

ANNUAL REPORT

2021-22



ACKNOWLEDGEMENT

SRWC meets and works in Treaty 1 territory, the traditional territory of the Anishinaabe, Cree, Oji-Cree, Dakota, and Dene Peoples, and the homeland of the Métis Nation.

We respect that First Nations treaties were made on these territories, acknowledge the harms and mistakes, and dedicate ourselves to collaborate in partnership with First Nations, Inuit, and Metis people in the spirit of reconciliation.



srwc-mb.ca



OUR MISSION

Our mission is to provide a welcoming, non-judgmental recovery community where individuals, family and friends affected by addictions, are accompanied on their journey towards recovery in mind, body, and spirit.

From the Chair and Exec

On behalf of the Board of Directors and Staff of St. Raphael Wellness “Centre Inc. (SRWC), we welcome you to our 2021-2022 AGM, engaging our sister agencies, staff, former staff and alumni in celebrating recovery.

This has been a trying three years for our staff and participants. SRWC, as it has been and continues to be, for all Manitobans, who are dealing with the “New Normal” of illnesses and absences of our staff and participants. In an abundance of caution, staff and participants if they feel ill, particularly those with children in Day Care or a School Classroom, stay home, and we are adjusting daily to the realities of a changing landscape affecting our health and service delivery.

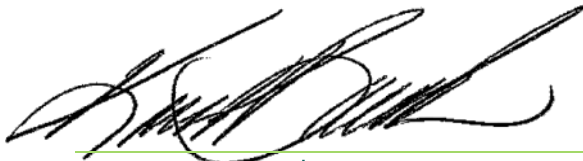
Due to the lessening of restrictions, and then a third wave in the fall and this past winter meant staff and participants were again social distancing, wearing masks, and switching between in-person and zoom, as well as finding alternate venues to hold group meetings to ensure social distancing. Sadly, we also experienced the loss of several of our participants to drug overdoses and death by suicide.

Despite the issues with COVID, this year also had brought a number of exciting developments. We received funding through the support of our Board from the Winnipeg Foundation, to obtain anonymous space on an upper floor of 225 Vaughan for the Women and Mom’s in Continuing Recovery Program. This space is critical, as many have been involved in abusive relationships and COVID has only exacerbated this abuse. We also received funding through the Young Entrepreneurs for a bi-weekly Women’s Empowerment Fitness Program that is held at the YMCA.

Moving forward in 2022 we held our **first in-person Recovery Day since 2019**, which was a tremendous success, celebrating the courageous men and women in recovery, in partnership with the Bruce Oake Recovery Centre, the Canadian Mental Health Assoc., Two-Ten Recovery and Sara Riel, There were over thirty five resource organizations that took part in the resource market, with local bands, the Queens, and speakers. The support from the community and our many Sponsors was phenomenal.

Executive Director

A special thank you to the **Provincial Government Health and Wellness Branch**, the **Winnipeg Foundation**, as well as our committed board, staff and volunteers, we are able to continue to provide a **“welcoming community”** for healing and with your support ensuring our ability to offer premium services to our participants despite the health issues and restrictions with COVID. Thanks to all for supporting and sharing our holistic vision of a **“seamless Continuum of Recovery from entry to community integration and beyond.”**



Karen Burwash

Chair of the Board



Colleen Allan, MScM, M.Div.

Executive Director



Board Members

Karen Burwash, LLB, Chairperson
Employed: Peter J Moss Law office
HR Subcommittee

Gary Henry, Treasurer
Employed: Addictions Foundation
of Manitoba, Counsellor
Finance Committee

The Right Honorable Edward Schreyer
Retired: Premier of Manitoba,
Governor General of Canada

Zenon Lisakowski, RN
Retired: Addictions Foundation of
Manitoba, Workplace & Healthcare
Professionals' Consultant

Dr. G Les E Ulyot MD, FCFP, LM
Retired: Medical Doctor

Tamara Edkins, LLB
Employed: MB Justice, Legal
Services Branch
HR Subcommittee

Paul Tascona, LLB
Employed: MLT Aikins LLP
Policy Committee-Governance

Charlotte Nolan,
Knowledge Keeper, Elder
Indigenous Consultant

2021-2022 Staff

Administration

Colleen Allan, Dip.Min., MSc.M. MPM, M.Div.
Executive Director

Doris Beitz
Bookkeeper

Cindy Demczyszak, Cert. Admin.
Receptionist/Admin Assistant

Services

Philip Collins, BSW, RSW
*Rehabilitation Counsellor, Family
Programs*

Matthew Hodgins, Dip. aCSW, Hons.
*Rehabilitation Counsellor, Pre-
treatment and Continuing
Recovery Programs*

Hannah Holmes, RSW
*Rehabilitation Counsellor, Pre-
treatment Recovery Programs*

Gord Pratt, Dip. Min.
*Rehabilitation Counsellor,
Continuing Recovery Programs*

Lauren Sharpe, Dip. CSW, Hons.
*Rehabilitation Counsellor &
Intake Specialist*

Vanessa Mernett, Dip. ACSW, Hons.
*Rehabilitation Counsellor,
Continuing Recovery Programs*

Students and Volunteers

Thank
You!

We could not be nearly as effective in our work without the commitment and passion of our volunteers and practicum students. We depend so much on their hard work and dedication.

Practicum Students

Whitney Anderson

University of Manitoba – BSW

Grace Bashir

CDI College – ACSW

Robert Bubar

CDI College – ACSW

Jessica Corcoran

CDI College – ACSW

Jay Cormack

University of Manitoba – Masters of
Counselling

Camryn Creran

CDI College – ACSW

Chioma Eneude

CDI College – ACSW

Brianna Herlick

CDI College – ACSW

Deveron Klepka

Booth University College – BSW

Katie Lewis

Booth University College – BSW

Vanessa Mernett* (hired)

CDI College – ACSW

Lauren Sharpe* (hired)

Robertson College – Community
Support Worker

Matt Spring

CDI College – ACSW

Faythe Thrune

CDI College – ACSW

Mary Udo

Booth University College – BSW

Meghan Wilson* (hired)

University of Manitoba – BSW

Volunteers

Volunteers have answered phones, helped with payroll, done information sessions at recovery treatment centers, and more. Volunteers who have complete *Recovery Coach* training also facilitate groups when staff are away, and provide one-on-one brief coaching sessions for people in need.

