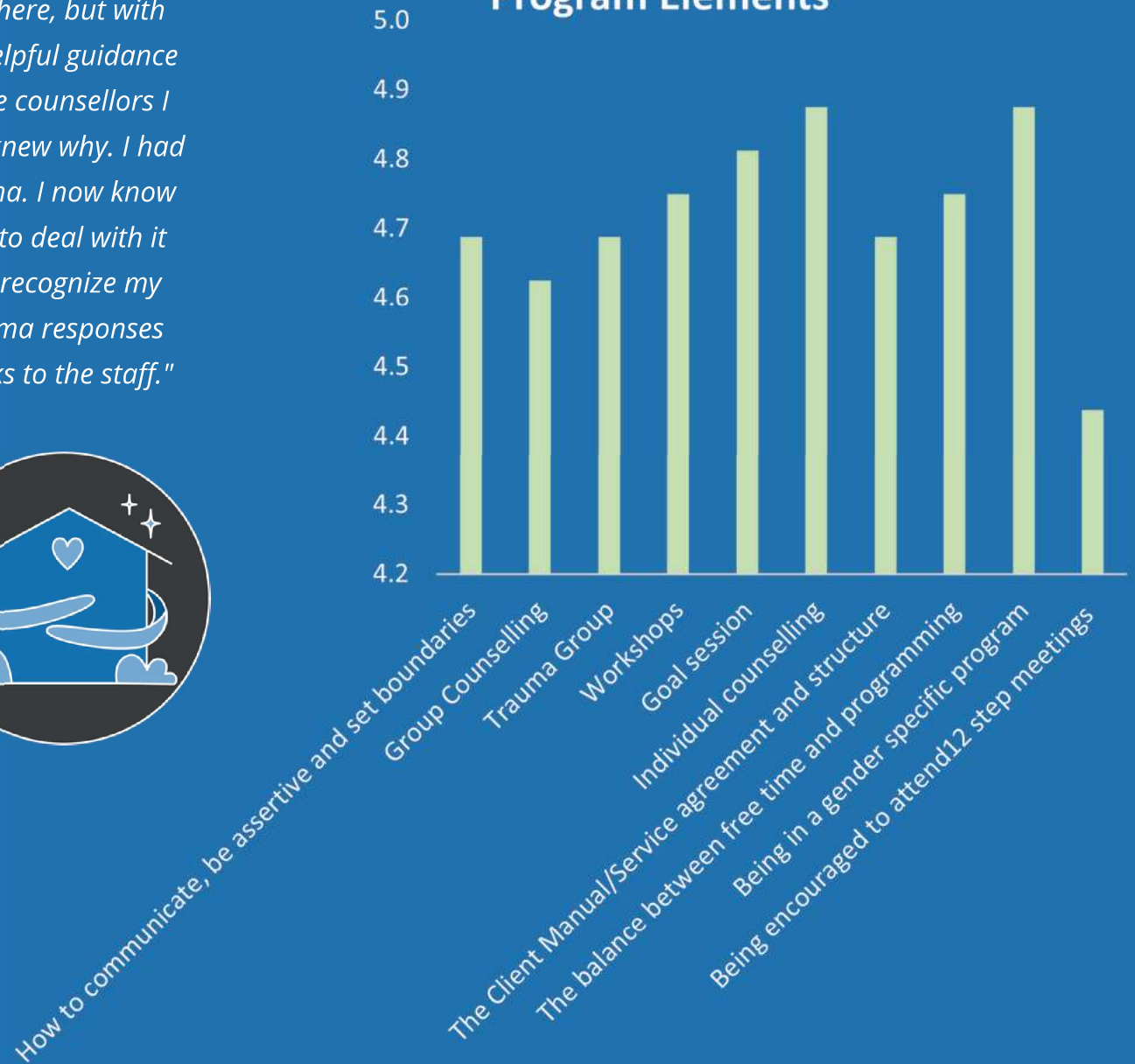
What Clients say about the program at McDougall House

Client rating on a scale of 1 to 5
(with 5 as the highest rating)

*"When I first got here,
I had no clue why I
was here, but with
the helpful guidance
of the counsellors I
soon knew why. I had
trauma. I now know
how to deal with it
and recognize my
trauma responses
thanks to the staff."*



Program Elements



Client rating on a scale of 1 to 5
(with 5 as the highest rating)

"I love the size of the workshops, how the counsellors present them and how passionate and helpful they are. Whenever I have a problem or need to talk about something and need guidance, I get help for it immediately by just reaching out. That and the one-on-ones have helped me immensely. I feel like I have a solid, secure foundation for my life and recovery."



