

2021-2022

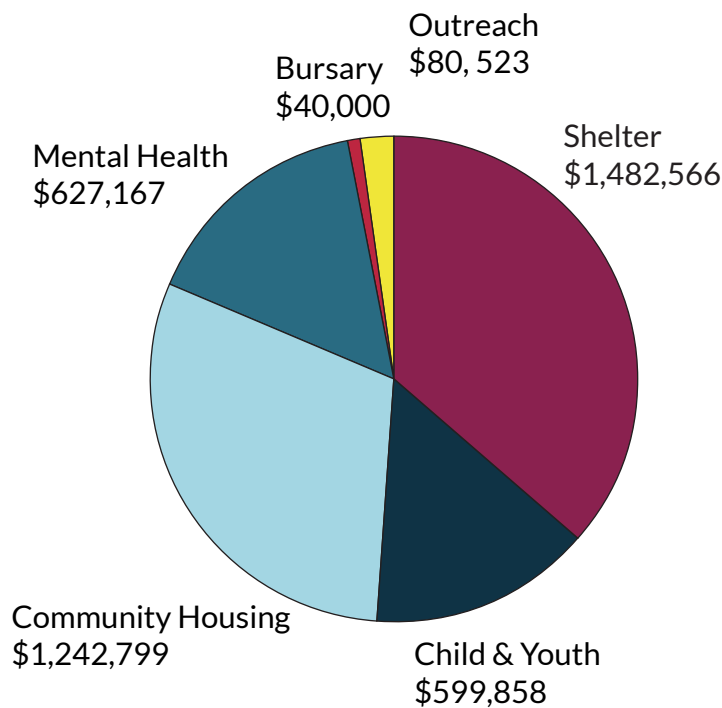
Appendix to the Annual Report

THIS APPENDIX PROVIDES A MORE IN-DEPTH OVERVIEW OF DISCOVERY HOUSE'S ACTIVITIES IN THE 2021-22 FISCAL YEAR.

Section 1 Financial Breakdown by Program

As seen on page 10 of our Annual Report, 68% of our budget is directly attributable to our programs and services. Of our total facilities and operational costs (\$852,640), approximately 56% are also attributed to programming spaces and costs, particularly in the shelter. This is because much of our facility is used to house our clients, or is used specifically for programming, including group rooms, counselling spaces, our Harvest Table room, and the Child Development Centre. These costs are broken out by program in Image 1A below, bringing the total program costs from \$3,599,356 to \$4,072,913 of our \$5,293,171 expenses for this fiscal year. In total, 77% of our budget is currently being allocated to programming, as indicated in chart 1A.

