



The Marguerite Centre



Annual Impact Report

2016-17



Mission Statement

The Marguerite Centre fosters a healthier society by supporting women recovering from addiction through a long-term residential program focusing on the healing of mind, body and spirit.



A message from our Chair

At this time of year it is helpful to reflect on why the Marguerite Centre is so important to our community. The Centre supports so many women in taking the courageous step to face one of the most difficult challenges of our modern time- addiction. A woman who struggles with addiction feels the stigma of her burden everyday, and the life changes needed to move forward may seem almost insurmountable. This is where the Marguerite Centre and its staff make the difference. Weekly, there seems to be increasing support in the literature for the importance of residential homes in the battle on addiction. And the Marguerite Centre is the only such place open for many NS women.

During this past year, it was wonderful to realize the strong and augmented support of the Department of Health. For the first time since the Centre opened 15 years ago, the funding received from the Department of Health matched the funding awarded to every other recovery house in Nova Scotia. This allowed for sustainable program delivery and long-term planning. Our energies were able to focus on the governance of the Centre and not on day to day survival.

One of our victories included the successful submission to the Status of Women Canada for the “Home For Good” project. The project will be examining possible reasons for return to a previously harmful lifestyle after successfully completing long term supportive programming. This will be in partnership with 3 other woman-centred agencies.

We have been fortunate to continue with many supportive community partnerships. Financially, our long term supporters are the Department of Health and Wellness, the Congregation of Notre Dame, United Way and the Fleming Family Foundation. We also continue to maintain a close relationship with Corrections Canada. Many other community groups continue to support the Centre throughout the year. The Centre could not exist without this strong local support!



We are continually reaching out to foster new and existing relationships. Angus Bonnyman organized our spring fundraiser and networking event for the second year running. A new partnership with marketing firm Arrivals-Departures will produce a fall campaign to increase the community awareness of the Marguerite Centre and to improve our story-telling capacity.

We are in a good place in our 15th year of operation. Thank you to all that have worked so hard to get the Centre to where it is today. Specifically I would like to thank Sr Evelyn Williams who is stepping down from the board after being part of the original team that established the Centre. Sr Mary Morris, who was also part of the original “Dream Team”, is stepping down from the role of Secretary after 15 years. These two are truly remarkable women who have changed so many lives through their perseverance and courage! I would also like to recognize board members Angela Rafuse and Betty Johnson, who will be leaving their positions on our board.

In closing, I want to recognize the staff at the Centre who are so very dedicated and achieve so much with the resources they have. They are why we are so successful. It is our job as the board of directors to assist them in their continuing efforts to help Nova Scotia Women who are struggling with addiction. We also must ensure that the need is known in the community. Society, as a whole, needs to recognize the importance of financial and social support to agencies such as the Marguerite Centre and how organizations like ours impact the lives of so many in our province.

Sincerely,

Natalie Morris

Chair of the Marguerite Centre Board



A message from our Executive Director

2016-17 was a great year for The Marguerite Centre. After receiving augmented support from the Department of Health and Wellness, we were able to go about the day to day operations of the Centre without the worries we had in the past years of being fiscally challenged. This had a direct impact on the atmosphere for the staff! It is always exciting to work with such a dedicated and talented group of individuals.

Utilizing the new Strategic Plan as a guide, we re-launched our website with a new design which has received much positive feedback. We have also launched an e-newsletter for communication which enables us to share with our supporters news and new initiatives that we embark on during the year. It has also increased our web traffic and we have seen a uptake in online giving.

We have been able to sustain increased occupancy over the year and it is lovely to walk through the house and interact with so many different personalities! Many thanks go out to our talented staff team who have managed this large group with all of its trials and tribulations with grace and professionalism.

Next year will be another exciting adventure for us. Utilizing our new strategic plan, we will be moving forward with our board development and explore the accreditation process.

I want to thank the board for their support throughout this year and to the staff for their enthusiasm, their professionalism and their suggestions on how we can continue to do better. I also wanted to thank our donors – your support enables us to continue to be the place “where life begins again”.

