



“Helping rebuild lives since 1983”

Simon House Residence Society

Operational Statement and Annual Report as of December 31, 2008

NAMED 2007 HIGHEST PERFORMING AGENCY IN CANADA IN THE DELIVERY OF SOCIAL SERVICES, EARNING THE WILLIAM H. DONNER AWARD FOR EXCELLENCE. RECEIVED THE 2007 PETER F. DRUCKER AWARD FOR NON-PROFIT MANAGEMENT. NAMED 2008 TOP AGENCY FOR EXCELLENCE IN THE PREVENTION AND TREATMENT OF SUBSTANCE ABUSE IN CANADA

PRESIDENT'S REPORT

2008 was a successful year for Simon House Residence Society (Simon House), as well as a year of change and renewal. Thanks to the support of our donors, the community, and the Board of Directors we have added capacity in treatment by establishing another Phase 1 house, and increasing utilization of all phases. The number of intakes and sober persons graduating our program remained at 2007 levels. With high occupancy levels, this is an indicator of longer stays by clients. We believe that the longer clients stay at Simon House, the better their chances of long term recovery.

In terms of performance, Simon House uses a one year sobriety benchmark to measure its effectiveness. We are pleased to announce a four year average success rate of 36% for 2005-2008. In 2008 alone, the one year sobriety achieved was 38%. Industry average is between 5% and 20%.

2008 was also a year of change for Simon House, with new staff joining the program, including counselors, client service workers, and a new Executive Director, replacing some of our long term employees.

In partnership with Alberta Employment Industry and Immigration, Simon House was pleased to offer a new employment assistance program to clients. In this highly successful program, AEI staff visited new intakes at Simon House to register them for employment assistance. Following the 7 week program, clients were referred back to AEI for employment counseling and placement. Nearly all clients entering this new partnership program found gainful work and maintained long term sobriety.

Another development in 2008 was the selection of Simon House as a Calgary Herald Christmas Fund agency. We were selected from a wide field of applicants, and became one of the Herald's 12 funded agencies. The Calgary Herald Christmas Fund raised over \$1.25 million, which was distributed early in 2009 to the 12 agencies.

Simon House was recognized again in 2008 by the Donner Canadian Foundation, and received the award for top agency in the Prevention and Treatment of Substance Abuse category. Being the overall agency winner in all categories in 2007, we were not eligible to win the overall prize again in 2008. The category award came with a \$5000 prize which was applied to operating expenses.

The above success is directly attributed to our abstinence based program model, staff, many donors, corporations, foundations, volunteers, friends, individuals,

board members, and alumni, who continue to provide generous support. Our success is your success and we thank you with gratitude.

The outlook for 2009 is very positive as we continue to play a leadership role in the recovery community. We will continue to hone our program of recovery, and seek opportunities to better serve the community, while staying true to our values that served us well over the past 25 years.

Thank you for your continued support.
Respectfully Submitted,

Mr. Doug Jamieson, P. Eng.
Executive Director

TABLE OF CONTENTS

President's Report.....	1
Financial Management.....	4
Strategic Management.....	4
Board Governance.....	5
Staff Management.....	5
Innovation.....	6
Program Delivery.....	7
Outcome Monitoring.....	7
Donors.....	9

FINANCIAL MANAGEMENT

Simon House maintains its financial records through a computerized accounting system known as Quick Books Pro. We are current with all versions and implement yearly updates.

The Simon House annual budget is prepared by the Executive Director and submitted to the Board of Directors for review and approval. Budget control on expenditures and revenue generation is developed by the Executive Director in conjunction with the Board of Directors through the submission and approval of monthly financial reports.

STRATEGIC MANAGEMENT

Our mission is to provide an alcoholism and drug addiction recovery home where men using the guidelines of Alcoholics Anonymous can examine and rebuild their lives.

