



**SIMON HOUSE**  
RECOVERY CENTRE  
*empowering men to recover for life*

# ANNUAL REPORT 2021





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## LETTER FROM THE BOARD CHAIR



It has been an honour to serve Simon House Recovery Centre as board chair this past year. Our board is small but mighty, and the work they do on committees and to support the organization is so much appreciated. I have never worked with such a committed board, and I wanted to take this opportunity to thank each of you. May the reward be worth your efforts!

The past year has been remarkable with a new CEO, a positive increase in funding, new programming, over 200 clients, and an air of excitement for what the future will bring. On behalf of the board, I want to thank our staff for their perseverance, commitment and care as they do the difficult work of providing support to our clients. Our data shows your hard work. The stories in this report show your outcomes: outcomes about lives changed.

Finally, a word to our clients. You have chosen to come to Simon House Recovery Centre to change your life. You can't change your past. With the help of Simon House, our alumni, staff, your sponsor, you can change your future. Our hope and desire for you is that you learn the skills and strategies to conquer your addiction. We know that you can and your Simon House board is honoured to be part of your journey to success.

Respectfully,

**Shawn Lavoie**  
Chair of the Board

## LETTER FROM THE CEO



I wouldn't want to change places with any other CEO. The work we do at Simon House Recovery Centre is life-changing. In this annual report, you will see success stories, read about exciting program developments that we have implemented, and see "myths and facts" about addictions and recovery.

Our success stories are inspirational. Our staff are so very committed. The support of our donors and the support received from the provincial government is so very humbling and appreciated. All of you have created the positive momentum that will lead us into a fantastic future. Thank you.

Without question, addiction is a devastating disease. There are so many reasons for the chaos people find themselves in that leads to the addiction trap. At Simon House, we work with clients on new

life pathways so that they can overcome the effects of addiction and become their very best selves.

Simon House is full of opportunities. Our future is exciting as we look for ways to be even better, to expand our services and our reach so that even more people can conquer their disease and their dis-ease turns to a life of fulfillment, happiness, and a new life worth living!

