
HOUSE OF SOPHROSYNE ***ANNUAL REPORT*** April 1, 2021 – March 31, 2022



***Offering a continuum of addiction
services for Women, Men & Families
Since 1978***



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!

"It's not how much we give, but how much we put into giving." - Charles Dickens



House of Sophrosyne Strategic Plan 2020-2025

Vision

A society that embraces, values and invests in substance use treatment for women and their families locally and across Ontario.

Mission

Through service excellence and leadership, the House of Sophrosyne exists to treat women with substance use disorder and associated mental health conditions and their families to achieve health, wellness and empowerment throughout recovery.

Values

Client and Family Centered; Social Justice; Inclusion, Diversity, Equity and Respect; Collaboration and Advocacy; Evidence Informed Practice; Continuous Quality Improvement; Integrity, Compassionate and Non-Judgmental; Quality Improvement; Spiritual Growth

Philosophy

Empowering Clients through their Recovery

Sophrosyne means a “wise and balanced life”. Our perspective flows from a philosophy of empowerment that offers clients and families the tools for leading a full and productive life. Empowered clients make choices based on healthy and realistic options and exercise choices in consideration of the consequences.

Our programs utilize the most current methods in an atmosphere that is conducive to the needs of our clients. The House of Sophrosyne strives to facilitate the process of rebuilding physically, emotionally, socially and spiritually with self-esteem and self-awareness as integral themes. Recognizing that addiction affects individuals, families and communities, the House of Sophrosyne provides support programs to address all of these areas.

Health Outcomes

We will strive to ensure the following outcomes:

- Improving Quality
- Expanding Existing Services
- Pursuing Innovative Solutions
- Improving Access and Integration

Strategic Goals

Our goals are consistent the Government’s Mental Health and Addiction Plan “Roadmap to Wellness”:

- Increase public awareness about the HoS and why these services are valued in the community
- Advance House of Sophrosyne’s overall data quality and collection methods
- Preparing for accreditation
- Expand the House of Sophrosyne’s after-care capacity to improve client outcomes
- Grow family-centered care by focusing on the whole person as a unique individual and helping improve their interpersonal family relationships

Strategic Directions

- Raising Awareness
- Preparation for Accreditation
- Developing Business Cases
- Strengthening Partnerships
- Explore Transportation Options

- Improving Data Quality
- Family Centered Care
- Concurrent Disorders
- Care for Seniors
- Expand Aftercare Services

Message from the CEO
Annual General Meeting
October 2022

Welcome to our Annual General Meeting for the 2021/22 fiscal year that ended on March 31, 2022. In my report at last year's AGM, I remarked that 2020/21 was one of the most challenging years that our organization has experienced. At the time, the second wave had crested and new case counts were low. Unfortunately, as the year progressed the pandemic continued and, at times, accelerated.

The ongoing pandemic was creating anxiety for clients, families, and staff alike. Starting in December 2021 the Omicron wave led to levels of community transmission not yet before seen further exacerbating staffing challenges. The House of Sophrosyne was able to keep programs and services running throughout the pandemic with a mix of in-person and virtual services. We were even able to purchase UV equipment from a grant through Ontario Trillium. This equipment is a known disinfectant that inactivates viruses and bacteria which will help to ensure a safer environment for clients and staff.

Despite these unprecedented times, our organization together pulled through. We announced the grand opening and relocation of our in-house program. This renovation allowed the House of Sophrosyne to increase its bedded capacity to 24 maximum. This increase has helped to reduce wait lists at a time when service need has been greater than ever. With continued future investments in addiction and mental health, we aim to build a system where people can access the services they need when they need them.

Sincerely,
Karen Waddell

~~Quote from a client: “~~

Welcome!

A year that has been extraordinary in every sense. Covid has affected everyone in different ways. Karen Waddell and her team responded with extraordinary commitment and the staff at the House of Sophrosyne were able to persevere through such challenging times. Through their hard work and commitment, they were still able to provide high-quality programs as well as in house treatment.

The House of Sophrosyne has grown from the pandemic. The staff was still performing at the Chappell location while transforming some of the programs to the Adstoll location. Through the receipt of multiple grants and Fundraising dollars we were able to start a temporary emergency project, a newly designed kitchen, dining room, washroom, laundry, bedroom and offices in the west wing of the Adstoll location.

We are optimistic about the years ahead in creating a state-of-the-art facility for our clients and staff. We do recognize that this will be a journey. I am grateful that with the board along with Karen's leadership and her team of dedicated staff, their commitment shown in executing strategies that have been set out makes me confident we can achieve our goals together.

Thank you to our community supporters, we are grateful for your continuing support in making a difference in people lives.

Over the past year, we have had some great new board members join us. It has been fantastic to have their skills and insight come aboard. Additionally, our returning board members continue to be very resourceful, capable and are doing a great job! Thank you all!

Finally, I would like to thank Karen once more for her strong and capable leadership team and everything they have achieved in the past year. The board and I would like to take this opportunity to send a very special thank you, in particular, to all the staff who kept this essential service working even at its most difficult time. We could not have gotten through this without everyone working together!