Image 1A
Total Direct Cost,
Program Spending



Total Direct Client Cost:
\$4,072,913

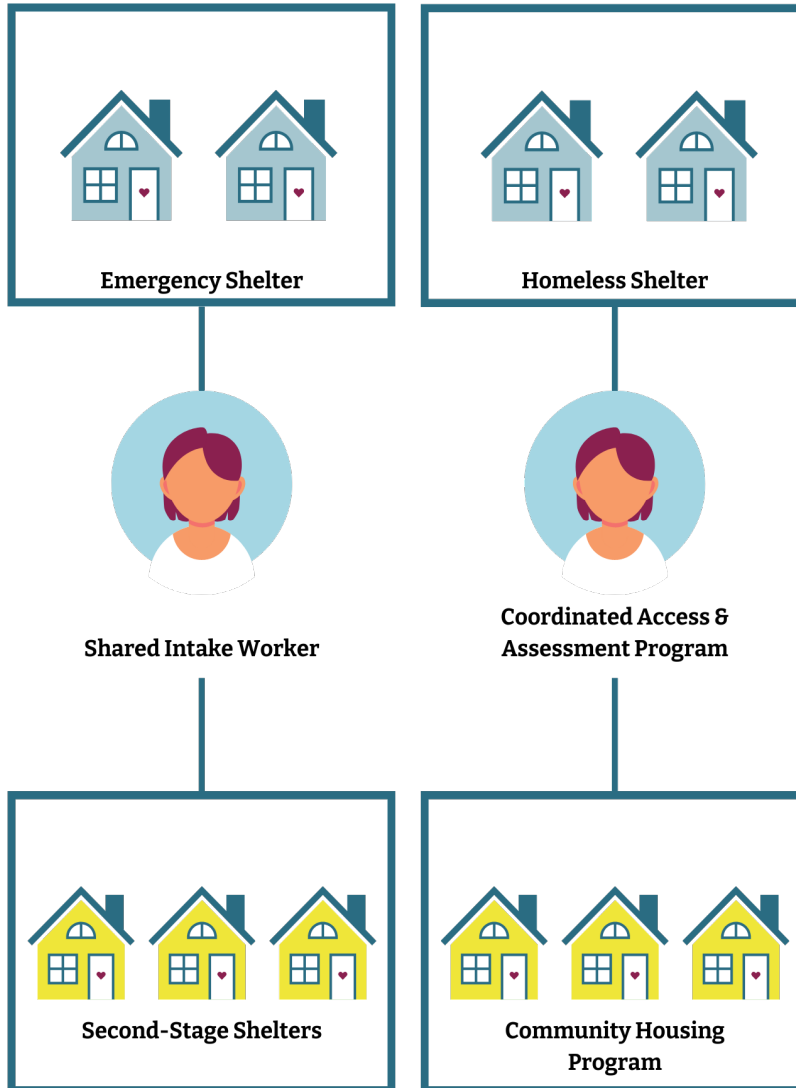


STRATEGIC PLAN AND PROGRAM MODEL:

Our Approach to Ending Domestic Violence

When women and children who have been exposed to domestic violence are provided with safe housing and trauma-informed integrated services to support their recovery, they will improve mental health, gain developmental assets, and increase long-term resilience and housing stability. Women are provided with information about the effects of abuse on brain development, mental health counselling, group counselling, and resources to recover from physical, emotional, and psychological issues such as anxiety and depression. We utilize therapeutic, evidence-based approaches to child development focusing on addressing adverse childhood experiences (ACEs) and positive brain development. Programming in our Child Development Center helps mitigate the effects of trauma and abuse. Best practice parenting programs help women learn positive parenting skills and establish a stimulating, safe and structured home environment. One-on-one case management and group programming help youth learn coping skills, self-regulation, self-esteem, and confidence to enhance resilience and positive youth development. Our work with children and youth is meant to impact future generations to heal from their trauma and to help them to create healthy relationship patterns. We believe this work is pivotal to ending the cycle of domestic violence.

To accomplish this, Discovery House has two main programs – the Shelter, which serves 19 families, and the Community Housing Program, which serves 70 families at any given time living on their own in the community. These two programs have different referral streams through collaborative community partnerships, but each is focused on safety, housing stability, goal setting with clients, and case management.



*Image 1B
Second Stage Housing*

Clients in these programs may also access any of our additional supports and services, including the child and youth program, mental health services, a bursary program for post-secondary education, and Indigenous programming. Clients who transition out of the shelter enter a one-year outreach program for follow-up care.

This year, a total of 597 women and children were served by our programs. Of these, 340 remained in our programs at year-end, and 218 women and children transitioned out of the program into independent and stable housing, free from domestic violence.

This is an increase from 214 families in the previous fiscal year and is just short of our target of over 225 successful exits in this fiscal year. This shortfall is attributed to two things:

1. Families are staying longer in our programs, as a result of increased complexity and challenges with finding suitable affordable housing to exit to.
2. In this fiscal year there was a pause for several months on intakes in our Community Housing Program while the funder for the program adjusted their funding model.

