

McMan Calgary & Area

REPORT TO THE COMMUNITY 2022-23



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.

MISSION

To support and encourage individuals and families to achieve their full potential as members of their community.

VALUES

Commitment
Trust
Empathy
Respect
Genuineness



3722 INDIVIDUALS IMPACTED



2473 PEOPLE SERVED

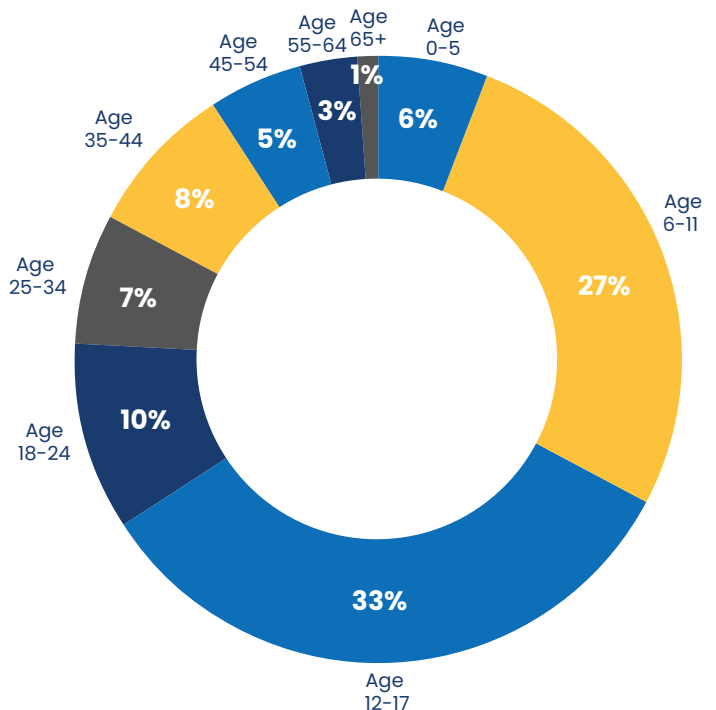


123 DEDICATED STAFF



135,300 DEDICATED SERVICE HOURS

AGE RANGE BREAKDOWN



FROM OUR EXECUTIVE DIRECTOR

I'm pleased to share another remarkable year looking back on 2022/23 in which we made considerable progress in year one of our three-year strategic plan; both in support of our urban and rural communities as well as our own organization. Much of this past year was focused on enhancing our mental health supports, particularly our DBT Program (*Dialectical Behavior Therapy*) as well as enriching our organization's Indigenous knowledge to better support the 16% of individuals in our programs who are of Indigenous heritage. We will continue to learn and embrace the life-changing power of people connection as we continue to work toward our vision of transforming the lives of children, youth, adults, and families by helping them build connections that lead to healthy and fulfilling lives.

You may recall last year's Report to the Community where we shared seeing a 10% increase in those we helped from the previous year, most of which came from our increasing support and referral network in the Foothills area of McMan's Family Resource Network, located in Okotoks. Again, this past year, our teams saw an additional 26% increase from the previous year; impacting over 3,700 persons within McMan's programs and services offered in the community. Notably, when we look back on pre-pandemic data (2018/19 to present) McMan has experienced an overall increase of 49% in the number of people we've impacted throughout Calgary and surrounding rural areas. As you can imagine, there are many societal factors beyond our control, but we are committed to walking alongside the people we serve every day with our dedicated team members. I cannot express enough gratitude and pride for our team here at McMan.

We continue to strengthen our work and connection within the M.D. Foothills rural communities through our Family Resource Network, located in Okotoks. Our recent partnership with Christ the Redeemer School division and their pilot project, Mental Health in Schools, aims to improve the delivery of mental health supports and services for students in rural communities.

Our team at McMan also supported over 300 families requiring assistance with parenting for their child with a physical or developmental disability and 95% of these families, exiting from our program, expressed an increased

capacity to manage their child's behavior while 92% also stated they were more confident in managing their child's transition to adult services.

