

## Board of Directors

(as of January 1, 2010)

**Candace Scott**  
President

**Sue Jensen**  
Director

**Linda Fredette**  
Vice President

**Chris Massicotte**  
Director

**Cheryl Grant**  
Secretary/Treasurer

**Dr. Christine Pun**  
Director

**Lee Buck**  
Director

**Luc Rivet**  
Director

**Mark Hutchinson**  
Director

**Rev. Henk Willems**  
Director

## Staff Members

(2009 - 2010)

**Shelley Watt Proulx**  
Executive Director

**Brenda Frattini**  
Assistant Director

**Nicole Bernatchez**  
Receptionist

**Andy Lalonde**  
Addiction Counsellor

**Louise Poitras**  
Partner Assault/Family Violence/  
Sexual Assault Counsellor

**Therese Boisvenue**  
Family Violence Counsellor

**Steven Long**  
Addiction Counsellor

**Janice Martell**  
Addiction Counsellor

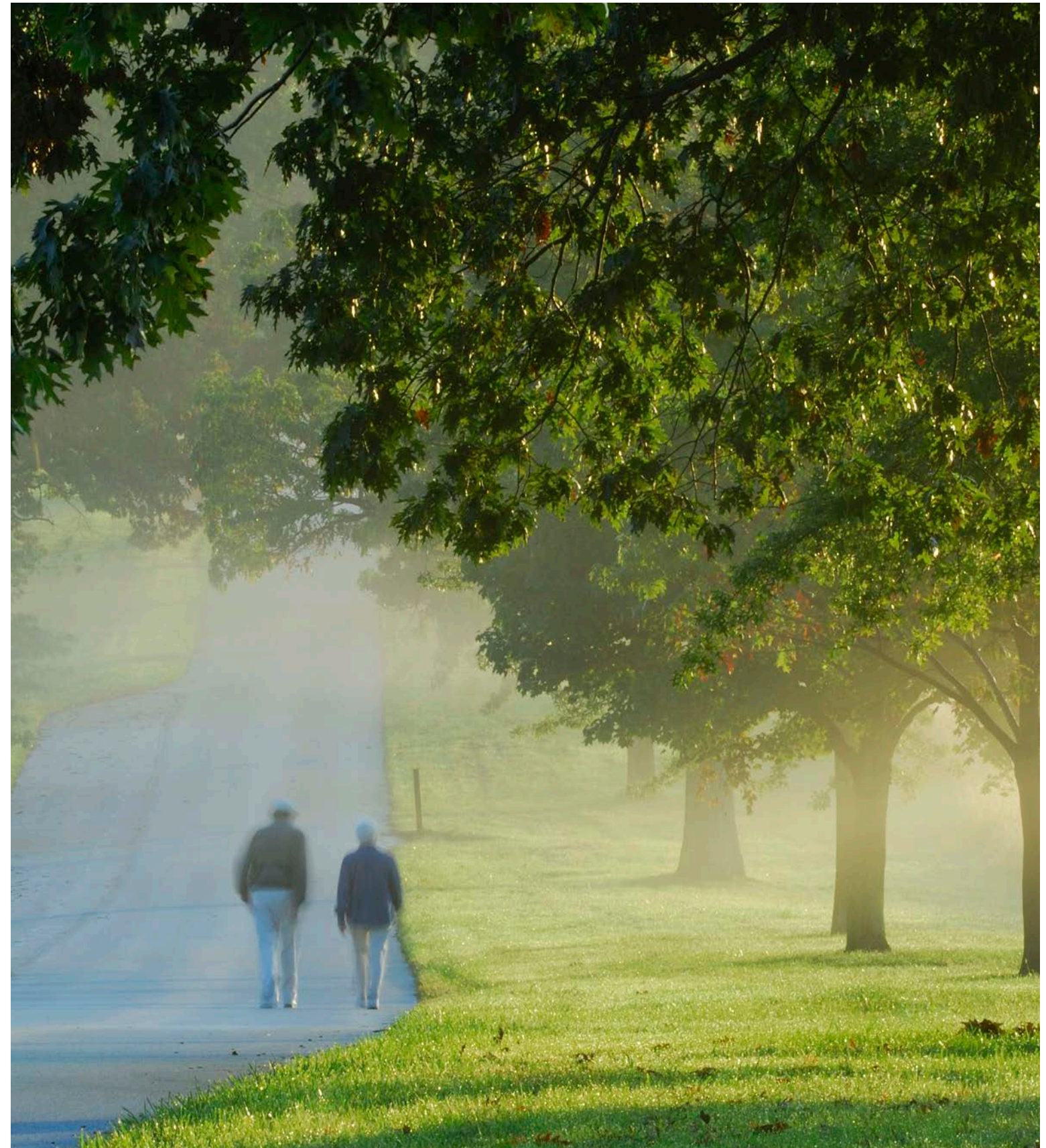
**Lesley Orser**  
Addiction Counsellor

**Cheryl Meawasige**  
Sexual Assault Counsellor

**Murray Warner**  
Partner Assault Group Co-facilitator

The financial information provided in the Annual Report is a summary only of information contained in the Centre's audited financial statements. Copies of the Audited Financial Statements are available upon request.

The Centre gratefully acknowledges funding from the Ministry of Community and Social Services, Ministry of the Attorney General and the North East Local Health Integration Network.





## Message from the Executive Director

Our agency has been a significant part of the fabric of our community since 1972, but this is the first full year of being known as the Counselling Centre of East Algoma. While many people still refer to us as the Family Life Centre, our new identity has been very well received overall. Although our name may have changed, the commitment we have to our community and its citizens has not. Our agency continues to support individuals, couples and families as they work through issues related to addiction, sexual abuse/assault, violence against women, grief, separation and divorce, workplace stress, acceptance of limitations caused by health issues or aging and any other issues that are not specific to children or serious mental illness.

During the past year, our counsellors worked with over 800 individuals and families and we helped countless more access additional services or make contacts with providers that were better suited to their needs. In our efforts to be accessible to community members from Elliot Lake, Blind River and along the North Shore, we continue to accept self referrals. As such, individuals in need can feel confident that they will meet with a counsellor quickly following their request for service. In addition, we do accept referrals from other service providers, the medical community, schools, family members and other concerned persons.