Client Satisfaction

An important measure of success for our programs is client satisfaction. In this fiscal year, of clients who completed a satisfaction survey:

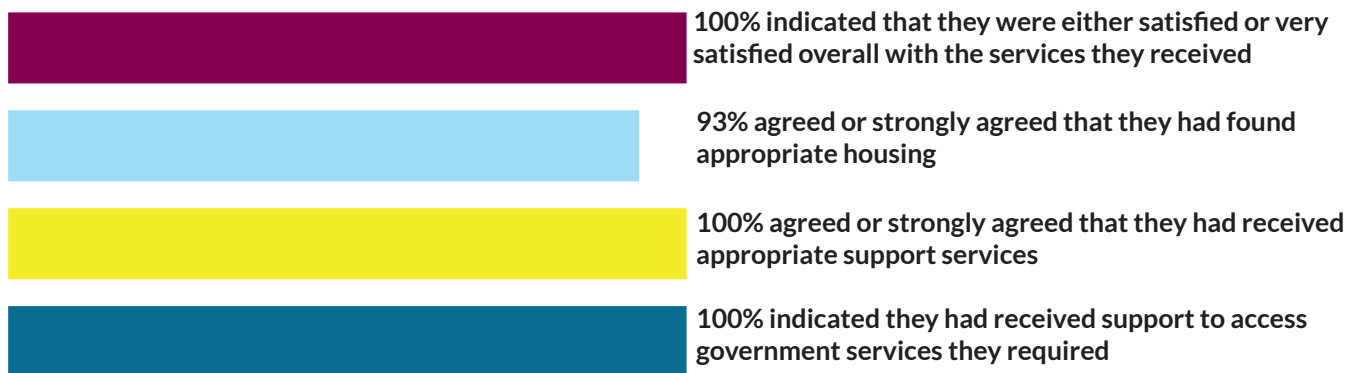


Image 1C
Client Satisfaction

Section 2

Learnings

Outcome Star:

The team at Discovery House uses the Outcome Star with each family in our Shelter and Community Housing programs, to help them to assess what their priorities are in goal setting while they access our services. The Outcome Star is an evidence-based tool designed to support positive change and greater well-being. This year, we have seen a reduction in the overall average change on the Outcome Star from a 22% increase in the previous year to less than a 1% increase this fiscal year.

As we examine the data to determine what is happening in the programs, it is noted that substantial positive changes continue to occur in areas such as Self Care and Living Skills, Managing Tenancy and Accommodation, and Motivation and Responsibility. Additional positive changes occurred in the domains of Social Networks and Relationships, Emotional and Mental Health, and Managing Money, although these changes were not as strong as in previous years. Finally, and unfortunately, negative changes occurred in the areas of Drug and Alcohol Misuse, Physical Health, and Meaningful Use of Time. This is not surprising, as it is consistent with overall trends in the general public concerning the impacts of the COVID-19 pandemic on substance use and physical health, as well as the emotional and social impacts of the pandemic. Additionally, pressures from inflation would have a significant impact on money management, even though the average family experienced a 17% increase in income while in our programming.

Given these changes in outcomes, we have worked to understand and respond to this increased complexity, and reduction in these outcome areas, and to ensure we are providing increased support to clients. We are providing additional training to staff on trauma-informed practice, specialized responses for youth self-harm and suicide risk, increased training in working with Indigenous people, and have increased our Indigenous programming supports. Additionally, we have increased our food security budget from \$6,000 to \$56,000, to ensure that clients have access to adequate nutrition during the current changes to the economic landscape.

The Outcome Star tool is a positive, client-driven tool that has served us well for over a decade. This year we undertook a review of our use of the Outcome Star intended for people experiencing homelessness and transitioned to the Empowerment Star, a tool intended for people experiencing domestic violence. The Empowerment Star introduces measures such as Safety, Health and well-being, Empowerment and Self Esteem, and Parenting; and removes areas such as Offending and Managing Tenancy. We are excited to pilot this new version of the Outcome Star which is more reflective of the priorities of the clients we serve and the values with which we engage in our work.