Lisa Mullin,
Executive Director



Testimonials

“I was always the black sheep. Then I came to The Marguerite Centre and found the rest of my herd.” - (CH, resident 2017)



“I came to The Marguerite Centre completely broken and full of self hatred. Wanting to just exist and not live, my beliefs system was solely based on lies and self survival. I lived life on a roller coaster of emotions with buried bitterness. The Marguerite Centre has opened my eyes to light and slowly, patiently pulled me out of my hole. I now walk with confidence and gratitude that I gained from the countless staff and residents whom I consider my sisters in recovery.” – (CH, resident 2017)

“Before my stay with The Marguerite Centre I had hit my rock bottom. My life was unmanageable. My drug abuse landed me a nice stay at a federal institution. I had never really wanted to commit to a long term treatment centre, being scared to change, but my perception changed quickly. This facility was willing to come the distance to meet me in person, interview me, as well as openly offer me a new chance to a new life. This place has given me so many gifts. I have become more honest, open and willing to change. The connections I have made with the other residents are for a lifetime. I am proud to call them my sisters! I am now able to be vulnerable and show my true self, process trauma from my past and expose my feelings of shame and pain. I am not embarrassed of who I am today. With the tools that I have learned, I am confident in who I am. I would not be where I am if I was not offered this gift of recovery. I am so grateful for the new outlook on my life. This has been a huge spiritual awakening. Thank you, Marguerite Centre for freeing me from my addiction.” – AH, resident 2017

“Before my addiction I was in a very abusive relationship for many years. This led to a low self esteem and low self worth, and a mental break down. Then the loss of my children. I found my substance of choice and abused it for 10+ years, also self harming. Making many choices I am not proud of and creating guilt and shame on top of an already worthless and hopeless self perception. I hit bottom, not wanting to go on but not knowing how to ask for help or where to start. My daughter looked up “rehab” for me and came across The Marguerite Centre. After coming in to needs assessment I had a ray of HOPE! Since being here I’m learning to open up and feel my emotions, talk about my guilt, grief, and shame. Not only do I have hope and faith, my kids, mom & dad, and boyfriend do too! I am proud of myself for coming here, staying here and am looking forward to my year here healing.” – (CW, resident 2017)



Methadone Inclusion Pilot Project

We proposed to examine if long term, residential supports like those provided at The Marguerite Centre would:

- Increase the likelihood that a woman would connect with community resources
- Secure safe and stable housing
- Increase her ability to manage her own health – thereby reducing the amount of exposure to the acute health care system and/or housing shelter programs
- Increase a woman's exposure to Addiction Education & Relapse prevention
- Increase her employability or education
- Increase her perceived state of well-being
- To explore this claim, we committed 2 beds for 12 months.

What we learned:

- *“Methadone is an oral long-acting synthetic opioid that effectively treats opioid dependence. It is primarily a ‘mu’ opioid receptor agonist, and when administered in an appropriate dose, it will prevent opioid withdrawal, reduce opioid craving and block the euphoric effects of other opioids without producing euphoria or sedation. This enables patients to function normally (ie, without impairment), and experience normal pain and emotional responses.”* - CPSNS Methadone Maintenance Treatment Handbook – College of Physicians and Surgeons of Nova Scotia, May 2012
- *“Although methadone alone is an effective treatment of opioid dependency, outcomes with MMT are improved with the addition of addiction counseling and support services.”* - CPSNS Methadone Maintenance Treatment Handbook – College of Physicians and Surgeons of Nova Scotia, May 2012
- Currently, there is no long-term, residential facility that will provide addictions recovery support for women receiving methadone

Other observed results:

- Both participants were considered “stabilized” prior to their admission. This meant that their doses of methadone were consistent for at least 3 weeks prior to admission, and they were feeling well.
- Neither participant behaved inappropriately during class time – no overtired dozing, no excess fidgeting, and their reactions and emotions were appropriate to the subject material.
- Other class participants were not triggered by the contributions of the participants during group sessions.
- Communal living occurred with no disruptions.
- No negative feedback from other residents that the presence of the two participants was triggering.



