

June
2013

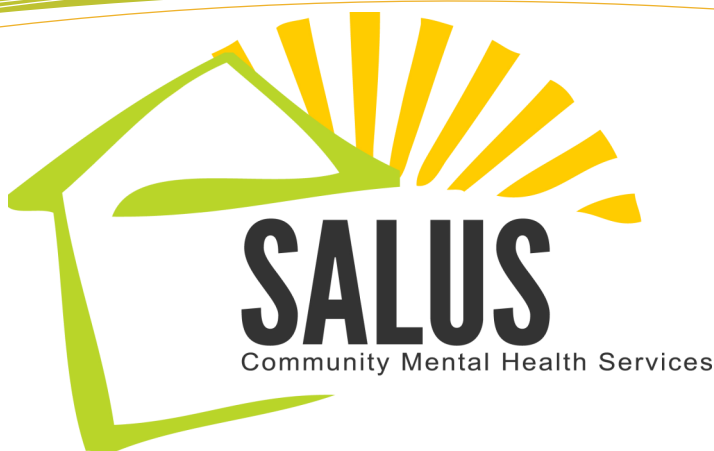
ANNUAL REPORT

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Board of Directors

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Alison Clayton
Michelle Comeau
Jean-Guy Daigle
Susannah Dalfen
Lisa Hunt
Martha Hynna
Lise Labelle
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Sanjay Srivastava
Paul Taylor
Dwayne Wright



MESSAGE FROM THE CHAIR OF THE BOARD OF DIRECTORS AND THE EXECUTIVE DIRECTOR

Greetings friends, families, tenants, clients and community partners!
As you will see in our Annual Report for 2012-2013, it was another busy year for Ottawa Salus.

We began the fiscal year with a very successful Open House during Mental Health Week in May 2012. We proudly showcased our innovative programming, including Rehabilitation and Transition, as well as our unique model of Supportive/Supported Housing.

Over the last year we have provided a number of unique and interesting Mental Health programs through our Community Development and Recreation Teams: Footprints, ARTiculation, "Speak up, Speak out", the Running group, a Writers' Circle and many more.

Ottawa Salus was invited to a number of Conferences across Canada to speak, facilitate and lead workshops. Among these were *l'Association québécoise de réadaptation psychosociale* (AQRP) in Quebec City, the Canadian Housing and Renewal Association (CHRA) congress in St. John, the Psycho Social Rehab (PSR) Housing symposium in Vancouver and the annual Ontario Non-Profit Housing Association (ONPHA) conference in Toronto.

Staff worked on a number of communication activities such as Social Media, preparations for a new website and selecting our new logo, which you can see displayed above.

On the Human Resources front, our in-house joint Union-Management Job Evaluation committee is reviewing virtually all staff positions.

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New fundraising initiatives highlighted the importance of our partnerships: the Sleep Out at City hall with Youth Services Bureau, John Howard and others raised over \$5,000 and our first ever Golf Tournament, held in partnership with the Royal Ottawa Foundation, raised over \$9,000 for us.

And finally, in the fall of 2012, we began plans for our newest building, which you will read about in this report. Our Design Charrette brought together partners and professionals from across Ottawa and Québec to plan for a building on Clementine Boulevard with some of the highest energy efficiency features seen to date in Affordable Housing.

You can read about many of these events, programs and initiatives in the pages that follow.

To our outstanding Staff teams, our deepest thanks and appreciation for the work you do every day.

To the Directors who serve on our Board, our thanks to you for the time and expertise you bring to Salus on a volunteer basis. Special thanks go to Karen Lochhead and Janet Bradley who stepped down after many years of dedicated service, and a warm welcome to Stan Ages and Paul Taylor who joined the Board in the course of the past year.

To all the members of the Salus community, we thank you for the year 2012-2013 and look forward to the many challenges and accomplishments of the year ahead!

Lisa Ker, Executive Director

Dwayne Wright, President, Board of Directors

FINANCIAL UPDATE FOR 2012-13

Ottawa Salus Corporation receives the majority of its funding from the Ministry of Health and Long Term Care (MOHLTC) and the City of Ottawa. For the year ending March 31st 2013, total funding received was \$5,249,239. Rental income of \$1,086,452, fundraising income of \$50,299 and other miscellaneous income of \$387,579 contributed to a total revenue of \$6,773,569 for Salus.