Indigenous Programming:

(integrated into each program budget)

As discussed in our Annual Report on page 5, this year we undertook a review of how we serve the Indigenous families in our programming. In any given year, 35-40% of the families we serve are Indigenous, although the number of Indigenous families in our second-stage housing facility is substantially lower than in the community housing program (21% vs 48%). Analysis of the data in our programs indicates that Indigenous families consistently stay for shorter periods of time, by an average of 2.12 months in our second-stage housing facility, and 2.6 months in our Community Housing Program. **These differences in data, combined with staff surveys and sessions with the Executive Director have identified a theme that we need to strengthen our supports for Indigenous families. This has resulted in an increased financial investment in our Indigenous Programming, the development of our Indigenous Committee, and new work with Elder Pam Heavy Head, in the form of both one-to-one supports and group programming.**

In the coming year, we will continue to strengthen our understanding of intergenerational trauma and colonization and to deepen our work with Indigenous Elders. We are also excited to work with the Universities of Manitoba, Michigan, and Calgary, to pilot an Indigenous version of the Mom's Empowerment and Kids Club program, in collaboration with Elder Pam Heavy Head.

It is our goal that Indigenous families experience greater acceptance and support from our programs, resulting in stays within the programs that are more consistent with the average length of stay.

Section 3

Program Outcomes

Shelter (\$1,482,566)

In the 2021-22 fiscal year, the 19-unit shelter program served 34 families, which is a lower number than in previous years (51 in 2019-2020 and 43 in 2021-22). This can be explained by the reasons given in appendix section 1, subsection strategic planning. In 2021-22, 81 children lived in the shelter, for a total of 115 people served. Seventeen families exited the program this year, and of these, 15 families left when they were ready to, one family transferred to another program, and one family was asked to leave. The average length of stay in this program was 10 months. 16 new families came into the shelter this fiscal year.

Outreach (\$80,523)

The Outreach component of the Shelter Program provided 1016 hours of follow-up care to families who have exited the shelter program for up to one year. In this fiscal year, the Outreach program served 46 families, with 15 new intakes and 26 exits.

Domestic violence takes on many forms, including physical, emotional, psychological, and financial abuse. Families entering the shelter may have experienced one or more forms of violence. Of the women accessing the shelter who completed a danger assessment, 74% were at increased, severe, or extreme risk of being killed by an abusive partner, with 39% of these at extreme risk.



Image 3A
Types of Abuse at Intake
N=33

Who Is Accessing Our Shelter?