MIPP Statistical Findings

	Age	Drug Screen	Family Doc	Mental Health - In	Mental Health - Exit	Referral to Spec. Care	Addiction Ed/Relap Prevent.
Participant #1	29	Yes	Yes	No	No	No	Yes
Participant #2	38	Yes	Yes	No	No	No	Yes

	Increase Employ-ability	Safe Housing - Discharge	Planned Discharge Y/N	Perceived Well Being In (1-10)	Perceived Well Being Exit (1-10)
Participant #1	Yes	Yes	Yes	3	9
Participant #2	Yes	Yes	No	3	8



Volunteers

Building a volunteer base is an ongoing process. Currently we enjoy volunteer services through many facets:

- Board members (includes regular monthly meetings and sub-committee work)
- Drivers (transporting residents to community support group meetings, eg. AA and GA, resident appointments, eg. medical, legal, etc.)
- Provision of holistic services (yoga, Reiki, hiking, massage therapy, jewelry making.)
- Program facilitation (sessions on Financial planning, Personal Safety, Nutrition and spirituality)
- Office work (assistance with answering phone, filing, photocopying)
- Donation collection, organization and distribution
- Emergency assistance (transporting residents required to go to hospital for medical emergencies)
- Additional individual supportive sessions with residents, as needed

The Centre was very fortunate to benefit from a Day of Caring, as organized through the United Way. A variety of jobs including gardening, and yard work were accomplished through the efforts of employees with Bell Aliant.

We also hosted the staff of Mercer Canada who used their half-day volunteer day to refresh some of our paint inside the Centre.



Special Events



- Hep C Awareness Day – Halifax – we continued to provide a presence at the Native Friendship Centre with a booth at the annual Hep C Awareness Day in May each year.
- United Way Kickoff events – Halifax/Dartmouth – we participate each year with a booth at each of the Dept. of National Defense kick-off events.
- Charting our Course to a Sustainable Future was our 2016 spring networking event. It was here that we showcased our new strategic plan to our supporters.
- The Floatation Centre in Halifax celebrated their 1st Birthday by holding a birthday party and collecting donations for The Marguerite Centre. We were able to participate with our marketing materials and attend the party and network with all of their friends and family. Happy Birthday, Floatation Centre!
- “How do I love thee” the Elizabeth Barrett Browning story – a play put on by Angels & Heroes Theatre Company at the Bus Stop Theatre September 30 – October 9, 2016. We were able to display in the lobby for the entire run of the show and donations were collected. We hosted a town hall style information session in the middle of the week and were pleased to answer the questions from community members on The Marguerite Centre and the issue of women’s addiction.
- We were chosen by the Nova Scotia Insurance Women’s Association as their charity of choice for three years beginning in 2016. We were invited to speak to the members to raise awareness and deepen their understanding of women’s addiction issues in Nova Scotia.



Statistical Findings

Applicant Information

Number of applications: 92

Number of Interviews: 67

Total number of new admissions during year: 23

Occupancy

Average occupancy rate: 88.04%.

Resident who stayed less than 15 days: 3

Number residents over the entire Fiscal Year 32

Number of planned departures 9

As of April 1, 2017 there were 10 residents at the Centre.

Place of origin

The demographics of our clientele continue to hail from outside the HRM (Halifax Regional Municipality). The breakdown regarding the place of origin is as follows: HRM – 13; Valley – 1; South Shore – 4; New Glasgow – 6; Cape Breton – 3; Out of Province – 3.

Age of residents

As The Marguerite Centre is an adult facility, the age requirement for admission is 19 years. This past year the age of our residents has been more consistent with a more even spread across the age spectrum. The break down in age at admission is: 19-29 years – 11 30-39 years – 8 40-49 years – 5 50-59 years – 5 60+ - 1

The youngest resident during this fiscal period was 21 and the oldest was 65.

Type of addiction

Alcohol and opiates were the most prevalent primary addiction this fiscal year. At the time of admission, the primary substance of choice is listed as: Alcohol – 15 Cocaine: 1 Opiates - 14 Methamphetamine – 2 Cannabis – 0

Payment of Services

There continues to be a majority of clients on income assistance. Of the 30 residents during this fiscal year, 22 were paid through the Department of Community Services, 3 from the Correction Services Canada, and 7 were self-pay.



