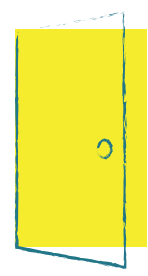




more than a shelter



Discovery House
domestic violence ends here.

ANNUAL REPORT 2018/19



Discovery House

domestic violence ends here.

our mission

TO END THE TRAUMATIC CYCLE
OF DOMESTIC VIOLENCE FOR
WOMEN AND CHILDREN

our vision

OUR COMMUNITIES ARE FREE
OF DOMESTIC VIOLENCE

our values

SAFETY
COMPASSION
EXCELLENCE
COLLABORATION
URGENCY

A NOTE FROM THE CEO AND BOARD CHAIR

2018 was an exciting and busy year for Discovery House. In addition to helping 575 women and children heal and rebuild their lives after fleeing domestic violence, we forged new strategic partnerships, enhanced our community presence, and positioned ourselves as stronger leaders in the fight against domestic violence.

In the fall, we launched a new Indigenization initiative that enables us to better serve our First Nations families, which make up close to 40% of our clientele. We expanded our Financial Literacy Program, knowing that financial security significantly reduces the likelihood a mother will go back to her abuser. We introduced our successful Women’s Wellness Group which addresses the unique mental health needs of our mothers. And, with the generosity of a major funder, we renovated and re-launched our Child Development Centre where much of our important prevention work with children takes place.

This year we said “enough” to the rise of domestic violence in our province. Previously ranked fifth, Alberta now has the third-highest rate of intimate partner violence in the country with incidences continuing to escalate. Knowing that we cannot change the statistics on our own, we made strong recommendations to government and will continue to advocate for their support.

Meanwhile, we remain focused on domestic violence prevention, investing our efforts in this critical work. We continue to partner with the Universities of Calgary, Pittsburgh and Harvard, testing childhood interventions aimed at mitigating the adverse impacts of trauma and stopping the cycle of abuse.

As we head into a new year, we are proud to continue the important work that is at the heart of what we do at Discovery House: providing safe housing and counselling to hundreds of women and their children fleeing domestic violence. We are also committed to exploring innovative ways to address domestic violence in our city and beyond.

We are proud to unveil our new strategic plan that will help guide us in this work, a plan that is focused, deliberate and clear about our intentions to become an even stronger voice for those we serve, and a stronger leader in the pursuit of bending the curve on domestic violence. The three tenets of this plan are:

1 RESPOND

ENSURING THAT ALL WOMEN
AND CHILDREN HAVE THE
SUPPORTS THEY NEED TO
FEEL SAFE AND FREE FROM
DOMESTIC VIOLENCE

2 PREVENT

PREVENTING DOMESTIC
VIOLENCE FROM HAPPENING
IN THE FIRST PLACE OR
PREVENTING IT FROM
HAPPENING AGAIN

3 LEAD

EMPOWERING OUR TEAM TO
LEAD A MISSION-DRIVEN,
INSPIRED, EFFECTIVE
ORGANIZATION THAT ENDS
DOMESTIC VIOLENCE

We cannot wait to see what 2019 will bring and look forward to working with our stakeholders, donors, volunteers and everyone who empowers us to do the meaningful work we do.

Monique Auffrey, CEO

Bob MacDougall, Board Chair

RESPOND

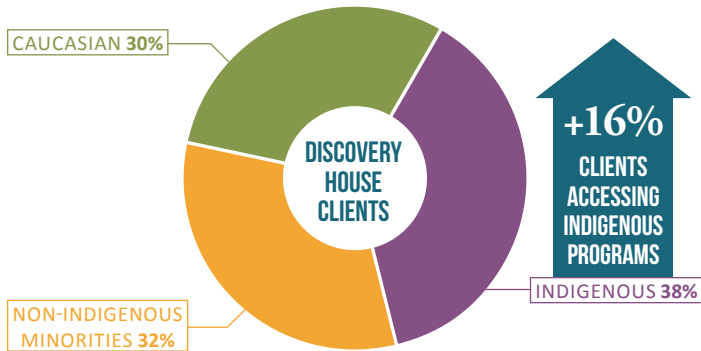
Ensure that all women and children have the supports they need to feel safe and free from domestic violence

✓ BECAME A SNAP AFFILIATE – THE ONLY ONE IN CALGARY

SNAP®, which stands for Stop Now And Plan, is an evidence-based cognitive behavioural model that provides a framework for teaching effective emotional regulation, self-control and problem-solving skills to parents and their children ages six to 17 who are struggling with behaviour issues. The primary goal of SNAP is to help children to stop and think before they act and keep them in school and out of trouble.