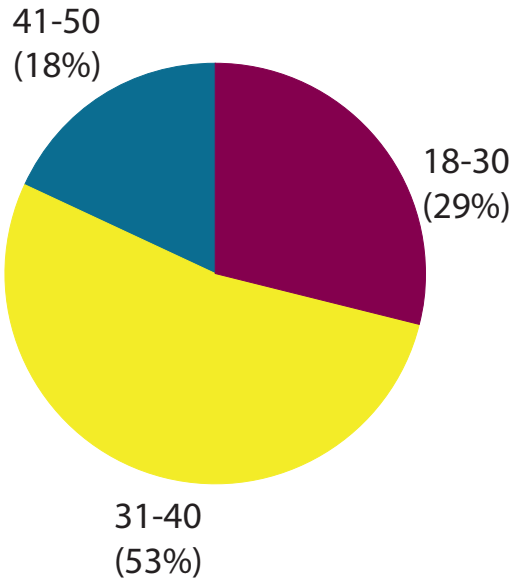


Image 3B
Ages of
Mothers

N=34

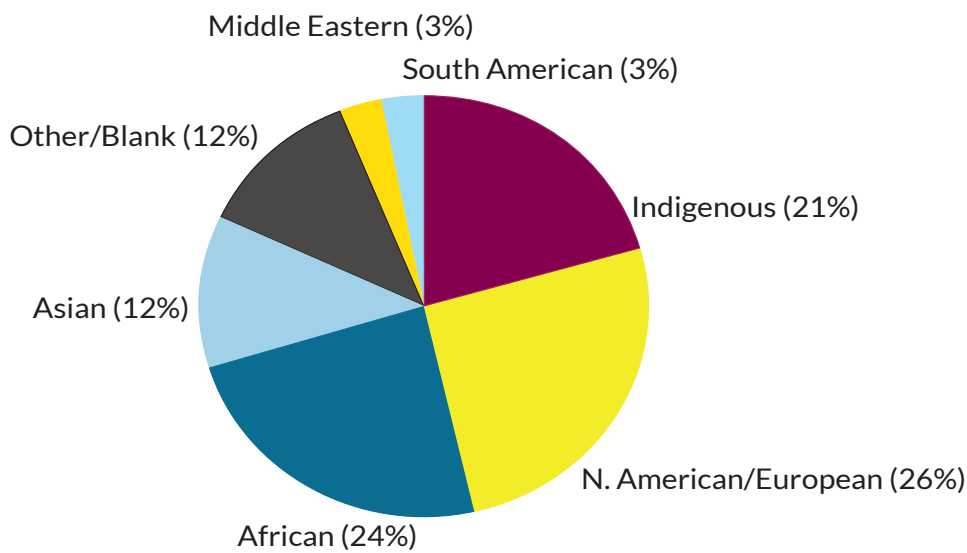


Image 3C
Cultures

N=34

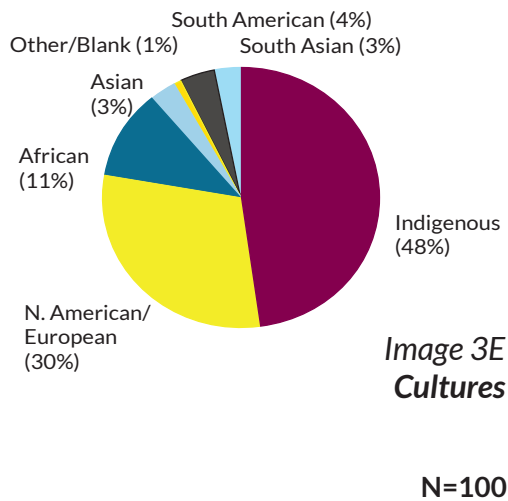
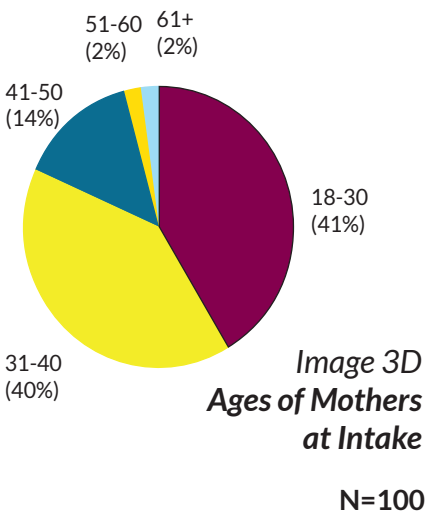
In this fiscal year, the Shelter team spent 1475 hours supporting clients through one-on-one meetings, resource referrals, and connections to the community.

On average, families who had a stay in the shelter experienced a 9% increase in income, and increases in motivation and responsibility, self-care and living skills, money management, social networks and relationships, and emotional and mental health.

Community Housing Program (\$1,242,799)

In the 2021-22 fiscal year, the Community Housing Program (CHP) served a total of 100 families, supporting them to find safe and affordable housing, and providing case management, subsidies, and landlord supports. This number is somewhat lower than in previous years (123 in 2019-2020 and 106 in 2021-22), attributable to the reasons noted above. This year, 223 children were served by CHP, for a total of 323 people served. CHP serves 70 families at a time and had 36 exits and on average, families stayed in the program for 21 months. Of these exits, 29 families completed the program or were transferred to another program, and 7 families did not complete the program. Twenty-five new families received housing and case management supports in this fiscal year. In this fiscal year, the CHP team spent 3,727 hours supporting clients through one-on-one meetings, liaising with landlords, resource referrals, and connections to the community.

Who Is Accessing CHP?



Of the women who completed a Danger Assessment (N=78), 72% were at increased, severe, or extreme danger of being killed by their abusive partner.

On average, families in CHP experienced a 25% increase in income, and increases in motivation and responsibility, self-care and living skills, money management, drug and alcohol misuse, and emotional and mental health. Decreases were experienced in social networks and relationships, physical health, and meaningful use of time.