Claudette Fournier

Elysia Duval

Gary Henry

Kelly Krawchuk

Maggie Mahon

Taylor Crosbie

Networking and Outreach

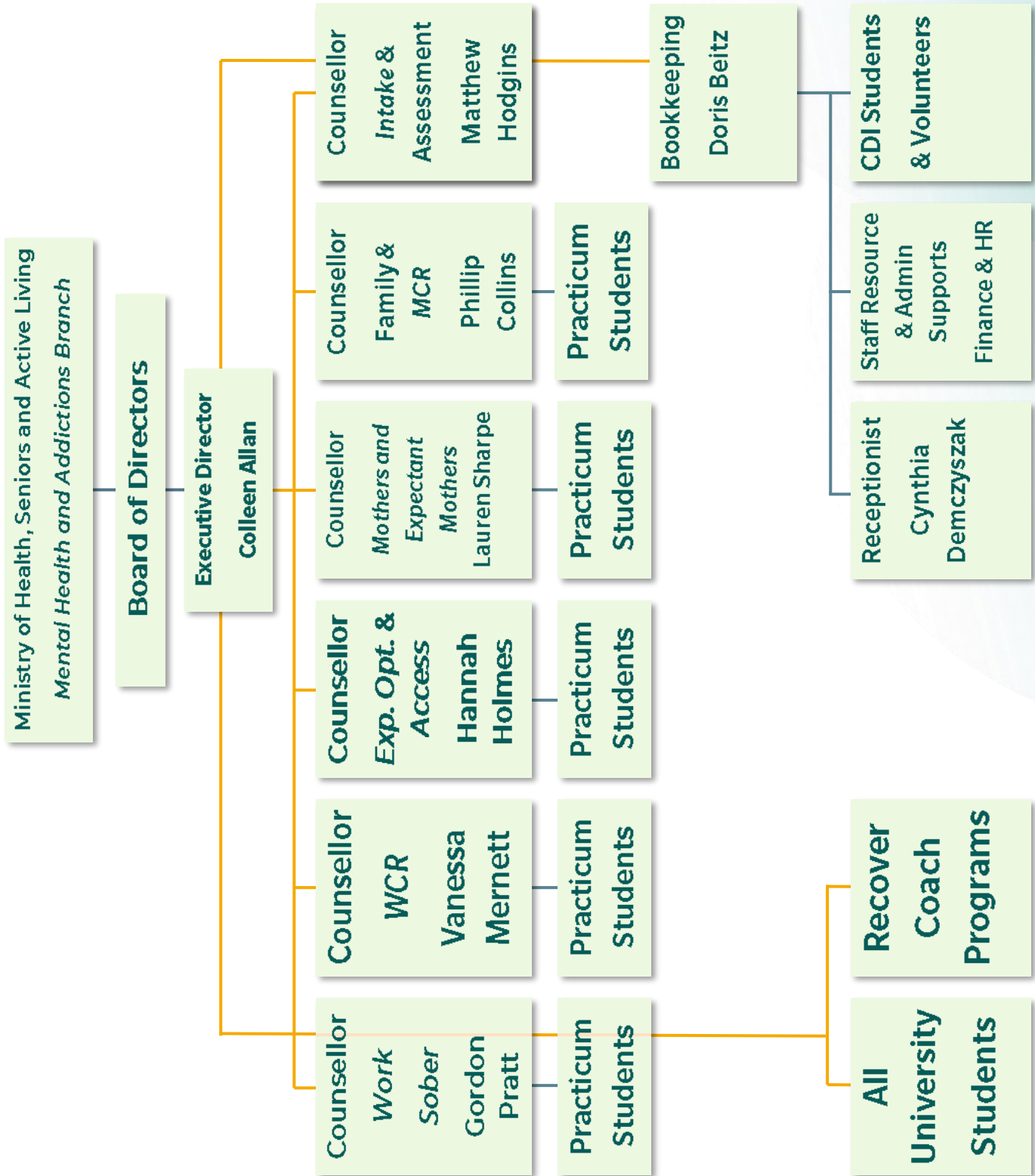
Presentations at SRWC

- Bruce Oak Recovery Centre
- Charlotte Nolan – Knowledge Keeper, Standing Strong Eagle Woman (Spoke on Cultural Awareness)
- Clan Mother Healing Village and Knowledge Centre
- Donna Garafalo – Art Therapist – Children’s Counsellor at Agape House (Steinbach)
- Eddie Miller – Kinesiology Wellness and Fitness Expert, Rico Kinetix, Sober Families Alliance
- Equal Housing Initiatives
- Executive Medical Solutions
- John Howard Society Bail Program
- John Howard Society Literacy Program
- Mood Disorders of Manitoba
- R.A.Y Inc.
- Taking Charge Inc.
- Youth in Philanthropy

Outreach at Other Organizations

- **Ongoing** monthly presentations and Shared Health men’s and women’s treatment centers.
- **Ongoing** monthly resource table at Community Connections Space – Millennium Library
- Anxiety Disorders of Manitoba (Presenter)
- Fearless R2W (Presenter)
- Gizhe Waa Tii-Si-Win Resource Expo – Siloam Mission
- Main Street Project AGM and Hope Alley Unveiling
- Pride Festival (Table)
- Recovery Capital Conference
- Sara Riel Mental Health Networking Expo (Table)
- Selkirk Mental Health Hospital
- Wise Breakfast

ORGANIZATIONAL CHART



Guiding Principles of Recovery



There are **many pathways** to recovery



Recovery emerges from **hope** and **gratitude**



Recovery involves rejoining and rebuilding **life in community**



Recovery exists on a **continuum** of improved **health** and **wellness**



Recovery is **supported** by **peers, friends** and **families**



Recovery involves a process of **healing** and **re-
definition**



Based on **screening** and **assessment** procedures, which are **holistic** and **global**



Recovery is **self-directed** and **empowering**



Recovery has **cultural dimensions**



Recovery is holistic

Intakes and Assessments

During the 2021-2022 fiscal year we have completed 258 intake assessments. Approximately 80% of our Participants come to us in the pre-contemplative or contemplative stage of change and are assigned to our pre-treatment groups; Access or Exploring Options.

Almost half of our Participants are self-referred, a quarter are referred by family or friends. The remainder of referrals this year are from corrections, CFS or other addiction treatment centers.

The most common mental health conditions this year continue to be depression, anxiety and PTSD.

More than half of our Participants are not working, and approximately 70 % of those who don't work are collecting EIA.

Reported drug use during initial intake show Cannabis is the most popular substance used by our Participants. It's important to note even though many Participants use cannabis, they are typically here to work on their involvement with other substances. Alcohol is the most common substance Participants are here to recover from. We've had more Participants involved with powdered Cocaine this year than Crack Cocaine or Methamphetamine. We've been seeing less people involved with Opiates from previous years.

During an intake, a person's involvement with drugs and alcohol is assessed. For those leaving custody or a residential program, we look at the environment they're returning to; are their basic needs being met, what are the triggers in their environment, and who is there to support them. We collaborate on a brief relapse prevention plan that will be built on in group or individually. We make connections in the community in regards to housing, mental health, corrections and more.

SRWC has assigned more Counsellors to conduct intakes and will be able to assess more people in the next fiscal year.

Access Program

The Access program is a co-ed, pre-treatment group for individuals in early recovery from addiction. The program takes place twice a week and is two hours long. Between 7 - 9 participants attend on any given group day, though sometimes attendance is lower due to some of the obstacles this population tends to face. The program is therapeutic as well as educational which the participants find to be very beneficial in their recovery. The participants who attend find the group and the centre to be a non-judgmental and supportive environment.

Overview of Content

- Managing triggers and cravings
- Relapse prevention
- Learning coping skills
- Communication and boundaries
- Relationships
- Resentment and forgiveness
- Emotions
- Mixed discussion questions

Successes

- Three different participants gained a degree of sobriety while in the program and returned to work.
- One women got sober, made the decision to break up with her boyfriend who was toxic and completed their time at the centre strong in their sobriety.
- A retired woman who had an alcohol addiction for quite a number of years gained 7 months of sobriety while in the program and now currently attends the Work Sober program. They regained control of their finances, started driving again and became more social with others in their life.

- Three male participants gained up to 7 months of sobriety while in the program and then transferred into the Men's Continuing Recovery program. They all left the centre very solid in their recovery.
- A female participant who is currently pregnant and due in January was approved for an apartment and had been sober for the duration of their pregnancy.
- A woman who was attending the program in the summer left and has come back with 1 month of sobriety and will now be joining the Mom's program.



Recovery Day Organizers

From left: Colleen Allan, Executive Director St. Raphael Wellness Centre, Greg Kylo, Executive Director Bruce Oake Recovery Centre, Ian Rabb, Chief Clinics Officer and Marion Cooper, CEO Canadian Mental Health Association Manitoba branch.

Photo: Ruth Bonneville, WFP

Exploring Options

Exploring Options is our evening co-ed pre-recovery program, for those who have been referred or mandated and some are assessing whether they have a problem, and if so what do they want to do about it. A large percentage of the Participants who come to SRWC are in the pre-contemplation (I do not have a problem) or contemplation (I might have a problem) stage of change, and are assigned to the pre-recovery groups. This group meets the needs of those individuals, who are working, or in University and is typically 10-12 participants. The program is goal oriented and focused on their recovery goals, whether harm-reduction, or abstinence, accessing a residential program, or deciding when they have achieved a full month of sobriety, whether they wish to continue with Exploring Options or transfer to our Continuing Recovery Programs.

Overview of Content

Exploring Options teaches the fundamentals to building motivation to achieve sobriety by holistic lifestyle change. Themes and topics are specific to addiction such as relapse

prevention, stages of change, levels of involvement, and models of addiction. Other topics aim to promote a lifestyle that is easier to not use drugs or alcohol, including sleep hygiene, nutrition, goal setting, healthy relationships. Mindfulness and many others. We also have “joy in recovery” celebrating holidays, attending sweats, picnics, etc.

Successes

During this fiscal year we have had Twelve Participants achieve sobriety. Some have transferred to our continuing recovery programs, and some have returned to work. Many others have been inspired by the group to attend residential treatment.

Family Programming

The purpose of the Family Programs is to invite individuals to be a part of a community of people who are affected by another's substance abuse. The Family Programs is thus divided into two parts; the Family Education program, and the Family Support Group.

Family Education Group

The Family Education group provides psychoeducation to participants about addictions, relationship dynamics, coping tools, and strategies all within thirteen modules developed to engage their audience and provide a safe space for learning. Some topics and themes covered are 1) stages of change, 2) Motivational Interviewing, 3) family Roles and Dynamics, 4) healthy Relationships, 5) Effective Communication Skills, and 6) Establishing Healthy Boundaries. The group meets for two hours weekly, and the duration of the education group varies depending on group size. The education piece provides insight from an alumna and, a Recovery Coach, who has been through SRWC family programming, and has trained as a Recovery Coach, and is able to share her experience and healthier coping tools and strategies.