Support from Counsellors and counselling team



FUNDRAISING

364 bids

\$15,555+ raised



50+ WAYS TO RENEW OUR LOVE
AN ONLINE AUCTION IN SUPPORT OF RECOVERY
FEB 3 TO 10, 2023



THANK YOU!

SPONSORED BY



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

> 100 items donated

59 nine Auction packages

90 auction participants

Race Your Way into Their Hearts at Edmonton International Raceway... - top Experience @ \$415

Golf is God's Way of Telling us He Loves us...at Windermere Golf and Country Club - top Golf @ \$580

Perfect Couples Get Away (night at the Palliser, Flames tickets & dinner) - top Tourism & Travel @ \$510

Top bid: \$1,075 for Gourmet dinner for 6 to 8 people donated by Chef Brad

HOLIDAY SEASON DONATION DRIVE - \$7,600+

Thank you for donating to
McDougall House on
#GivingTuesday!

When you support women,
you support family and the community



HAPPY HOLIDAYS FROM ALL OF US AT
MCDUGALL HOUSE

THANK YOU FOR YOUR DONATION

WHEN YOU SUPPORT WOMEN,
YOU SUPPORT FAMILY AND THE COMMUNITY



Executive Director Report – FY2023

The work done at McDougall House by our clients with the support of our dedicated counselling team is best represented by the clients themselves. Here is what one wrote on her graduation,

I want to express my gratitude for the opportunity to be in the program. The last five months allowed me to heal and better myself to live sober and transition back to the world.

The skills and tools I take away are going to be beneficial to me in so many ways. One of the most valuable things is learning that the opposite of addiction is connection. The connections I've made here and the supports I was able to put in place are going to go a long way outside of McDougall. The support I received from the counsellors was out of this world. They allowed me to work and grow at my own pace. I learned the importance of structure and routine and maintaining balance. I learned coping skills for relapse prevention and the relapse process, overthinking, trauma responses. I learned how to process feelings and situations. That was a turning point for me and a new concept. It is improving my relationships with myself and with others in my life.

What I'm trying to say is Thank you from the bottom of my heart. I will recommend McDougall House to any woman who is wanting/needing to change their life as it has changed mine.

At the end of this past fiscal year, forty-seven women had been welcomed to the McDougall House program. Of those, thirty-five completed the program so that we, our clients and our counselling team, achieved 74.5% success rate.

This year, the McDougall House Association renewed contracts with Alberta Health Services each with a three-year term. This provides the Association with an important bedrock of financial stability.

In addition to Provincial government funding, the continued support from the Foote Fund, ATB Financial and the City of Edmonton is so very important. We are also so grateful to former Chair Wynne Blades for an annual grant aimed at ensuring MHA fundraising activities can become sustainable.

This year, in support of an exciting initiative called the “Urban Backyard Project”, we received support from the Grey Birch Foundation, the R.J. Nelson Family Foundation, the Alberta Knights of Columbus and one other Canadian Foundation that wishes to



remain anonymous. These are added to the support already in place from Willis Law and St. Paul's Foundation (Edmonton). This funding will help to create an outdoor space with gazebos providing much needed shade and a set of raised gardens boxes that will provide our clients with valuable recreational activities to complement the heavy work done in programming.

The accomplishments at McDougall House are delivered by the courage and strength of the women that come here supported by dedication and compassion of those that work here.

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, Glenda, Janelle and Darlene for their commitment to McDougall House, their dedication to our clients and for their good humour.
- Our two Program Aides, Joy and Maria, who both provide compassion for our clients along with competent and steady support for our counsellors.
- Our Client Support Workers who are many and fill an important role in the MHA operations.

