

McMan Calgary & Area

REPORT TO THE COMMUNITY 2020-21



McMan



OUR MISSION, VISION, AND VALUES

VISION

TOGETHER WE TRANSFORM THE LIVES OF CHILDREN, YOUTH AND FAMILIES THROUGH SUSTAINABLE SUPPORTS AND CONNECTIONS, LEADING TO HEALTHY AND FULFILLING LIVES.

VALUES

COMMITMENT
TRUST
EMPATHY
RESPECT
GENUINENESS

MISSION

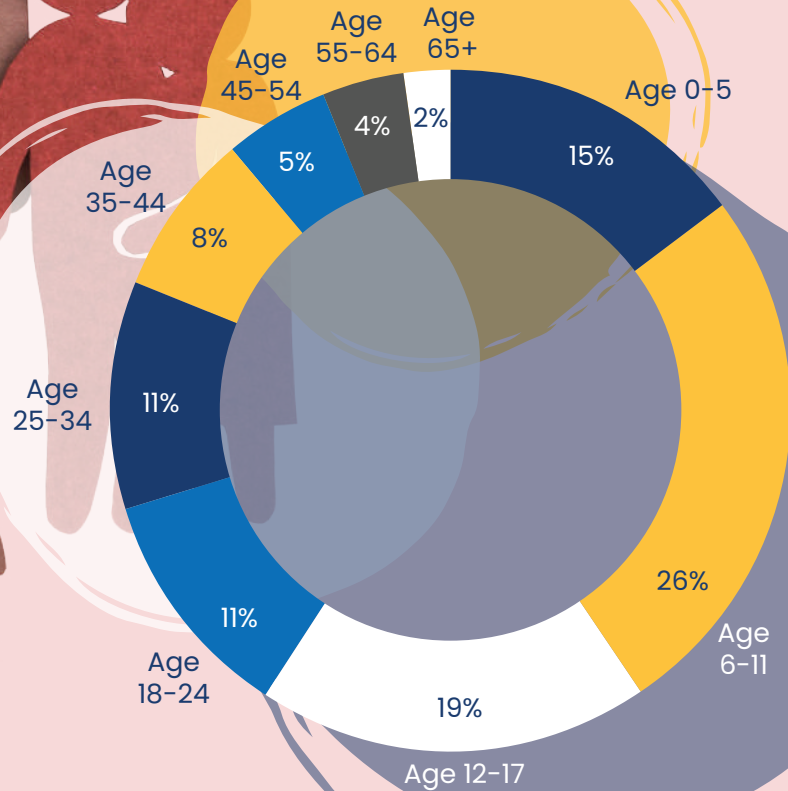
TO SUPPORT AND ENCOURAGE INDIVIDUALS AND FAMILIES TO ACHIEVE THEIR FULL POTENTIAL AS MEMBERS OF THEIR COMMUNITY.

2730
INDIVIDUALS
IMPACTED

1791
CLIENTS

939
IMMEDIATE FAMILY
MEMBERS

AGE RANGE BREAKDOWN



FROM OUR EXECUTIVE DIRECTOR

The past year will be held in the memory of our entire generation. At McMan Calgary & Area we are breathing a little deeper and feeling more grateful for the simple joys that come from visiting with our friends and family. Despite the challenges, we are celebrating a year filled with new milestones including our 40th anniversary of service in Calgary & Area and the expansion of our suite of services.

We had the honour of opening the McMan Family Resource Network in Okotoks just as the pandemic began. The McMan Family Resource Network - Okotoks is a community hub that provides a range of services for children, youth and families. Despite COVID restrictions, our amazing staff quickly adapted services to virtual delivery to address the unique needs of individuals and families in Okotoks. I am pleased to report that we have served over 580 individuals in our first year.

Last fall we celebrated the opening of the James House in partnership with Home Space and the Calgary Homeless Foundation. The James House provides safe and stable housing options and individualized supports for 27 individuals who are facing homelessness with the goal to help residents transition to permanent housing within 10 months.