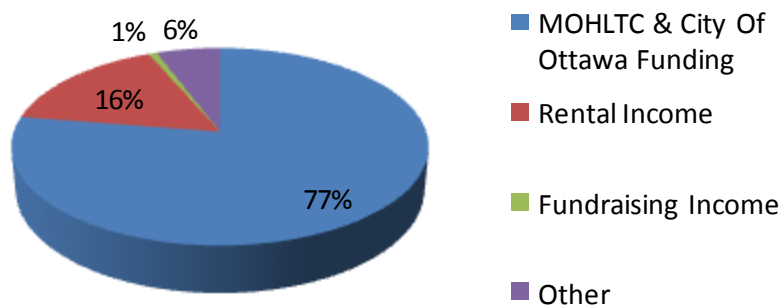
Once processing of all expenses and year end entries in preparation of the audited statements was completed, a much-needed surplus of \$72,296 had been achieved. These dollars were allocated to the

Global Replacement Reserve, critical for ensuring our ability to complete major repairs to buildings.

Major renovations totalling \$219,291 were undertaken at various locations in the portfolio. Replacement Reserve dollars contributed to these repairs, and a total of \$400,749 was contributed to that budget, producing a final balance of \$849,844 to the Replacement Reserve account.

Sue Tapp, Finance Manager

2012-13 REVENUE



FUNDRAISING:

New Initiatives

GOLF TOURNAMENT

Last year a great time was had by all as 140 individuals gathered at Cedarhill Golf and Country Club to play golf and raise money for both Ottawa Salus and the Royal Ottawa Foundation. Salus' very own Connie Froats was instrumental in securing us a place at the tournament, which is sponsored by the Ottawa chapter of Canadian Pension and Benefits Institute.

Over 20 Companies sponsored holes, donations from the Mulligans raised over \$2,000 as did the Silent Auction, with many items again donated by sponsors.

Over \$30,000 was raised which netted each organization approximately \$9,000 after expenses.

In speaking to both Sponsors and Golfers, they said it was a great day and lots of fun for everyone. In truth, it was the most successful golf event in the 14 year history of the tournament, so successful, Ottawa Salus has been invited back for 2013!

Terry Tapp, Property Manager



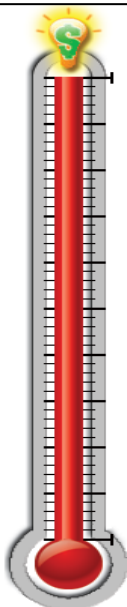
SLEEP OUT

February, 2013

Ottawa City Hall

Temperature: -26 C

Thanks to Andrew, Pat, Jerry and Tom !



BRIGHTER TOMORROWS

C/O Hydro Ottawa

In 2012, Salus was successful in its request for funding through Hydro Ottawa's Brighter Tomorrows Fund. The fund is designed to support charities serving those who are homeless or at risk of homelessness to invest in energy efficient products or technologies. The \$31,200 allocation, enabled Salus to undertake the much needed replacement of the primary heating systems at our two locations on Rosemount Avenue.

The end result: Affordability and comfort for 44 deserving supportive housing tenants.

Thank you to Hydro Ottawa!



REMEMBERING 25 Years

As my retirement of June 28th approaches, it is a good time to reflect on the memories and the many changes I have witnessed in 25 years at Salus.

In 1988 Ottawa Salus was a small housing agency with a few apartments, 2 group homes and a staff of 20. The opening of the Fisher rehabilitation home increased the agency's profile with its unique residential rehabilitation program. Recreation and case management services were introduced and the agency broadened its mandate to one of a community mental agency offering supports and housing.

The late 90's was a time of expansion with multiple funding opportunities and numerous properties were acquired. As well Salus built 3 very distinct properties: the Fisher rehab home, the Millennium house on Gladstone and Salus Head Office on Scott Street. The biggest change I have seen is the shift in how people recovering from

mental illness are viewed. There now is a pervasive belief that people recover from mental illness and live successful, satisfying lives. I have been privileged to work with so many funny, talented, resilient people. I have met many family members who have been fierce and courageous in their advocacy to make things better. And lastly thank you to all of the students, staff and colleagues who have made the workplace a great place to come every day, I will miss you all.