One final note on the team here at McDougall House. At the close of this fiscal year, we bade farewell to long serving counsellor Glenda. Glenda had been a valuable part of the counselling team since May 2000. Her dedication over the years is a large part of the excellent reputation McDougall House enjoys in the addiction services community. Her contributions leave an indelible mark.

Every day, I am impressed and inspired by each 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 for their work here.

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

Liz Ferguson
Executive Director



THE MCDOUGALL HOUSE ASSOCIATION
STATEMENT OF FINANCIAL POSITION
MARCH 31, 2023

	2023	2022
	\$	\$
ASSETS		
CURRENT		
Cash	458,459	225,443
Accounts receivable	35,565	31,287
Goods and services tax recoverable	5,929	5,936
Prepaid expenses	24,000	1,683
Short term investments	338,563	638,088
	862,516	902,437
PROPERTY AND EQUIPMENT	337,782	347,050
TOTAL ASSETS	1,200,298	1,249,487
LIABILITIES		
CURRENT		
Accounts payable and accrued liabilities	25,017	66,155
Canada Emergency Business Account loan	40,000	-
Deferred revenue	55,500	25,000
Source deductions payable	14,730	19,932
	135,247	91,155
CANADA EMERGENCY BUSINESS ACCOUNT LOAN	-	40,000
DEFERRED CAPITAL CONTRIBUTIONS	68,518	69,390
	203,765	200,545
NET ASSETS	727,269	771,282
General fund	269,264	277,660
Invested in capital assets	996,533	1,048,942
TOTAL LIABILITIES AND NET ASSETS	1,200,298	1,249,487

THE MCDOUGALL HOUSE ASSOCIATION
STATEMENT OF REVENUES AND EXPENDITURES
YEAR ENDED MARCH 31, 2023

	2023	2022
	\$	\$
REVENUES		
Alberta Health Services grant	490,641	446,350
Room and board	147,400	153,840
Other grants	91,514	151,810
Interest and other	18,889	7,722
Fundraising	16,575	22,960
Donations	14,845	23,247
	779,864	805,929
EXPENSES		
Salaries and wages	621,439	585,773
Food	70,232	45,352
Insurance	25,589	21,366
Fundraising	19,459	17,957
Professional fees	18,831	22,222
Office	17,411	14,040
Repairs and maintenance	17,313	39,380
Utilities	15,565	12,271
Amortization of property and equipment	12,663	13,507
Business taxes, licenses and memberships	6,231	4,458
Telephone	4,856	4,354
Laundry, bedding and linen	4,159	,753
Staff development	884	456
Advertising and promotion	725	223
Interest and bank charges	586	586
Travel	345	-
Property taxes	89	8,401
	798,099	798,099
EXCESS OF REVENUES OVER EXPENSES FROM OPERATIONS	(56,513)	7,830
OTHER INCOME		
Canada Emergency Wage Subsidy grant	-	
	4,872	23,292
Amortization of deferred capital contributions	(768)	5,091
Write down of property and equipment		-
	4,104	28,383
EXCESS OF REVENUES OVER EXPENSES	(52,409)	36,213

Thank You To Our Supporters



Individual Donors

Anonymous
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Ashley Bodnarchuk
Canada Helps Partner Giving Program
Catholic Women's League St. Albert
Alex Cooper
Beth Huckerby
Angela Merriott
Winifred Blades
Kaelyn Bodnarchuk
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Renee Senko
Sheila Smigarowski
Charlene Strand
Gail Taylor
Trevor Tessier
Jennifer Walkner
Jayanthia Yogasundaram

Government

Alberta Health Services
City of Edmonton

Foundations

Alberta Knights of Columbus
Anonymous
Eldon and Anne Foote Foundation
Grey Birch Foundation
R.J. Nelson Family Foundation
St. Paul's United Foundation (Edmonton)

Corporate

ATB Financial
Lexus of Edmonton
Willis Law

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



LEXUS OF EDMONTON