Sue McKinnon

President

OUR PROGRAMS

In House Addiction Program

- 5 Week In House Treatment
- Integrated Trauma Treatment
- Relapse Prevention
- 4 priority beds for pregnant women/new mothers
- 2 Fee For Service
- 18 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 Intensive
- 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
- Life Skills for Women in Recovery

Transitional Housing

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

Other Services

Medical Care for Women

Medical support includes:

- Nurse – onsite
- Pharmacist – Sunshine Drugs
- Physician – Dr. Tarek Elsayegh (specializes in addiction)
- Physician - WRH (OBGYN)
- Psychiatrist – Dr. Abouhassam
- Dentists - Sandwich Towne Dental
- Windsor Family Health Team and Nurse Practitioner's
- Hep C testing – Mia Biondi

New At the House of Sophrosyne

Peer Support as a Holistic Approach in Recovery and Trauma

Peer support is a relationship between people who have lived experience in common. Peer support can be in both group and one-to-one relationships. In either scenario, the Peer Supporter provides emotional and social support to others who share a common experience. This support is grounded in hope, empowerment, and recovery. It is valued for its authenticity because the supporter has also lived through a similar experience and has found their way to a path of recovery. With empathy, understanding, and acquired skill of the peer supporter, and their willingness to be open about their own experience, demonstrates their belief that a path for improving one's life can be created.

The philosophy of peer support is that individuals have within themselves the knowledge of what is best for them and a strong desire to find a path towards improved health. The peer supporter supports that person as they search for that inner knowledge and re-ignite that hopeful desire. Peer support is focused on health and recovery rather than illness and disability. All types of peer support, relationships, empathetic understanding and experiential learning is shared in a non-judgmental supportive manner.

The path of recovery for a person with a health challenge or illness may include a variety of options such as bio-medical treatments, talk therapy, and/or admittance to a clinic. Accessing these therapeutic and support services can sometimes be challenging. This may require a level of initiative, determination and/or understanding of a complex system that some may find difficult. Peer support is an additional option that complements other forms of treatment. It can be a consolidating factor in that all aspects of a person's own journey. Peer support may result in a renewed effort towards striving for the right treatment mix (for oneself or their loved one). Peer support can help individuals progress towards regaining stability and a greater sense of wellness. A peer supporter can relate and offer empathy and validation, which offers the peer hope, a key determinant to recovery. They model hopefulness through a healthy sense of acceptance and emotional readiness to progress forward. Peer support can also address social isolation. Isolation can impede recovery and increase chances of relapse. For family members there may be a tendency to 'keep the secret' within the family. This is neither helpful nor healthy. Peer support could help to break down the stigma of mental illness. Stigma is cited as a primary reason why people do not seek treatments for mental health issues, or encourage their loved ones to do so. Stigma is dispelled when a well person says to another who is struggling, "I have it too" or "Someone I love has it too."

Peer supporters with valid experience, skills, aptitude, and high ethics provide valuable contributions to the communities in which we work and live. Clinical settings and researchers are seeing that Peer Support programs are needed to enhance one's wellness.

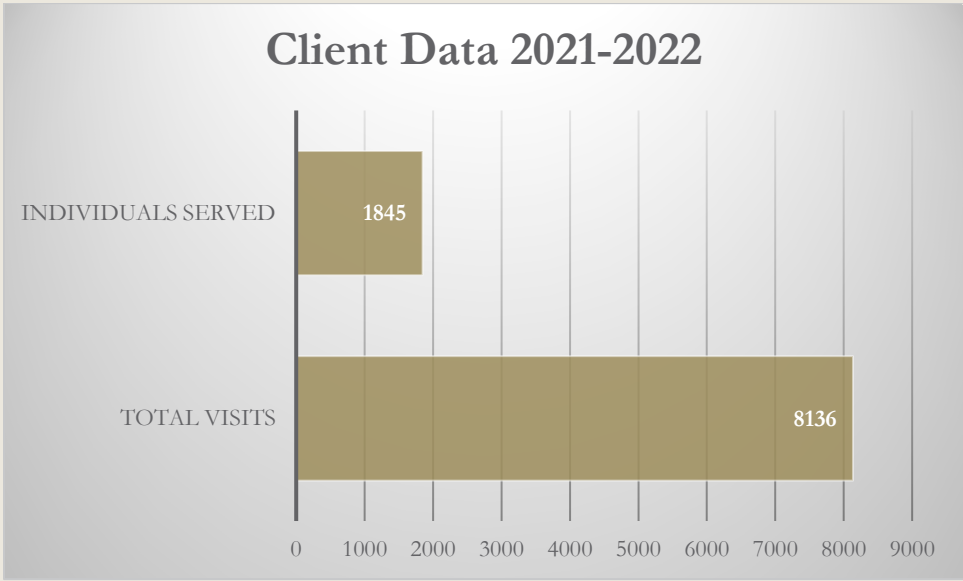
FROM STEPHANIE RABAEY – HoS Caseworker

In 2019, I had the opportunity to participate in a pilot project that was funded through the Ministry of Solicitor General. This pilot program aligned with Probation and Parole in the Windsor/ Essex region. I was appointed to create a peer support program for individuals in contemplation stages of wellness in their own personal journeys and re-establishing themselves in the community upon release from incarceration. Through weekly virtual groups and continuous one to one in person visits, the Peer Support Group was successful in many ways. After one year, another person was appointed to run the program within our community.