Over 300 donors and partners helped us celebrate our 40th anniversary of serving Calgary & Area during our 40 for 40 campaign last fall. Our 40th anniversary campaign exemplified the power of community and we are so grateful for all of those that helped make it a success. With this community support, we were able to expand our mental health services with more individual and group counselling. Check out Isaiah's story for a glimpse into the difference community support for mental health programming is having. You will also read Shawna's story and learn more about the importance that connection plays in building strong families and communities of belonging.

This year even more so than any other, I am amazed by the dedication and perseverance of our staff who have gone above and beyond to ensure the seamless care of the individuals and families we serve. I would like to extend my sincerest gratitude to our Board of Directors, our funders, donors and partners who continuously invest in the mission and work of McMan Calgary & Area. Together, we are changing lives.



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MA, RSW

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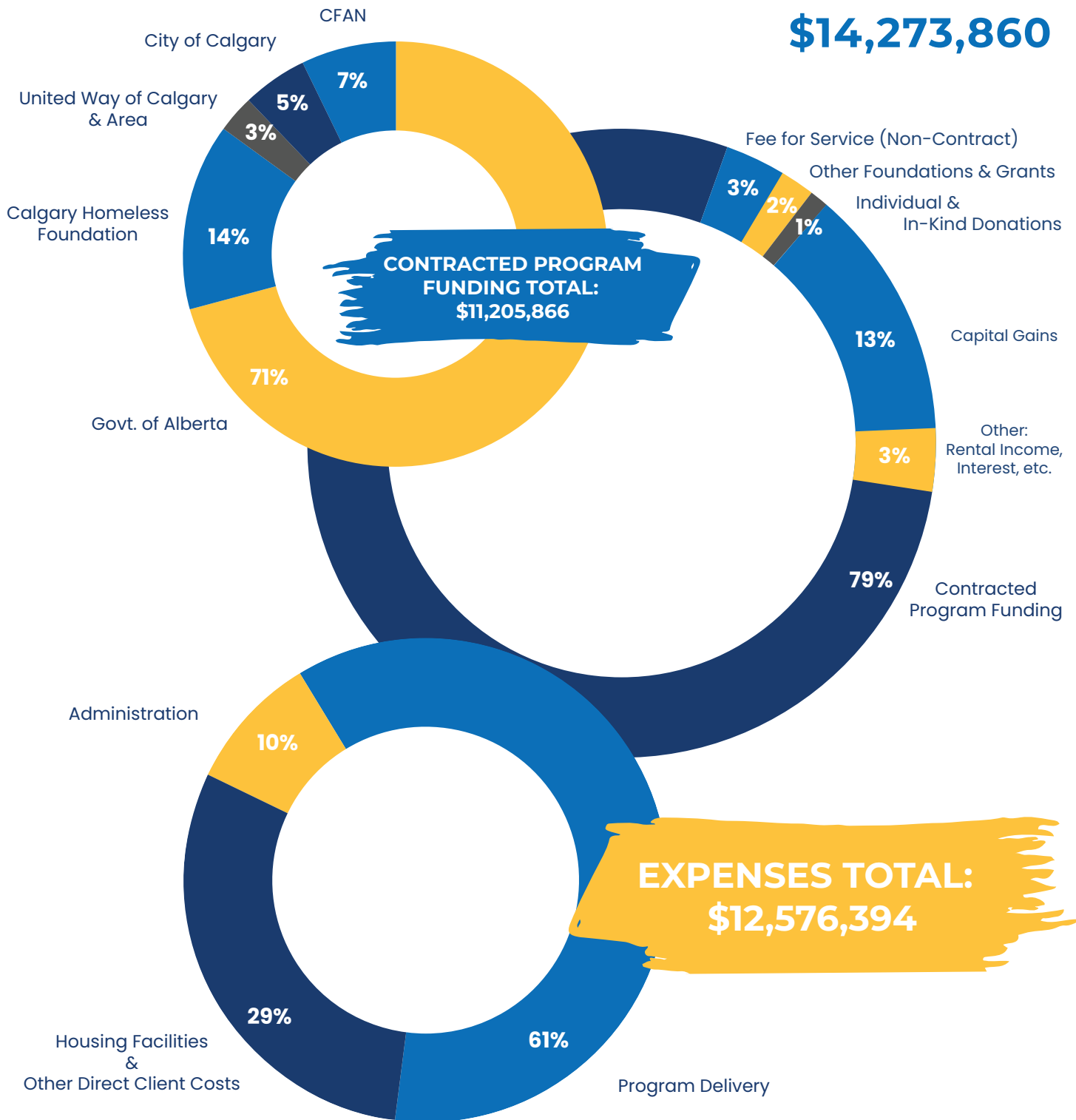
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FINANCIALS 2020-21