Family Support Group

This group meets for two hours weekly and the duration of the group varies depending on those family members connecting on a given evening. Family support services also include numerous one-on-one counselling for those who 1) Education group members that require the extra support, 2) Support group members who are facing an emerging crisis, or 3) Individual counseling with family members who are facing issues, and not amenable to group at the present time given their situation. SRWC also offers couples counselling as well as consultations and referral to other resources as appropriate.

The family program participants have experienced significant emotional, verbal and financial abuse. These conflicts generally involve their adult children and their spouses. Most have experienced and witnessed family violence in their family of origin or in past relationships. While most

Family Programming Co

participants did not have thoughts of suicide, many of their family members, spouses and adult children, experienced suicidal ideation, as well as suicide attempts, experienced overdoses, and some are still dealing with the grief of losing a partner or child to suicide. Others are thousands of dollars in debt attempting to obtain help for their loved ones. As a result of all these factors, many of our family members exhibit indicators of complex trauma, such as depression, anxiety, panic attacks, and post-traumatic stress disorder. Sadly we lost two parents who experienced heart attacks, and were warned by their physicians to reduce their stress and lower their blood pressure. Considering the stress and distress many of these participants were likely experiencing at the time of their intakes, our short wait times are very important for their well-being and for their emotional and spiritual safety.

Participants Self-Assessments:

- They are more tolerant and compassionate towards themselves and others.
- They can list things and people in their lives they are grateful for.
- They have learned to relax and let go of their stressors
- They are comfortable asking for help
- They have goals and hopes for their future, and feel their lives have purpose

Participant's knowledge gain:

- Addictive Behaviour or thinking patterns
- Stages of Change
- Relapse prevention techniques
- Withdrawal Symptoms

Participants Life Satisfaction – Notable growth for the following factors

- Feelings of Self Esteem
- Overall satisfaction with their lives
- Their physical activity levels
- Their sleeping patterns

nt.

- Their eating patterns
- Their physical health.

Participants Abilities Regarding Safety and Boundaries Over Time

- Setting and maintaining boundaries
- Keeping themselves safe (if their loved one is still using).
- Parenting their children

Participants Responses to questions of self-esteem

- I take a positive attitude towards myself
- I feel that I have a number of good qualities
- I am a person of worth, at least on an equal basis with others
- I can do things as well as most other people
- I can do things as well as most other people

Successes Cited by Participants

- Continuing to work to resolve family issues
- They no longer feel they need help
- They have family members who are doing well now
- They have family members still using alcohol or other drugs but they are coping
- One has an Adult child attending SRWC programs
- One has reconciled with an adult child and there is now healthy family relationships
- For the first time in a number of years my husband and I were able to take a holiday
- For the first time in 12 years I am able to sleep through the night
- My husband and I find “joy” in our relationship

Women's Continuing Recovery Mom's in Continuing Recovery

The women's programs at SRWC are designed for women in the preparation/action stage of their recovery, and aim to assist women in building upon and applying core addiction's recovery management skills to day-to-day life. These programs use a strengths-based approach to empower women, and challenge them to continue growing in their recovery. Many of the women who come to these programs have experienced abuse, trauma, domestic violence and comorbid mental health issues. Our focus is to help women work through their lived experiences and develop healthy coping methods and tools that they can take with them on their journey. This is achieved through topics such as relapse prevention, stress management, dealing with difficult emotions, self-esteem building and learning to be compassionate with ourselves.

As a group participants get to the root cause of their addictions, discuss assertive communication and boundary setting, relationships and family of origin. We talk about systemic barriers women face, gender roles and social stigma faced by women with substance use disorders. In the Mom's program, these topics are supplemented with additional information on attachment, parenting, talking to children about addiction in age-appropriate ways, and reunification.

As many of these women tend to be natural caregivers, there is a special focus on self-care and creating long-term balance in their lives. This includes information on nutrition, the benefits of exercise, mindfulness and meditation as well as body-image and sexual health. The women in these programs have access to free contraceptives, feminine hygiene products, pregnancy tests and information on safe and consensual sex. We look forward to the upcoming year, where participants will take part in a self-defense, women's empowerment fitness program bi-weekly! In addition, we are excited to have partnered with the Winnipeg Art Gallery's Art Reach Program and What a Nice Farm for Equine assisted learning!

Part of creating balance, means finding time in busy schedules to relax, and take some time to do something fun. We have taken the time to incorporate "joy in recovery" at least once a month. This has included holiday parties,

Recovery, and Recovery

decorating ornaments, making collages and vision boards, movie days, painting mason jars, beading, wrapping eagle feathers and making earrings, pizza parties and celebrating participant milestones. Participants are encouraged to bring their children to these days to help repair the bond between moms and children involved in the CFS system and reunite families. Over Christmas in 2021, each participant received a “self-care package” which included bath bombs, fuzzy socks, candles, face-masks and more. Each child was given an ornament decorating kit, that they could do together with mom.

As many of the women in these programs are involved with systems such as EIA, CFS and the criminal justice system, special attention is given to advocacy. This includes advocating for our participants to receive funding for transportation to and from their program, working with CFS to increase visits and manage case plans to assist with reunification, integrating care with other agencies and working to ensure a warm hand-off when applicable. Character references and letters are often provided to participants involved with the courts or trying to secure housing. In some circumstances, counsellors attend court hearings as a support system for our participants. As needed, hampers with cleaning/kitchen supplies are given to participants moving out on their own.

Successes

- Sobriety milestones of 2-11 months, 1 year, 2 years, 3 years
- 10+ women have been reunified with their children, some having their files closed
- 10+ women have had increased visits with children involved with CFS
- 6 women have moved on from second-stage housing to third-stage housing
- 8 women have moved into their own apartments, some for the first time ever
- 4 women have gone back to school, to get a high-school diploma/GED
- 2 women have gone on to post-secondary school

Women's and Moms Cont.

- 10+ women have returned to the work force
- 2 women received reduced sentences or early parole
- Women coming out of their shell, and learning to advocate for themselves
- Women leaving abusive relationships and finding stable housing
- Women repairing relationships with family members, adult children and partners
- 3 participants have taken on volunteer positions, or have been hired by SRWC
- Several participants have graduated the program, and many have chosen to continue attending



Family fun at the annual picnic

Men's Continuing Recovery

Men's Continuing Recovery is our afternoon Men's Continuing Recovery Program for men who are at month sober from drugs and alcohol. The counselor responsible for the program attends with a former group member and does a presentation, to a number of residential programs such as AFM River Point, and our outreach staff, invites organizations such as the Mood Disorders, John Howard, and Credit Counseling to do a presentation at SRWC. The former Participant gives a testimonial to the residents of AFM about how SRWC helped them after leaving treatment. This program is ideal for any male identifying individuals who are leaving residential treatment, detox or custody.

Overview

The MCR group is made up of is a psychoeducational group counselling sessions. Educational topics whose content is written for men specifically like anger management and relapse prevention. Other crucial discussions include healthy relationships, boundaries, grief, sleep hygiene, the stages of change, self-compassion to name a few. Participants are also encouraged to openly discuss issues they chose. There is also at least one "joy in recovery" day per month. Participants select a movie while enjoying food, participate in a book club, pets have been brought to the office, and many other fun activities.

