

ANNUAL REPORT

2021/2022

101-66 Moore Avenue
Winnipeg, Manitoba
R2M 2C4
204.237.9263





Table of contents

Chairperson of the Board message	4
Executive Director message	5
2021 Milestones	6-9
2022 Milestones	10-11
Workshops/Peer Support Groups	12
Ellice Place Supportive Housing Project	13
Celebrate 150 a Success	14-15
CPRM Results are in!	16-17
Non-Consolidated Statement of Operations and Changes in Fund Balances	18
Board of Directors	19



Chairperson of the Board, Laurel Mitchell

Greetings,

The challenges with covid have continued this year; however, the board of directors was successful in continuing to support the organization and management team to retain staff and deliver quality services through these challenging times.

The board continued to focus on providing effective governance and setting strategic priorities for the organization. A large part of the board work centered on updating our mission, vision and value statements, which led to the creation of an updated strategic plan and the approval of the organization's operational plan.

Sara Riel has experienced tremendous growth this year, expanding programs and services to meet the unmet needs of a growing and increasingly diverse population of people. The success of Sara Riel reflects the skilled leadership and staff who work for the organization. Thank you to the outstanding staff who work hard to support the community and provide quality programming to those living with mental health and addiction challenges.

Many thanks also to the dedicated board members who invest their time, energy and talents to ensure Sara Riel can continue to serve the community. Special mention is needed to extend heartfelt thanks to departing board members Christophe Rodrigue and Daniel Tremblay. Both have made immeasurable contributions to the board during their numerous years of service. Thank you for your dedication to board commitments, your input and insights. Your efforts have truly been appreciated.

Thank you,

Laurel Mitchell

Executive Director, Tara Snider



Friends,

Sara Riel continues to be a most valuable and essential partner in providing mental health and addiction services. This year Sara Riel developed a five-year Strategic Plan. It encompasses program priorities in vulnerable populations, strong stakeholder relationships, the ability to provide the organizational capacity to meet the needs and a firm financial foundation to fund the opportunities.

This year saw many accomplishments. Sara Riel welcomed the opportunity to work with government partners including the WRHA, Manitoba Housing and the Departments of Health, Mental Health and Housing to provide wrap-around housing support to 53 participants at 555 Ellice. The needs of those without shelter were helped through relationships with End Homelessness, Equitable Housing Initiative, and funding from the Manitoba Non-Profit Housing Association. The Warmline continued its 24/7 service and continues to receive increasing call numbers. The 1-2-1 Project was developed with the help of volunteers to alleviate mental health needs of community members and the isolation and loneliness they face. Education with BIPOC, LGBTQ2+ and Indigenous teachings were provided to board and staff. Organizationally, the website, logo and branding were updated. Peer support groups met the needs of the community. Sara Riel's traditional programs continued to offer their excellence in counselling/case management, respite, employment, and housing.

Sara Riel pivots and meets needs thanks to the incredible, talented, and skilled staff. The Board provides strong governance and leadership. The participants demonstrate their ability to reach their individual paths to potential and recovery.

Thank you to all who make up this great community that is Sara Riel.

Warm regards,

Tara Snider

April 2021



Councillors Marcus Chambers and Brian Mayes awarded Sara Riel with a \$5,000 Wellness Grant to provide the following workshops and support groups to Sara Riel participants and the community: Art, Anger Management, Living with Schizophrenia, LGBTQ2+, Daily Living Skills, Anxiety, Bipolar and General group.

- Youville Center was awarded the lead for the St. Boniface/St. Vital Youth Hub and Sara Riel partnered with the Communities of Service to provide counselling and employment services to youth aged 18-25 who access the centre.
- The Stigma Free Society (SFS) partnership formed to promote SFS school materials throughout Manitoba.



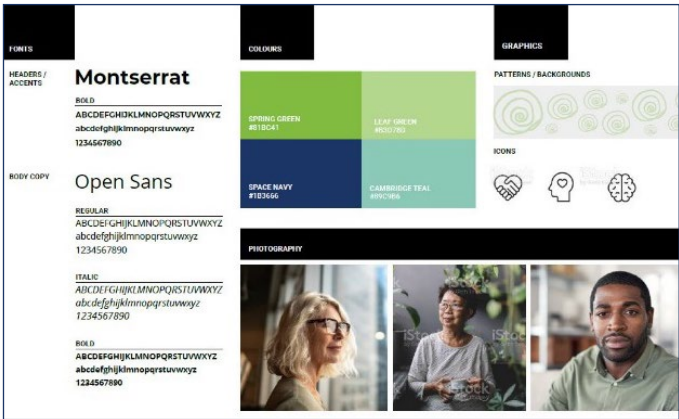
Sara Riel's warm line saw a drastic increase in the number of callers due to Covid. During April, the following two grants were awarded to support the warm line:

- Government of Canada Distress Line in the amount of \$150,000.
- Kinsmen Club in the amount of \$25,000.