**REVENUE TOTAL:
\$14,273,860**



Capital gains were transferred to a contingency fund to support the future growth and operations of McMan Calgary & Area. McMan Calgary & Area's 2020-21 financials were audited by Grant Thornton and found to be fair representation of our financial position as of March 31, 2021

MEASURING OUR IMPACT

INCREASED CONNECTION & BELONGING: RELATIONSHIPS, COMMUNITY, CULTURE, IDENTITY

"This program was very helpful to our family. Our approach to dealing with challenging behaviours changed and this was very critical in moving forward with positive results. Our worker was very empathetic and helpful."

- Parent, Milestones Program

"The clinician was a lifeline for me, getting me through the most difficult times I have been through. She listened and helped me think about things in a different way which opened my thinking up and I was able to navigate through so many tricky situations."

- Individual, Mental Health Program

"My relationship with family has never been better... [in the beginning] I wasn't allowed to be at home, wasn't talking to family. We wouldn't answer each other... And now I see my dad at least 3 times a week and have great family support and same with my brother."

- Youth, Manhattan Group Home

"My support network is way more confident in having really open conversations about addiction and being a support system."

-Participant, Journeys Program

97%

OF YOUTH
IMPROVED THEIR RELATIONSHIP
WITH FAMILY AND FRIENDS

599 CLIENTS

IMPROVED THEIR CONNECTION
TO THEIR COMMUNITY

86% OF CLIENTS
INCREASED THEIR CONNECTION
AND BELONGING

99%

OF CLIENTS

REPORTED THAT **McMan** HELPED THEM
BUILD THEIR RELATIONSHIP SKILLS

645

CHILDREN STAYED WITH
OR RETURNED HOME TO FAMILY AFTER SERVICE

INCREASED SAFETY:
PHYSICAL, EMOTIONAL, PSYCHOLOGICAL

97%

OF PARENTS INCREASED UNDERSTANDING
OF RISKS ASSOCIATED WITH THEIR
CHILD'S DIAGNOSIS/DISABILITY

"For the first time in more than two decades since being at McMan I feel like my life is under control. I feel like I can handle crisis- I can live and not just survive"

- Youth, DBT Skills Group

"McMan just gets it! They helped me be proactive about my mental health, and didn't just want to fix it when it was bad"

- Youth, DBT Skills Group

"We entered the program when our daughter was in a vulnerable state - they provided a safe way to bring the family together with a support group - a safe place to talk about the problem and to understand."

- Natural Support of participant, Journey's Program

"My COPE worker was so cool and she always helped me even when I messed up."

- Youth, COPE Program

90

YOUTH INCREASED
THE SAFETY & STABILITY
OF HOUSING

1270

CLIENTS
IMPROVED THEIR PHYSICAL
AND EMOTIONAL SAFETY

91%

OF CLIENTS
IMPROVED THEIR SAFETY

INCREASED DEVELOPMENT & WELL-BEING:

LIFE-SKILLS, SELF-EFFICACY, TREATMENT, BASIC NEEDS

"I learned skills that will help me for the rest of my life. I couldn't have gotten through what I have so far without counselling. It will also help me in the day to day situations that will come up in the future."

- Youth, Mental Health Program

"My anger problems were so bad. This is a huge improvement for me. This group home has helped me a lot. The staff are always so happy. I have different friends... my relationships are better."