Sexual Health

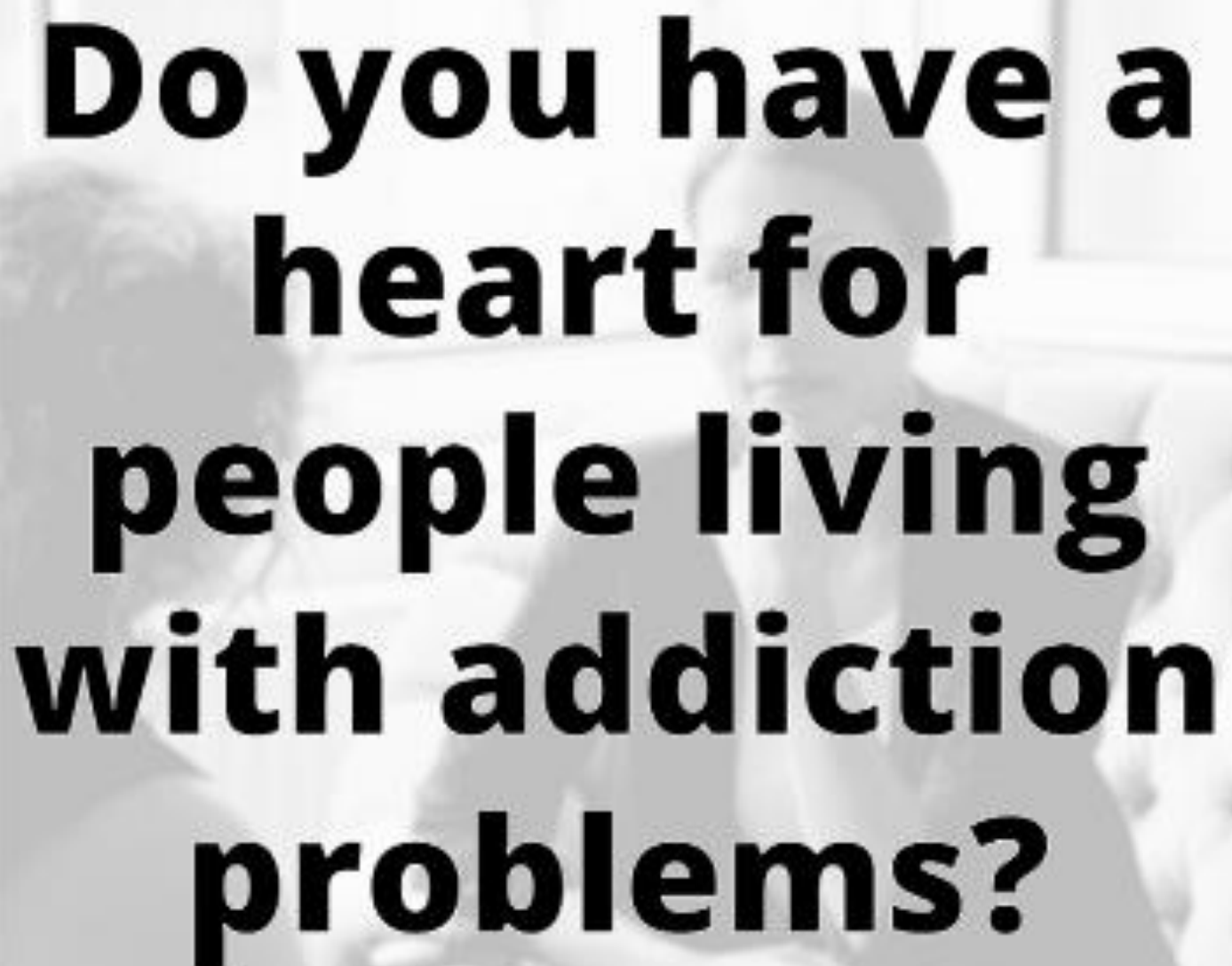
We have developed an interactive PowerPoint presentation on sexual health in recovery. SRWC engaged in a research project in 2017 that indicated that this issue was not addressed in the current counselling or Residential Programs, despite being an issue of concern and contributing to their vulnerability for relapse. The presentation is broken into two parts. The content of the first section is focused on improving sexual health. We defined sexual health using a positive sexual health approach as well discussing the negative messages that still exist in our society. The presentation defines the broad concept of human sexuality and discuss the importance of intimacy in relationships. The second part of the presentation is recovery-based sexual health education, discussing guidelines regarding sexual activity in addictions

Men's Recovery Cont.

recovery, in particular on the impact trauma, stress and other mental health conditions has on sexual drives. There is a critical discussion around sexual relationships, and issue that causes anxiety and stress for many of our participants –reengaging in the dating scene, and the fear of engaging in sexual relations sober

Successes

During the fiscal year I have had twelve Participants complete the MCR program. The majority of those men returned to work, some of them transferred to other programs at SRWC, or in the community. Many of the men are celebrating the longest period of sobriety they had experienced to date. Many participants engage in, or continue to receive support from the Self-Help community.



**Do you have a
heart for
people living
with addiction
problems?**

**Train to be a volunteer
Recovery Coach at SRWC**

Work Sober

Building a New Life for Recovery

Work Sober is designed to give people who have been sober for a while the skills and encouragement to reinforce and strengthen their sobriety. While the program was intended for people who were attending program while also working, up to 75% of the group in the last year has been people without jobs. The topics covered have really been expanded to meet the needs of the group.

Sessions are psychoeducational; a mix of therapeutic community building and learning skills. The facilitator also uses adult education philosophies and motivational interviewing to keep group members engaged and feeling valued. With more than a decade teaching these skills, this counsellor seeks to be more of a “guide on the side” than a “sage on the stage”.

The Relapse Prevention workbooks developed for this program serve as a thorough exploration and application of 1. Understanding What Relapse Is (and isn't), 2. Knowing the Warning Signs, 3. Knowing and Managing your Triggers and Cravings, and 4. Putting it All Together: Planning for Success.

In order to offer the most up-to-date financial planning resources, we invited a Financial Educator from the **Credit Counselling Society** to teach 3 sessions to the group: Making Cent\$ of Money: Budgeting 101, Debt Solutions, and The Truth About Credit. The Educator was able to answer all the Pars questions about their individual financial situations, and every Par said they found a lot of value in the teachings, and were putting them into action.

Other topics included:

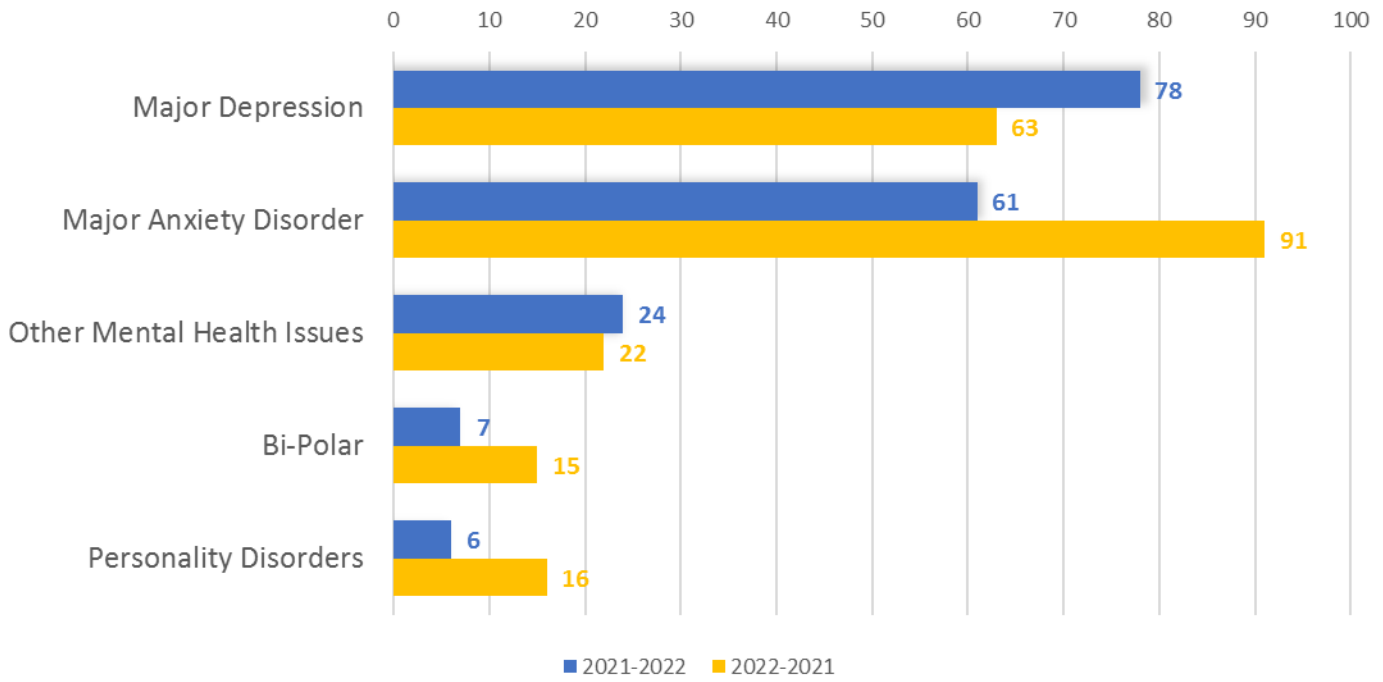
- Dealing with Boredom
- Forgiving Ourselves and Others
- Holiday Season Sane and Sober
- Grief and Loss in Recovery
- Healthy Eating Choices
- Improving Self Esteem
- Job Search Tools*
- Keeping Work Life Balance When Working from Home
- Love Language in Family Relationships
- Setting Healthy Boundaries
- Practicing Good Sleep Hygiene
- Using Assertive Communication