✓ LAUNCHED INDIGENIZATION PROGRAM

As 38% of our clients are First Nations, it's important to incorporate Indigenous culture into our programming and environment. As part of our Indigenization initiative, we formed an Elders Council, organize cultural excursions, provide on-site counselling with an Elder, and work with the Awo Taan Healing Lodge Society on children's programming.

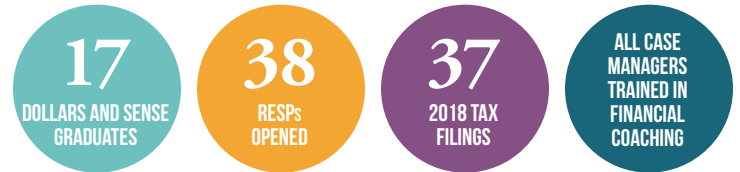


✓ OPENED A NEW ON-SITE LIBRARY

Calgary Reads spruced up our shelter book nook, turning it into a beautiful free little library.

✓ LAUNCHED FINANCIAL EMPOWERMENT PROGRAM

This four-stream financial literacy program expands on our Dollars and Sense matched-savings program, and is partially funded by United Way with partners Momentum, Sunrise Community Link Resource Centre, Bow Valley College and Carya.



✓ LAUNCHED WOMEN'S WELLNESS GROUP

Based on cognitive behavioural therapeutic techniques, the Women's Wellness Group sessions help clients cope with stress, anxiety and distress, and allow them to feel welcome and accepted.

"I loved this group and it came at such a needed time. All the topics have been so relevant to my personal life. Even though I started a couple classes late, I felt accepted, welcomed and had fun. I liked that we are all ladies and mothers. We can relate to one another, be honest and not feel weird or anything when talking about feelings, anxiety and coping skills. I am finding more confidence and feeling less overwhelmed all the time. So glad it's continuing! I can't wait to come back."

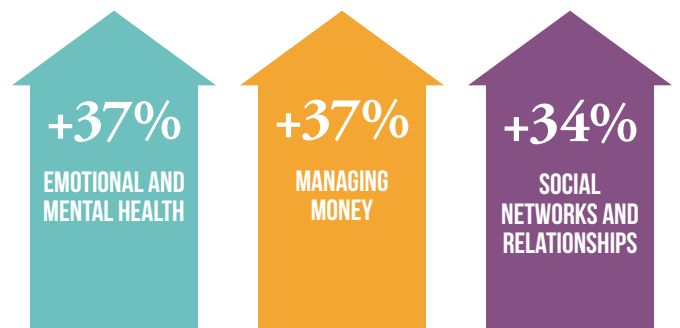
– Women's Wellness Group participant

83% OF PARTICIPANTS SAID THEY WOULD LIKE THE GROUP TO BE LONGER OR MORE OFTEN

100% OF PARTICIPANTS SAID THE GROUP WAS A WELCOMING AND SAFE ENVIRONMENT

✓ IMPROVED MENTAL HEALTH PROGRAM

Measures of improvements in women's resiliency and self-reliance indicate that clients are moving from a learning stage to a self-reliant stage – self-reliance being a key factor in a woman not returning to her abuser. The highest percentage changes were:



PREVENT

Prevent domestic violence from happening in the first place and prevent it from happening again

✔ ATTACH PROGRAM: PHASE 2 COMPLETED

In June 2019, the Attachment and Child Health (ATTACH) Phase 2 study concluded. A pilot project led by Dr. Nicole Letourneau from the University of Calgary, in partnership with Harvard University's Center on the Developing Child, Frontiers of Innovation, ATTACH assessed strategies to help mothers mitigate the negative impacts of trauma on their children caused by domestic violence.