**John Rook, PhD**  
President & CEO

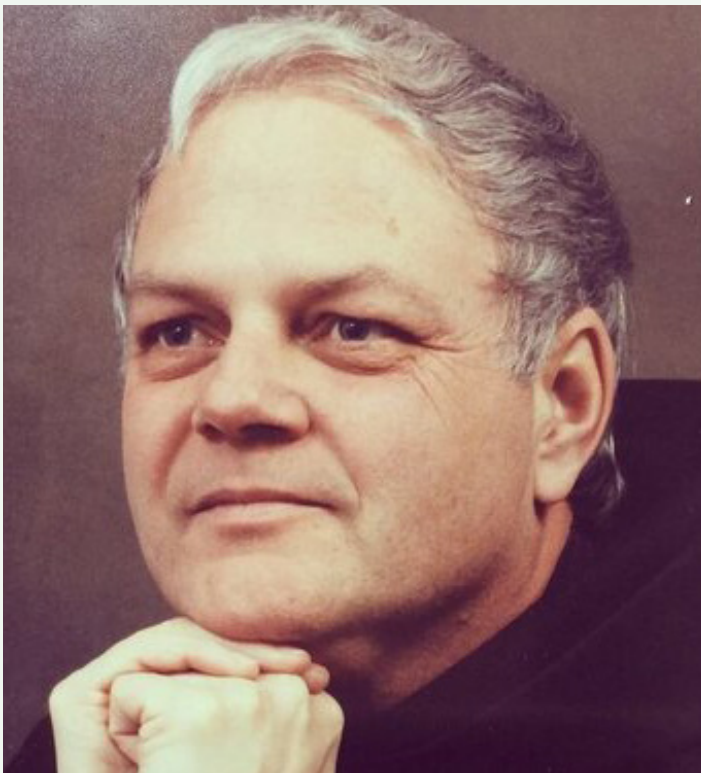
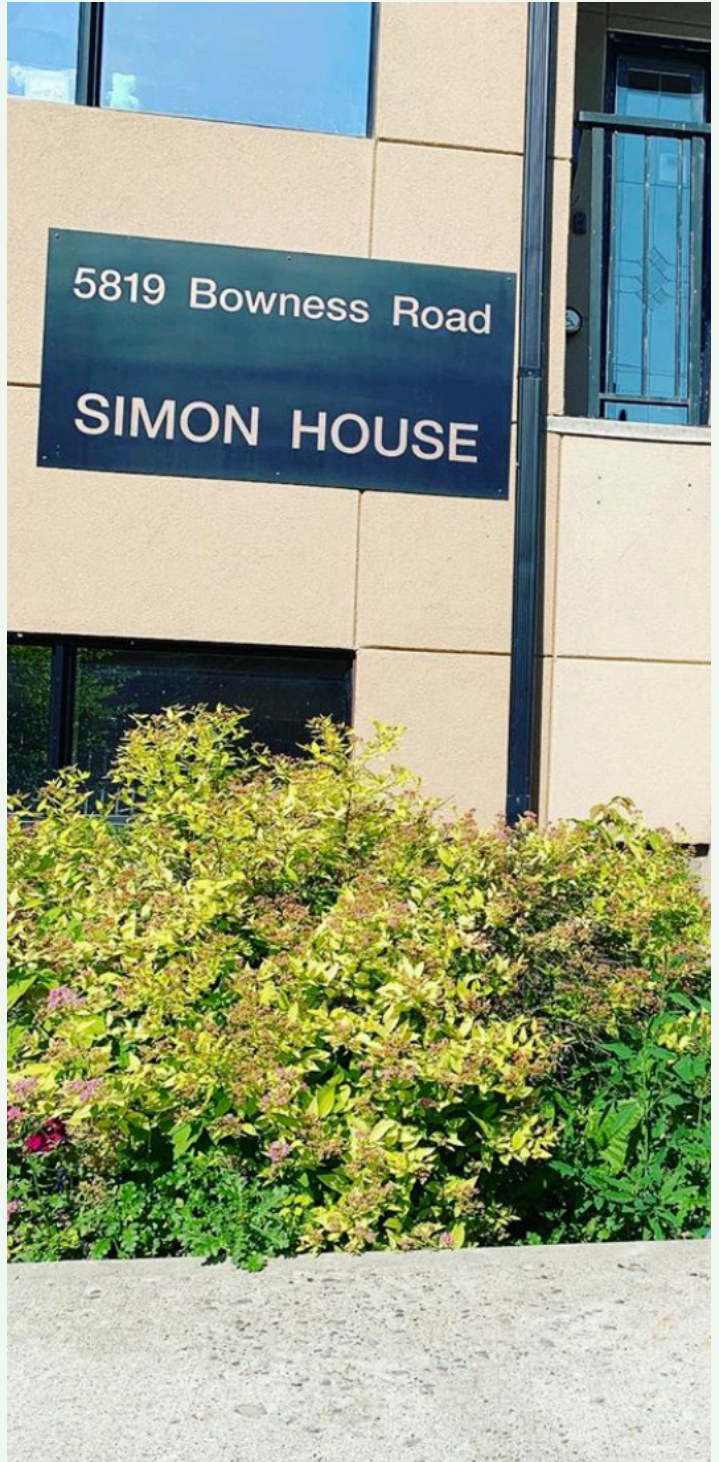
# THE SIMON HOUSE STORY

Franciscan Brother Bernie was a member of the Roman Catholic religious order founded in the early 13th century by St. Francis of Assisi. The Franciscan order is one of the four great mendicant orders of the church whose members strive to cultivate the ideals of poverty and charity.

Founded in 1982 by Franciscan Brother Bernard, Sheila Cameron, and Doreen Baker, Simon House began its work in a Bowness duplex that still serves men in need today. Simon House has been, and always will be a beacon of hope and refuge for men who have found themselves in the grip of addiction. Humble beginnings saw Brother Bernie and Doreen work tirelessly with integral volunteers and original employees, to grow and develop Simon House into the program and facility it is today.

In 1983, the duplex immediately next door to its original location was generously donated to expand Simon House services and support. In 2006, through the generosity of donors, Simon House built a 30 bed building with a full commercial kitchen, board room, and office space.

Today, Simon House provides 67 beds for men working to overcome their addiction. Thanks to the support of a committed group of staff, board members, donors, and community partners, Simon House has become a highly respected, valued, integral, and successful addiction recovery centre in the Calgary community, serving men and their families from across North America.





# 2021— A YEAR TO REMEMBER!

In 2021, Simon House Recovery Centre welcomed a few new faces to the team including Dr. John Rook (President & CEO), Susana Garrido (Director Recovery, Culture & Inclusion) and Priya Reynaud (Chief Administrative Officer). Under their leadership, some amazing things have taken place at Simon House within the last year, including the response to the COVID-19 pandemic.

