



AGM Report | **2015**

September | 2015



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**Counselling Centre of East Algoma**  
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[www.counsellingeastalgoma.ca](http://www.counsellingeastalgoma.ca)



# “It is an honour to work with the Counselling Centre of East Algoma”

Each board member holds fast to the idea that the true needs of the community determine the programs we offer. Each staff member draws on education, unique life and work experiences and professionalism to help individuals live a better life. **Each individual strengthened through our services contributes to a stronger community.**

**As a Board, we have divided our time and attention to two areas this year.**

## Staffing

- Development of Collective Agreement drafted and signed off on.
- Information meetings with our legal representative, Jack Braithwaite.
- Monthly Board meeting updates and discussion as the process unfolded.
- Staff appreciation lunch generously organized by Lee Buck.

## Community

- Website review and approval
- Participation in Health and Wellness Fairs
- NWMO education
- Karen Derochie attended meeting from Ministry of Community and Social Services for networking and education





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# Staff

*as of September 1, 2015*

**Nicole Bernatchez**, Receptionist

**Therese Boisvenue**, Counsellor

**Kendall Evans**, Counsellor

**Brenda Frattini**, Assistant Director

**Louise Halman**, Data Integrity Specialist

**Andy Lalonde**, Counsellor

**Janice Martell**, Counsellor

**Katrina Meechan**, Counsellor

**Louise Poitras**, Counsellor

**Tracy Sowinski**, Counsellor

**Rebecca Stewart**, Clinical Manager

**Monica Thompson**, Counsellor

**Murray Warner**, PAR co-facilitator

**Shelley Watt Proulx**, Executive Director



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# Board Members

*as of September 1, 2015*

**Cindy Britton-Foster**, Board Chair

**Tammi Beeson**, Vice Chair

**Lee Buck**, Secretary/Treasurer

**Henk Willems**, Director

**Mark Hutchinson**, Director

**Candace Scott Martin**, Director

**Vince Ucci**, Director

**Lara Hukezalie**, Director

**Brian Beauchamp**, Director

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## Mission

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

## What We Do

The Counselling Centre of East Algoma is a community based counselling agency that 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 anyone living or visiting in East Algoma, regardless of their background, socioeconomic status, race, religion or ethnicity. We emphasize personal growth.**





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# Programs and Services

## **Addictions**

Funded by the North East Local Health Integration Network (NELHIN), this program offers counselling to individuals struggling with their misuse and/or abuse of substances. Services are also offered to individuals affected by someone else's abuse or misuse of alcohol and other substances. The addiction program has three streams: seniors, adults and youth.

## **Problem Gambling**

This program provides service to individuals experiencing issues related to their problematic gambling behaviour. Within this program, we will also support those individuals affected by a loved ones gambling. Funding for this program is through a partnership with Sault Area Hospital.

## **Sexual Assault**

This program provides advocacy and support to women age 16 and over who have experienced sexual abuse and/or assault. The goal of the program is to promote healing and wellness among survivors. Jointly funded by the Ministry of Community and Social Services, the Local Health Integration Network, and the Ministry of the Attorney General.

## **Support Services for Male Survivors**

The Male Survivor program provides counselling support to men who have experienced sexual abuse or assault. The program supports men 16 and over to regain a sense of control over their lives by developing positive coping skills. It is designed specifically to meet men's needs in a way that speaks to men and is funded by the Ministry of Attorney General through a North Region partnership led by Thunder Bay Counselling Centre.



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# Programs and Services

## **Violence Against Women**

This program provides advocacy and support to women 16 and over who have been victims of abuse within their partner relationships. Abuse can be physical, emotional, sexual, and/or financial. Funded by the Ministry of Community and Social Services, the goal of this program is to make our community safer for women and children, while fostering change initiated at the client's pace.

## **Partner Assault Response**

The Partner Assault Response Program (PAR) aims to eliminate violence against women/men and children by holding perpetrators of family violence accountable for their actions and is funded by the Ministry of the Attorney General.

## **General**

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, tragic events response etc. This program is funded by the North East Local Health Integration Network (NELHIN).

## **Crisis Response**

This program is funded by the NELHIN and offers timely response to individuals who may be overwhelmed by their circumstances or feeling that they are unable to cope. Our partnership with Sault Area Hospitals Crisis Service allows for mobile daytime response to crisis within the community.



# Program Statistics 2014/15

## Addictions Program

Total number of cases .....	<b>143</b>
Average counselling sessions .....	<b>8</b>
Total number of groups .....	<b>5</b>

## Violence Against Women

Total number of cases .....	<b>54</b>
Average counselling sessions .....	<b>6</b>
Total number of groups .....	<b>2</b>

## Sexual Assault Program (female)

Total number of cases .....	<b>46</b>
Average counselling sessions .....	<b>11</b>
Total number of groups .....	<b>2</b>

## Sexual Assault Program (male)

Total number of cases .....	<b>22</b>
Average counselling sessions .....	<b>10</b>
Total number of groups .....	<b>1</b>

## Partner Assault Response Program

Total number of cases .....	<b>27</b>
Average counselling sessions .....	<b>12</b>
Total number of groups .....	<b>6</b>

## General Counselling

Total number of cases .....	<b>531</b>
Total number of groups .....	<b>3</b>

## Crisis Program

Unique individuals served .....	<b>217</b>
Crisis responses .....	<b>1208</b>

## Employee Assistance Contracts

Number of EAP contracts .....	<b>12</b>
Total number of cases .....	<b>134</b>

## Educational Sessions

Total number of sessions .....	<b>41</b>
Total number of participants .....	<b>3198</b>

## Number of cases (individual/family)

<b>Total</b> .....	<b>1174</b>
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# Financial Statements

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. We would also like to acknowledge our partnerships with Sault Area Hospital and the Thunder Bay Counselling Centre.



# Statement of Operations

Year ended March 31, 2015 with comparative figures for 2014

<b>Revenues:</b>	<b>2015</b>	<b>2014</b>
Deferred contributions, beginning of year .....	\$	\$
Provincial grants and subsidies .....	909,573	922,302
Counselling fees .....	68,852	99,833
Interest and other income .....	53,445	38,829
Less: Deferred contributions, end of year .....	(3,138)	-
	<b>1,028,732</b>	<b>1,060,964</b>
<b>Expenditures</b>	<b>2015</b>	<b>2014</b>
Salaries and Wages .....	682,288	657,955
Professional Fees .....	132,386	43,691
Employee Benefits .....	126,881	131,634
Rent .....	33,901	32,786
Office and General .....	31,050	56,668
Travel .....	22,484	20,604
Program supplies and materials .....	17,244	31,084
Telephone .....	16,144	15,205
Insurance .....	13,581	12,977
Memberships .....	6,221	7,752
Staff Training .....	5,817	15,262
Capital Expenditures .....	1,910	30,211
Advertising .....	-	3,468
	<b>1,089,907</b>	<b>1,059,297</b>
Excess (deficiency) of revenues over expenditures, before undernoted item .....	(61,175)	1,667
Funding repaid or repayable .....	-	(6,723)
Deficiency of revenues over expenditures .....	(61,175)	(5,056)



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