Another area of expansion was seen in our Wicshitowin program that supports Indigenous youth to gain connections to their culture, language, ceremonies, and traditions while building healthy relationships with family, natural supports, and community. This past year we were able to expand services to more Indigenous youth, experiencing homelessness, by providing additional housing supports through our Wicshitowin program.

We are excited to move into this year as we continue our path toward Truth & Reconciliation, while also increasing our reach into communities to reduce barriers for access to mental health supports. We continue to be humble and bold in the work we do to advocate and support children, youth, and families in building connections and empowering them to live the fullest life they wish. Again, I want to thank our amazing team, including our Board of Directors as well as our funders, donors and community partners that continue to support McMan Calgary & Area, allowing us to continue our profound impact of meaningful connections. Through our programs and services, we empower those we serve to uncover, strengthen, and maintain connections with their families, peers, and community. These connections form a support system for those we serve, helping them achieve the confidence and skills to make long-lasting changes in their lives.

In Kindness,



Soraya Saliba
Executive Director
McMan Calgary & Area



SORAYA SALIBA
MA, RSW

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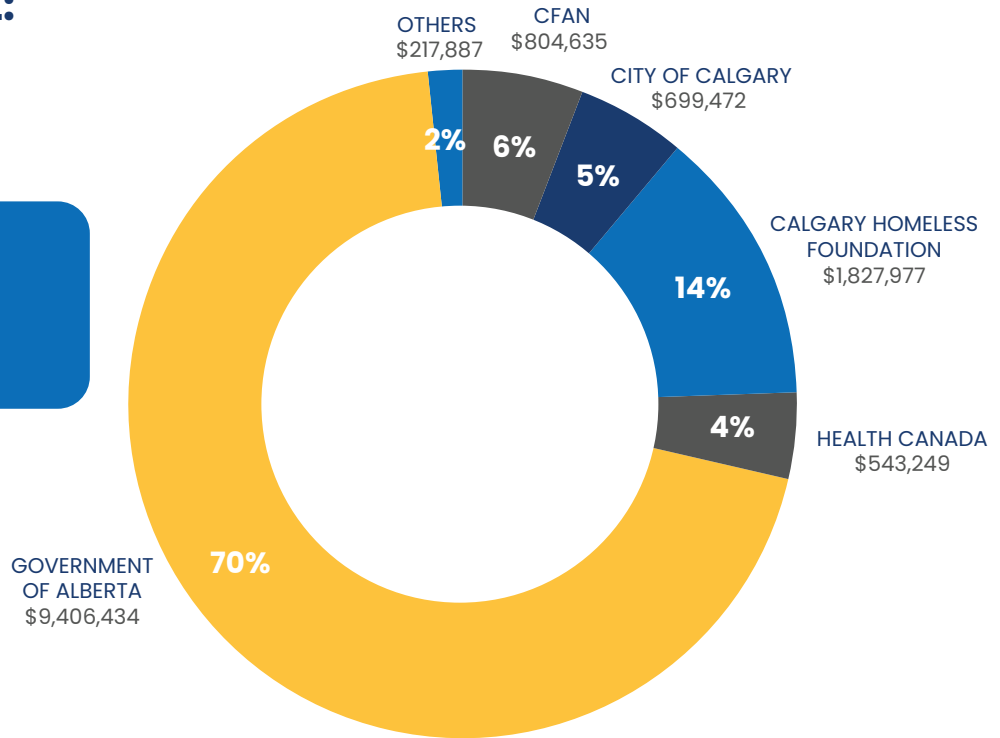