Simon House was not immune to the impacts of COVID-19, but our staff rose to the challenge, implementing AHS COVID protocols to contain and limit the transmission of the virus. Although we had to respond by converting some beds to isolation spaces, our amazing staff still managed to keep intake levels high and available beds full.

Staff also supported the introduction of new programming at Simon House, established new community linkages and connections that will serve our clients both during and after treatment.

In the Fall of 2021, AHS increased its support of treatment beds, positively impacting the amount of financial support to Simon House. As a result of this additional funding, Simon House treatment comes at no cost to Alberta Resident clients.

In 2021, Simon House discontinued its transitional and sober living housing support programs to focus on what we do best — delivering our Core 84-day Treatment program. In the absence of this offering, Simon House maintains strong relationships with organizations that can provide this support when needed. From the moment a client enters our program, our team begins the process of securing housing for when that client completes Core treatment.

Over the last year, Simon House has proactively worked to update business processes through the integration of more technology in its operations. The organization has also committed to moving toward a paperless environment — a move that will have positive effects on the organization's finances and sustainable practices. The resulting impact will be the realignment of resources toward more client-centric programming and supports.

Finally, with a renewed focus on Core Treatment, the decision was made to sell the offsite sober living property. As a result, the Leadership team is proactively looking at opportunities for program expansion.

The future of Simon House is exciting indeed!

## THE NUMBERS ARE IN — HERE'S A GLANCE AT THE LAST YEAR AT SIMON HOUSE

### OUR IMPACT


 **255**  
CLIENTS

 **104**  
PROGRAM GRADUATES

 **11,537**  
CUMULATIVE DAYS OF TREATMENT

 **\$174**  
COST PER DAY FOR TREATMENT

 **34**  
NEWLY EMPLOYED INDIVIDUALS

 **49**  
NEWLY HOUSED INDIVIDUALS

 **13**  
CALGARY DRUG TREATMENT COURT (CDTC) CLIENTS

 **9**  
CDTC PROGRAM GRADUATES

**IN ALIGNMENT WITH OUR PROVINCIAL GOVERNMENT’S FOCUS ON RECOVERY AS IT RELATES TO MENTAL HEALTH & ADDICTIONS, SIMON HOUSE IS COMMITTED TO IMPROVING THE RECOVERY CAPITAL OF ALL CLIENTS THAT COME THROUGH OUR CORE TREATMENT PROGRAM. OUR IMPACT IS A TESTAMENT TO THE POSITIVE EFFECTS OF OUR PROGRAMMING.**

## HOW THIS WORK STACKS UP

SUBSTANCE ABUSE AND ADDICTION HAVE SIGNIFICANT CONSEQUENCES FOR SOCIETY AND ITS INSTITUTIONS. BUT HAVE YOU EVER WONDERED WHAT THE ECONOMIC COST OF SUBSTANCE ABUSE IS TO CANADIANS?

**46**

BILLION DOLLAR COST TO CANADIANS (2017)\*

**6.7**

BILLION DOLLAR COST TO ALBERTANS (2017) \*

**\$1,579**

ANNUAL COST PER PERSON IN ALBERTA (REGARDLESS OF AGE) \*

**\$344**

COST OF INCARCERATION PER DAY \*\*

**\$125,466**

AVERAGE INCARCERATION COST FOR A FEDERAL INMATE IN CANADA \*\*

IN SHORT, THE COST OF INCARCERATION TO SOCIETY IS SIGNIFICANT AND IS ALMOST 100% MORE THAN THE DAILY COST OF TREATMENT AT SIMON HOUSE!

Sources: Canadian Centre on Substance Use and Addiction\* and the Government of Canada\*\*

## AWARDS & RECOGNITION



TOP 5 IMPACT CHARITY IN CALGARY



FULLY ACCREDITED TREATMENT CENTRE UNDER ACCREDITATION CANADA



LOWE'S HEROES CAMPAIGN RECIPIENT



# OUR PROGRAMS

## CORE TREATMENT

Simon House Recovery Centre provides comprehensive addiction treatment services to adult males, and individuals who identify as men suffering from addiction and substance misuse. Through a structured 84 day residential treatment program and multidisciplinary team, an all-inclusive response to client centered needs including health and socioeconomic disparities is addressed. Simon House has expanded its service delivery to ensure the best possible outcomes for clients from all diverse backgrounds with all substance misuse disorders. This also includes the advancement of treatment towards individuals living with opioid or stimulant use disorders by offering harm reduction methods and strategies.

