

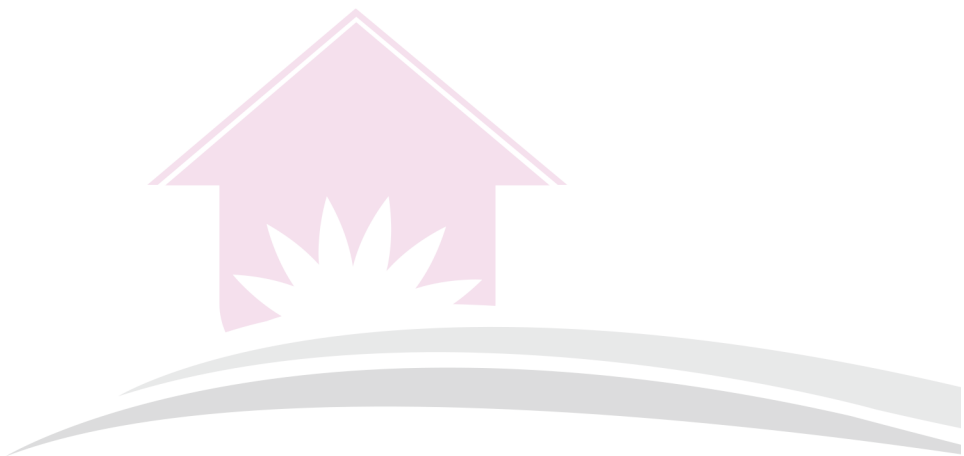
# *HOUSE OF SOPHROSYNE ANNUAL REPORT*

April 1, 2022 - March 31, 2023



Offering a continuum of addiction  
services to clients & their families  
Since 1978





# Letter from the Board Chair and Executive Director

*The need for Addiction and Mental Health services continues to escalate in both our community and across the province.*

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On this 45th anniversary, the House of Sophrosyne closed its doors at the Chappell location. This site held many memories and great success stories from clients, staff and community partners. "When one door closes another one opens"!

The House of Sophrosyne has an exciting future ahead at the new location! The Counselling rooms had a full make over for the clients and staff. We are hopeful that we will soon receive Ministry approval to proceed with the permanent renovations. We would like to express acknowledgement to our generous donors and volunteers for their continuing support. Our Signature Pajama Party fundraiser was a huge success because of the 50 or more service providers who donated their time to come out and "pamper" our guests not to mention the volunteers who assisted in the planning of the event. Royal 47's annual golf tournament was also a success with proceeds benefiting the House of Sophrosyne.

We also received a number of grants throughout the year. The Caesars Windsor Cares grant allowed us to add art therapy and creative writing to our program. The Sisters of St. Joseph grant allowed us to provide our clients with fresh food options that many may have struggled to afford and Rotary Club purchased tablets for our caseworkers.

In 2022, according to WECHU, there were 105 opioid related deaths compared to 84 in the previous year. In the first 8 months of 2023, the hospital reported 970 drug related emergency department visits. What does this mean for House of Sophrosyne? Despite recent investments in Mental Health and Addictions, the demand for our services has not slowed down. There continues to be a backlog across the MHA system. It is critical that organizations within the system continue working together to provide "the best care, when and where it's needed."

House of Sophrosyne staff, with the support of the Board of Directors remain committed to the organizations guiding principles to serve as the foundation for helping clients and families who are impacted by substance use disorder.

As we close out the 2022-2023 fiscal year, we would like to point out the year has not been without its challenges and barriers. However, from these challenges came change. The Board would like to acknowledge the commitment and dedication of our staff who work hard to provide great care to our clients and to our Executive Director, Karen Waddell. Karen was presented with the Queen Elizabeth II Platinum Jubilee Pin which is awarded to individuals who have demonstrated service-above-self.

Lastly, we would like to acknowledge the passion, energy and commitment of current and past board member. Thank you to the Sub-Committees for your guidance and expertise. Both Karen and I feel honoured and privileged to lead such a group of dedicated individuals.

*Sue McKinnon*

*Karen Waddell*

# OUR PROGRAMS

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## ***In House Addiction Program***

- 5 Week Residential Treatment
- Integrated Trauma Treatment
- Relapse Prevention
- 4 priority beds for pregnant women/new mothers
- 2 Fee For Service
- 22 Ministry Funded

## ***Outpatient Programs***

- Transitional Outpatient Care
- Peer 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
- Phoenix Rising

## ***Supportive Housing***

*(Windsor, LaSalle/Amherstburg, Chatham)*

Fifty + supportive housing rental subsidies providing support to women.

## ***Digital Health Services***

- Pre Treatment Webinars
- Virtual Treatment Transformation Women's Treatment
- Virtual Relapse Prevention Week
- Virtual Transitional Care
- Virtual Friends & Family Outpatient Counselling
- Individual Virtual Counselling Sessions
- Breaking Free Online

## ***Transitional Housing***

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

# OTHER SERVICES

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## ***Medical Care for Women***

- Nurse – onsite
- Pharmacist – Sunshine Drugs
- Physician - Dr. Tarek Elsayegh (specializes in addiction)
- Physician - WRH (OB/GYN)
- Psychiatrist – Dr. Abouhassam
- Primary Care & Dental Screening Windsor Family Health Team
- Hep C testing – Mia Biondi

## Board of Directors

Sue McKinnon – Board Chair  
Shelagh Price-LeClair – Vice Chair  
Marc Jones – Treasurer  
David Skillings  
Brenlee Martin  
Christa de Turris  
John D'Agnolo

## Administration

Karen Waddell            Vivian Wang  
Sandra St Denis        Kim Mallais  
Jee Min                    Doris Stillman\*  
Claudia Fernandez\*    Anita Prskalo\*