Child and Youth Program (\$599,858)

Child and Youth (CY) programming at Discovery House is designed to work with the parents and children to mitigate the effects of trauma on brain development and strengthen parenting skills and attachment. This program provides access to one-on-one counselling and case management for children and youth, parenting programming, and specialized supports to achieve developmental milestones through our Child Development Centre. In the 2021-22 fiscal year, the CY program served 243 clients, which is consistent with previous years (200 in 2019-2020 and 266 in 2021-22). This is slightly lower than our program target of 250 clients.

In this fiscal year, CY team spent 3011 hours supporting clients through one on one, referrals and connections to community. In this period, 96 children (unique clients) were supported by the Children Development Centre and C&Y Groups, with a total of 1414 visits. We also had 12 moms completing our Parenting After Violence Program.

Mothers who participated in parenting programming in the 2021-22 fiscal year experienced a positive change in parenting skills, as measured by Survey 20, a tool required by the funder to measure parenting. This year we also introduced the My Star (ages 6-18) and Little Star (ages 1-6) versions of the Outcomes Star, measuring the client's experience in domains such as safety, confidence, self-esteem, learning, friendships, and physical health. These are age-appropriate outcomes tools that are consistent with the Empowerment Star being used with mothers in our programming and so far have been well received.

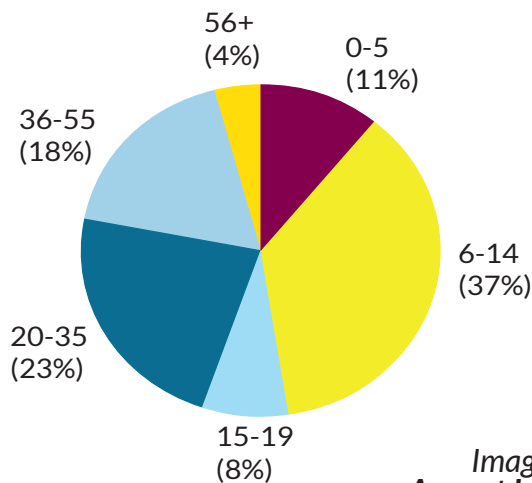


Image 3G
Ages at Intake

N=243

*Adult participants are mothers engaged in parenting programs

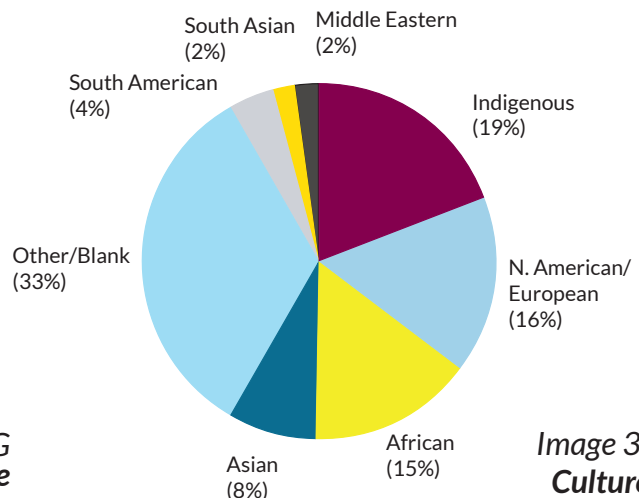


Image 3H
Cultures

N=243

Mental Health (\$627, 167)

This specialized program provides one-on-one counselling for both moms and children, as well as group programs designed to understand the impacts of domestic violence, increase self-esteem and self-efficacy, improve communication skills and relationships, and address the experience of trauma. In the 2021-22 fiscal year, the Mental Health program served 164 clients, of which 53 were children and youth. This is consistent with previous years (200 in 2019-2020 and 266 in 2021-22) and is slightly lower than our program target of 250 clients.

In this fiscal year, the mental health team spent 3893 hours supporting clients through one-on-one counselling, group supports, resource referrals, and connections to the community. Of clients surveyed, over 50% experienced positive changes in the areas of stress, anxiety, and depression, as measured by the DASS-21 (Depression and Anxiety Symptom Scale). Additionally, on the Outcome Rating Scale, 59% of surveys completed (n=138) indicated a score above the cut-off for clinically significant change (67% in 2020-21, 50% in 2019-20).