Every facet of practice involves a trauma informed approach with integrated compassionate focused therapies and holistic methodologies. The Indigenous Programming and Cultural Centre, FamilyCARE, AfterCARE, engage clients and their support systems, enhancing existing treatment and the client centered service plan. Treatment plans are tailored to every individual client and their family configuration. Family, loved ones and networks are all integrated as part of a comprehensive treatment approach.



### MYTH

Addiction only happens to certain kinds of people.

### FACT

Addiction can happen to anyone, no matter their race, upbringing, personality type, or grade point average. There are genetic, social, and psychological risk factors that can put some people at greater risk—but addiction has nothing to do with a person's character.



## INDIGENOUS PROGRAMMING & THE CULTURAL CENTRE

The Indigenous Program at Simon House was created out of the desire to stand in solidarity with Indigenous peoples and provide a space that embraced the cultural practices, spirituality and traditions that facilitate healing in Indigenous communities.

The Cultural Centre is a safe space that gives clients opportunities to connect with their respective cultures, communities, practices, traditions and overall worldviews as they journey toward recovery.



## MEMORABLE MOMENTS

- We celebrated the first-ever cultural and ceremonial room at Simon House with an on-site opening ceremony.
- Gerald Auger, a First Nations actor, producer and motivational speaker visited Simon House. Gerald delivered a keynote and facilitated a healing ceremony for clients struggling with grief and loss.
- Simon House partnered with the Tsuut'ina Wrap around Program through Tsuut'ina Nation – a program that assists their members with Addictions and Mental Health support and resources to support healing with a holistic approach for individuals with diverse needs.
- Elder Bruce Starlight from Tsuut'ina Nation joined the Simon House Team. Elder Starlight is committed to weekly sessions with Simon House clients – individual and group sessions - activities and hosts sweats at Tsuut'ina Nation.

## MEET OUR NEW ASSOCIATE DIRECTOR

In 2021, Simon House welcomed Kerry Gladue as the new Associate Director of Indigenous Relations and Client admissions.

Kerry originates from northern Alberta and is of Cree Métis descent. Kerry is also a descendant of the residential school system and grew up with intergenerational trauma and addiction struggles that many first nations experience.

As a graduate of Simon House and long-time employee, Kerry has utilized his experiences, education, and resources to support this much-needed program for our center and community.



## MYTH

Since you chose to begin drinking or using drugs, you can also choose to stop at any time.

## FACT

Addiction is a disease that affects the brain. Over time, the brain chemistry changes so that the craving becomes an obsession.



## WHAT PARTICIPANTS ARE SAYING...



"As an Indigenous man, I was once lost in my addiction. I was in a dark place. I was mentally, physically, and emotionally drained. Now that I've found Simon House, I'm so grateful and relieved.

I remember my second day when one of the staff members told me I needed to go to morning meditation. One of the other clients showed me the ceremonial smudging room.

I could feel the love, acceptance, and respect in that room. The smell of the sage and a mix of sweetgrass was heartwarming and brought back precious memories from my childhood. While smudging, I can feel the negativity and self-doubt drifting away from me. This is a big part of my life, especially for my sobriety.

Thank you, Simon House, for everything and for leading me on the right path in my healing journey."

— Donovan

"Smudging brings me closer to all the beautiful things on earth and I feel all the negative energy wash away. It also helps me understand that we are all equal and just because we have different ways, we are still one.

This program puts me in touch with my spiritual side and through it, I've learnt about a different culture. It has given me an understanding of what these people have been through, where they are now and where they want to be in life. I will breathe this into my children so they can carry this message to my grandkids."

— Travis



### MYTH

Once treatment has been completed, addiction is cured.

### FACT

Addiction is a lifelong process. Unless you work on your recovery journey consistently, it is possible to relapse.

# FINDING A PLACE OF BELONGING — A JOURNEY TOWARD HEALING



Since childhood, I've always felt as though I don't belong. When I was young, acting out was my way of dealing with this. I'd find ways to steal and lie— manipulating family and friends in the process.

When I began drinking and using drugs, I finally felt like I fit into society. But the euphoria of the substances, the alcohol, and the selfish behaviours eventually spiraled, creating fear, resentment, loathing, and despair.

**MY SUBSTANCE USE BECAME SO UNCONTROLLABLE THAT MY OBSESSION WITH THEM OVERTOOK EVERY OTHER THOUGHT OR FEELING, DESTROYING MY QUALITY OF LIFE.**

At this point, I had been using for ten years, and it was beginning to catch up with me. I had reached a point where I felt like I couldn't take life any longer and I attempted to end my life. When this was unsuccessful, I cried out for help. I'd had enough of being a slave to my addiction.

