



McMan



McMan Calgary & Area
Report to the Community
2014-15

www.McManCalgary.ca



Message from the Executive Director

Dear friends and supporters of McMan Calgary & Area,

It is my privilege to share with you our first ever Report to the Community which offers highlights and successes from the last fiscal year. As our organization continues to be a leader in evidence based practice, impacting more than 2300 lives each year, we have much to celebrate and many individuals, volunteers, donors and funders to thank for their commitment to supporting vulnerable children, youth and families in our community. 2015 marks McMan's 40th anniversary and will no doubt bring many more opportunities to celebrate as we continue to grow as an organization and offer programs and services that respond to community need. Consider joining us on October 22, 2015, at the Glenbow Museum, for an evening in support of McMan Calgary & Area featuring keynote speaker Amanda Lindhout. This 40th Anniversary Celebration promises to be an intimate look at the history and evolution of our organization and the countless lives that have been forever changed because of McMan's commitment to *Making a Difference in our Community*.

Thank you to each of you for being part of McMan's continued success.



Soraya Saliba, MA, RSW



Building a Brighter Future

Justine* was referred to the Parent-Child Assistance Program (P-CAP) when daughter Nadia* was just four weeks old. This, says Justine, was a defining moment in her and her daughter's life and she is quick to dismiss thoughts of just what life would look like if it weren't for the long-term supports of the P-CAP program McMan Calgary & Area offers. This program supports mothers with a history of drug or alcohol abuse who are at risk of giving birth to a child affected by Fetal Alcohol Spectrum Disorder (FASD).

While supporting the development and maintenance of healthy family relationships, the P-CAP program works with mothers like Justine, who before joining the program was experiencing isolation from peers and was not connected to any community resources. Through the P-CAP program, Justine began to connect with young mothers who were experiencing similar challenges and building healthy peer relationships separate from drugs and alcohol. As Justine's sense of community has blossomed, she has accessed resources to maintain her sobriety, develop her parenting skills and is exploring opportunities to connect with her heritage, including learning aboriginal beading.



Zen Pictures

Now two years old, Nadia is busy exploring the world around her and Justine can't help but beam with pride at just how far they have come as a family. "I want [Nadia] to have the life I didn't as a child and thanks to McMan our future is bright."

*Names have been changed to protect anonymity



A Family's Journey leads to Mental Health Supports for Youth

After the tragic loss of her daughter, Fran Porter's first instinct was to write. It was this healing process that would lead to the writing of her book, *When the Ship has no Stabilizers*. Published in 2014, Fran's book is a mother's powerful re-telling of the life and loss of her daughter, Colleen, and her journey and struggle with Borderline Personality Disorder (BPD).

As a youth, Colleen was part of McMans Youth Alternative Program, accessing housing and supports throughout much of her adolescence. Since her passing, Colleen's family has made it their mission to help youth diagnosed with BPD and other similar mental health issues have access to the most effective treatment possible; treatments that were not available to their daughter at the time. Fran has also become a passionate advocate for those silenced by stigma and isolation and is committed to raising awareness of mental health issues and the vital need for timely support for those affected.

Fran and Andy Porter, pictured left with Soraya Saliba, are generously donating all proceeds from Fran's book to launch mental health programs for youth supported by McMans Calgary & Area. These supports will include access to a clinician and therapy, including Dialectical Behavior Therapy (DBT), which is currently considered to be the most effective treatment for BPD. To date more than \$20,000 has been donated with copies of the book still available for purchase through Amazon and local retailers Shelf Life Books and Pages.

Department of Justice Funding Partnership Supports Youth Affected by Fetal Alcohol Spectrum Disorder (FASD)

Former Minister of Justice and Attorney General of Canada, The Honourable Peter MacKay and Ryan Leef, Member of Parliament for Yukon, both pictured right, joined McMans Calgary & Area's Executive Director, Soraya Saliba, to announce an unprecedented funding partnership to address supportive housing for youth exiting the youth justice system who have been diagnosed with, or are suspected of having Fetal Alcohol Spectrum Disorder (FASD). The \$500,000 in funding is being provided through the Youth Justice Fund and will support a FASD Housing Coordinator position. This role is dedicated to locating and securing housing for youth affected by FASD and providing support and resources for the home providers who support these youth as they gain daily living skills in a safe and stable environment.



"Our Government is proud to help fund this Housing Coordinator program, which will help youth affected by Fetal Alcohol Spectrum Disorder and involved in the criminal justice system succeed at living independent, law-abiding lives. We are committed to supporting valuable organizations such as McMans and the critically important work they do to assist youth."

- Peter MacKay, former Minister of Justice and Attorney General of Canada



Operation Renovation Makes a House a Home

Albi Renova and CTV Calgary's Operation Renovation program gives back to organizations that make a tremendous impact in the community. McMans Calgary & Area's Wellington Place, a supportive housing residence for homeless youth, was honoured to have been selected as the 2014 Operation Renovation recipient. With the help of design and renovation experts at Albi Renova, the goal was to create a nurturing space for homeless teens that they could truly call home. This included home improvements and new furniture and appliances that created multiple spaces for the youth to relax and connect.