Successes

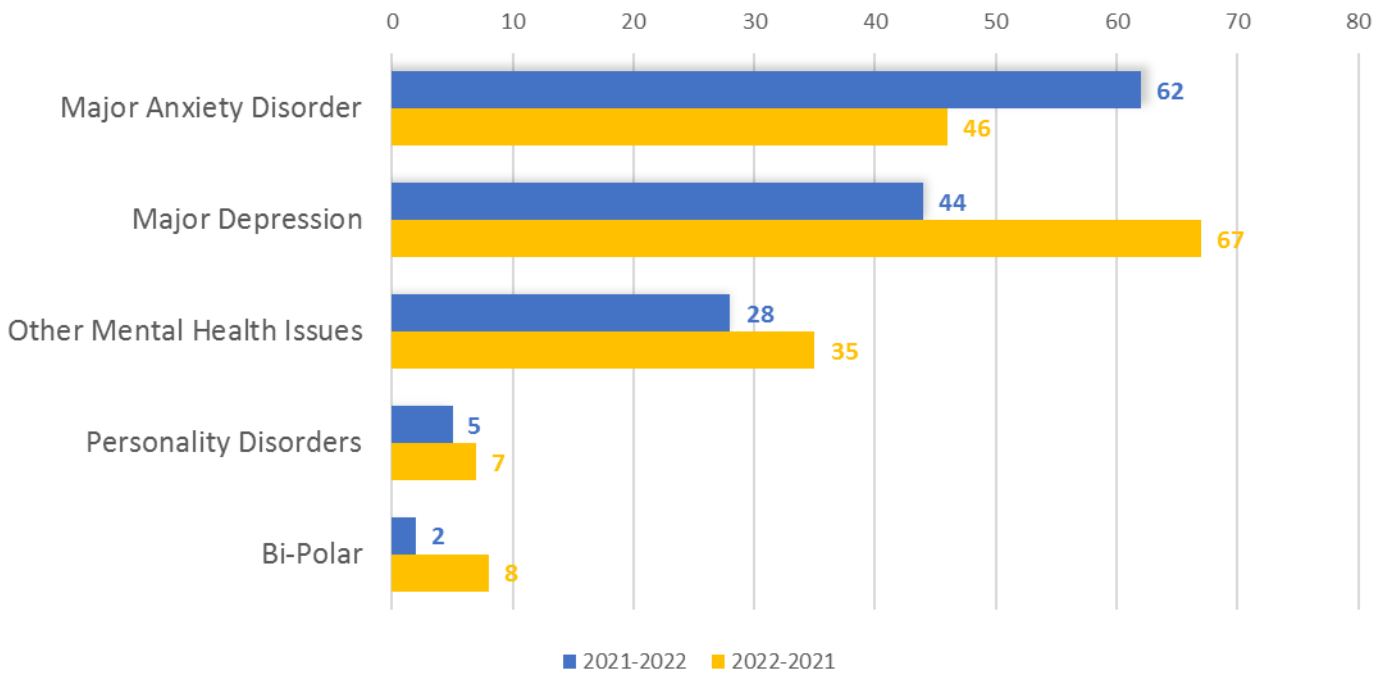
- * Every Person who completed the Job Search Tools module found work within a month.
- Par dealing with unhealthy work environment, but also working for a friend. Par used assertive communication skills learned in group to leave her job in a way that was direct but also didn't "burn any bridges".
- After Par was helped with new schooling resources, Par left the meeting hopeful and optimistic. They were so happy they stopped in at two other co-workers' desks to share their excitement.
- Par's father went through several health scares. Par was able to debrief with the group and received encouragement of empathy here. Par said this made her family's situation much more manageable.
- Par who struggled to find safe housing has moved to a dependable home. Par is also back on disability and new medication for their mental health challenges, which allows them to be more engaged and productive.
- Par whose Dad is dying from cancer has been able to attend most sessions as a reprieve from family stress. Par has stayed present with his family through the event, and is modelling healthy grieving.
- Par who was dealing with significant life events including health issues, paternity suits, and outstanding criminal charges--all of which they acknowledge would have been a huge trigger to use, except for the skills and learning they had from group.
- Par had no relationship with young son for 7 years. After making changes to their recovery, and receiving specialized counselling, Par is eligible to see their son again.
- Par dealing with car crash, miscarriage and risk of suicide is now stable and at home after having intense individual sessions several times a week.