## Administration Full-Time Caseworkers

Layal Abdul-Nabi	Dalia Al-Zuhairi	Brooke Costa
Megan Dagineau	Sonya Fistrovic	Barb Gatto
Audrey Gebal	Manel Gharsallah	Tammy Goulin
Megan Hrytzak	Geri Klingbale	Lillian Lodik*
Debbie Mantha	Shontelle Millender	Giusi Moccia
Rielle Santavy	Beverly Seguin	Jacqueline Smith
Jessica Trudell	Nicole Wilson	Shelly Wilson

## Part-Time Caseworkers

Lindsey Beaudoin	Gwyneth Court
Kate McArthur	Racheal Pearce
Stephanie Rabaey	Jennifer Richie*
Melennie Trevail	Brittany Wilson

## On-Call Caseworkers

Katelyn Bannon	Maurissa Hastings
Sarah Hoskins	Gabriella Krystia*
Judie Lawrence	Ila MacPhee*
Jade Poole*	Kayla Shepley

## Cook

Maria Belano	Diana Biter
Catherine O'Hare	Teresa McGinlay*

## Maintenance

Jennifer Spicer	Fallon Chadwick*
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## Peer Support Worker

Julia Reiss

*\*Indicates those that have left our employ*

## HOUSE OF SOPHROSZYNE FINANCIAL POSITION

See accompanying notes to the financial statements

March 31, 2023, with comparative figures for March 31, 2022	2023	2022
	\$	\$
<b>ASSETS</b>		
<b>Current assets</b>		
Cash	697,567	858,590
Investments (note 2)	1,843,259	1,819,796
Accounts receivable	158,457	139,669
Sales tax receivable	27,284	97,412
Prepaid expenses	15,670	18,906
	2,742,237	2,934,373
<b>Long-term assets</b>		
Investments (note 2)	1,006,754	-
Capital assets, net book value (note 3)	2,221,120	2,713,686
	3,227,874	2,713,686
	5,970,111	5,648,059

## HOUSE OF SOPHROSZYNE FINANCIAL POSITION (CONTINUED)

See accompanying notes to the financial statements

March 31, 2023, with comparative figures for March 31, 2022	2023	2022
	\$	\$
<b>LIABILITIES AND FUND BALANCES</b>		
<b>Current liabilities</b>		
Accounts payable and accrued liabilities	312,830	464,865
Government payroll remittances payable	23,315	28,499
Deferred contributions (note 4)	112,161	111,776
	448,306	605,140
<b>FUND BALANCES</b>		
Operating	-	-
Building reserve	2,815,368	2,104,664
Invested in capital assets	2,629,868	2,713,686
Capital reserve 260 Strabane	10,633	10,633
Rent subsidy reserve	15,936	15,936
Contingency reserve	50,000	198,000
	5,521,805	5,042,919
	5,970,111	5,648,059

## HOUSE OF SOPHROSZYNE STATEMENT OF OPERATIONS - OPERATING FUND

See accompanying notes to the financial statements

Year ended March 31, 2023, with comparative figures for the year ended March 31, 2022	2023	2022
	\$	\$
<b>Revenues (note 7)</b>		
Ministry of Health and Long-Term Care	2,757,503	2,435,666
Provincial rent supplement	108,071	108,071
Service fees	95,227	79,051
Fundraising activities	197,802	104,214
Trillium grant	-	42,000
Donations	53,025	84,547
Interest and other	66,669	33,406
Gain on sale of property	293,252	-
	3,571,549	2,886,955
<b>Expenditures</b>		
Advertising and promotion	7,263	3,353
Bank charges and interest	1,020	459
Computer expenses	46,616	16,269
Food services	67,709	29,426
Fundraising activities	38,464	28,704
Insurance	24,543	25,536
Laundry, linen, medical and other supplies	21,987	9,071
Miscellaneous	8,310	-
Office and miscellaneous	18,330	15,798
Occupancy - Strabane	4,982	5,322
Occupancy - Adstoll	29,681	66,342
One time renovation expenses	-	17,955
Professional fees	136,875	58,966
Program equipment	11,616	7,528
Program materials	17,061	16,966
Recreation program costs	1,940	-
Rent subsidy program	108,145	79,713
Renovations, repairs and maintenance	53,605	32,887
Salaries and benefits	2,248,741	2,081,540
Session fees	8,582	4,060
Staff development and education	22,029	12,275
Telephone	7,216	11,227
Transfer to capital fund	57,140	1,150,011
Transportation	11,277	11,372
Utilities	55,713	22,703
	3,008,845	3,707,483
<b>Excess of revenues over expenditures (expenditures over revenues)</b>	<b>562,704</b>	<b>(820,528)</b>

# 3RD ANNUAL GLADYS CHAPMAN EMPOWERMENT AWARD

The House of Sophrosyne is proud to celebrate our third annual Gladys Chapman Empowerment Award.

Gladys entered a life of sobriety on June 10, 1977, and began volunteering at the House in 1978. Despite how much she continued to give back, she was insistent that her contributions helped her more than she has helped others. The House of Sophrosyne is a better place because of Gladys.

This \$500 award is presented to one nominee who displays a commitment to her recovery and ongoing sobriety.

This year the House of Sophrosyne is proud to present the award to Kayla B. We would like to thank Unifor Local 200 and those who have contributed to fund this award for years to come.

Thank you to all those who submitted applications and we encourage you to continue your journey in recovery.



## 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 House of Sophrosyne 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!**

*"No act of kindness, however small, is ever wasted." - Aesop*



Empowering Women Through Their Recovery  
Aider les femmes à se prendre en charge grâce au rétablissement