

# 2019/2020 ANNUAL REPORT

St. Michael's  
H O M E S





# FROM OUR BOARD AND EXECUTIVE DIRECTOR

2019-20 has been full of change here at St. Michael's Homes!

This year, St. Michael's Homes and Our Place Community of Hope merged, creating a new, larger organization, serving people with substance use and mental health challenges. Our Place provides a safe and inclusive space for adults experiencing mental health issues to become part of a community, through an afternoon drop-in, meals, social and group activities, and access to additional services and supports.

After over a year of preparation, the merger was official on January 1<sup>st</sup> of 2020, bringing our total number of staff over forty and our annual budget over \$2 million dollars for the first time. The opportunity to bring mental health and substance use experience together in a single organization is an exciting one!

We continue to expand and improve our programs. Among the changes in the past year have been expanding our psychotherapy program, continuing to increase staffing and services through partnership with Habitat in our Transitional Housing, and bringing substance use and mental health expertise together to improve both program areas.

We thank all of our donors and supporters, with a special thank you to Michael Harker, who learned of our work through the Share Life campaign. Michael hosted a birthday party with friends and family to raise money to support St. Michael's Homes—thanks to Michael and his community, who raised enough money to cover the cost of adding another unit to our Housing Program!

As everyone has experienced, the arrival of the Covid-19 pandemic has impacted our programs, staff and program participants in the months since the end of the 2019-20 fiscal year.

With the support and collaboration of our service users, we have (as of August!) been able to keep all programs open and running, worked to mitigate the risk to clients and staff, while responding flexibly to the Covid-19 situation.

Like many community organizations, at the start of 2020, we were beginning from a standing start in responding to the pandemic, but through a combination of hard work, collaboration with hospital and community partners, including medical and Infection Prevention experts, and engagement with staff and service users, we have been able to respond effectively to the pandemic crisis.

**Thank you to all of our staff and program participants**, you are amazing people and have risen to the pandemic challenge with skill, team work, and an amazing level of commitment. The first phase of the pandemic has required us all to work in new and different ways to keep each other safe. It is the commitment of our staff and program participants that has made that possible. THANK YOU!

2019-20 has combined the excitement of the merger and new developments with the challenge of the arrival of the pandemic.

Three handwritten signatures in blue ink, arranged horizontally. The first signature on the left is for Roland Pauksens, the middle one for Tony Yu, and the right one for Robin Griller.

Roland Pauksens  
Board Co-Chair

Tony Yu  
Board Co-Chair

Robin Griller  
Executive Director

# CLIENT STORY



Frank was the first-born son in his family. His parents fought constantly, and Frank often found himself in the middle. Frank's family moved around a lot due to his father's business, until they finally settled down in a small town in Ontario.

Frank quickly made friends in his community through the town hockey league and local swim team. He began spending a lot of time away from home to escape his parents' fighting. His friends became his second family.

At the age of 15, Frank began to explore drinking and drugs with his friends. He quickly lost interest in sports and became more interested in going to local parties.

Upon graduating high school, Frank moved to Toronto to attend college. He quickly found himself immersed in a party lifestyle, often drinking with friends and even his professors. At this point in his life, Frank knew he had an issue with his drinking.

Frank soon found it necessary to find a part-time job to fund his drinking habits. Despite his drinking, Frank graduated from college and maintained his employment, working his way up to a management position within the company.

In his 11th year of employment, Frank was let go by his employer. He was devastated so he took some time off and began to frequent bars during the days, as well as the nights.

After a year off, Frank found another job but after two years, he was let go due to his drinking. He found another job but missed work numerous times due to the withdrawal symptoms that he was experiencing.

Frank became so depressed that he spent three weeks surviving off of alcohol and cigarettes. His family and friends sent the police to do a wellness check, which is how Frank ended up at CAMH. Not long after he returned home, Frank lost his apartment due to rent arrears, resigned from his job, and started drinking again.

Frank returned for treatment at CAMH, which is when the staff recommended St. Michael's Homes. He completed the Treatment Program before moving into the Housing Program.

Frank never understood why his feelings of depression overtook him as much as they did until a couple of years ago, when he was diagnosed with Major Depressive Disorder. He has since attended Psychotherapy through St. Michael's Homes to try and deal with this diagnosis in a healthy way.

Frank attended Treatment again after relapsing and is now back in the Housing Program. His second time in Treatment, he really paid attention and realized that the skills he was taught were good for his sobriety and life in general. Frank is grateful to be back and feels blessed to have gotten a second chance. He is happy to have been offered the position of Residential Superintendent at our Gerrard St. location.