Personnel

Total of 8 personnel on staff

- 1 Executive Director
- 1 Program and Resident Coordinator
- 1 full time Team Lead
- 1 full time Case Manager
- 4 Relief Support Workers

During FY 2016-17 – there was 1 retirement (Outreach Coordinator).

During FY 2016-17 – we had 3 of our staff grow professionally and move on to positions with other agencies.

During FY 2015-16 – 3 staff members were added to the relief roster.



A message from our Treasurer

In my first year in the role of Treasurer, I was delighted to see that the traction we gained at the end of last fiscal year continued throughout fiscal 2017. Here are a few highlights from this year:

- The hard work and dedication by our Executive Director and Board in creating awareness around the issue of parity in funding for programs supporting woman versus programs supporting men paid off with a one-time payment of \$90,000 received from the Department of Health and Wellness.
- We continue to see an increasing trend in the level of donations being received, and have exceeded budget by approximately \$35,000 this year. As a Board, we recognize the vital importance of continuing to build awareness of the Centre in our community, and have made this a strategic priority moving forward.
- The Centre's staff continue to do a great job at managing the administrative and residence operations costs, while maintaining the quality of program delivery.
- We ended the year with a surplus of approximately \$83,000. These funds will be parked in our reserve fund, and will be used going forward in advancing our Strategic Plan.

I would like to take this opportunity to thank our supporters, volunteers, and staff – without your support and efforts the Centre could not continue to provide these highly important services to our friends, our families, and our community.

Respectfully,
Angela Rafuse, CPA, CA

THE SOCIETY FOR WOMEN HEALING FROM ADDICTIONS AND ABUSE
(Operating as The Marguerite Centre)
Statement of Financial Position
March 31, 2017

	2017	2016
ASSETS (Note 4)		
CURRENT		
Cash	\$ 149,504	\$ 11,586
Term deposits	-	40,000
Accounts receivable	6,344	-
Harmonized sales tax recoverable	1,350	2,834
	<u>157,198</u>	<u>54,420</u>
CAPITAL ASSETS (Note 3)	<u>427,809</u>	<u>440,492</u>
	<u>\$ 585,007</u>	<u>\$ 494,912</u>
LIABILITIES AND NET ASSETS		
CURRENT		
Accounts payable and accrued liabilities	\$ 16,543	\$ 13,789
Deferred revenue	30,765	14,830
	<u>47,308</u>	<u>28,619</u>
DEFERRED GOVERNMENT ASSISTANCE	<u>297,481</u>	<u>309,325</u>
	<u>344,789</u>	<u>337,944</u>
NET ASSETS		
Invested in capital assets	130,330	131,168
Operating reserve (Note 5)	109,888	25,800
	<u>240,218</u>	<u>156,968</u>
	<u>\$ 585,007</u>	<u>\$ 494,912</u>

THE SOCIETY FOR WOMEN HEALING FROM ADDICTIONS AND ABUSE
(Operating as The Marguerite Centre)
Statement of Revenues and Expenditures
Year Ended March 31, 2017

	Budget 2017	Total 2017	Total 2016
REVENUES			
Department of Health and Wellness	\$ 174,312	\$ 264,310	\$ 214,310
Donations	55,000	90,509	159,989
Room and board recoveries	40,000	37,464	22,128
United Way	25,000	27,196	28,374
Other grants	-	7,940	-
Fundraising activities	15,000	19,077	14,546
Interest income	-	201	39
Amortization of deferred government assistance	-	11,844	11,844
	<u>309,312</u>	<u>458,541</u>	<u>451,230</u>
EXPENSES			
Administration <i>(Schedule 1)</i>	132,365	114,122	137,167
Fundraising	-	3,617	2,054
Program <i>(Schedule 2)</i>	211,442	198,701	188,309
Residence operations <i>(Schedule 3)</i>	55,393	58,851	94,825
	<u>399,200</u>	<u>375,291</u>	<u>422,355</u>
EXCESS (DEFICIENCY) OF REVENUES OVER EXPENSES	<u>\$ (89,888)</u>	<u>\$ 83,250</u>	<u>\$ 28,875</u>