While that was the starting point for change, it took me another six months of detox and treatment, followed by a relapse before I truly believed that my addiction wasn't the answer to my problems. I wanted my life back.

The second time I entered treatment I was determined to work as hard as was humanly possible. I attended AA meetings, I found and began to work with my sponsor, and I pushed hard to cultivate a solid foundation in sobriety.

I loved myself enough to give it my all. In doing so, I developed a passion to live sober. In a short time, I gained back the things that I had lost at the height of my addiction; my family, my ability to control my own emotions, and faith in the idea that I could live an exciting life in recovery.

In July of 2016, I sobered up, and since then, life in recovery has brought so much growth and development. I've found a way to heal from past hurt and trauma. By believing in the process, believing in myself, and believing in a Power greater than myself, I could become the compassionate, loving, caring, hardworking individual that I've always wanted to be.

**THROUGH THE PROCESS, I'VE FOUND A PASSION FOR GUIDING OTHERS INTO A HEALTHIER WAY OF LIFE. THIS LED ME TO TAKE THE ADDICTION STUDIES PROGRAM AT BOW VALLEY COLLEGE AND THE INDIGENOUS INCLUSION PROGRAM AT SIMON HOUSE, WHICH HAS HELPED ME EMBRACE MY INDIGENOUS HERITAGE.**

The amount of healing I've experienced has helped grow my passion for sobriety, recovery, life and love. Living sober has evoked so much more than just putting down the pipe — for me, that has meant taking on a Recovery Coach position on the Simon House team. I genuinely love who I am, and now I can spread that love and light into the stream of life right here at Simon House.

— Kasey

## MYTH

There is only one form of treatment that is successful.

## FACT

Treatment is most successful when it is tailored to individual needs.



## FAMILYCARE

FamilyCARE is a compassionate, respectful, and empowering service that focuses on families and their journey for healing. The program's goal is to deepen a sense of healing within families while cultivating connection.

Traditional approaches are typically focused on the individual and not the entire system. Simon House methodologies treat the individual person and extensions of the person such as relationships, family system, community, and culture.

Simon House offers ongoing support and clinical services in this area of rehabilitation. The purpose of all services in FamilyCARE is to heal families, restore family relationships and reunite fathers with their children and loved ones.

Simon House effectively returns sons to parents, fathers to their children and husbands to their families and has been doing this for over 40 years.

## 2021 PROGRAM HIGHLIGHTS

- Launch of FamilyCARE on Family Day 2021
- Virtual program service delivery
- Implementation of 12 -Step Model for FamilyCARE program
- Interagency engagement with Ministry of Child and Family Services
- Development of supervised visitation
- Family Support Group
- Family counselling and conferencing

## 2021 CLIENT HIGHLIGHTS

- Virtual Family Support Group delivered to 70+ participants
- Families received ongoing emotional, mental, spiritual, and educational support
- Individual counselling for partners, wives, children, and parents
- Family engagement in relapse prevention
- Fathers were supported in having supervised visits and were able to meet their mandate
- Five fathers reunited with their children
- Three fathers had guardianship for their children reinstated
- Implementation of family centered discharge meetings
- Clients reported a stronger sense of optimism and hope towards the future of their families
- Clients reported higher fatherhood satisfaction and confidence

## WHAT PARTICIPANTS ARE SAYING...

"I became aware of Simon House when my second marriage was in crisis. My husband was choosing to use drugs and alcohol behind my back.

When he was finally ready to attend treatment, I was overjoyed. He made the call just before Christmas and on the second day of January, I drove him to Simon House so he could begin the process.

I remember how he'd call me daily, updating me on his progress and the things he was learning. He even became a mentor at one point to some of the other guys that were finding things hard in their withdrawals.

Today, that same man is approaching his third year of sobriety! It's been a long haul and we continue to take things slowly, but I'm so proud of the work he has put in to overcome a 30 year-old habit.

He's learned so much through this program – I could never have helped him in the way that Simon House did. He's creating a new chapter for himself, and my daughters and I are incredibly proud."

– Dawn

# STEPPING OUT OF THE 'ADDICTION' RING



In the years leading up to the phone call to Simon House, my life had been on a downward spiral. I was using and abusing drugs and alcohol to escape my reality.