Thanks to Albi Renova and CTV Calgary, Wellington Place can continue to provide safe and supportive housing to homeless youth in Calgary in a welcoming and inviting environment.

OPERATION RENOVATION





Home Depot Provides Funds and Volunteers for Apartment Building Improvements

Thanks to the Home Depot Canada Foundation, McMan Calgary & Area was the recipient of a \$25,000 grant for the installation of new energy efficient patio doors for the 24 units of its Triwood apartment building. The grant also allowed for the painting of a unit in the building designated for youth experiencing homelessness. In addition to housing youth at risk of homelessness, Triwood is home to youth transitioning to independence in a supportive housing environment where they have access to life skills programs, mentorship and supports to achieve their education or employment goals.

Through their Orange Door Project, the Home Depot Canada Foundation supports renovation and repair projects and programs that provide youth with access to safe, stable housing and support services. After having been on site for the patio door installation, a group of Home Depot employees, pictured above, came back on their days off to provide even more support through their employee volunteer program. This dedicated group worked tirelessly to re-paint the halls, doors and stairways which provided residents with an even more inviting space to call home. "This project is so much more than a fresh coat of paint and new doors," shares April Stallings, Volunteer Coordinator with McMan Calgary & Area. "For these youth, Triwood is a fresh start and a new beginning."

A Second Chance

Each year, the Youth Alternative Program (YAP) supports approximately 50 multi-risk youth needing support to live successfully within their community. Meet Matthew*, a YAP client whose untreated mental health issues, including severe depression and anxiety, unhealthy relationships and an unstable home environment had lead him to a dangerous life of drugs on the street. A homeless addict, deeply entrenched in gang life, Matthew hit rock bottom and knew he had to make a change before it was too late.

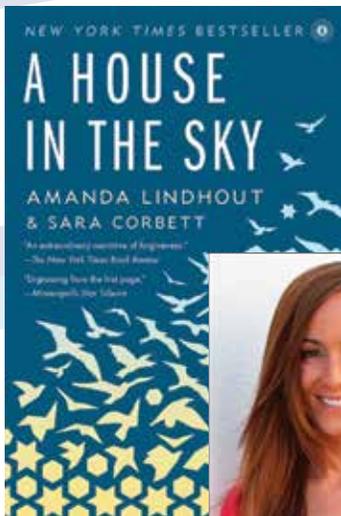
Leaving behind his life of drugs and self-destruction, Matthew made the bold decision to move cities for a fresh start and to reconnect with natural supports. Having exhausted all other community resources, Matthew was referred to YAP for the support he needed to start building a new life. Coping with multiple challenges, progress was initially slow but as Matthew continues to work through issues with the help of his caseworker, he is on his way to a life he never imagined possible.

Matthew is now sober, accessing mental health supports and working on building healthy relationships with family and increasing his community connections. He is also looking at options to complete his high school diploma, something he never thought would happen, and is studying to get his driver's license. When asked just what YAP has meant to him, Matthew's answer is simple: "A second chance. I always knew I was meant for more and now I feel like I am going somewhere again." Matthew is now seizing the opportunity to live life to its fullest; sober and working towards independence.

*Name has been changed to protect anonymity

McMan's 40th Anniversary Celebration

Join us for this cocktail event featuring keynote speaker Amanda Lindhout, local author of the international bestseller, *A House in the Sky*, detailing her 15 months in captivity in Somalia. Amanda's message of resiliency and courage in the face of unimaginable circumstances echo many themes that define McMan's work supporting vulnerable youth and families in our community. Join us for this powerful presentation and show your support for McMan's programs and services and the children and families we serve.



Celebrating 40 Years!
Making a Difference In Our Community

Save the Date!
October 22, 2015 Glenbow Museum
Ticket information available at www.McManCalgary.ca



Who we Serve

During the 2014-2015 fiscal year, McMan Calgary & Area provided direct service to

1,456

children, youth, adults and families

and impacted the lives of over

2,300

people in Calgary and surrounding communities.

Males and females account for

50%

each of the client population.

By age group, nearly

1/2

of our clients are between 12 - 24 years of age.

12% are 0-6 years

19% are 7-11 years

21% are 25+ years



Outcomes and Achievements

Staff provided more than **39,500** service hours across more than **20** different support services and programs during the 2014 -2015 fiscal year.

Safety, Well-Being, Permanency and Family and Community Support are the four service pillars that guide McMan Calgary & Area's evaluation of client outcomes.

93% of clients achieved their **SAFETY** goals

WELL-BEING goals were achieved by **84%** of clients

92% of clients achieved their **PERMANENCY** goals

FAMILY AND COMMUNITY SUPPORT goals were achieved by **90%** of clients

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the Support of our Donors**

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Executive Director
McMan Calgary & Area

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and support
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not be possible
**without the
support
of our
Fundors**



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