
HOUSE OF SOPHROSYNE ANNUAL REPORT

2019 - 2020



Our Mission Statement...

We offer a holistic approach in treating women for substance misuse through evidence based practices.

Our Vision...

Empowering Women through Their Recovery

The House Philosophy...

Sophrosyne means a 'wise and balanced' life. Our perspective flows from a philosophy of empowerment that offers women the tools for leading full, productive and balanced lives. Empowered women make choices based on healthy and realistic options and exercise choices in consideration of the consequences. The House of Sophrosyne believes women require unique, supportive programs provided in an all-female environment in order to initiate and sustain the process of recovery from chemical dependency.

Our programs, provided by women for women, utilize the most current methods, in an atmosphere specific to the needs of women. The House strives to facilitate the process of rebuilding physically, emotionally, socially and spiritually with self-esteem and self-concept as integral themes. Recognizing that addictions affect individuals, families and communities, the House provides support program to address all of these issues.

Our Values...

We are women-centered in that everything we do is informed by the study and understanding of women's unique needs and issues. We provide leadership in addiction services for women through advocacy, quality programs, outcomes research, accountability and participation in community services planning. We offer resources which foster empowerment for all of our clients by assisting them to recognize and develop the inner strengths and resources for living full, productive and balanced lives. We provide an individual approach to recovery from chemical dependency in a safe and non-judgmental environment which facilitates personal development and growth. We are accessible in that we serve the diversity of women living in our community and we strive to reduce or eliminate barriers, which may prevent them from accessing our services.

October 2020

Message from the Executive Director

“Pandemic Planning Amidst a Crisis”

As our community continues to deal with a substance use crisis, we are hit with a pandemic that has had a devastating effect on even the healthiest of people, organizations and businesses. The House of Sophrosyne is no exception. We were forced to act fast and find innovative ways to remain connected to our clients at a time when they needed us the most.

Fortunately, the House was no stranger to digital solutions so we revamped how we traditionally delivered programs and expanded our virtual services ensuring the safety of all involved. The entire team put aside their own fears and concerns and made the impossible happen. Such dedication and passion displayed by all!

In conjunction with all of these changes, the organization has undergone an environmental scan and SWOT analysis which will pave the way to the creation of our new strategic plan. At this time, I would like to thank my Board of Directors lead by the Chair, Suzanne Porter for their support and governance in advancing the House of Sophrosyne forward.

I admit, I will be happy to say goodbye to 2020 and welcome in the exciting opportunities that 2021 will present us with and I look forward to working collaboratively with our community partners as we advance the work of our Ontario Health Team.

Sincerely,



Karen Waddell,
Executive Director

WHAT OUR CLIENTS HAVE TO SAY:

“I’m really proud to have completed the course and to be maintaining my sobriety for 6 months today!

“I am working on my 5th month of abstinence, after over 20 years of use, and I owe a great deal of thanks and gratitude to The House and the Virtual Therapy program for my progress. Virtual options are just another great addition to an already amazing treatment facility! Thank you for walking with me on this journey!!”

October 2020

Message from the President, Board of Directors

I want to start my final President's message by extending a special note of thanks to our Executive Director, Karen Waddell, and her hardworking team of management, support staff, volunteers and front line workers. This has been quite a year! The House of Sophrosyne was met with new and unprecedented challenges as a result of the COVID-19 pandemic and I must congratulate Karen and her team for meeting those challenges and finding unique and innovative solutions to continue to provide much-needed services to our clients. Bravo!!

I also wish to acknowledge and thank my fellow Board members. I have great admiration and respect for all you and wish to thank each and every one of you for all of your hard work, dedication and diligence. In this past year we, as a Board, committed to a comprehensive strategic planning process. This is an important step for our organization. I am confident at the conclusion of this process we will arrive at a plan to determine the direction of our organization and develop a roadmap to achieve our future goals.

Finally, I would like to remind everyone that our "Building for Recovery" capital campaign project was remarkably successful due to the very generous donations and outreach of support we received from this community and, in particular from Lisa Tayfour and Alan Quesnel. We truly appreciate all of that support and I am hopeful that we will soon receive Ministry approval to proceed with this much-needed project.