# MERGER

This year St. Michael's Homes merged with Our Place Community of Hope.

Our Place offers support for individuals with mental health issues that are living in the community. It is a safe space for individuals to come and connect with others and get the support that they need. Our Place also assists individuals in recovery in building skills for independent living.

This partnership will enable St. Michael's Homes and Our Place to provide more comprehensive support to individuals with mental health and addiction issues.

While St. Michael's Homes has historically only offered services for men, we are now extending some of our programming to women in the community as well. Virtual programming such as the Anger Management group and Psychotherapy is now offered to all St. Michael's Homes and Our Place clients.

For more information on Our Place Community of Hope, visit the Our Place page on our website.

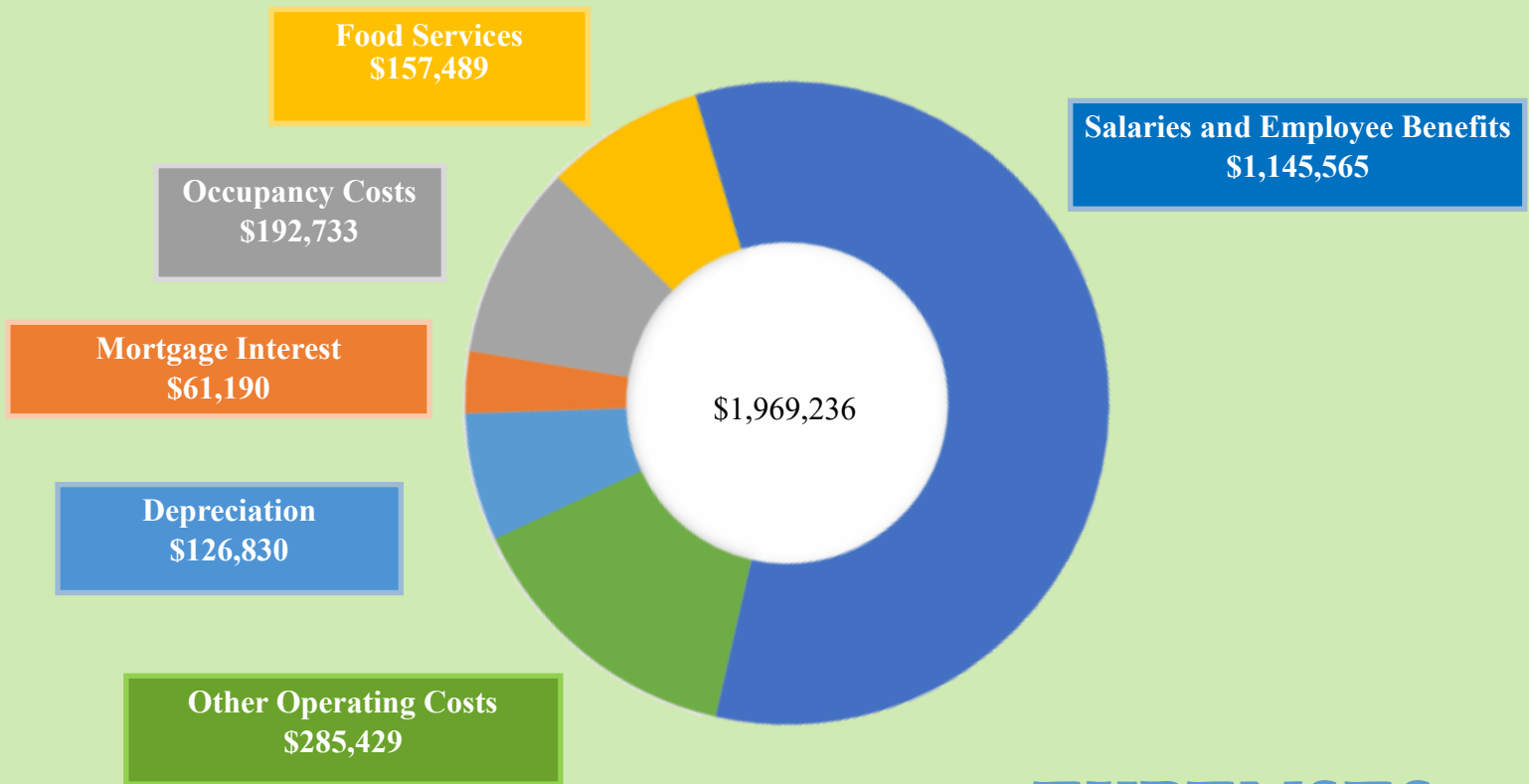


## MICHAEL HARKER AND FRIENDS

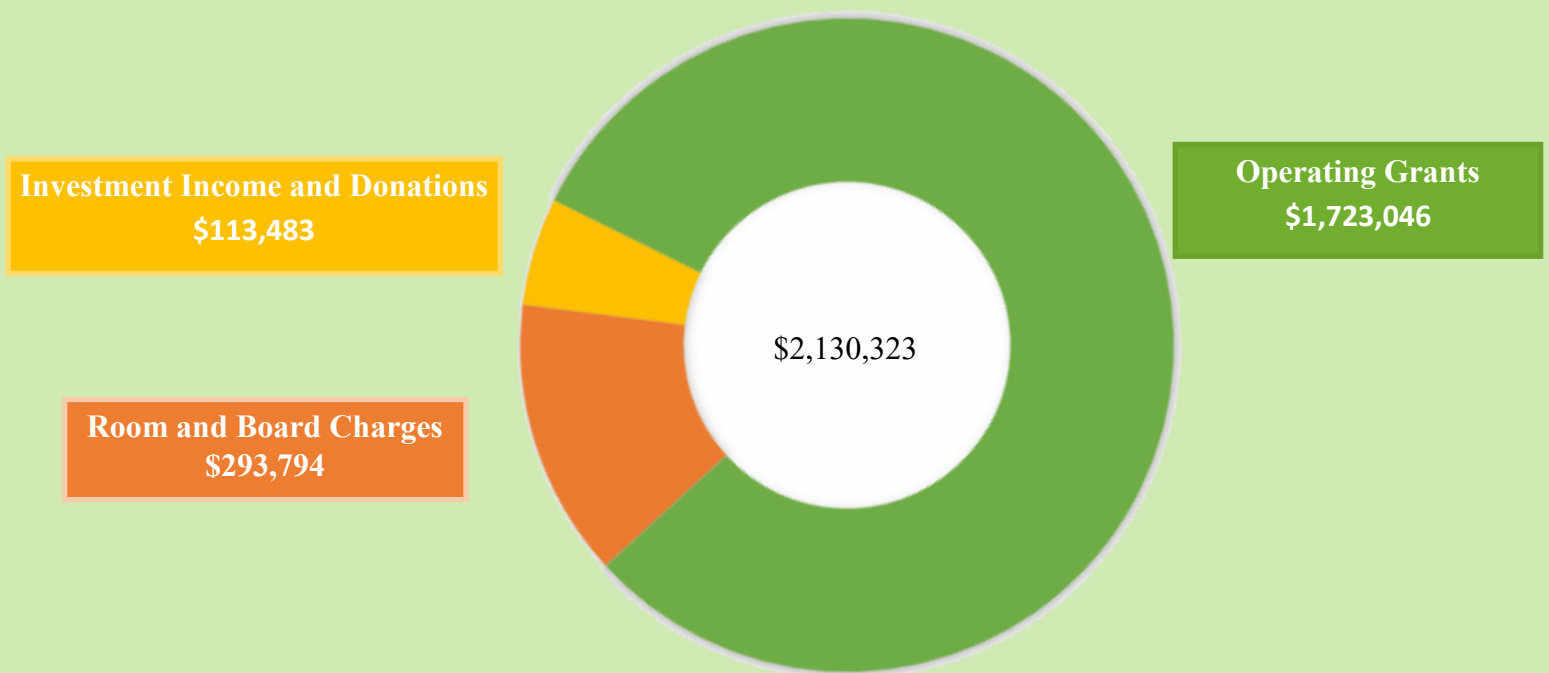


Thank you to the family and friends of Michael Harker for raising \$8,000 so that we could add a new housing unit at our 262 Gerrard St E. location. This unit will allow us to provide safe and stable housing for one more client who may have previously been experiencing homelessness.

# FINANCIAL HIGHLIGHTS



## EXPENSES



## REVENUE



**ST. MICHAEL'S HOMES**  
**SUMMARY BALANCE SHEET**  
**AS AT MARCH 31, 2020**

	2020	2019
<b>ASSETS</b>		
Current assets		
Cash and marketable securities	\$ 670,599	\$ 442,932
Accounts receivable and prepaid expenses	121,529	125,111
	792,128	568,043
Property and equipment	1,808,797	1,881,542
Cash and marketable securities segregated for replacement reserves	903,272	872,914
	3,504,197	3,322,499
<b>LIABILITIES</b>		
Current liabilities		
Accounts payable, accrued liabilities and deferred revenue	174,707	138,578
Long term debt - mortgages on properties	874,459	1,004,989
Deferred capital contributions	99,406	119,146
	1,148,572	1,262,713
<b>NET ASSETS</b>		
Replacement reserves	903,272	872,914
All other	1,452,353	1,186,872
	2,355,625	2,059,786
	3,504,197	3,322,499