Lynn Cochrane, Senior Manager, Rehabilitation Services



FISHER Transitional Rehabilitation Home

FWRAP has arrived @ SALUS

FWRAP stands for Family Wellness Recovery Action Plan and is a new initiative at Salus run by two community trainers. FWRAP is a self-help recovery education series geared to family members of people recovering from mental illness. The 8-week sessions have now been offered on two occasions throughout the year and they have been very successful.



FOOTPRINTS: Creativity, Mental Health and Recovery

Ottawa Salus in partnership with Artswell Arts in Health is thrilled to report that we are heading into our second year of Footprints: Creativity, Recovery and Mental Health, a 2-year Arts in Health project funded by the Ontario Trillium Foundation.

This project has, in one short year, literally left many footprints across Ottawa through the development of partnerships with other community organizations working with people living with mental illness. Organizations involved this past year include, among others, Pinecrest Queensway Community Health Centre, CMHA Ottawa, Cornerstone Booth Women's Shelter, Somerset West Community Health Centre, Centretown Community Health Centre, Moods Expressed, Options Bytown and The Hintonburg Art Studio.

80 hours of direct workshop time were offered to participants through the Create-A-Space workshops as well as Expressive Arts Series. Workshops for this coming year booked up quickly, speaking to the impact of this project on the wider community and the place the arts have in supporting individuals with their recovery journeys.

Tamara Chipperfield, Program Manager

WHAT is GROVE?

Grove is a Transitional Rehabilitation Program. It is based on a partnership between Ottawa Salus, CMHA and the Royal Ottawa Hospital. That partnership provides services such as psychiatric, nursing, individual and group support and housing to clients living at Grove or in one of the satellite apartments.

Salus is responsible for the residence on Grove Avenue. Once accepted to the Grove program, residents are assigned a Salus "key worker" who works with them to transition into the house and set goals for their stay in the program.

One of the most important elements of the Grove program is the provision of groups. Groups are based on a psychiatric rehabilitation model and are geared towards developing skills and knowledge for independent living: morning meeting, residents' meeting, cooking group, chores and movie night. These groups all focus on promoting a healthy living environment and lifestyle, and building a sense of community in the house.

Other groups are more structured. They include Illness Management and Recovery (IMR), Wellness and Community Integration. The topics covered in these groups include building social skills, impacts of stress on mental health, relapse prevention. They can also address topics such as moving into a new apartment, setting up a telephone and cable account, mindfulness and meditation, anxiety and the benefits of recreation.

Residents stay in the Grove program for an average of 18 months to two years. Once a resident has graduated, there are opportunities to return to alumni meetings and events like Summer BBQs.

Joanne Cormack, Program Manager



LIFE IS A GOOD RUN...Running for wellbeing

In May 2012, Ottawa Salus was presented with an amazing opportunity to have a marathon runner, Suzanne Hotson, volunteer her time to lead a Learn to Run 5K clinic. Her goal was not only to train participants to run a 5K race but to learn to embrace running as a lifestyle.

We were pleasantly surprised to see a good number of participants sign up and soon enough we were off and running! Suzanne makes running a very positive experience and her encouraging, supportive way has helped people to enjoy it. She emails weekly tips and words of support to participants and this is greatly appreciated by all.

Suzanne also enlisted the help of Charles Johnson, a marathon runner, to help out with the run clinics. The participants proudly completed their first 5K race, the Hintonburg Centennial 5K Run/Walk, on July 15, 2012. They would then go on to run 3 more 5K races that year! This dedicated group continued to run over the winter, weather permitting, and participated in the Alive to Strive 5K race on April 28, 2013.

In March of this year, a second Learn to Run clinic was started, following the same format as the first group.

They ran their first 5K race, the Redemption Run, on June 1, 2013. One of the participants from the first group ran 11K!

Thanks to a very generous donation made to Salus, the runners have received socks, running shoes and will also be getting dri-fit shirts, water bottles, and hats. The donations helps cover race registration fees as well.

The running group has exceeded all expectations. The commitment and hard work from the participants has been amazing. The group would like to thank Suzanne and Charles for all their time and effort in making this group such a success and helping the participants to truly embrace running as a lifestyle.

Julie McBrien, Recreologist



SALUS CASE MANAGEMENT

The Case Management teams have been using the Ontario Common Assessment of Need (OCAN) to help clients along their journey to recovery for almost a year now. The tool, implemented province-wide, invites clients to formally assess their own needs in a variety of domains, which then prompts a discussion with their case managers about the goals upon which they will be working.

