



“Helping rebuild lives since 1983”

## Simon House Residence Society

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### Operational Statement and Annual Report as of December 31, 2009

*NAMED 2009 TOP AGENCY FOR EXCELLENCE IN THE PREVENTION AND TREATMENT OF SUBSTANCE ABUSE IN CANADA. NAMED 2007 HIGHEST PERFORMING AGENCY IN CANADA IN THE DELIVERY OF SOCIAL SERVICES, EARNING THE WILLIAM H. DONNER AWARD FOR EXCELLENCE. RECEIVED THE 2007 PETER F. DRUCKER AWARD FOR NON-PROFIT MANAGEMENT.*

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# PRESIDENT'S REPORT

For Simon House Residence Society, 2009 was another successful year!

The House's one year sobriety benchmark continued to improve; in 2009 the success rate was 43%, up from 38% in 2008 and the four year average rate of 36% in 2005 to 2008. The industry average is between 5% and 20%.

Simon House continued to be recognized for its excellence in both efficiency and effectiveness. The House was again awarded the prestigious Donnor Award in 2009 for the top agency in the Prevention and Treatment of Substance Abuse category. Simon House has received this award several times in the past and it continues to motivate the Board and staff in their quest for even better performance.

Simon House continued its partnership with Alberta Employment and Immigration through the Employment Program. This innovative program has been a considerable success. After the seven week recovery program at Simon House, clients work with Alberta Employment and Immigration to obtain employment counseling and job finding skills. Almost all clients involved with the program find employment, which we believe is of considerable importance to clients in maintaining their sobriety.

Simon House also continued to be both a United Way Agency and a Calgary Herald Christmas Fund Agency. These two organizations are mainstays in the Calgary community and were particularly important to Simon House and other non-profit agencies during the recent recession.

The House's success has grown again because of our partners, donors, staff, Board of Directors, friends and alumni. Thanks to all of you!

Ken Christensen  
President and CEO

## **SIMON HOUSE RESIDENCE SOCIETY**

Simon House Residence Society is a treatment centre dedicated to helping men of all races, creeds, colours and religions recover from drug and alcohol addiction. It assists men to develop interpersonal skills and behaviours to gain employment, have homes and lead fulfilling lives.

Simon House is located at 5819 Bowness Road NW, Calgary, Alberta T3B 0C6. Its phone number is 403 247 2050, and its website is [www.simonhouse.com](http://www.simonhouse.com).

## **BOARD GOVERNANCE**

Simon House Residence Society was incorporated under the Societies Act of the Province of Alberta. Pursuant to this legislation, objectives and bylaws have been prepared in which the powers and responsibilities of the members of the Board of Directors were set forth. There are eleven directors elected to the Board by the Members in good standing. The Board elects the offices of Chair, Vice Chair, Secretary and Treasurer.

The Board of Directors appoints the President and Chief Executive Officer of the Society and delegates powers involving operations and finance. He is directly responsible to the Board for these powers.

The Board maintains control over operations and finance through policies and monthly Board meetings. The Board approves the annual business plan and budget. The Finance Committee of the Board regularly reviews the financial results and reports to the Board of Directors.

## **STAFF**

Simon House staff are highly qualified through education and experience. The staff maintains their skills through continuing education courses and conferences dealing with addiction, behavioral and management issues.

In addition, the staff participates in speaking engagements throughout the community. This educational aspect benefits not only Simon House but delivers an important message on the effects of alcoholism and drug addiction to all sectors of our city. Since addiction is closely related to homelessness, the staff are also involved with various homelessness initiatives in Calgary.

## STRATEGIC MANAGEMENT

Our mission is to provide an alcoholism and drug addiction recovery home where men using the guidelines of Alcoholics Anonymous can examine and rebuild their lives.

Our core values have maintained our integrity for 26 years and allowed us to provide a consistent and flexible response to trends, outside influences and fads in the field of addiction recovery. These core values are loving kindness, compassion, empathy, patience, tolerance, equanimity and understanding which form the foundational expression of our reality based, client centered goals and objectives. The magnitude of the wreckage of addictions, on individuals and their collaterals through spousal abuse and neglect, violence and crime in the community and homelessness is so great and our time proven response to these problems so effective that the continued existence of our agency is necessary. Our values and mission are not compromised by other demands placed on us by the realities of running a non-profit agency like a private business.

The goals and objectives of the agency are very simple to define yet challenging to achieve. Our goal is to arrest the disease of alcoholism and addiction which in turn will reduce the incidences of family violence and breakup, loss of employment, homelessness and violence within the community. We do this by encouraging individual emotional, mental, physical and spiritual growth; teaching each man how to live with himself, his family, his community and to become a productive member of society. The challenge lies mainly in the nature of the disease of addiction, its embedded core of denial and the uniqueness of each individual man.