Our agency is grateful for our positive working relationships with our community partners and we look forward to strengthening these relationships in the coming year. We have been privileged to work with clients from diverse backgrounds who are willing to share their experiences and challenges with us. I would like to take this opportunity to thank all those individuals who allowed us in to their lives over the past year. Your faith and trust in us and our ability to help is never far from our thoughts.

We have spent the past year working to advocate for our clients with other providers and systems with which they may be involved. We are striving to streamline service delivery through consultation and case planning, and our use of the OCAN (Ontario Common Assessment of Need) is one example of our effort to work collaboratively for the improvement of client service.

It is important to acknowledge the contributions of our staff and their dedication to our clients. They have the opportunity to witness terrible tragedy but also amazing success. As well, we are extremely fortunate to have our current board of directors, as they represent a cross section of our community and bring a wealth of knowledge and experience to each and every board meeting. Our community can rest assured that our board of directors will lead us confidently into the future while ensuring our relevance to the community and district as a whole.

Respectfully Submitted  
**Shelley Watt Proulx, MSW, RSW**  
 Executive Director

## Statement of Operations

Year ended March 31, 2010 with comparative figures for 2009

	2010	2009
<b>Revenue:</b>		
Deferred contributions, beginning of year	\$ 3,000	3,000
Provincial grants and subsidies	625,000	605,539
Counselling fees	91,429	70,635
Ministry of Health - software (note 1)	-	35,268
Fundraising income (note 5)	-	27,952
Interest and other income	4,212	9,859
Administration recoveries	-	6,405
	<b>724,141</b>	<b>758,658</b>
<b>Expenditure:</b>		
Salaries and wages	468,101	458,518
Employee benefits	91,264	80,722
Software costs (note 1)	-	35,268
Rent	29,283	29,388
Travel	23,424	19,221
Office and general	25,173	18,833
Fundraising (note 6)	-	15,504
Insurance	14,930	14,203
Program supplies and materials	24,637	13,168
Telephone	14,421	12,842
Professional fees	8,743	10,290
Memberships	6,369	9,458
Capital expenditures (note 1)	2,952	6,877
Staff training	5,733	5,176
Advertising	14,217	5,156
	<b>729,247</b>	<b>734,624</b>
Excess of revenue over expenditure before under noted items	(5,106)	24,034
Deferred contributions, end of year (note 2)	(3,000)	(3,000)
<b>Excess (deficiency) of revenue over expenditure</b>	<b>\$(8,106)</b>	<b>\$21,034</b>