Data Visualization

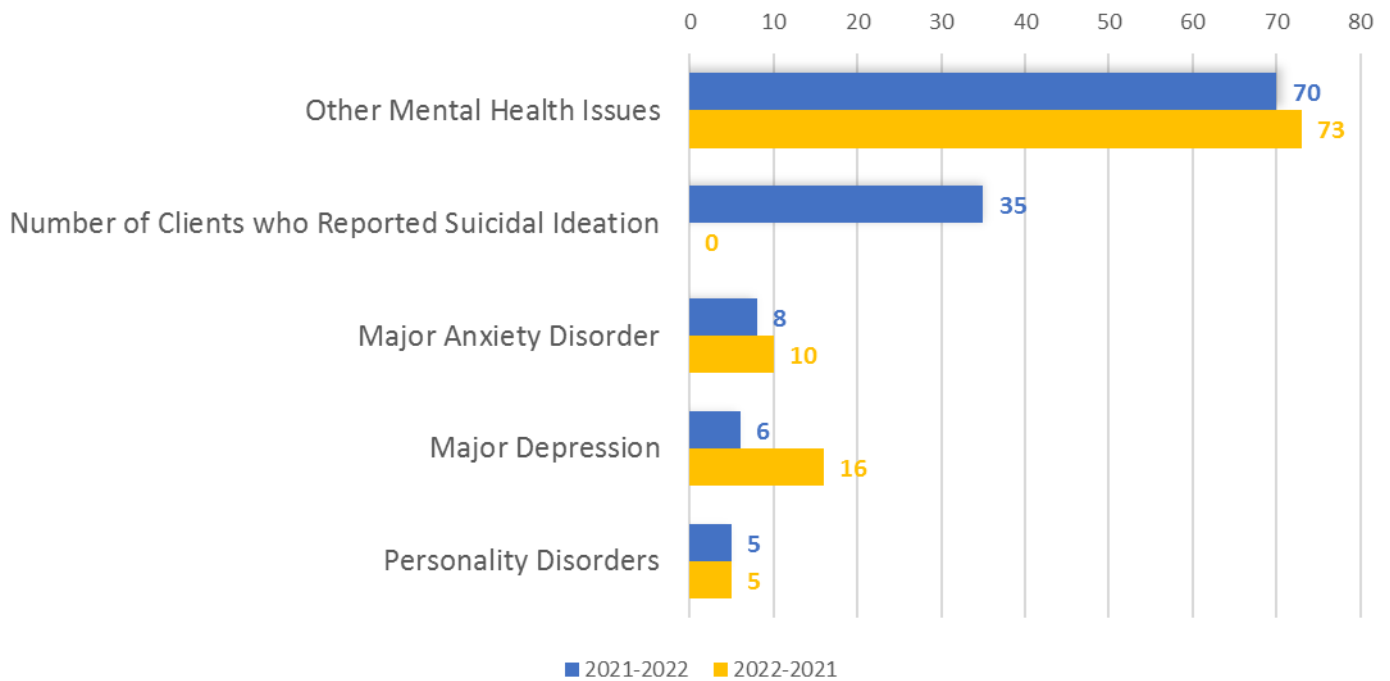
PRIMARY MENTAL HEALTH ISSUES



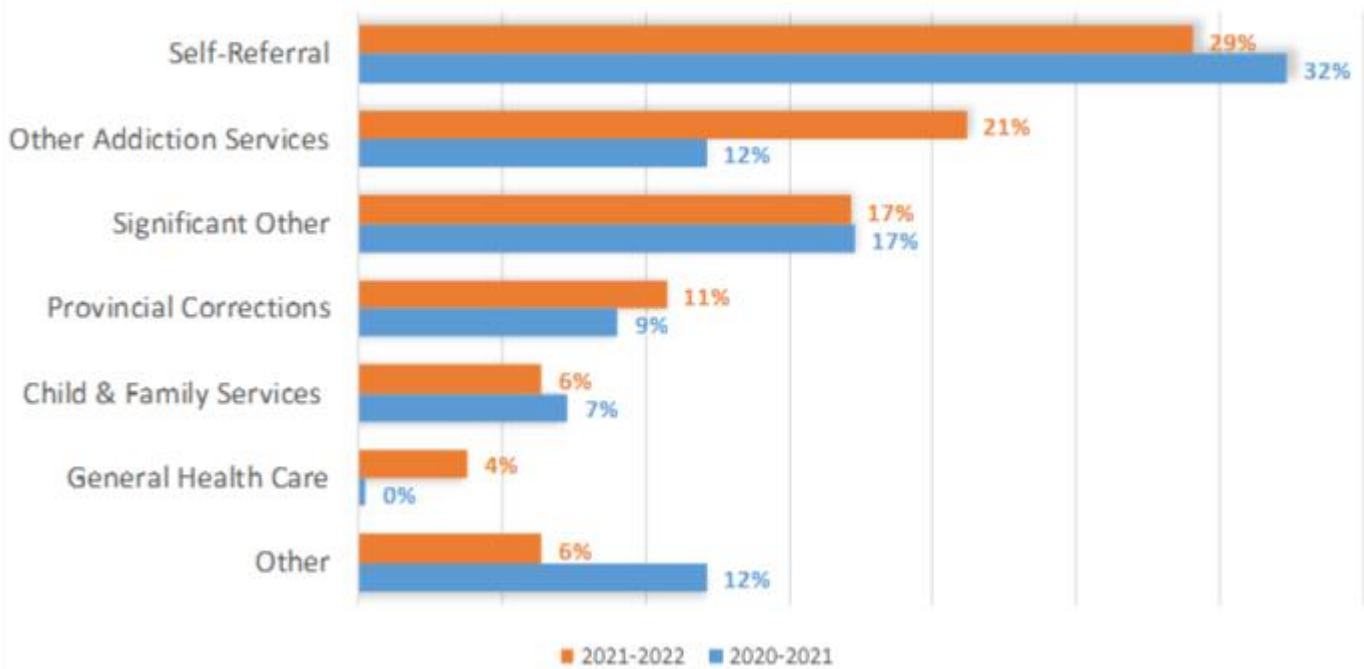
SECONDARY MENTAL HEALTH ISSUES



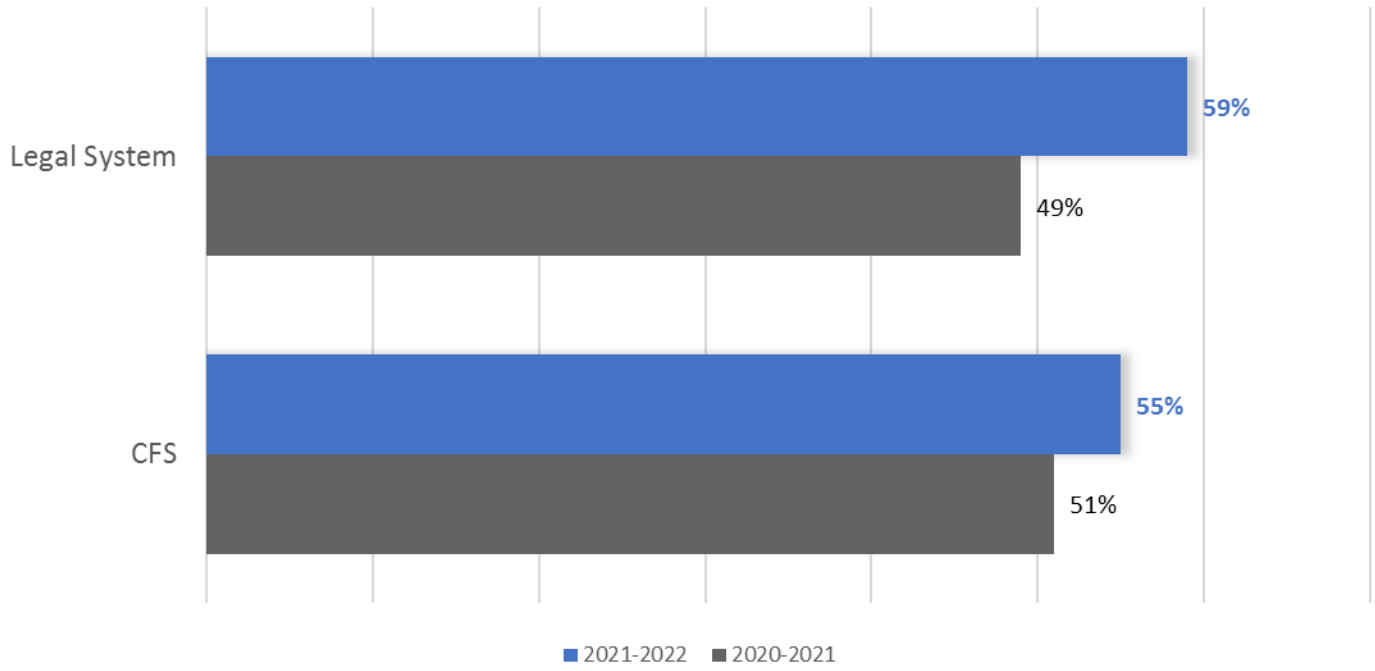
TERTIARY MENTAL HEALTH ISSUES



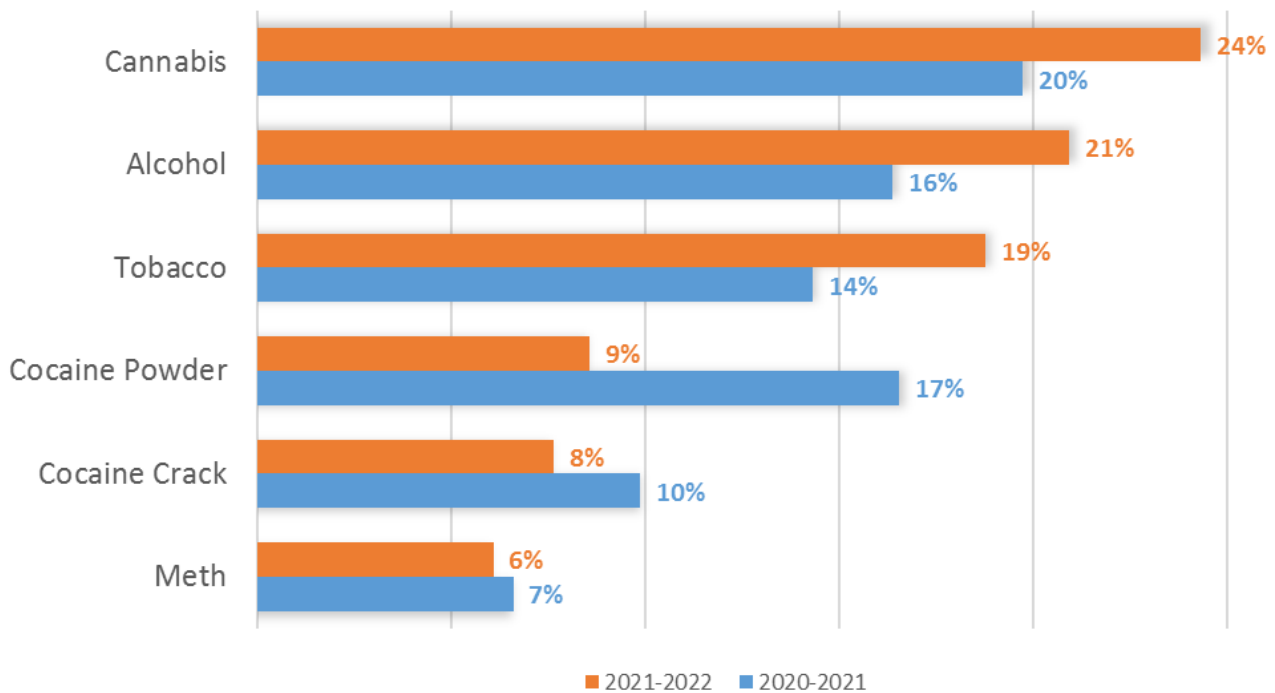
REFERRAL SOURCE (SELF-REPORTED)