May 2021

- Volunteer Peer Facilitation training began at Sara Riel.
- Started the rebranding process for Sara Riel.
- Mother's Day Fundraiser with I AM LOVE Project.
- Sara Riel partnered with Shameless Circle to provide workshops on Shame.
- Resilience and Connections.
- Long term care modules offered to front line workers.



June 2021



Staff enjoyed LGBTQ2+ training with Rainbow Resource Centre

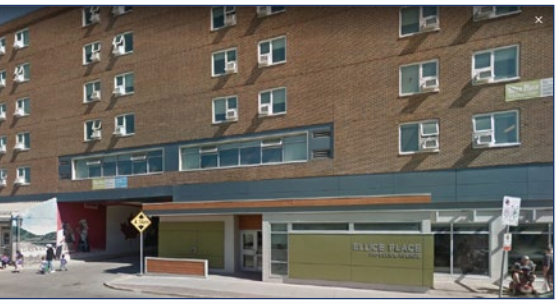


Sara Riel's new website was launched

- Sara Riel began partnership with Winnipeg Regional Health Authority and Manitoba Housing to offer a Supportive Housing Program to begin in September 2022.
- As covid restrictions began to lift, lunches were provided to staff and participants in an effort to encourage "in face" meetings/interactions.
- Sara Riel's Diversity Committee recommended numerous training opportunities for staff, including Indigenous Safety and LGBTQ2+, which were taken in June.

Sept 2021

- Winnipeg Foundation awarded a grant in the amount of \$50,000 for Sara Riel's Warm Line.



Kick off of the Ellice Place Supportive Housing Project

- Management team finished the process of developing a 2022-2026 operational plan.
- A University of Winnipeg research project was completed on Indigenous Youth Transitioning Out of Care.
- Laurel Mitchell signed the City of Winnipeg Truth and Reconciliation Accord.

In observation of Mental Illness Awareness Week -- October 3-9, 2021

Sara Riel Presents... a Campfire Conversation:
Forging a Path thru Pandemic

Free Virtual Event
Monday,
October 4, 2021
6:00 pm - 8:00 pm

WE NEED YOU IN THIS SEAT!

For Mental Illness Awareness Week (MIAW), Sara Riel held a warm and inviting Campfire Conversation, "Forging a Path thru Pandemic", with a panel of six, including Dr. Giselle Morier, Mitch Bourbonniere, Gayle Colquhoun and three participants.

- Manager Cameron Tindall met with Manitoba Federation of Labour to provide peer support to the employment sector.
- Sara Riel shared their Long Term Care Module resources to Shared Health to upload to their website for front line workers. The modules have also been accepted into the Canadian Journal on Aging.
- Management members completed Four Seasons of Reconciliation training through the Winnipeg Chamber of Commerce.

- Mitch Bourbonniere met with staff on the topic of Trauma Support.
- Tara Snider and Rose Roulette (Indigenous Elder and staff member of Sara Riel) are both members of the Réseau Compassion Network's Indigenous Circle, which is a group that will advise and understand how to address past harms and move to implementing the recommendations of Truth and Reconciliation with First Nations people.



- Participants enjoyed a Christmas party, which was held on December 15. Turn out was great and the management team once again prepared a fabulous meal.



- Sara Riel's management team attended the Winnipeg Chamber of Commerce "State of the Province Address".
- Staff met with Mitch Bourbonniere each month for training sessions to address several topics. Trauma support and difficult behaviors were the topics for December.
- Staff attended education workshops on LGBTQ+ Awareness, Inclusion and Affirmation, presented by Aulneau and Rainbow Resource Centre.



Ashlee and Aymee Hembroff are two young Winnipeg entrepreneurs that started making "Scrunchies", with proceeds going to Sara Riel. In December, we were thrilled to meet them and receive a \$400 cheque. Many thanks to these wonderful ladies.

Jan 2022

- Sara Riel received a grant from the Manitoba Non-Profit Housing Association (MNPFA) for Case Management and Community Mentor support for \$131,000, to provide support to participants for sustainable housing.
- Sara Riel's Board of Directors and Management Team completed San'yas Indigenous Cultural Training.



- Four managers from Sara Riel attended Leadership Training opportunities sponsored by Réseau Compassion Network, facilitated by Acuity.