In combination, case managers, and other frontline staff at Salus were introduced to an updated tool in which to report their clients interactions. CRMS v2 was introduced in the fall of 2012 with several training opportunities offered to all.

Traditionally, the teams host two events during the holidays and this year was no exception. The annual Craft Day was a success as staff contributed by hosting different craft tables. Clients can come in, choose which craft they want to work on or just « hang out » and have a good time.

The second event, the Soup Lunch, was organized not only for the warmth it provides to clients but to have a chance to get together right after the holiday break.

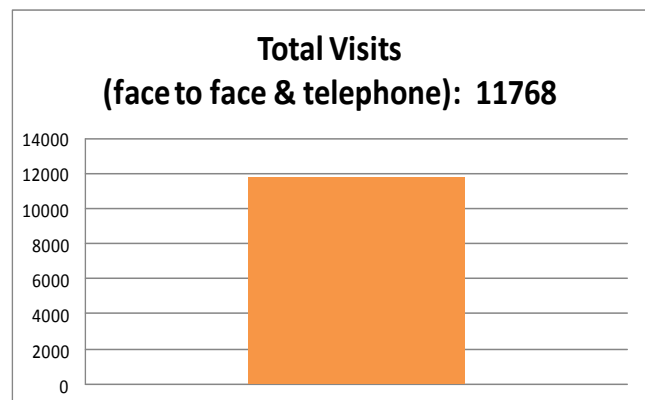
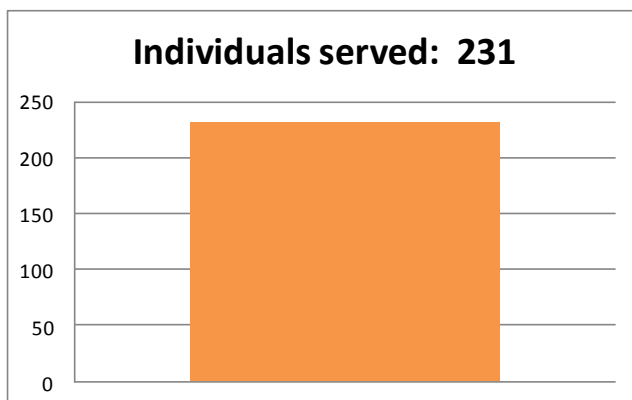
In the Francophone Case Management team, staff had identified that there was a lack of activities held in French for their clients. So this year, they organized three activities, open to everyone, that would be hosted predominantly in French:

In mid-June, clients were invited to the Opening night of the Festival Franco-Ontarien. In addition to attending this opening night, more than ten clients were given a pass to experience the entire festival. During the fall, an apple picking and cooking day was organized in partnership with *Montfort Renaissance*. Twenty clients went apple picking in a beautiful orchard in Thurso and came back to Salus to cook apple crumble and apple pies. A good time was had by all!

Finally, in March, clients were invited to the Muséoparc Vanier for *Cabane à sucre*, a traditional meal in a which an accordion player and a singer completed the setting.

Hubert Grégoire, Program Manager

CLIENTS SERVED 2012-13





CLEMENTINE: Our Newest Project

What do you get when you have a vacant plot of land
and over 450 people waiting to be housed with Salus?
A new construction project!



With a sizable property on Clementine Boulevard close to shopping and transit, and a demand for Salus housing at a 5-year high, Salus began the lengthy process of planning for a new 42 unit supportive housing building.

On October, 10, 2012, a small group of staff and Board members, along with 20 other participants took part in a day-long design charrette facilitated by Housing Services Corporation. Participants were chosen to give diverse perspectives on building design, construction and operations from such disciplines as energy conservation, architecture, construction and property management.

The outcome of the charrette was a building design plan integrating Passive House design and technologies.

Passive House is one of today's highest standards for energy efficiency in building. While certification is not the goal, Salus is committed to using approaches, materials and standards to achieve maximum energy efficiency, sustainability and improved quality of life for the residents and staff of the building.

With a clear vision and plan for the creation of additional supportive housing, we look forward to 2013-14 for the prospect of funding to turn our vision into reality – 42 new homes. Stay tuned...!

Christa McIntosh
Senior Manager, Property and Administration