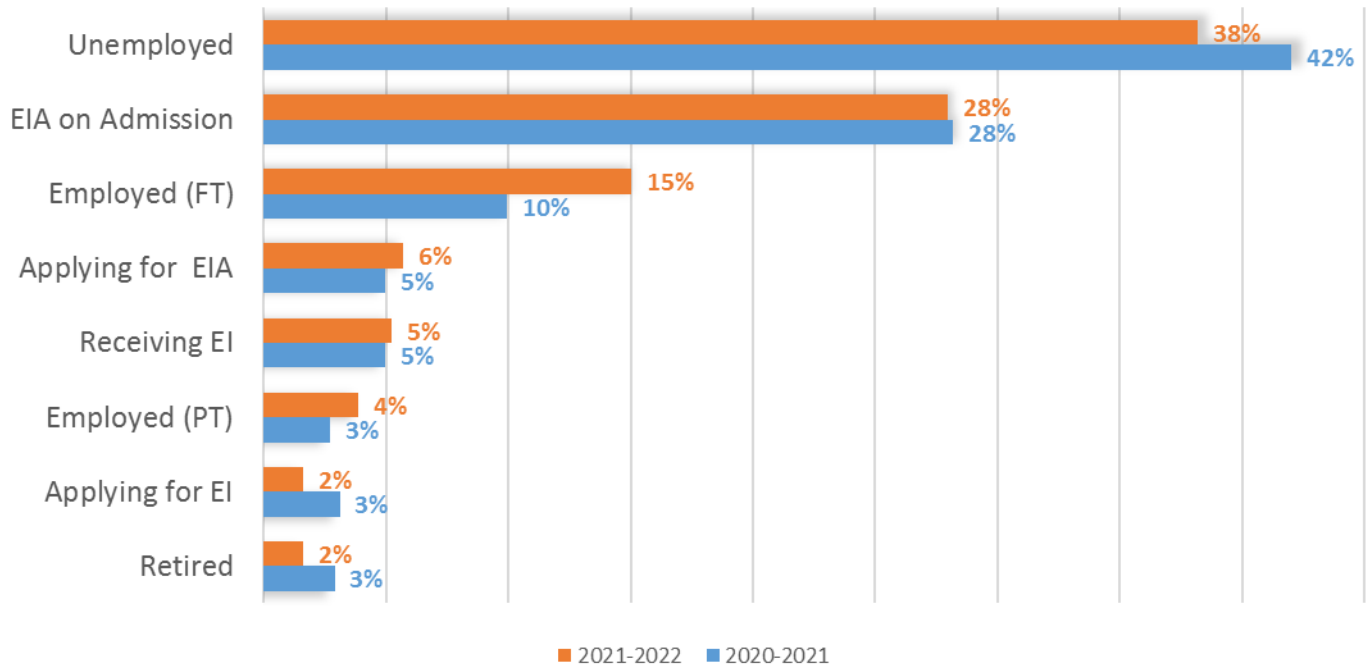
PARS INVOLVED WITH OTHER SYSTEMS



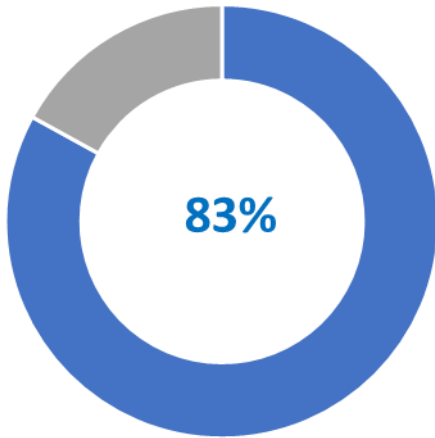
REPORTED DRUG USE IN LAST YEAR AT INTAKE



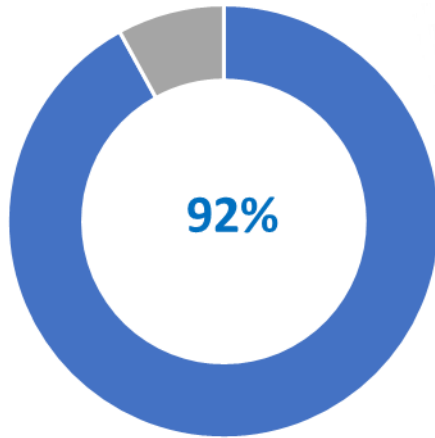
INCOME SOURCE AT INTAKE



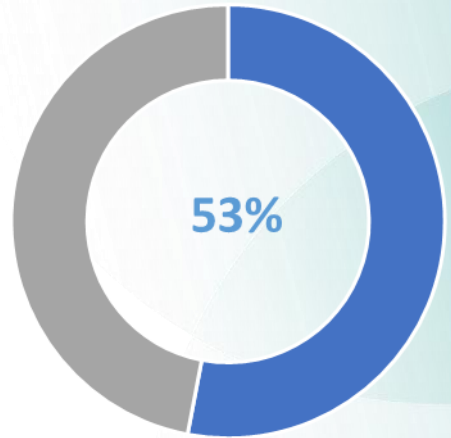
Moms in Recovery



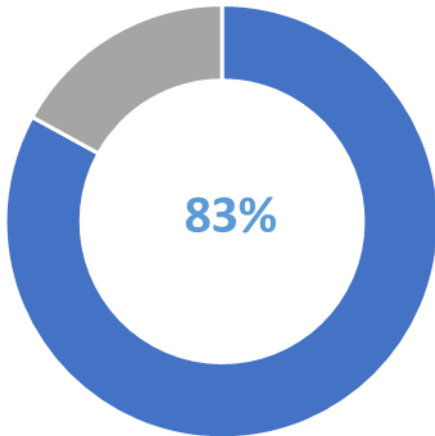
Women's Continuing



Access

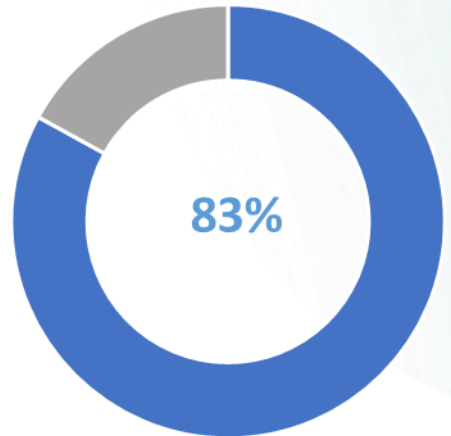


Exploring Options

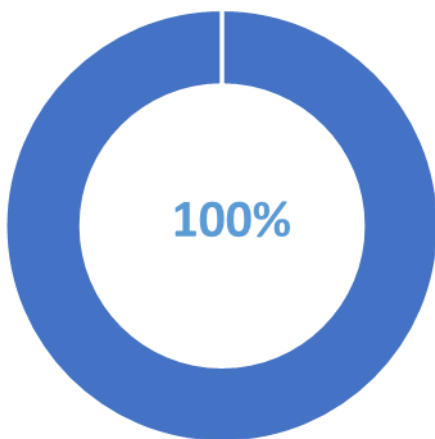


**Program
Completion
Rates**

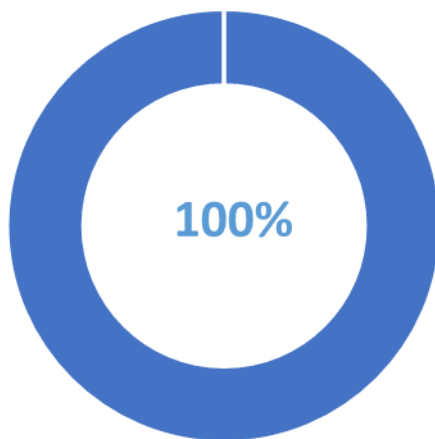
Individual



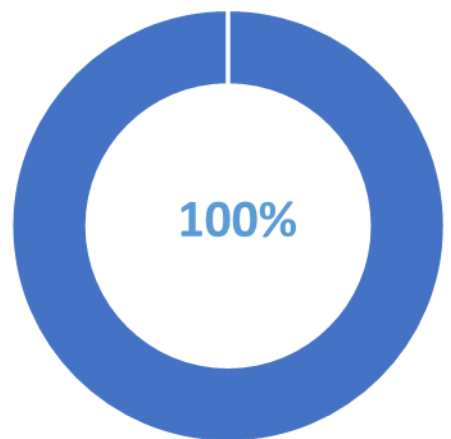
Work Sober



Family Program



Men's Continuing



BUSINESS REPORT 2021-22

Manitoba 

THE
WINNIPEG
FOUNDATION 



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Gord, Eddie, and a bullwhip

**ST. RAPHAEL WELLNESS CENTRE
ANNUAL GENERAL MEETING
OCTOBER 28, 2021 5:00PM – 7:00PM**

Board Attendance: Karen Burwash, Doug Meacham, Kristy Rocchio (in person)

Zenon Lisakowski, Carmyn Pepler, Tamara Edkins, Paul Tascona, Charlotte Nolan
(by ZOOM)

Dr. G. Les Ulyot proxy given to Colleen Allan (Oct 28, 2021)

Item #

- | | | |
|----|---|------------------------------------|
| 1. | Dinner
Welcome | Chair – Karen Burwash |
| 2. | <u>Approval of the Agenda</u>
Motion: Approval of the Agenda
Moved by: Carmyn Pepler
Seconded by: Kristy Rocchio
Carried | Karen Burwash |
| 3. | <u>Approval of the 2019-2020 AGM Minutes</u>
Motion: Approval of 2019/2020 AGM minutes
Moved by: Tamara Edkins
Seconded by: Doug Meacham
Carried | Karen Burwash |
| 4. | <u>Discussion of the 2020/2021 Auditor's Report</u> | Karen Burwash |
| 5. | <u>Program Reports</u> | Executive Director - Colleen Allan |
| | a) Reception | Cynthia Demczyszak |
| | b) Intake and Assessment | Matthew Hodgins |
| | c) Access/Exploring Options | Hannah Thiessen - Intro Janice W. |
| | d) WCR/Moms | Colleen Allan/Vanessa Mernett |
| | e) MCR | Matthew Hodgins |
| | f) Work Sober | Gord Pratt - Intro Camille A. |
| | g) Family Program | Phil Collins - Intro Michelle D. |