Feb 2022



On February 23, staff received a Black History Month presentation on Diversity Inclusion, by Jeff A.D. Martin.



Promoted Sara Riel's "Rose to Recovery" necklace as a Valentine's Day gift idea.

- Meetings were held with Ministry of Families and End Homelessness to explore integrated approaches to homelessness.

Mar 2022



- The 1-2-1 Peer Support Program was officially launched, in response to the loneliness that individuals have been feeling throughout the pandemic. Participants have greatly benefited from volunteers who receive training and then connect with them for a face-to-face chat. Thanks to the United Way and the Government of Canada grants, this program has assisted individuals during their periods of isolation.

Funded by the Government of Canada's New Horizons for Seniors Program



- Sara Riel received a \$6,000 grant from Digital Manitoba grant for upgrades to their meeting facilities.
- A \$30,000 Accessibility grant was received from the Province of Manitoba, for Sara Riel's employment programs.
- Sara Riel was awarded a \$45,000 Winnipeg Foundation, One-Time Community Grant for two case management and workshop positions, to assist with the wait list for services.



- On March 25th, Sara Riel employees held "Soup for Ukraine" and made three homemade soups for a lunch event. Donations were accepted and monies raised were distributed through The Mental Health of Canada partnership with the Red Cross and Inter-organizations of Canada.



Sara Riel provided a branding update and created a pamphlet series, which included: Sara Riel Services, Employment Services, Peer Support Services and The Path to Full Potential.



Workshops/ Peer Support Groups

Sara Riel offers a substantial amount of workshops/Peer Support Groups throughout the year for participants, as well as some for the community. **Workshops included:** Art, Living with Schizophrenia, LGBTQ2+, Coping and Resilience Peer Support Group, Employment Workshops, Isolation and Loneliness, Cognitive Behaviour Therapy and Mindfulness, Bipolar, Conflict Resolution, Effective Communication, Independent Living and Wellness and Self-Care.

Ellice Place Supportive Housing Project Kicks Off

The Ellice Place Supportive Housing Project (EPSH) is a partnership between Sara Riel, WRHA, Manitoba Families, Manitoba Housing, Shared Health and Department of Mental Health and Community which will provide a new opportunity to support the community integration of individuals with mental health, addictions, and complex needs.

Sara Riel employees working in the EPSH project will provide 24/7, onsite support and housing services to 53 participants. Daily living support services and psycho-social/health supports will be delivered ongoing. The project is participant-centered, recovery-oriented, trauma- informed, and includes a harm-reduction approach to ensure successful participation in the EPSH Project. Service Rehabilitation and action plans will be developed by and in collaboration with the participant, Sara Riel staff team and the WRHA mental health Case Managers. It is a unique pilot project that could be replicated if successful and is located at 555 Ellice Avenue.

Sara Riel staff have been working tirelessly for several months to prepare for the opening in early September. Twenty-seven new employees were hired for this new project, with extensive amounts of training occurring throughout the summer months including: Applied Suicide Prevention, Non-Violent Crisis Intervention, WHMIS, PHIA, and Food Handler Certification.

In early September, staff at EPSH welcomed the new participants and assisted with the move into their new residence. The staff did a tremendous job, as the transition went smoothly and participants have been settling in quite nicely .

Peer Support Group

Topics of sexuality and gender, while supporting one another.

Open to clients and community!

LGBTQ2+ Support Group

May 23, 2022 2pm - 4pm
Location: 66 Moore Avenue

To register contact
Kayla Fernandes at 204-237-9263 ext. 130 or email at kfernandes@sarariel.ca

Sara Riel
Mental Health & Addictions

Coping and Resiliency Peer Support Group

Sharing life experiences in hope that others can learn various tools to help with coping mechanisms, resiliency, stress and anxiety reduction.

Most importantly, a welcoming safe place where peers can feel respected and talk about their experiences, free of judgement and discrimination.

Time: 2:00pm - 4:00pm March 17th, March 31st, April 14, April 28
Location: 66 Moore Ave.

For more information and to register contact
Robert Neville at rneville@sarariel.ca or by phone (204) 291-3825

Sara Riel
Mental Health & Addictions

Peer Support Group

Living with Schizophrenia Peer Support Group

What is schizophrenia?
What is happening to me?
How do I cope with these symptoms?

We provide a safe and welcoming environment where you can find answers to these questions.

Discussion topics include:

- Understanding the Diagnosis
- Managing Symptoms
- Overcoming Stigma
- Discovering Resources
- Sharing Challenges and Triumphs

Time: 2pm- 4pm bi-weekly Thursdays starting April 21
Location: 66 Moore Ave.