THE SOCIETY FOR WOMEN HEALING FROM ADDICTIONS AND ABUSE
(Operating as The Marguerite Centre)
Statement of Changes in Net Assets
Year Ended March 31, 2017

	Unrestricted net assets	Invested in capital assets	Operating reserve	2017	2016
NET ASSETS - BEGINNING OF YEAR	\$ -	\$ 131,168	\$ 25,800	\$ 156,968	\$ 128,093
Excess of revenues over expenses	85,241	(1,991)	-	83,250	28,875
Capital asset purchases	(1,153)	1,153	-	-	-
Transfers	(84,088)	-	84,088	-	-
NET ASSETS - END OF YEAR	\$ -	\$ 130,330	\$ 109,888	\$ 240,218	\$ 156,968

THE SOCIETY FOR WOMEN HEALING FROM ADDICTIONS AND ABUSE
(Operating as The Marguerite Centre)

Administration
(Schedule 1)

Year Ended March 31, 2017

	Budget 2017	Total 2017	Total 2016
EXPENSES			
Wages and benefits	\$ 82,465	\$ 81,245	\$ 86,300
Administration	20,000	11,761	7,165
Insurance	11,000	7,432	8,469
Fees and services	6,000	6,215	6,110
HST expense	5,000	2,915	4,658
Printing and communications	3,400	2,193	1,581
Miscellaneous	1,000	840	612
Training	1,000	664	100
Paving project	-	-	21,789
Furniture and equipment	2,500	857	383
	<u>\$ 132,365</u>	<u>\$ 114,122</u>	<u>\$ 137,167</u>

Program
(Schedule 2)

Year Ended March 31, 2017

	Budget 2017	Total 2017	Total 2016
EXPENSES			
Wages and benefits	\$ 202,442	\$ 194,242	\$ 184,825
Travel and mileage	6,500	2,272	2,704
Supplies	2,500	2,187	780
	<u>\$ 211,442</u>	<u>\$ 198,701</u>	<u>\$ 188,309</u>

Residence operations
(Schedule 3)
Year Ended March 31, 2017

	Budget 2017	Total 2017	Total 2016
EXPENSES			
Wages and benefits	\$ 1,393	\$ 1,336	\$ 33,048
Food and medication	25,000	16,623	13,982
Repairs and maintenance	6,800	3,795	8,410
Household expenses	2,500	3,898	6,520
Telephone, internet and cable	5,000	4,854	5,810
Heat	8,000	5,374	5,578
Electricity	6,700	6,308	4,400
Property taxes	-	2,828	2,811
Amortization	-	13,835	14,266
	\$ 55,393	\$ 58,851	\$ 94,825

*** Complete set of audited financial statements available upon request***



Supporters

Archdiocese of Halifax/Yarmouth

Catholic Women's' League

Correctional Services Canada

Congregation of Notre Dame

Deloitte Foundation

Department of Health and Wellness

Department of Justice

Estate of James A. Cosman

Flemming Foundation

Halifax Regional Municipality

Halifax Women in Business Network

Nova Scotia Insurance Women's Association

Knights of Columbus

Nova Scotia Nurses Union

Sisters of Charity

The Masonic Lodge Timberlea

United Way of Halifax

Floatation Centre

Zonta Club of Halifax

Other contributors include:

Winners

Home Sense

Pseudio/Samuel and Co.

Private donors – we are so fortunate to have caring individuals who continue to choose The Marguerite Centre as their charity of choice



Board of Directors 2015-16



Officers:

Natalie Morris, Chair
June Bowser, Vice-Chair
Mary Morris, Secretary
Angela Rafuse, Treasurer

Directors:

Beste Alpargun
Kathy-Lee Brickenden
Vida Doucet
Elizabeth Johnson,
Evelyn Williams



Want to Know More?

Visit our Website at

www.themargueritecentre.com

Contact our Executive Director at 902-444-3089

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