✔ FIRST WORKING FOR KIDS COHORT COMPLETE

Discovery House continues to participate in research for Working for Kids and ran its first independent cohort this year. Developed by Dr. Judy Cameron, a neuroscientist from the University of Pittsburgh, Working for Kids teaches parents how early experiences impact brain development and methods they can employ to help their children develop into healthy adults.

✔ ALL SERVICE-DELIVERY STAFF ARE BRAIN STORY-CERTIFIED

All Discovery House front-line staff continue to be Brain Story-certified through the Palix Foundation and all staff have taken the Trauma Informed training program at the Calgary and Area Child Advocacy Centre. It is a testament to our commitment to deliver trauma-informed service and approach domestic violence with a preventative lens.

✔ CHILD DEVELOPMENT CENTRE RENOVATED

The new CDC, its renovation funded and executed by Pandell, features a variety of activity stations and the shelter's first therapeutic sensory room. These new resources will facilitate our prevention programming and will be used to run interventions like Working for Kids and ATTACH.



✔ SECURED A THREE-YEAR RENEWAL FROM FCSS

This renewed funding from Family and Community Support Services allows us to continue our child and youth programming and expand it to kids ages four to 17.

LEAD

Empower board and staff to lead a mission-driven, inspired, effective organization that ends domestic violence

✔ DISCOVERY HOUSE IS A SOCIAL-PROFIT ORGANIZATION

This means we strive to be accountable to our donors by demonstrating the value of our work. As such, we are committed to providing best- and promising-practice programs and also to evaluating our impact. This year we created an organizational theory of change to improve the availability, quality, management and use of data in order to better inform design, implementation and evaluation of programs. All of our programs have frameworks to help us assess their efficacy and improve service delivery, so we are the best at what we do.

✔ HARVEST TABLE GENERATES BUZZ

The fall 2018 issue of the Calgary Foundation's *Spur* magazine featured a story on Discovery House's Harvest Table project. Design concepts have been approved, in-kind donations are being sourced and we are on track to start the renovation later this year.



✔ OP-ED PUBLISHED IN CALGARY HERALD

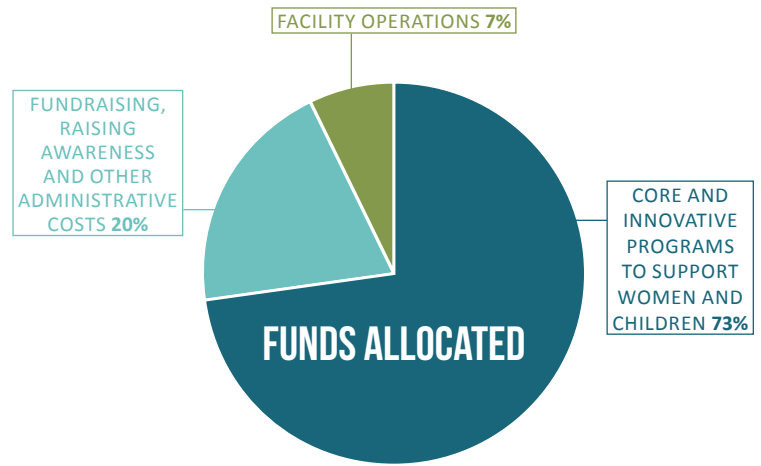
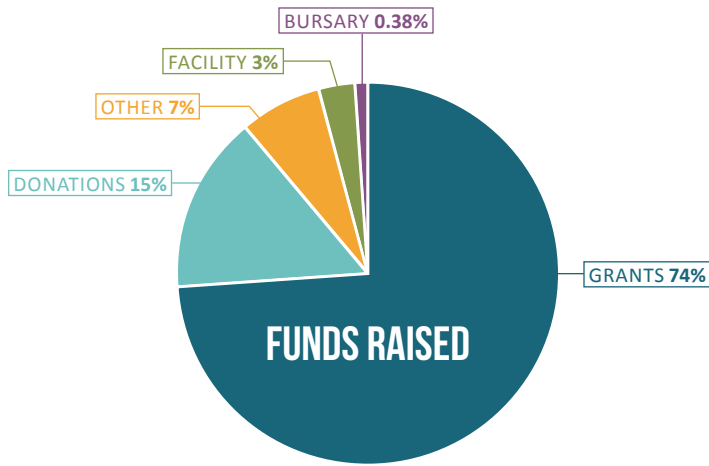
In March 2019, the *Calgary Herald* published an opinion piece by Discovery House on the state of domestic violence in Alberta and the need for more funding, putting Discovery House at the forefront of the domestic violence conversation.