Our core values have maintained our integrity for 24 years and allowed us to provide a consistent and flexible response to trends, outside influences and fads in the field of addiction recovery. These core values are loving kindness, compassion, empathy, patience, tolerance, equanimity and understanding which form the foundational expression of our reality based, client centered goals and objectives. The magnitude of the wreckage of addictions, on individuals and their collaterals through spousal abuse and neglect, violence and crime in the community and homelessness is so great and our time proven response to these problems so effective that the continued existence of our agency is necessary. Our values and mission are not compromised by other demands placed on us by the realities of running a non-profit agency like a private business.

The goals and objectives of the agency are very simple to define yet challenging to achieve. Our goal is to arrest the disease of alcoholism and addiction which in turn will reduce the incidences of family violence and breakup, loss of employment, homelessness and violence within the community. We do this by encouraging individual emotional, mental, physical and spiritual growth; teaching each man how to live with himself, his family, his community and become a productive member of society. The challenge lies mainly in the nature of the disease of addiction, its embedded core of denial and the uniqueness of each individual man.

We try to overcome this challenge by providing a three phase, safe and home like treatment process where each man can start to make positive life choices

and learn how to trust himself and others. The individual personal experiences and styles of our staff present different perspectives to the men; however the values and beliefs shown in group and individual counseling are the same. Presenting the men the Big Book of Alcoholics Anonymous as a program of recovery, the disease concept, and medical aspects of addiction and alcoholism, helps them gradually accept themselves and their addictions. This process has helped other alcoholics and addicts remain clean and sober for the last 70 years.

The availability of long term treatment, one year or more, is essential to long term recovery and this is provided between Simon House's Phase One and Two for a period of up to eighteen months. After completion of Phase One and Two men are able to move into Simon House's Phase Three component, which consists of safe affordable transitional housing. There is no set time frame for living in Phase Three however, each resident of Phase Three must continue with his program of recovery and maintain total abstinence from drugs and or alcohol.

Pre-treatment, seven week programs, daily meditations, peer support, alumni recovery meetings, one to one counseling and monthly progress reviews are designed to give each man an opportunity to deal with personal issues that in the past were forbidden or too terrifying to talk about. Most of these issues in the past, subsequently denied, caused relapse and disaster. The denial is broken down with a detailed written account of each man's past. Each man is made to feel safe within the groups and within the house. Counselors foster change in the men and a belief in a power greater than themselves. This involves a trust building process of encouragement and empowerment to develop a belief of their own choice. Involving the men in risk taking action steps based on their new learning and unearthed power of choice, permits them to let down their defenses and break through the denial of the disease which leads to a recovery based healthy lifestyle. The men also do this with the internal and external support of community networks through sponsorship, meeting attendance, home groups, employment, renewed contact with family and volunteering within the agency and community.

BOARD GOVERNANCE

Simon House Residence Society is incorporated within the Societies Act of the Province of Alberta. Pursuant to this legislation, objectives and bylaws were prepared in which the powers and responsibilities of the members of the Board of Directors are set forth. There are nine directors elected to the Board by the members in good standing at each Annual General Meeting. The Board elects the Chair, Vice Chair, Secretary and Treasurer.

The Board of Directors appoints the President and Chief Executive Officer of the Society and delegate powers involving administration and finance. The Executive Director is directly responsible to the Board for all aspects of the agency. All staff report to the Executive Director.

STAFF MANAGEMENT

Our staff is qualified in their field with respective designations. Staff also enrolls yearly in continuing education courses with respect to addictions and behavioral issues.

In addition, staff participates in speaking engagements throughout the community. This educational aspect benefits not only Simon House but delivers an important message on the effects of alcoholism and drug addiction to all sectors of our city. We use the **United Way's Ambassador Program** initiative to educate the public and private sectors with respect to the Simon House treatment process. Staff is also involved with various homelessness initiatives throughout the city.

INNOVATION

The agency sees innovation as the constant and consistent growth while learning new strategies in which to deal with alcoholism and addictions, in turn, meeting the changing population and needs of the men served. Our agency believes in self-directed and responsible actions for both residents and staff.