During this time I studied and gained more knowledge about the foundations of Peer Support and how vital it has become in not only Mental Health and Addictions field, but in clinical settings as well. In August 2022, I received certification from Peer Support Canada being the first in Windsor-Essex County to identify as a Certified Peer Supporter. With this certification, my vision is to walk beside others in their journeys and support them whichever way I can to shed light on validation, inner strength, self-direction and hope.

~~Quote from a client: “~~

Data at a Glance



Ontario Perception of Care Survey Results

Clients Overall Experience

- The services I have received have helped me deal more effectively with my life challenges.* 90%
- I think the services provided here are of high quality.* 91%
- If a friend were in need of similar help, I would recommend the service.* 95%

Quote from a client: “

HOUSE OF SOPHROSYNE
STATEMENT OF OPERATIONS - OPERATING FUND

See accompanying notes to the financial statements

Year ended March 31, 2022, with comparative figures for the year ended March 31, 2021	2022 \$	2021 \$
		(note 10)
Revenues (note 7)		
Ministry of Health and Long-Term Care	2,435,666	2,924,526
Provincial rent supplement	108,071	97,773
Service fees	79,051	33,440
Fundraising activities	104,214	71,869
Trillium grant	42,000	-
Donations	84,547	129,242
Interest and other	33,406	57,985
	2,886,955	3,314,835
Expenditures		
Advertising and promotion	3,353	4,565
Bank charges and interest	459	461
Computer expenses	16,269	43,195
Food services	29,426	19,096
Fundraising activities	28,704	12,855
Insurance	25,536	22,046
Laundry, linen, medical and other supplies	9,071	15,921
Office and miscellaneous	15,798	15,185
Occupancy - Strabane	5,322	6,703
Occupancy - Adstoll	66,342	7,519
One time renovation expenses	17,955	-
Professional fees	58,966	72,755
Program equipment	7,528	14,318
Program materials	16,966	13,462
Recreation program costs	-	90
Rent subsidy program	79,713	72,090
Renovations, repairs and maintenance	32,887	30,530
Salaries and benefits	2,081,540	1,969,906
Session fees	4,060	1,916
Staff development and education	12,275	18,178
Telephone	11,227	11,329
Transfer to capital fund	1,150,011	650,637
Transportation	11,372	7,421
Utilities	22,703	15,608
	3,707,483	3,025,786
Excess of revenues over expenditures (expenditures over revenues)	(820,528)	289,049

Celebrating Staff

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

Judie Lawrence	15 Years Service
Lillian Lodik	15 Years Service
Doris Stillman	10 Years Service
Audrey Gebal	5 Years Service
Shelly Wilson	5 Years Service
Taylor Dunlop	5 Years Service

Administration

Karen Waddell	Doris Stillman
Jee Min	Vivian Wang
Sandra St Denis	Kim Mallais
Melissa Blimkie*	Claudia Fernandez

Full-Time Caseworkers

Layal Abdul-Nabi	Blok Rachel*	Brooke Costa
Megan Dagineau	Danielle Dundas*	Taylor Dunlop
Sonya Fistrovic	Barb Gatto	Audrey Gebal
Manel Gharsallah	Tammy Goulin	Geri Klingbile
Judie Lawrence	Lillian Lodik	Debbie Mantha
Cynthia Maroon*	Shontelle Millender	Giuse Moccia
Beverly Seguin	Jacqueline Smith	Jessica Trudell
Nicole Wilson	Shelly Wilson	

Part-Time Caseworkers

Megan Hrytzak
Angela Jones*
Jen Morand*
Jennifer Richie
Sarah VanRoboys*

Natalie Hummer*
Ila Macphee
Stephanie Rabey
Tanya Vigneux

On-Call Caseworkers

Nicole Atkinson*
Tammy Lebel*
Bianca Pirrone
Kayla Shepley

Gabriella Krystia
Colleen Maitre*
Jade Poole

Cook

Maria Belano
Cindy Lucas*
Teresa McGinlay

Clerk

Solange Rennie*

Maintenance

Fallon Chadwick
Adua DeRose*

**Indicates those that have left our employ*

2nd Annual Gladys Chapman Empowerment Award

The House of Sophrosyne is proud to celebrate our second annual Gladys Chapman Empowerment Award. This year, we honoured Gladys' Legacy as she passed away in early January.

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 Amanda D.

We would like to again 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.



Mural was completed in Partnership with Art Windsor-Essex

On February 14, 2022, the House of Sophrosyne Lisa Tayfour Building for Recovery opened its doors to our newly renovated In House Treatment Centre at 5305 Adstoll Avenue. This Covid emergency project allowed us to increase to 24 much needed beds. Both staff and clients are excited to finally be able to utilize the space.