**I OFTEN PICTURE MYSELF IN A BOXING RING WITH ADDICTION, GETTING BEATEN TO A PULP. MY CORNER HAD THROWN IN THE TOWEL YEARS AGO, BUT I WAS UNABLE TO WALK AWAY FROM THE FIGHT.**

When I made the call, it was with the last bit of hope in me. I left a voicemail asking for help and two days later, I arrived at Simon House.

The first week was not an easy transition. With the level of my addiction, I hadn't experienced any sort of structure or routine for many years. I was confrontational, but my resistance was met with patience and compassion. Many of the staff had been where I was now, and that helped reassure me.

I began attending classes, was introduced to the 12 steps of Alcoholics Anonymous, and was made to feel like I belonged and that I was welcome thanks to the other clients and staff. After a short time, I found a sponsor and began working through the 12 steps.

After that first month at Simon house, I found that some mental clarity had returned, and I was physically beginning to heal. Most importantly, I was learning and starting to practice the spiritual principles that would allow me to find long-term freedom from my ailment. The clients I had met had turned to brothers, and I was well on my way.

At two months into my journey, I had completed up to step 5 of the program. I was now a senior client and welcomed new clients with the same love and compassion shown to me just two months prior. Life was beginning to change drastically and for the first time in my adult life, I was optimistic about the future.

Within the program, I began working again — one of the conditions of staying and completing treatment at Simon House. I was thrilled and ready to have some freedom and responsibility again (other than my daily chores!).

At the three-month mark, I decided to leave Simon House and return to my hometown to be closer to my daughter. It was a bitter-sweet goodbye, but I felt the next part of life needed to begin.

**TODAY, I'M NO LONGER JUST WISHING THAT IT WOULD END. THE SAME LESSONS I LEARNED EARLY ON IN MY TIME AT SIMON HOUSE ARE THE SAME TOOLS I USE TODAY TO REMAIN SOBER, HAPPY, AND HEALTHY. I HAVE A FULFILLING AND PURPOSEFUL LIFE!**

I can be the person I've felt I'm meant to be through constant self-examination, thinking of others, service work, and a relationship with a power greater than myself.

I'm two years sober and have been gainfully employed at the same job for over a year at the time of this writing. I'm a proud and present father of a five-year-old daughter. I'm a brother, an uncle, a son, a friend. And it all started with a single phone call.

—Matthew

## MYTH

You are a failure if you relapse.

## FACT

Addiction is a dependency and relapse is common. Individuals on their recovery journey need to embrace that changing a habit is hard work and relapse can be a part of the journey.



## AFTERCARE

The AfterCARE program is designed to strengthen the existing strategies achieved through active treatment and enhance the resilience of our clients. Clients receive coaching and mentorship to pursue their financial, emotional, mental, spiritual and relationship goals – empowering them in their life of recovery.

Upon completion of 84 days in residential treatment, Simon House clients have the option to enter an extensive AfterCare program, providing them with access to the ongoing support and services offered by Simon House staff and alumni.

Achieving initial sobriety and undergoing treatment is the first phase of lifelong recovery. Connecting clients to valuable resources builds their Recovery Capital and resiliency, empowering clients on their journey of recovery.

## 2021 PROGRAM HIGHLIGHTS

- Connection to brotherhood of Simon House
- Connection and network development with Alumni community, events and communications
- Client Centered planning.
- Care plans tailored to meet specific client needs
- Individual and group Counselling
- Sponsorship/ Mentorship
- Recovery strategies and relapse prevention

- Safety Planning
- Financial literacy
- Employment support
- Referrals and Advocacy

## 2021 CLIENT HIGHLIGHTS

- Over 100+ clients served
- All graduates secured housing during or post treatment with AfterCARE
- All service users were coached and mentored for restoring relationships with families
- All service users were coached through their amends for relationships, finances etc.
- All service users were matched with a mentor/sponsor for ongoing guidance
- All service users were assigned a counsellor for weekly sessions
- All service users engaged in onsite weekly programming

## WHAT PARTICIPANTS ARE SAYING...

"My addiction took everything from me.

The constant feeling of being lost and depressed, haunted by my demons, made the simplest tasks like getting out of bed a daily challenge and another obstacle I dreaded facing.

Self-medicating with alcohol was the easiest way to escape reality.

Consequently, reality kicked in and decided to teach me a lesson. Eventually, I lost my job and the woman I loved. I couldn't stand that this would be my life's story—a change needed to be made.

After 18 years of self-destruction, I picked up the phone and called Simon House, where my name was added to the intake list.

Simon House provided me with the tools I needed to heal and deal with life on life's terms. For that, I am forever grateful.