It has been an honour and privilege to serve as the Board President and I wish the incoming President, Sue McKinnon, much success in the upcoming year.

Respectfully submitted,

A handwritten signature in cursive script, appearing to read "S. Porter".

Suzanne Porter
President, Board of Directors

OUR PROGRAMS

Comprehensive Residential Addiction Program

- 5 Week Residential Treatment
- Integrated Trauma Treatment
- Relapse Prevention
- 4 no-wait beds for pregnant women.

Outpatient Programs

- Transitional Outpatient Care
- Pier Support
- Day Treatment
- Brief Crisis Counselling
- Family Program
- Justice Involved Addictions Treatment

Caring Connections – Mothers in Recovery (Windsor)

- Nurturing Program
- Crisis Counselling
- Father's in Recovery

Caring Connections – Mothers in Recovery (Chatham-Kent, Sarnia-Lambton, Kettle & Stony Point, Aamjiwnaang).

- Nurturing Program
- Crisis Counselling
- Father's in Recovery
- Sweet Recovery
- Transitional Care

Supportive Housing (Windsor, LaSalle/Amherstburg, Chatham)

Fifty seven (57) supportive housing rental subsidies providing support to women.

Digital Health Services

- Pre Treatment Webinars
- Virtual Treatment
- Virtual Transitional Care
- Virtual Friends & Family Outpatient Counselling
- Individual Virtual Counselling Sessions
- Breaking Free/Big White Wall Apps

Transitional Housing

For pregnant women or new moms who are homeless or at risk of homelessness and are working a recovery program.

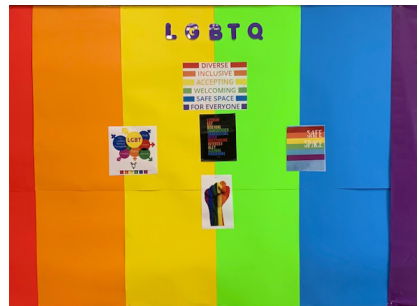
Other Services

Medical Care for Women

Medical support includes:

- Nurse – Natalie Fantinic
- Physician - Dr. Hammer (specializes in addiction)
- Physician - Dr. Mundle (OBGYN)
- Dentists - Dr. Hanaka and Dr. McHugh, Sandwich Towne Dental
- Windsor Family Health Team and NP's

Due to the Covid-19 pandemic, some modifications have been made to programs and services.



Celebrating Staff

The Board and Management would like to take this opportunity to acknowledge:

Ila MacPhee	30 years of service
Debbie Mantha	30 years of service
Teresa McGinlay	15 years of service
Shontelle Millender	15 years of service
Barb Gatto	10 years of service

Thanks to the dedication of our staff, we are able to uphold the reputation of the House of Sophrosyne as being a place where clients can find, "new found hope for a better future."

Administration

Karen Waddell	Doris Stillman
Jee Min	Vivian Wang
Sandra St Denis	Jade Poole
Cindy Gietz*	Natalie Fantinic*
Amanda	Rendia Bechard*
Babensee*	

Board of Directors

Suzanne Porter	Anthony Hammer
Biljana Angelovski	Josephine Mannarino*
Claire Bebbington*	Sue McKinnon
John D'Agnolo	Shelagh Price LeClair
Anita Harris	Pam Skillings
Debbie Woolvett*	

Full-Time Caseworkers

Audrey Aarssen	Daniella DiBiase
Judie Lawrence	Cynthia Maroon
Taylor Dunlop	Lily Savich
Danielle Dundas	Shontelle Millender
Barb Gatto	Jacqueline Smith
Tammy Goulin	Elisha Van Doorn*
Geri Klingbile	Nicole Wilson
Lillian Lodik	Shelly Wilson
Debbie Mantha	Bev Seguin

Cook

Cindy Lucas
Teresa McGinlay

Maintenance Technician

Adua DeRose

Part-Time Caseworkers

Rachel Blok	Natalie Hummer
Angela Jones	Ila MacPhee
Jen Morand	Sarah
	VanRoboys

**Indicates those members that left
our employ*

On-Call Caseworkers

Brooke Costa	Josie Moccia
Megan Dagineau	Christina
Shannon Dow	Stramacchia
Alisha Cunning*	Stacey
Jacqueline LeClair*	Yannacopoulos*

HOUSE OF SOPHROSYNE
FINANCIAL STATEMENTS

Year Ended March 31, 2020

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MichaelGreenaway
Professional Corporation
CHARTERED ACCOUNTANT

INDEPENDENT AUDITOR'S REPORT

To the Directors
House of Sophrosyne

Qualified Opinion

I have audited the accompanying financial statements of House of Sophrosyne (the Entity), which comprise the statement of financial position as at March 31, 2020, and the statement of operations and changes in net assets, statement of changes in reserves, statement of cash flows for the year then ended, and notes to the financial statements, including a summary of significant accounting policies.