The agency's staff, board and president enroll in yearly trend setting courses as well as continue to network with other agencies. The agency's Executive Director maintains continued involvement with the Addictions Sector committee meetings of the Calgary Homeless Foundation's agency project evaluation.

Through co-operation with volunteers, donated food is collected, culled and processed using safe food handling techniques so expenses are maintained within budget parameters. Simon House has also implemented recycling which includes cardboard, glass and food cans. This is done to try to help the environment and to also try to save on waste removal costs.

In 2008 Simon House received enquiries ranging from Halifax to Victoria, United States, United Kingdom, Japan, Germany, Spain and Australia. Client referrals

and access are continuing to be done through this important vehicle of information and service. Our site can be accessed through www.simonhouse.com.

PROGRAM DELIVERY

Though every individual is treated with equality, it is evident when a man is in need of more immediate and intensive attention. This is usually determined at intake or shortly thereafter. The process of dealing with these more sensitive issues is begun at once usually through intensive one to one and group counseling sessions. In addition to this, referral and advocacy are used when the need for more intense therapy is evident. Sexual abuse and anger issues are most common. Though we receive referrals from detox centers, hospitals, doctors, lawyers, The United Way and other treatment centers, the men entering our program can do so with their own referral and anonymity.

We are proud that many men consider Simon House an excellent treatment option but are saddened by the fact that many of the average 20 to 30 men on our wait list will not make it to treatment. The waiting period averages three to four weeks. Once a prospective client is added to the wait list, they are responsible to contact us daily and stay clean and sober by attending meetings of twelve step groups. These requirements often filter out men who are asking to come to the agency for reasons other than recovery. This also gives staff an opportunity to connect with and encourage potential clients.

Our treatment and relapse prevention program uses 8,760 hours yearly with a total of 1764 hours being used for active group programs. On-going one-on-one counseling is provided.

We have supported the establishment of 12 step recovery groups in ethnic communities and maintained positive working relationships with aboriginal agencies in the city. Family recovery is emphasized by having monthly speakers from Al Anon come to Simon House and tell their stories. All family members are invited to attend and staff will work closer with family members if requested.

OUTCOME MONITORING

Outcomes are defined in direct relation to our mission statement. We have three (3) desired results:

1. Facilitate the client's continued and uninterrupted sobriety.

2. “Plant the seed” of recovery in the individual value system.
3. Support and encourage the client’s healthy and successful re-integration with his family and or community.

The main way in which our outcomes are measured is by using an outcomes measurement program logic model. This model was developed through training support received from **The United Way Of Calgary** and will be used for ongoing program evaluation. Our main benchmark is the number of men served in a year and the number of those men still abstinent from drugs and alcohol one year after treatment. This is measured by observing “clean and sober” birthday times that are recorded and celebrated within the agency. A plaque stating the man’s name and his sobriety date is mounted on the sobriety wall of honor in our living and dining rooms. This visual statement becomes a goal for our current residents.

The obvious desired outcome would be 100% abstinence by 100% of the men. We have achieved a four year average of 36% success rate with this being based on a return to family, employment, community and maintaining **continuous** sobriety for a period in excess of **one year** or longer. Industry averages are approximately 5 to 20 percent, using the one year benchmark.

Our oldest clients have over 20 years of sobriety. We are striving to improve on these averages and we continually adjust our presentation of treatment programs accordingly while maintaining the core of our program (12 step model). Monitoring of our effectiveness is also accomplished through the individual progress reviews we carry out with each client; his pro-active response to suggestions made during the review process is an indicator of achievement.

2008 Donors

Simon House would like to acknowledge the following generous donors:

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Alvin Macfarlane
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Thomas and Marianne Flanagan
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William and Patricia Blair
William Blake

**If we have neglected to acknowledge you and you have donated in the past,
we thank you and apologize for the omission.**