

Annual Report

2021-22



St. Michael's
H O M E S

FROM OUR BOARD AND EXECUTIVE DIRECTOR

The Co-Chairs and Executive Director are so grateful for the amazing efforts of our program participants and staff, working together, to keep each other safe over the past thirty months.

The community of caring in all of our programs has been amazing and inspirational to us!

This year, we have had some amazing developments:

- ♦ Capital work on the foundations and masonry at our Carlton location has been completed.
- ♦ Enhancing our mental health services through steps such as implementing additional therapeutic approaches in our Treatment Program.
- ♦ We have a new psychiatrist from CAMH who is now providing a monthly clinic for participants in our Residential Treatment Program.
- ♦ We now have two staff psychotherapists working with our Associate Executive Director, David Bruce, in our psychotherapy program, alongside the placement students and new graduates.
- ♦ We have increased our food budget substantially this year which will support enhancements going forward.
- ♦ St. Michael's Homes received new funding for a number of enhancements to our services.
- ♦ Our clients and staff continued to have success working together to manage the risks of the pandemic.
- ♦ We continued to collaborate with partners to improve the healthcare system for people with substance use and mental health.
- ♦ This year saw the development of a new strategic plan for implementation in 2022-2025.

We received the following funding enhancements in 2021-22:

- ♦ New annual base budget funding from the Ministry of Health for our Aftercare Program.
- ♦ New funding for the Our Place drop-in food program has allowed us to increase meals from four to five days per week on a sustainable basis.
- ♦ Start up funding from Catholic Charities to allow us to stabilize and demonstrate the benefit of our Psychotherapy Program.

In 2021-22 as an organization, we focused on the supports we could provide to our community, both as a service provider and as a partner in the healthcare system. A few of our key achievements include:

- ♦ We have continued to support the Covid-19 Vaccination Clinics in the Downtown East, providing over 3,000 hours of SMH staff time to help vaccinate our community.
- ♦ We are providing system navigation services to individuals with complex mental health and addiction related challenges referred from Michael Garron Hospital in the East Toronto OHT and to substance using clients in the Mid West Toronto OHT.
- ♦ Our staff are playing leadership roles in the OHTs including in addictions (Mid West/East), mental health (East Toronto) and in building a more equitable health care system (Mid West).

Karen Bailey
Co-Chair of the Board

Tony Yu
Co-Chair of the Board

Robin Griller
Executive Director

NICK'S STORY



Nick's family life growing up was difficult and he experienced a significant amount of trauma in his formative years that he kept buried for most of his life.

Nick laughs as he recalls how he liked to adopt other families. He fondly remembers frequenting the beaches with one mother in particular who took him to the beach on weekends.

His one real escape was sports. He would play baseball in the summer and hockey in the winter. He would spend all day playing, but when it was time to return home reality would kick in.

In his late teenage years Nick discovered the escape that drugs offered and threw away his sports gear. He moved to a new province where he moved around between

places and mining jobs following the drugs.

Nick's tipping point was the death of his roommate.

When this happened, Nick fell into a deep depression. After a concerned neighbour reached out, he decided to take action. She suggested he see a psychologist and he surprised himself by agreeing. This would be the first of many yeses Nick would repeat on his path of recovery. From then on any help or advice he was offered, he took.

With the help of the psychologist the floodgates opened. He talked about his childhood trauma and understood for the first time what had driven him to drug use. For the first time he felt like someone was listening and more importantly, they believed him. This was all he had wanted.

He went through a number of programs and learned a lot about himself and what worked. He finally ended up at St. Michael's Homes. First going through the Treatment Program and then Matt Talbot Transitional Housing. Nick now works in maintenance for St. Michael's Homes'.

Looking back, Nick understands how the trauma of his youth led him down his path of drug use. It was his way of augmenting the reality that was his childhood. He continues to learn and grow each day in his recovery and says he now has no fear left. Nick feels like he is in a good place in his life and is looking forward to the future.

FINANCIAL HIGHLIGHTS

ST. MICHAEL'S HOMES

Summary Balance Sheet

March 31	2022 \$	2021 \$
ASSETS		
Current assets		
Cash and marketable securities	900,402	753,811
Accounts receivable and prepaid expenses	168,468	119,060
	<u>1,068,870</u>	<u>872,871</u>
Property and equipment	2,094,313	1,690,393
Marketable securities segregated for replacement reserves	941,833	912,684
	<u>3,036,146</u>	<u>2,603,077</u>
	<u>4,105,016</u>	<u>3,475,948</u>
LIABILITIES		
Current liabilities		
Accounts payable, accrued liabilities and deferred revenue	331,905	236,420
Long term debt - mortgages on properties	590,224	735,923
Deferred capital contributions	589,711	41,831
Loan payable	60,000	60,000
	<u>1,571,840</u>	<u>1,074,174</u>
NET ASSETS		
Replacement reserves	941,833	912,684
All other	1,591,343	1,489,090
	<u>2,533,176</u>	<u>2,401,774</u>
	<u>4,105,016</u>	<u>3,475,948</u>