In my opinion, except for the effects of the matter described in the Basis for Qualified Opinion section of my report, the accompanying financial statements present fairly, in all material respects, the financial position of the Entity as at March 31, 2020, and the results of its operations and its cash flows for the year then ended in accordance with Canadian accounting standards for not-for-profit organizations.

Basis for Qualified Opinion

During the year, the Entity recorded no amortization of capital assets, which constitutes a departure from Canadian accounting standards for not-for-profit organizations. My audit opinion on the financial statements for the year ended March 31, 2019 was modified because of the effects of this departure from Canadian accounting standards for not-for-profit organizations.

In common with many charitable organizations, the Entity derives revenue from donations and fundraising programs, the completeness of which is not susceptible to satisfactory audit verification. Accordingly, my verification of these revenues was limited to the amounts recorded in the records of the organization. I was unable to determine whether any adjustments might be necessary to revenue, operating surplus, assets and net assets. My audit opinion on the financial statements for the year ended March 31, 2019 was modified because of the possible effects of this limitation of scope.

I conducted my audit in accordance with Canadian generally accepted auditing standards. My responsibilities under those standards are further described in the Auditor's Responsibilities for the Audit of the Financial Statements section of my report. I am independent of the Entity in accordance with the ethical requirements that are relevant to my audit of the financial statements in Canada, and I have fulfilled my other ethical responsibilities in accordance with these requirements. I believe that the audit evidence I have obtained is sufficient and appropriate to provide a basis for my qualified audit opinion.

Responsibilities of Management and Those Charged with Governance for the Financial Statements

Management is responsible for the preparation and fair presentation of the financial statements in accordance with Canadian accounting standards for not-for-profit organizations, and for such internal control as management determines is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, management is responsible for assessing the Entity's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless management either intends to liquidate the Entity or to cease operations, or has no realistic alternative but to do so.

Those charged with governance are responsible for overseeing the Entity's financial reporting process.

Auditor's Responsibilities for the Audit of the Financial Statements

My objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes my opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with Canadian generally accepted auditing standards will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements. As part of an audit in accordance with Canadian generally accepted auditing standards, I exercise professional judgment and maintain professional skepticism throughout the audit. I also:

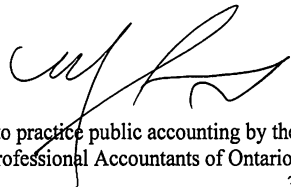
- Identify and assess the risks of material misstatement of the financial statements, whether due to fraud or error, design and perform audit procedures responsive to those risks, and obtain audit evidence that is sufficient and appropriate to provide a basis for my opinion. The risk of not detecting a material misstatement resulting from fraud is higher than for one resulting from error, as fraud may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal control.
- Obtain an understanding of internal control relevant to the audit in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the Entity's internal control.
- Evaluate the appropriateness of accounting policies used and the reasonableness of accounting estimates and related disclosures made by management.

- Conclude on the appropriateness of management's use of the going concern basis of accounting and, based on the audit evidence obtained, whether a material uncertainty exists related to events or conditions that may cast significant doubt on the Entity's ability to continue as a going concern. If I conclude that a material uncertainty exists, I am required to draw attention in my auditor's report to the related disclosures in the financial statements or, if such disclosures are inadequate, to modify my opinion. My conclusions are based on the audit evidence obtained up to the date of my auditor's report. However, future events or conditions may cause the Entity to cease to continue as a going concern.

- Evaluate the overall presentation, structure and content of the financial statements, including the disclosures, and whether the financial statements represent the underlying transactions and events in a manner that achieves fair presentation.