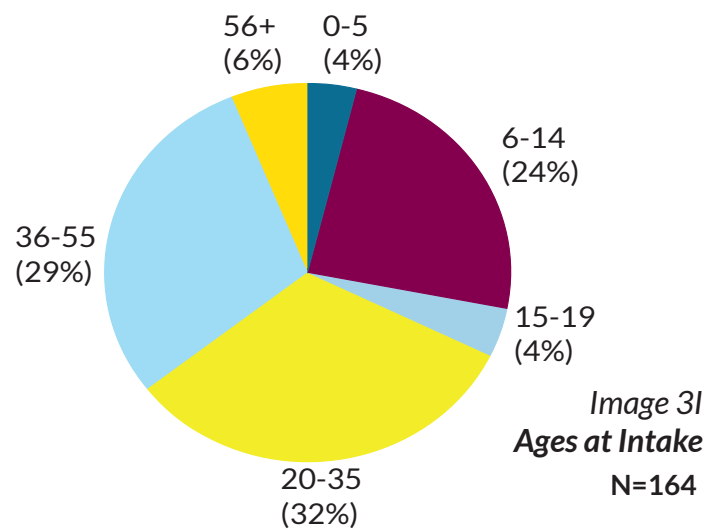


Image 3I
Ages at Intake
N=164

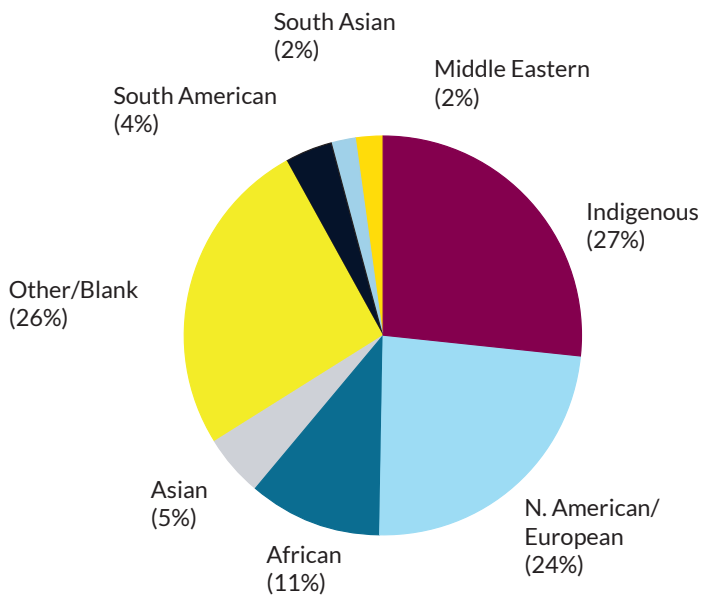


Image 3J
Cultures
N=164





Bursary (\$40, 000)

The bursary program was created through an endowment provided by a generous private donor. Each year, clients and previous clients who have a goal of attending post-secondary education may apply for financial supports for tuition and living expenses. Decisions are made based on the availability of funds from return on investments, and on individual client circumstances. This year, three recipients, who were current or previous clients, received bursaries for tuition and/or a portion of their living expenses so they could continue with their post-secondary education.

In the spirit of reconciliation, we acknowledge that we live, work and play on the traditional territories of the Blackfoot Confederacy (Siksika, Kainai, Piikani), the Tsuut'ina, the Îyâxe Nakoda Nations, the Métis Nation (Region 3), and all people who make their homes in the Treaty 7 region of Southern Alberta.

Discovery House

PO Box 85058, Albert Park PO,
Calgary AB, T2A 7R7
403-670-0467
discoveryhouse.ca

    @discovery_house



Discovery  House
domestic violence ends here.

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Discovery House aims to be transparent, effective, and efficient with our use of funds. Should you have any questions about any of the information provided in our Annual Report, or in this appendix, please contact Discovery House.