ST. MICHAEL'S HOMES

Summary Statement of Operations

Year ended March 31	2022 \$	2021 \$
Revenue		
Operating grants	2,097,637	2,001,620
Room and board charges	290,687	282,311
Investment income and donations	70,461	79,954
Government assistance	-	25,000
	<u>2,458,785</u>	<u>2,388,885</u>
Expenses		
Salaries and employee benefits	1,496,005	1,435,795
Food services	228,018	234,815
Occupancy costs	197,987	188,489
Mortgage interest	46,021	53,184
Depreciation	79,971	128,975
All other operating expenses	279,381	301,478
	<u>2,327,383</u>	<u>2,342,736</u>
Excess of revenues over expenses for the year	<u>131,402</u>	<u>46,149</u>

2021/22 OUTCOMES

12,919

Meals served by the Our Place Mental Health Drop-In

1,465

Client Psychotherapy Sessions

120

Treatment Clients Served Despite Covid-related bed limits

602

Men participated in our Engagement Program.

" " The Food Program at Our Place has helped me throughout the pandemic. Without it, I would not been able to eat fresh fruits and vegetables. It is always a reliable place that I know I can go to get something to eat. " - OPCOH Client



Over 90%

70

Individuals benefited from our Housing Program.

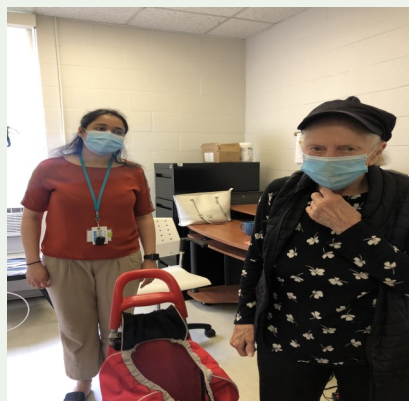
Successfully completed
the 90 Day Treatment Program.

494

Aftercare contacts

1,900

Individual supports
provided in Housing



“I’ve never met staff as dedicated as those at the Our Place Community of Hope Drop-In. They take interest in us and provide a safe place where I don’t have to hide my mental illness. During the pandemic they’ve risked their lives for us. I don’t know how I would have survived the last year and a half without the takeout meals or their support for my mental health. I am so thankful.” - OPCOH CLIENT

R.G.'s STORY

When R.G. first found Our Place Community of Hope (Our Place) he felt like he had finally found a place he belonged.

R.G. has had a tough life and struggles with mental health issues. He has been in and out of institutions his whole life and says that Our Place is different. The people here really care about him. R.G. says the staff really take a keen interest in all of the members and they go above and beyond to show they care.

He says that because everyone else who attends the drop in has a mental illness, he has never felt ashamed or afraid. He does not have to hide his own mental illness. He really enjoyed meeting people he could relate to and made many friends through the program. He also enjoys all the different events like the car wash and barbecues, as well as regular programming like bingo.

During the pandemic R.G. realized just how much staff really do care. While the drop-in program was forced to close its doors to indoor visitors, they continued to open an outdoor drop in and daily take-out meals for anyone who needed them. "The staff were coming into work every day and putting their lives on the line for us." That's when he says he realized just how much they care. This was



more than a job for them and it made him feel so cared for.

R.G. came to the drop-in every day for a meal. He said it's been tough for him and others, but knowing that Our Place would be there when it's all over helped him.

BOARD MEMBERS

Co-Chairs

Karen Bailey
Tony Yu

Treasurer

Patrick Lam

Directors

Christine Charnock
Jessica Stansfield
Ryan Gardiner

Jaspreet Saini
Dr. Leanne Tran
Sukhman Dyal

FUNDERS AND FRIENDS

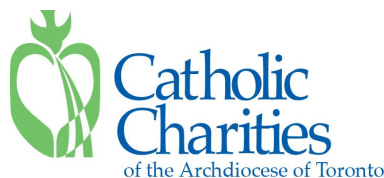
We express our gratitude to all of you who have made our work possible over the past year. None of our programs could be successful without your continued support.

Thank you to Catholic Charities of the Archdiocese of Toronto and the ShareLife campaign, Ontario Health 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 Scotiabank Marathon, we are very grateful for your commitment and support!

Thank you to the many foundations that helped us through this difficult year. Special thanks to the ECHO foundation, the Toronto Foundation, Ontario Realtor's Care Foundation, Sisters of the Congregation of Notre Dame, Daily Bread, MAZON, and the Chum Charitable Foundation who all supported us this year.

Each donation we receive reminds the individuals in our programs that they have the support they need. you to





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