## What We Do

The Counselling Centre of East Algoma is a community based counselling agency which offers confidential counselling services to individuals, couples, families and groups in several different program areas. We are committed to providing services that are accessible to any member of the communities of Elliot Lake, Blind River and the North Shore, regardless of their background, socioeconomic status, race, religion or ethnicity. Our counsellors work with clients 'where they are at' to assist clients in gaining understanding of their circumstances and make changes that will help them move toward a healthier future.

## Program Areas

**Addictions:** Funded by the Local Health Integration Network (LHIN), this program offers counselling to individuals struggling with their misuse and/or abuse of substances. Services are also offered to those individuals affected by someone else's abuse or misuse of substances. The addiction program has three specific program streams; seniors, adult and youth. This program also encompasses services for individuals experiencing problem gambling as well as supports family members of the problem gambler. The problem gambling program is offered in partnership with Sault Area Hospitals.

## Violence Against Women:

Funded by the Ministry of Community and Social Services, this program provides advocacy and support to women who have been victims of abuse within their partner relationships. Abuse can be physical, emotional, sexual, and/or financial. The goal of this program is to make our community safer for women and children, while fostering change initiated at the clients pace.

## Sexual Assault:

Jointly funded by the Ministry of Community and Social Services, the Local Health Integration Network, and the Ministry of the Attorney General. This program provides advocacy and support to women over the age of 16 who have experienced sexual abuse/assault. Services are offered in either individual or group format with the underlying program goal of promoting healing and wellness among survivors.

## Partner Assault Response Program:

Funded by the Ministry of the Attorney General, the PAR program aims to eliminate violence against women and children by holding perpetrators of family violence accountable for their actions. This program is a 16 week group for male perpetrators of abuse within their partner relationships. Female perpetrators of family violence are offered service on a case by case basis.

## General Counselling:

Clients who receive counselling within the general program are coping with stressors which do not fall into one of the other program areas. Some of these issues might be: anxiety/stress, couple conflict, grief, self-esteem, anger management, parent/child relationship, male survivors of sexual abuse/assault, tragic events response etc. This program is not Ministry funded and only a portion of these clients have their counselling paid through Employee Assistance Programs.

## Mission Statement

The Counselling Centre of East Algoma is committed to promoting healthy solutions to individual and family problems through professional counselling programs and community education.

## Program Statistics 09/10

### ADDICTIONS PROGRAM

Total number of cases	248
Average counselling sessions	3.2
Total number of groups	3

### VIOLENCE AGAINST WOMEN

Total number of cases	74
Average counselling sessions	4.7
Total number of groups	3

### SEXUAL ASSAULT

Total number of cases	85
Average counselling sessions	2.9
Total number of groups	2

### PARTNER ASSAULT RESPONSE PROGRAM

PAR Participants	42
Average counselling sessions	16
Total number of groups	3

### GENERAL COUNSELLING

Total number of cases	200
Smoking Cessation clients	4

### GAMBLING

Total number of cases	7
-----------------------	---

### EMPLOYEE ASSISTANCE CONTRACTS

Number of EAP Contracts	12
Total number of cases	168
Total hours	688

**Total number of cases (individual/family) 828**

## What our clients are telling us.....

"I feel my worker is very knowledgeable and is very professional. I feel he worked very hard on giving us good information and strategies that we put towards solving problems in our lives."

My counsellor "was great and helped me through a very difficult time in my life and has helped me be the stronger person I am now ... "

... "has helped me so much when I was coming off some drugs. I really don't know how much better your service could be as it is excellent."

"I cannot tell you how much the help has meant to me! Wish I had done it years ago! Your staff is phenomenal! Thank you so much!"

"My divorce has been the most difficult situation I have ever had to face and my worker has helped me gain much clarity and personal insight within myself and my situation. Her support is appreciated"

"Everything is exceptional. I will gladly recommend your place for help."

"I greatly appreciate all the help and it was geared to my work schedule. That was why I was able to attend meetings."