Fast forward 4 years, and now I am the Chef at Simon House, cooking for those who call this place home just as I once did. The program truly taught me how to care for myself and care for my loved ones.

This was the best decision I ever made!"

— John

### MYTH

Addicts are a drain on society because they can't keep a job.

### FACT

Many addicts can present as well-functioning, can be highly successful, and even top performers in their respective careers and commitments. This can often make it harder for family and friends to convince loved ones to go to treatment.

# TURNING THE PAGE ON ADDICTION

Addiction is a story I know all too well. It robs you of your dreams, desires, and goals. Your friends and family take a backseat to the one driving force, staying high. Each time I'd get high, I'd hold the guilt, pain, shame and suffering for one more day.

## I SPENT THE BETTER PART OF THE LAST 15 YEARS TRAPPED IN A LITERAL WAKING NIGHTMARE HOOKED ON DRUGS AND A SLAVE TO MY ADDICTION.

I knew I had a problem with drugs and alcohol for a long time, but I really thought I had it under control. "If I really wanted to, I could stop," I told myself. Occasionally, I'd refrain for a day or two to prove to myself that I could. I'd convince myself that it wasn't hurting anyone else. So, what was the big deal?

The reality of addiction is that it doesn't just hurt the addict. In my own experience, I left a path of wreckage on many lives. The truth was that I was utterly powerless over drugs and alcohol, and I had been for many years.

I had come to a point where I knew I couldn't keep going like this, but I also didn't know how to stop. I was full of fear, guilt, shame and remorse. The bottom kept getting lower. Things I told myself I'd never do were becoming things I'd do every day.

## THERE WASN'T A PRICE I WOULDN'T PAY FOR THE NEXT HIGH — INCLUDING MY OWN LIFE.

Eight days after my 28th birthday, I made a call that saved my life. I had finally conceded to my innermost self that I was an addict. This was the first step in my recovery journey—the start toward a new life, a life of love and service. From the outside looking in, this probably looked like the lowest point in my life, but to me the nightmare was finally over. I was in detox two days later and within a week I was at Simon House.

When I first arrived at Simon House, they asked me: what was I willing to do for my recovery? "Anything that was asked of me," I had responded, and I meant it. I didn't want to be in and out of treatment for the rest of my life. I committed to completing the program.

Upon leaving, one of the first things I did was find myself a sponsor, a home group, and started working with the 12 steps of AA. On day one with my sponsor, he told me that his only requirement was that when we completed the program, I would start sponsoring others and help bring them through the steps as he did for me.



I've served as President of the Simon House Alumni for the last six months. It has been incredibly rewarding work, watching men like me come into the house broken and at their lowest point, only to begin rebuilding their lives.

Today, thanks to the staff at Simon House, my sponsor, my amazing friends, supportive family, and the program of AA, I haven't had a drink or taken drugs in over two years!

— Brodie

## MYTH

If you take drugs, you will become an addict.

## FACT

Many individuals receive drug prescriptions for pain and other health-related reasons. When used appropriately, taking drugs does not imply that addiction is a guarantee.



# PARTNERSHIPS

Simon House recognizes and celebrates the contributions of an incredibly supportive network of community partners, medical supports, staff members, Board of Directors and donors – a few of which we are able to highlight in this report.

With their generous contributions, the impact that Simon House is able to have within the community has been magnified – thank you for your support!

## COMMUNITY PARTNERS

- Gerald Auger – 4 Directional Healing from PTSD
- Dr. Stephanie Borgland – The Science of Addiction programming
- Dr. Keith Yeates – Understanding Brain Injury programming
- Angels in Action – Breaking Bread community initiative
- Cobbs Bread
- Calgary Food Bank
- Bowness Community Association
- Tai Chi & Yoga Health and Wellness
- Tsuut'inna Wrap Around Program
- Saskatchewan Justice (Witness Protection Program)
- Calgary Drug Treatment Court
- George Spady Centre Edmonton
- Calgary Indigenous Court
- Elizabeth Fry Society
- Probation Services (Alberta Justice)
- Canada Border Services Agency (CBSA)
- Mustard Seed, Calgary
- Child Family Services (Youth Transition Team)
- John Howard Society
- Calgary Drop-In Centre

## MEDICAL SUPPORTS

- Dr. Cavilla,
- MINT Pharmacy
- Rapid Access Addiction Medicine (RAAM)
- Saddle Lake Band Addictions and Mental Health
- The Alex
- Kainai Healing Lodge Detox
- Renfrew Recovery Detoxification Centre
- Safe Harbor Detox Red Deer
- Alpha House Calgary
- Foothills Hospital
- Oxford House Calgary