We try to overcome this challenge by providing a three phase, safe and home like treatment process where each man can start to make positive life choices and learn how to trust himself and others. The individual personal experiences and styles of our staff present different perspectives to the men; however the values and beliefs shown in group and individual counseling are the same. Presenting the men the Big Book of Alcoholics Anonymous as a program of recovery, the disease concept, and medical aspects of addiction and alcoholism, helps them gradually accept themselves and their addictions. This process has helped other alcoholics and addicts remain clean and sober for the last 70 years.

The availability of long term treatment, one year or more, is essential to long term recovery and this is provided between Simon House's Phase One and Two for a period of up to eighteen months. After completion of Phase One and Two men are able to move into Simon House's Phase Three component, which consists of safe affordable transitional housing. There is no set time frame for living in

Phase Three however, each resident of Phase Three must continue with his program of recovery and maintain total abstinence from drugs and or alcohol.

Pre-treatment, seven week programs, daily meditations, peer support, alumni recovery meetings, one to one counseling and monthly progress reviews are designed to give each man an opportunity to deal with personal issues that in the past were forbidding or terrifying to talk about. Most of these issues in the past, subsequently denied, caused relapse and disaster. The denial is broken down with a detailed written account of each man's past. Each man is made to feel safe within the groups and within the house. Counselors foster change in the men and a belief in a power greater than themselves. This involves a trust building process of encouragement and empowerment to help each man develop a belief of their choosing. Involving the men in risk taking action steps based on their new learning and power of choice permits them to let down their defences and break through the denial of the disease which leads to a recovery based healthy lifestyle. The men also do this with the internal and external support of community networks through sponsorship, meeting attendance, home groups, employment, and renewed contact with family.

## **PROGRAM DELIVERY**

Though every individual is treated with equality, it is evident when a man is in need of more immediate and intensive attention. This is usually determined at intake or shortly thereafter. The process of dealing with these more sensitive issues is begun at once usually through intensive one to one and group counseling sessions. In addition to this, referral and advocacy are used when the need for more intense therapy is evident. Sexual abuse and anger issues are most common. Though we receive referrals from detox centers, hospitals, doctors, lawyers, The United Way and other treatment centers, the men entering our program can do so with their own referral and anonymity.

We are proud that many men consider Simon House an excellent treatment option but are saddened by the fact that many of the average 20 to 30 men on our wait list will not make it to treatment. The waiting period averages three to four weeks. Once a prospective client is added to the wait list, they are responsible to contact us daily and stay clean and sober by attending meetings of twelve step groups. These requirements often filter out men who are asking to come to the agency for reasons other than recovery. This also gives staff an opportunity to connect with and encourage potential clients.

Our treatment and relapse prevention program uses 8,760 hours yearly with a total of 1764 hours being used for active group programs. On-going one-on-one counseling is provided.

We have supported the establishment of 12 step recovery groups in ethnic communities and maintained positive working relationships with aboriginal agencies in the city. Family recovery is emphasized by having monthly speakers from Al Anon come to Simon House and tell their stories. All family members are invited to attend and staff will work closer with family members if requested.

## OUTCOME MONITORING

Outcomes are defined in direct relation to our mission statement. We have three (3) desired results:

1. Facilitate the client's continued and uninterrupted sobriety.
2. "Plant the seed" of recovery in the individual value system.
3. Support and encourage the client's healthy and successful re-integration with his family and or community.

The main way in which our outcomes are measured is by using an outcomes measurement program logic model. This model was developed through training support received from **The United Way of Calgary** and will be used for ongoing program evaluation. Our main benchmark is the number of men completing the program in a year compared to the number of those men achieving abstinence from drugs and alcohol for one year. This is measured by observing "clean and sober" birthday times that are recorded and celebrated within the agency. A plaque stating the man's name and his sobriety date is mounted on the "Sobriety Wall of Honor" at Simon House. This visual statement becomes a goal for our current residents.

The obvious desired outcome would be 100% abstinence by 100% of the men. Industry averages are approximately 5% to 20% using the one year benchmark. In 2009, Simon House achieved a sobriety success of 43%, an increase from the 38% achieved in 2008. We are striving to improve on these averages and we continually adjust our program while maintaining its 12 Step core. Monitoring of our effectiveness is also accomplished through the individual progress reviews we carry out with each client; his pro-active response to suggestions made during the review process is an indicator of achievement.

## **2009 Donor List**

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John and Allison Sanden  
Calgary Herald Christmas Fund  
Lawrence and Sheila Clayden  
Marilyn Matile  
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## **2009 Donor List**

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