To register contact Robert Neville at rneville@sarariel.ca or by phone (204) 291-3825

Sara Riel
Mental Health & Addictions

Peer Support Group

Introduction to Origami

Date: Wednesday, May 4, 2022
Time: 12:00 p.m. - 2:00 p.m.
Location: Sara Riel, 66 Moore Avenue
Artist: Brad McKay

If you are a Sara Riel participant, please register through your counsellor. We look forward to seeing you there!

All participants are expected to wear masks.

Presented by:

artbeat studio

Sara Riel
Mental Health & Addictions



Celebrate 150 a Success

Sara Riel celebrated Manitoba 150 on Thursday, November 4 at the St. Boniface Cathedral-Basilica.

The event was a tremendous success with 90 people attending, including the following dignitaries: Honourable Cathy Cox, Minister of Sport, Culture and Heritage, Brian Mayes, City Councillor, Archbishop Leggat, Rose Roulette, Daniel Lussier, Laurel Mitchell, and Sister Jean Ell. Executive Director Tara Snider noted, "Sister Jean Ell was honored as the Manitoba 150 Women Trailblazer recipient and guests enjoyed the menu, which was a traditional native meal hosted by The Feast, a terrific History Presentation of Sara Riel and entertainment by Jeannine Guyot, with songs inspired by the French culture. It was a pleasure seeing so many past participants and staff in attendance."

Special thanks to our sponsors which included: Manitoba 150, Caisse, Réseau Compassion Network, Onyx and several individual donations.



From left to right: Daniel Lussier, Nancy Parker, Tara Snider, Sister Jean Ell, Honourable Cathy Cox, Laurel Mitchell



From left to right: Tara Snider, Sister Jean Ell



"It was a pleasure seeing so many past participants and staff in attendance."

CPRM Results are in!

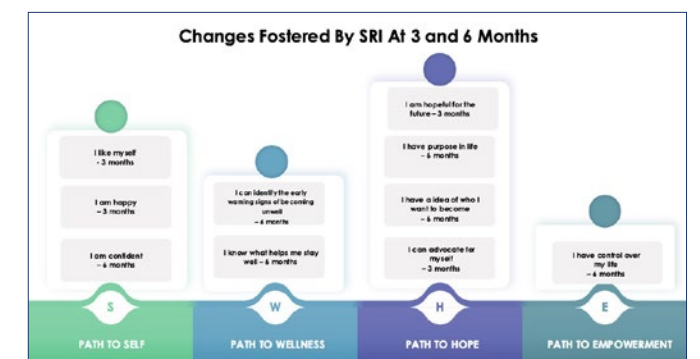
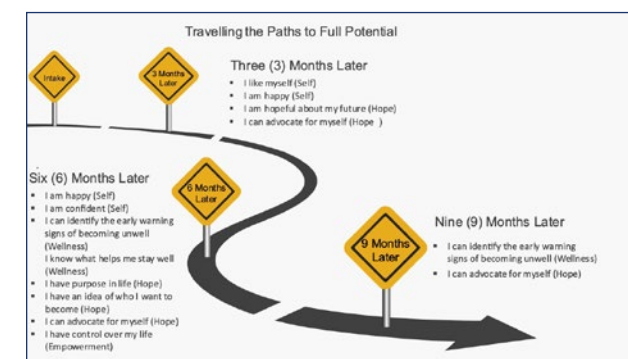
Sara Riel's dedicated staff have consistently undertaken the Canadian Personal Recovery Outcome Measure (cPROM) with clients every three months. Not only does this help guide meeting clients' needs in a person-centred way, but it accurately measures how Sara Riel supports along the Paths to Full Potential.

Although some change happens for clients after 3 months with Sara Riel, significant changes can be seen in earnest after clients have been with Sara Riel for 6 months. In fact, 10 of the 19 questions/indicators on the Paths to Full Potential are statistically significant at 6 months participation. That means we know for sure that the changes clients experience are as a result of what Sara Riel is doing to support them!

Sara Riel guides individuals on the Path to Self. We know that Sara Riel helps clients feel happy and confident after they have spent 6 months as part of our organization.

Sara Riel fosters hope! Four of the 6 questions/indicators on the Path to Hope are statistically significant after 6 months. Individuals are hopeful for the future, have purpose in life, have an idea of who they want to become and can advocate for themselves.