**ST. MICHAEL'S HOMES**  
**SUMMARY STATEMENT OF OPERATIONS**  
**YEAR ENDED MARCH 31, 2020**

	2020	2019
Revenue		
Operating grants	1,723,046	1,533,804
Room and board charges	293,794	286,309
Investment income and donations	113,483	73,361
	2,130,323	1,893,474
Expenses		
Salaries and employee benefits	1,145,565	975,061
Food services	157,489	129,575
Occupancy costs	192,733	207,470
Mortgage interest	61,190	65,117
Depreciation	126,830	134,802
All other operating expenses	285,429	234,727
	1,969,236	1,746,752
Excess of revenues over expenses before the undernoted item	161,087	146,722
Contribution from Our Place Community of Hope	134,752	-
Excess of revenues over expenses for the year	\$ 295,839	\$ 146,722

# 2019/20 OUTCOMES

1,265

Individuals served at the  
Our Place Mental Health  
Drop-In

91%

Treatment occupancy

1,282

Client contacts in Aftercare.

613

Men participated  
in our Engagement Program.

“It is a place where you feel safe, people don't judge you here. You don't feel alone. Many people have played a part in my path of healing. Without them, I would not be here.” - Our Place Client





70.9%

Successfully completed  
the 30 Day Treatment Program.

90

Individuals benefited from our  
Housing Program.

100%

Housing occupancy.

72.4%

Successfully completed  
the Housing Program.



“The concept of “compassion,” which is clearly the focal point of this agency, is a beautiful trait that shines bright within each member of this team. St. Michaels Homes is the personification of good, in its purest form.” - Excerpt from a letter written by 3 SMH clients to staff

# TRILLIUM AFTERCARE GRANT



The Trillium Grant provided for the Aftercare program has allowed us to learn more about the needs of clients once they leave our residential programs.

Throughout the period of the grant, we have learned that a peer-support model is likely more beneficial for clients than a Case Management approach. We are using the experience of the past couple of years to develop a program that will help to facilitate small groups of clients, with the main focus being peer-to-peer aid. Staff will also be involved to ensure groups are running smoothly, and to provide extra support.

## COVID-19

This year we received \$75,000 from Toronto Community Foundations and \$50,000 from United Way Greater Toronto. Both grants are funded by the Government of Canada and are meant to help target the negative effects of COVID-19.

Thanks to these grants, we were able to expand our Psychotherapy program to include staff at SMH, as well as staff and clients from outside agencies.

We were also able to continue services at Our Place, introducing many virtual groups and services for clients and offering take-home meals. We have been taking necessary precautions across all programs, including universal masking for staff and extra cleaning and sanitation.



## BOARD MEMBERS

### Co-Chairs

Roland Pauksens  
Tony Yu

### Treasurer

Shelley Dagherne

### Directors

Paul Handley  
Leanne Tran  
Christine Charnock  
Kim Vo  
Aryn Gatto  
Jayden Bourgard



# FUNDERS AND FRIENDS

We express our gratitude to all of you who have made our work possible over the past year. None of our programs could be successful without your continued support.

Thank you to Catholic Charities of the Archdiocese of Toronto and the ShareLife campaign, the Toronto Central Local Health Integration Network and the Ontario Ministry of Health and Long Term Care, as well as Delta Bingo-Gaming for your ongoing support.

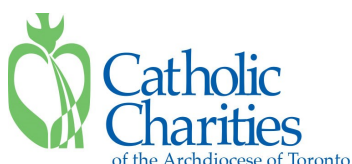
Thank you to all of our individual donors, without your contributions our programs would not be the same. For the many people participating in fundraising activities, such as the upcoming Scotiabank

Marathon, we are very grateful for your commitment and support!

Thank you to Toronto Community Foundations and Government of Canada for granting us funds to expand our Psychotherapy Program during these difficult times.

Special thanks also to the United Way Greater Toronto and the Government of Canada for helping to fund services at Our Place throughout COVID-19.

Finally, thank you to the ECHO Foundation, for their generous donations towards COVID-19 relief at St. Michael's Homes and Our Place. These donations have allowed us to continue to support our clients and offer services throughout the pandemic.





# St. Michael's

H O M E S

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