✔ CEO INVITED TO UNITED WAY'S COUNCIL OF CHAMPIONS

This collective impact initiative convenes community leaders, including Discovery House CEO Monique Auffrey, around a common cradle-to-career readiness agenda which includes early years/school readiness, school-community collaboration, high school completion and Indigenous youth education.

✔ GOVERNMENT RELATIONS INCREASED

We increased our government relations activity and developed a strong policy position on the state of domestic violence in Alberta and the support needed to make serious change.



WHO WE SERVED



WHY WE NEED YOUR SUPPORT



OUR FUNDERS

Thank you to our core funders for their support:



Additionally, we rely on generous contributions of time and funds from individuals, community groups and corporations. Thank you to all our supporters for helping us serve hundreds of families each year.

DISCOVERY HOUSE 2018/19 BOARD OF DIRECTORS

Bob MacDougall, Chair
 Carolyn Moore-Robin, Vice Chair
 Dale Brown, Treasurer
 Simon Scott, Secretary
 Renata Colic, Director

Cindy Gray, Director
 Jason Balakas, Director
 Geri Greenall, Director
 Joel Irwin, Director
 Pamela Lawrence, Director

Dr. Nicole Letourneau, Director
 Tim Moro, Director
 Ellen Embury, Director
 Kathy Greenwood, Director
 Monique Auffrey, Ex Officio

We would like to welcome Susanne Huggard to our 2019/20 Board of Directors and thank outgoing directors Renata Colic, Dale Brown and Cindy Gray for their service.



We are proud to be the top social services charity in Canada, as rated by *MoneySense* magazine. Discovery House was awarded top marks across the board in the 2019 Charity 100, including an A+ in both fundraising and charity efficiency.

You can give to Discovery House with confidence, knowing that your donation will have the greatest impact.



Rejuvenation Clinic donates a portion of sales from specially branded products during Family Violence Prevention Month



Design concepts approved for the Harvest Table room



Discovery House staff participate in the 2019 Women's March



Opening Doors 2018 raises more than \$25,000



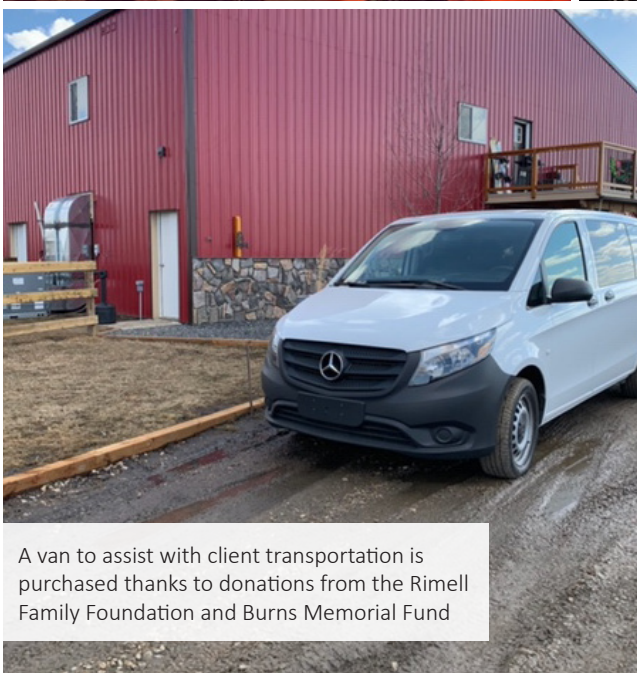
Board member Geri Greenall wins the 2018 Macquarie Oyster Shuck, raising more than \$110,000 for Discovery House



November 2018 stewardship event raises more than \$200,000



Cody Kwong returns as Santa with gifts for the shelter kids, and raises more than \$11,500 for Discovery House



A van to assist with client transportation is purchased thanks to donations from the Rimell Family Foundation and Burns Memorial Fund



CTV covers Family Violence Prevention Month, interviewing a Discovery House client and CEO Monique Auffrey