- Youth, Manhattan Group Home

85%

of caregivers increased their parenting capacity

115

youth participated in life skills

96%

of children demonstrated progress in meeting developmental milestones

85%

OF CLIENTS IMPROVED THEIR WELL-BEING AND DEVELOPMENT

"I learned a ton about my FASD diagnosis in a way that made actual sense. I learned real life approaches and mindsets to strategies that I can use every day. I learned how important a check list is to my daily discipline, organization and accountability."

- Youth, FASD MAPS Program

"I appreciated all the help and guidance and giving me the tools on how to really connect with my child"

- Parent, Family Development Program

"McMan provided me with validation in knowing it's ok to be different"

- Youth, DBT Skills Group

MENTAL HEALTH PROGRAM DIALECTICAL BEHAVIOR THERAPY (DBT) SKILLS GROUP

73%

OF DBT GROUPS ALUMNI
USE THE SKILLS THEY LEARNED
EVERY DAY



ISAIAH

MENTAL HEALTH PROGRAM,
DBT ALL STARS GROUP

After struggling with his mental health for a long time, Isaiah finally sought out help and was referred to McMan's Dialectical Behavior Therapy (DBT) skills group from Access Mental Health. McMan Calgary's DBT skills groups are customized to address unique challenges that youth face and focuses on building skills in four categories: Mindfulness, Inter-Personal Skills, Distress Tolerance, and Emotional Regulation.

Isaiah felt a lot of anxiety about joining a group based mental health service. However, Isaiah anxiety washed away after the first session. He recalls walking into group for the first time, "You know when you walk into a room, and you know those aren't your people? This was the complete opposite."

Isaiah completed the DBT skills group but decided to join the All-Stars group to further develop his skills and receive additional support. "It's been very fulfilling to be in this group because it's not just about me getting support- I'm also there for the other members. We get to support one another and put the skills into action rather than it just being an exercise."

Overtime, the skills Isaiah learned in the DBT group have become a part of his daily life. They helped increase his self-awareness which has shifted his perception and has helped make big changes. Isaiah found the skills he learned around mindfulness particularly useful while recovering from concussion which limited his ability to participate in his hobbies and some social activities. Isaiah is grateful for the people and community he has become a part of, "It's reassuring to know that I have the support of a group of people that understand me. The DBT skills group and the all-star group filled a void I didn't know was there."

KINNECTIONS PROGRAM

Shawna's daughter struggled with substance abuse for over 5 years and during this time she gave birth to a beautiful baby girl, Ariel. As her daughter was unable to care for Ariel, Shawna took on the role of her primary caregiver. Shortly after, Shawna was referred by Children Services to McMan's Kinnections program which provides supports for kinship caregivers and children that are unable to stay with their biological parents. Kinship caregivers are family members, family friends, or community members that have a direct connection to the child.

Ariel came into Shawna's life at point in her life of change and has provided her with a profound sense of purpose. None the less, taking care of child can be incredibly challenging and isolating. Through it all, Shawna has been grateful for the help of Kinnections Program. "I know I can rely on their knowledge and expertise around the various systems, resources and services our family needs. The system is set up and focused on the needs of the child in care, which is important, but it's reassuring to have a Kinship Facilitator who is in my corner and advocates for both Ariel and me."

As a grandmother raising a granddaughter and mother trying to best support a daughter with addictions, the importance of connection and community became increasingly important for Shawna. In January 2019 she created a support group for others in a similar situation. This community has become a place for her to share the advice she received and has deepened her own learning and sense of connection.

Come October Shawna will be Ariel's permanent guardian. When asked what she is most grateful for during her time with McMan she answered, "Having the support of my kinship facilitator makes navigating the continual change easier and the responsibility of raising my granddaughter lighter."



SHAWNA
KINNECTIONS PROGRAM

321
CHILDREN
& **252**
CAREGIVERS

were served in the Kinnections Program

40 for 40

THANK YOU

Thank you to the 11 teams, promoters and donors who helped McMan Calgary & Area celebrate our 40th year of service in Calgary. Our 40 for 40 campaign harnessed the power of community to support mental health and well-being services for children, youth and families.

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Common Crown Brewing

Edina Bilajac Yoga

Greta Bar

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