I communicate with those charged with governance regarding, among other matters, the planned scope and timing of the audit and significant audit findings, including any significant deficiencies in internal control that I identify during my audit.

July 15, 2020
Amherstburg, Ontario



Authorized to practice public accounting by the
Chartered Professional Accountants of Ontario

HOUSE OF SOPHROSZYNE

STATEMENT OF FINANCIAL POSITION

As at March 31	2020	2019
	\$	\$
ASSETS		
Bank	815,646	884,907
Term deposits	2,332,818	731,217
Accounts receivable	112,859	54,081
Prepaid expenses	9,466	33,880
	3,270,789	1,704,085
CAPITAL ASSETS (note 3)	1,121,563	1,121,563
	4,392,351	2,825,648
LIABILITIES AND NET ASSETS		
CURRENT LIABILITIES		
Accounts payable and accrued liabilities	234,820	143,326
Government remittances	19,665	47,297
Deferred revenue	155,590	152,370
	410,076	342,992
NET ASSETS AT END OF YEAR		
Internally restricted (note 4)	2,860,712	1,361,092
Invested in capital assets	1,121,563	1,121,563
	3,982,275	2,482,655
	4,392,351	2,825,648

HOUSE OF SOPHROSYNÉ
STATEMENT OF OPERATIONS

Year ended March 31	2020	2019
	\$	\$
REVENUE		
Ministry of Health and Long-Term Care	2,262,145	1,986,658
Provincial rent supplement	97,771	60,873
Service fees	181,600	218,000
Fundraising activities	117,103	134,868
Donations	1,156,664	93,582
Interest and other	78,221	25,111
	3,893,503	2,519,091
EXPENSES		
Advertising and promotion	3,852	3,576
Bank charges and interest	658	414
Computer expenses	43,210	33,353
Food services	42,697	44,033
Fundraising activities	39,815	53,555
Insurance	20,088	18,178
Laundry, linen, medical and other supplies	17,058	17,843
Office and miscellaneous	20,966	45,702
Occupancy - Strabane	7,604	9,643
Occupancy - Adstoll	60,373	59,420
One Time Renovation expenses	67,342	39,776
Professional fees	75,794	51,409
Program equipment	4,285	16,690
Program materials	38,851	52,713
Recreation program costs	4,272	5,669
Rent subsidy program	55,486	52,347
Renovations, repairs and maintenance	35,557	39,059
Salaries and benefits	1,746,327	1,501,804
Sessional fees	2,727	2,790
Staff development and education	36,275	15,298
Telephone	9,985	6,996
Transportation	26,792	28,106
Utilities	20,011	18,588
	2,380,025	2,116,962
EXCESS OF REVENUES OVER EXPENSES	1,513,479	402,127

HOUSE OF SOPHROSYNE

STATEMENT OF CHANGES IN NET ASSETS

Year ended March 31, 2020

	Building reserve \$	Invested in capital assets	Capital reserve 260 Strabane \$	Rent subsidy reserve	Contingency reserve	2019/2020 Total \$	2018/2019 Total \$
Balance at beginning of year	1,122,664	1,121,563	24,492	15,936	198,000	2,482,655	2,080,525
Transferred from operating fund	1,513,479	-	-	-	-	1,513,479	402,130
Repairs during the year	-	-	(13,859)	-	-	(13,859)	-
Balance, end of year	2,636,143	1,121,563	10,633	15,936	198,000	3,982,275	2,482,655

HOUSE OF SOPHROSYNE

STATEMENT OF CASHFLOWS

Year ended March 31	2020 \$	2019 \$
Operating activities		
Excess (deficiency) of revenue over expenses	1,513,479	402,127
Change in non-cash working capital balances	32,721	(80,753)
	1,546,199	321,374
Financing activities		
Repayments of long-term debt	-	(235,557)
	-	(235,557)
Investing activities		
Capital improvements - Strabane Ave	(13,859)	-
	(13,859)	-
Increase in cash	1,532,340	85,817
Cash at beginning of year	1,616,124	1,530,307
Cash at end of year	3,148,464	1,616,124
Cash is represented by:		
Bank	815,646	884,907
Term deposits	2,332,818	731,217
	3,148,464	1,616,124

HOUSE OF SOPHROSYPNE**NOTES TO FINANCIAL STATEMENTS**

Year Ended March 31, 2020**GENERAL**

House of Sophrosyne was incorporated without share capital under the laws of Ontario and is a non-taxable entity under the Income Tax Act. The organization is committed to the provision of gender specific services for drug and alcohol dependent women, as well as providing a continuum of care and wellness to women, families, children and all members of the community served who are affected by the addictions of others.