Others would be able to actually see the changes individuals make along the Paths to Full Potential. Client's confidence, self-love and knowledge of what helps them stay well would be visible to those who know them and are careful observers. Their self-advocacy and ability to identify the early warning signs of becoming unwell would be readily apparent to any observer. Changes of this magnitude are rarely seen in the social sciences, yet SRI is supporting individuals to make these types of changes.



Non-Consolidated Statement of Operations and Changes in Fund Balances (cont.)

Year ended March 31, 2022, with comparative information for 2021

	Total Operating Fund	Capital Fund	2022 Total	2021 Total
REVENUE				
Government funding	\$ 2,823,171	\$ -	\$ 2,823,171	\$ 2,364,904
Rent and services (notes 4 and 6)	268,744	-	268,744	264,495
Interest income	25,370	-	25,370	25,160
Amortization of deferred contributions (note 3)	-	433	433	542
Donations and grants	207,683	-	207,683	114,986
Sponsorship	7,500	-	7,500	-
Miscellaneous	1,114	-	1,114	22,443
Fundraising	10,444	-	10,444	-
	3,344,026	433	3,344,459	2,792,530
EXPENSES				
Salaries and benefits:				
Salaries and wages	2,336,387	-	2,336,387	1,942,234
Staff benefits	245,927	-	245,927	218,465
Staff training and travel	49,037	-	49,037	33,752
	2,631,351	-	2,631,351	2,194,451
DIRECT SERVICES				
Participant Personal Allowance	4,629	-	4,629	-
Food	17,727	-	17,727	7,301
Household 1	0,017	-	10,017	2,576
Medical	214	-	214	3,459
Recreation and activities	10,303	-	10,303	895
Gifts	-	-	-	198
Consulting fees	25,626	-	25,626	22,935
Participant training, supplies, wages, & transportation	48	-	48	13,918
Sub-contracted IT	5,136	-	5,136	-
Fundraising expenses	6,340	-	6,340	4,724
	80,040	-	80,040	56,006
OCCUPANCY				
Amortization of capital assets	-	10,183	10,183	13,027
Rent (notes 4 and 6)	209,821	-	209,821	178,599
Repairs and maintenance	12,905	-	12,905	18,883
Utilities, taxes and insurance (note 4)	86,485	-	86,485	77,513
	309,211	10,183	319,394	288,022
ADMINISTRATION				
Bank charges	528	-	528	855
Professional fees	32,288	-	32,288	26,457
Fees and licenses	9,737	-	9,737	6,818
Office and miscellaneous	28,205	-	28,205	20,023
Computer support and supplies	97,408	-	97,408	93,165
Telephone, fax and internet	27,812	-	27,812	23,353
Marketing	4,728	-	4,728	-
	200,706	-	200,706	170,671
TOTAL EXPENSES	3,221,308	10,183	3,231,491	2,709,150
Excess (deficiency) of revenue over expenses before the undernoted	122,718	(9,750)	112,968	83,380
Surplus repayable to Winnipeg Regional Health Authority (note 1[c])	(37,025)	-	(37,025)	(38,692)
Surplus repayable to the Government of Canada	(2,857)	-	(2,857)	(31,202)
Excess (deficiency) of revenue over expenses	82,836	(9,750)	73,086	13,486
Fund balances, beginning of year	1,040,142	135,580	1,175,722	1,162,236
Fund balances, end of year	\$ 1,122,978	\$ 125,830	\$ 1,248,808	\$ 1,175,722

2021-2022 SRI Board of Directors



Laurel Mitchell
(Chairperson)



Mathieu Lafrenière
(Vice-Chair)



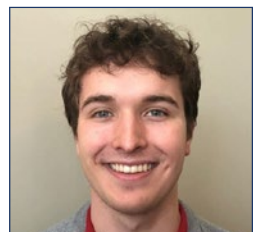
Derrick Vandel
(Treasurer)



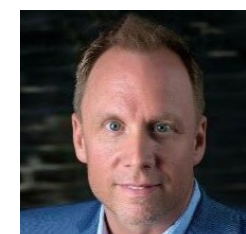
Daniel Tremblay



Dr. Mamadou Ka



Nicholas Brzak



Christophe Rodrigue



Dre. Gisèle Morier



Michelle McPike



Sherrisse Augustyn

Management Team

Tara Snider,
Executive Director

Candice Kirton,
Assistant Executive Director

Cameron Tindall,
Manager of Mental Health Services

James Jeon,
Finance Manager

Daniel Omolola,
Team Lead

David Stewart,
Manager of Mental Health Services

Jacqueline Bertie,
Property Manager

Janet Layte,
Team Lead

Karen Carr,
Executive Assistant