## SIMON HOUSE BOARD OF DIRECTORS

- Shawn Lavoie – Board Chair
- Mike Cullen – Vice Chair
- Patrick Merz - Treasurer
- Doug McGillivray - Secretary
- Andy Crooks – Honorary Life Member
- Dr. Susan Boon
- Dr. Alex Sanderson
- Jean Dube
- Nav Shergill



# FINANCIAL STATEMENTS

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	2021	2020
<b>ASSETS</b>		
<b>CURRENT</b>		
Cash	\$ 387,692	\$ 222,945
Accounts receivable	42,287	91,398
Goods and services tax receivable	8,992	6,700
Prepaid expenses	6,156	920
Short-term investment (Note 3)	40,000	—
	<b>485,127</b>	<b>321,963</b>
Capital assets (Note 4)	2,539,049	2,515,964
	<b>\$ 3,024,176</b>	<b>\$ 2,837,927</b>
<b>LIABILITIES AND NET ASSETS</b>		
<b>CURRENT</b>		
Accounts payable and accrued liabilities	\$ 167,524	\$ 55,644
Deferred contributions (Note 6)	70,955	86,633
	<b>238,479</b>	<b>142,277</b>
CEBA loan payable (Note 7)	40,000	30,000
	<b>278,479</b>	<b>172,277</b>
<b>NET ASSETS</b>		
Investment in capital assets	2,539,049	2,515,964
Unrestricted surplus	206,648	149,686
	<b>2,745,697</b>	<b>2,665,650</b>
	<b>\$ 3,024,176</b>	<b>\$ 2,837,927</b>



# FINANCIAL STATEMENTS

	2021	2020
<b>REVENUES</b>		
Program fees	\$ 1,422,268	\$ 858,548
Grants	377,062	246,134
Donations	163,829	230,519
Gaming and casino revenue	86,092	126,174
	<b>2,049,251</b>	<b>1,461,375</b>
<b>EXPENDITURES</b>		
Salaries and related benefits	1,370,193	927,384
Food costs and supplies	170,630	124,221
Utilities	108,955	91,832
Office	75,928	55,276
Consulting fees	58,571	77,990
Insurance	55,288	60,120
Repairs and maintenance	51,619	33,234
Amortization	37,113	31,331
Program expenditures	30,987	20,539
Professional fees	21,174	17,353
Bad debts	16,137	9,047
GST expenditures	8,939	6,700
Supplies	7,557	7,149
Vehicle	7,519	10,074
Promotional expenditures	3,846	11,495
Interest and bank charges	2,982	11,986
	<b>2,027,438</b>	<b>1,495,731</b>
	<b>21,813</b>	<b>(34,356)</b>
<b>OTHER INCOME (EXPENDITURE)</b>		
Government assistance (Note 7)	58,234	243,198
Gain on sale of capital assets	—	7,641
	<b>58,234</b>	<b>250,839</b>
<b>Excess of revenues over expenditures for the year</b>	<b>\$ 80,047</b>	<b>\$ 216,483</b>



"My life before Simon House, was not a happy one. My addiction left me living on the streets, for the last two years before I was accepted into the program. I had no connection with my family, so I spent the majority of my time living in a tent and in shelters when it was too cold to be outside. When I was able to get a job, I would only make it to my first pay day. I was lonely, full of shame, sadness, and hopelessness.

Now I have a new life. It is overflowing with love from friend and family. I have been an employee of Simon House for several years. This has given me a sense of purpose, hope and gratitude for today."

— Al

**AL BECAME A STAFF MEMBER AT SIMON HOUSE IN MARCH OF 2011.  
SINCE THEN, SIMON HOUSE HAS EMPOWERED OVER 1,500 MORE MEN TO  
PURSUE A LIFE OF RECOVERY.**





**ON BEHALF OF THE ENTIRE SIMON HOUSE RECOVERY CENTRE TEAM, WE'D LIKE TO GIVE A SPECIAL THANK YOU TO THE MANY DONORS, BOARD MEMBERS, SPONSORS, CLIENTS, PARTNERS, AND SUPPORTERS THAT MADE 2021 SUCH AN INCREDIBLE YEAR — WE'RE GRATEFUL TO HAVE YOUR CONTINUED SUPPORT!**



**SIMON HOUSE**  
RECOVERY CENTRE  
*empowering men to recover for life*

**WITH YOUR SUPPORT, WE CAN DO MORE.**

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