1. SIGNIFICANT ACCOUNTING POLICIES

These financial statements have been prepared in accordance with Canadian accounting standards for not-for-profit organizations and include the following significant accounting policies:

Revenue recognition

Restricted contributions are recognized as revenue in the year in which the related expenses are incurred. Unrestricted contributions are recognized as revenue when received or receivable if the amount to be received can be reasonably estimated and collection is reasonably assured.

Use of Accounting Estimates

The preparation of financial statements, in conformity with Canadian generally accepted accounting principles, requires management to make estimates and assumptions that affect the reported amount of assets and liabilities and the reported amount of revenues and expenses during the year. The reported amounts of various financial statement balances are based on management's assessment of available facts and circumstances. Actual results could differ from these estimates.

Contributed services

Volunteers contribute many hours each year to assist the House of Sophrosyne in carrying out its service delivery activities. Determining the fair value of these contributed services is difficult and therefore are not recognized in the financial statements.

Capital Assets

Capital assets are recorded at cost, less any specific private or government assistance received. Amortization is not recorded.

HOUSE OF SOPHROSYNE
NOTES TO FINANCIAL STATEMENTS

Year Ended March 31, 2020
2. FINANCIAL ASSETS AND FINANCIAL LIABILITIES

House of Sophrosyne initially measures its financial assets and financial liabilities at fair value and subsequently measures its financial assets and financial liabilities at amortized cost. Changes in fair values are recognized in net income.

Financial assets and financial liabilities measured at amortized cost include cash, accounts receivable and accounts payable and accrued liabilities.

3. CAPITAL ASSETS

	2020	2019
	Cost	Cost
	\$	\$
Land and building - Chappell Ave	310,086	310,086
Land and building - Strabane Ave	90,000	90,000
Land and building - Adstoll Ave	635,045	635,045
Furniture and equipment	62,060	62,060
Vehicle	24,371	24,371
	<u>1,121,563</u>	<u>1,121,563</u>

4. INTERNAL RESTRICTIONS

	2020	2019
	\$	\$
The Board of Directors has internally restricted net assets for the following specific purposes:		
Contingency reserve for future operations	198,000	198,000
Strabane Ave reserve for capital improvements	10,633	24,492
Reserve for rent subsidy program in Chatham-Kent	15,936	15,936
Building reserve for future premises	<u>2,636,143</u>	<u>1,122,664</u>
	<u>2,860,712</u>	<u>1,361,092</u>

Thank you!

These past few months have affected the lives of people all around the globe. We were forced to modify instantly our programs and discover a new norm for work and living overnight.

We learned social distancing, developed new work routines, implemented Zoom and Team meetings. We are repeatedly washing our hands and wearing masks to protect family members, peers, strangers and ourselves.

Today, I would like to acknowledge the strength in the House of Sophrosyne team. Each member has worked tirelessly, harnessing all their energy and skills to meet the needs of our clients and community partners. They do whatever it takes to get the job done.

For this reason, I want to thank all our House of Sophrosyne employees who have adjusted their way of working to continue supporting our clients. I am proud of the work values, spirit, and unity I have observed as they adapt to a new reality. We know how extraordinary these times are for you and your families. We believe solidarity will help us get through this together. We will continue to provide you the utmost support and services.

In these moments of uncertainty, there is one thing you can always count on—our commitment to you and your success. We are extremely honored with your efforts today and in the future.

Together we are stronger!



DONORS and FRIENDS

The partnership we have with our Donors is vital to the success of the organization.

We are so *grateful* to the Friends of the HoS for supporting and attending our fundraising events, providing sponsorships and gifts in kind.

Thank you Donors for your generosity. The impact of your investment is far reaching and life changing!

“The more grateful I am, the more beauty I see.” – Mary Davis

“Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow.” – Melody Beattie



Children Change our Lives for the Better