6. **Approval of Board Nominations and Ratifications** Karen Burwash
Motion: Acceptance of Board Nominations and Ratifications:
- Kristy Rocchio
- Charlotte Nolan
- Paul Tascona
Moved by: Doug Meacham
Seconded by: Carmyn Pepler
Carried
7. **Approval of 2020/2021 AGM Report** Karen Burwash
Motion: To approve the 2020/2021 AGM Report
Moved by: Zenon Lisakowski
Seconded by: Tamara Edkins
Carried
8. **Motion to Adjourn** Karen Burwash
Moved by: Charlotte Nolan
Carried

Adjourned 6:08 pm

Karen Burwash, Board Chairperson

ST. RAPHAEL WELLNESS CENTRE
Financial Statements
Year Ended March 31, 2022



INDEPENDENT AUDITORS' REPORT

To the Members of St. Raphael Wellness Centre

Qualified Opinion

We have audited the financial statements of St. Raphael Wellness Centre (the Organization), which comprise the statement of financial position as at March 31, 2022, and the statements of revenues and expenses, changes in net assets and cash flows for the year then ended, and notes to the financial statements, including a summary of significant accounting policies.

In our opinion, except for the possible effects of the matter described in the *Basis for Qualified Opinion* section of our report, the accompanying financial statements present fairly, in all material respects, the financial position of the Organization as at March 31, 2022, 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

In common with many not-for-profit organizations, the Organization derives revenue from fundraising activities the completeness of which is not susceptible to satisfactory audit verification. Accordingly, verification of these revenues was limited to the amounts recorded in the records of the Organization. Therefore, we were not able to determine whether any adjustments might be necessary to fundraising revenue, excess of revenues over expenses, and cash flows from operations for the year ended March 31, 2022, current assets and net assets as at March 31, 2022. Our audit opinion on the financial statements for the year ended March 31, 2022, was modified accordingly because of the possible effects of this limitation of scope.

We conducted our audit in accordance with Canadian generally accepted auditing standards. Our responsibilities under those standards are further described in the *Auditors' Responsibilities for the Audit of the Financial Statements* section of our report. We are independent of the Organization in accordance with the ethical requirements that are relevant to our audit of the financial statements in Canada, and we have fulfilled our other ethical responsibilities in accordance with those requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our qualified audit opinion.

Information Other than the Financial Statements and Auditors' Report Thereon

Management is responsible for the other information. The other information comprises the financial information included in the annual report, including the financial statements and our auditors' report thereon. The annual report is expected to be made available to us after the date of this auditors' report.

Our opinion on the financial statements does not cover the other information and we will not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information identified above when it becomes available and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit, or otherwise appears to be materially misstated. When we read the annual report, if we conclude that there is a material misstatement therein, we are required to communicate the matter to those charged with governance.

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 Organization's ability to continue as a going concern, disclosing, as applicable, matters relating to going concern and using the going concern basis of accounting unless management either intends to liquidate the Organization or to cease operations, or has no realistic alternative but to do so.

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

Auditors' Responsibilities for the Audit of the Financial Statements

Our 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 auditors' report that includes our 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, we exercise professional judgment and maintain professional skepticism throughout the audit. We 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 our 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 Organization'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 Organization's ability to continue as a going concern. If we conclude that a material uncertainty exists, we are required to draw attention in our auditors' report to the related disclosures in the financial statements or, if such disclosures are inadequate, to modify our opinion. Our conclusions are based on the audit evidence obtained up to the date of our auditors' report. However, future events or conditions may cause the Organization 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.

We 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 we identify during our audit.

Exchange

Chartered Professional Accountants LLP
Winnipeg, Manitoba
October 31, 2022

ST. RAPHAEL WELLNESS CENTRE

Statement of Financial Position

March 31, 2022

	2022	2021
ASSETS		
CURRENT		
Cash - unrestricted	\$ 290,309	\$ 147,360
Accounts receivable	14,459	25,286
Goods and services tax recoverable	-	1,793
Prepaid expenses	865	851
	<u>305,633</u>	<u>175,290</u>
CASH - RESTRICTED (Note 4)	25,215	25,195
CAPITAL ASSETS (Notes 2, 6)	5,608	7,205
	<u>\$ 336,456</u>	<u>\$ 207,690</u>
LIABILITIES		
CURRENT		
Accounts payable and accrued liabilities	\$ 27,243	\$ 31,312
Goods and services tax payable	59	-
Employee deductions payable	8,661	8,952
	<u>35,963</u>	<u>40,264</u>
DEFERRED MOMS TO BE PROGRAM (Notes 2, 4)	130,406	68,021
DEFERRED HOME AND FASHION CENTRE PROJECT (Note 2)	-	14,017
DEFERRED POST RECOVERY MANAGEMENT PROGRAM (Notes 2, 4)	4,721	4,721
DEFERRED CAPITAL CONTRIBUTIONS (Notes 2, 7)	1,190	1,512
	<u>172,280</u>	<u>128,535</u>
NET ASSETS		
Development Fund (Note 4)	20,741	20,718
General Assistance Fund (Note 4)	10,188	10,177
General Operations	133,247	48,260
	<u>164,176</u>	<u>79,155</u>
	<u>\$ 336,456</u>	<u>\$ 207,690</u>

ON BEHALF OF THE BOARD


Director


Director

See notes to financial statements

ST. RAPHAEL WELLNESS CENTRE
Statement of Revenues and Expenses
Year Ended March 31, 2022

	Development Fund 2022	General Assistance Fund 2022	General Operations 2022	Total 2022	Total 2021
REVENUE					
Province of Manitoba operating grants	\$ -	\$ -	\$ 341,600	\$ 341,600	\$ 341,600
Family Program	-	-	56,397	56,397	52,599
Moms To Be program (Note 2)	-	-	55,442	55,442	66,016
Evening Recovery Program	-	-	46,067	46,067	36,156
Winnipeg Foundation Sustainability Grant	-	-	40,000	40,000	50,000
Fees for service	-	-	33,135	33,135	33,274
Emergency Grant	-	-	18,789	18,789	20,000
Donations (Note 8)	-	-	18,397	18,397	9,531
Home & Fashion centre project	-	-	14,017	14,017	-
Recovery day revenue	-	-	4,000	4,000	9,160
Interest income	23	11	555	589	330
Recognition of deferred capital contributions (Notes 2, 7)	-	-	323	323	414
Miscellaneous income	-	-	317	317	1,142
Community Outreach Program	-	-	-	-	4,243
	23	11	629,039	629,073	624,465
EXPENSES					
Advertising and promotion	-	-	7,770	7,770	9,429
Amortization	-	-	1,599	1,599	2,081
Bad debts	-	-	7,460	7,460	3,350
Board expenses	-	-	814	814	367
Dues, fees and licenses	-	-	1,837	1,837	1,685
Equipment	-	-	768	768	586
Evaluation	-	-	7,000	7,000	10,000
Insurance	-	-	5,177	5,177	5,022
Interest and bank charges	-	-	1,471	1,471	1,299
Miscellaneous	-	-	1,209	1,209	674
Office	-	-	13,244	13,244	10,218
Other programs	-	-	3,776	3,776	4,454
Professional fees	-	-	5,506	5,506	4,909

(continues)

See notes to financial statements

ST. RAPHAEL WELLNESS CENTRE

Statement of Revenues and Expenses (continued)

Year Ended March 31, 2022

	Development Fund 2022	General Assistance Fund 2022	General Operations 2022	Total 2022	Total 2021
Recovery Day expenses	-	-	3,938	3,938	5,615
Rent (Note 9)	-	-	58,873	58,873	57,437
Repairs and maintenance	-	-	5,348	5,348	4,526
Supplies	-	-	1,772	1,772	1,728
Telephone	-	-	2,762	2,762	4,174
Training	-	-	2,819	2,819	2,230
Travel	-	-	975	975	80
Wages and employee benefits	-	-	409,934	409,934	392,651
	-	-	544,052	544,052	522,515
EXCESS OF REVENUE OVER EXPENSES	\$ 23	\$ 11	\$ 84,987	\$ 85,021	\$ 101,950



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