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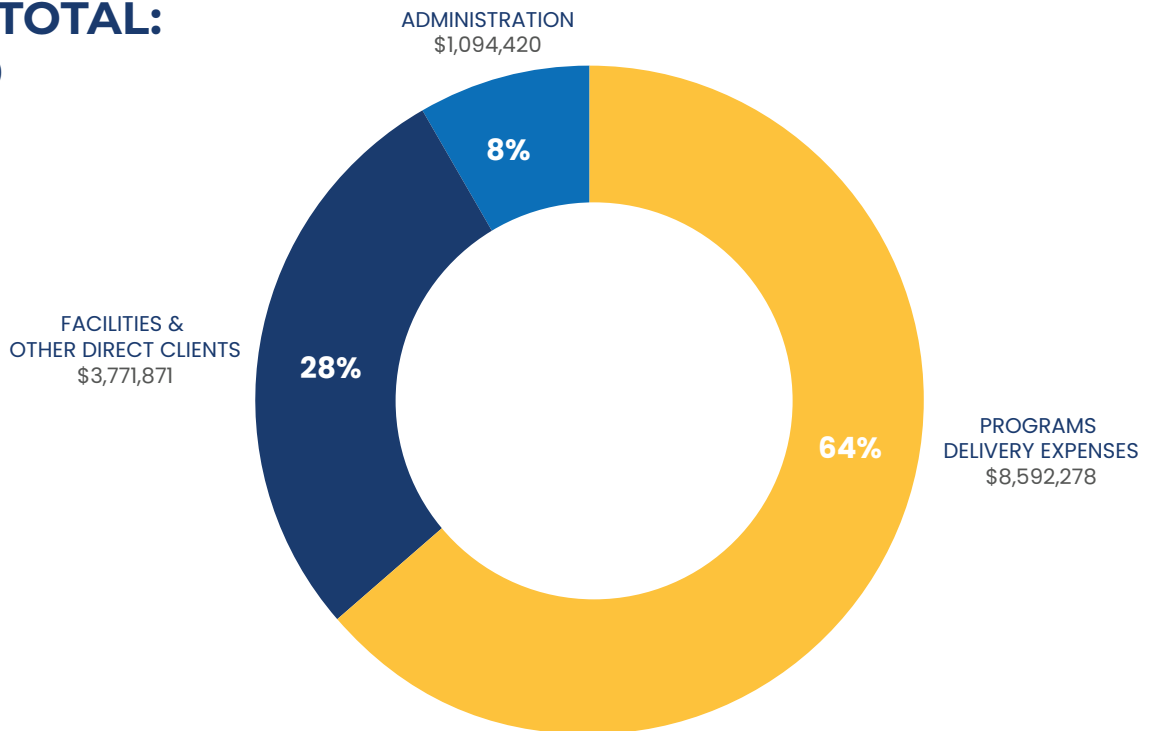
FINANCIALS 2022-23

REVENUE TOTAL: \$13,499,654

McMan Calgary & Area's revenue for the 2022-2023 fiscal year was **\$13,499,654**; **92%** of our revenue went to direct client services.



EXPENSES TOTAL: \$13,458,569



McMan Calgary & Area's 2022-23 financials were audited by Grant Thornton and found to be fair representation of our financial position as of March 31, 2023.

JODY'S JOURNEY TO FREEDOM | THE FAMILY RESOURCE NETWORK

Jody first accessed McMan Calgary & Area's Family Resource Network, located in Okotoks, to seek supports for her children aged 7 and 10 who struggled with anxiety. While working with our team, Jody disclosed she was experiencing domestic violence and was ready to end the relationship. Jody had been isolated for several years in her home due to this controlling relationship. She was prevented from working, had no access or understanding of financial resources, and was unable to have meaningful relationships with her family and friends. Our team supported Jody in creating a safety plan, finding housing, and connecting her to counselling through Kindred.

Through her involvement with the Family Resource Network, Jody began to rebuild her life while learning skills to be successful on her own that included social emotional development, financial literacy, and employability skills. Jody was connected to Rowan House, an organization that provides safe, supportive environments for women and their children who have left violent and abusive situations and need emergency housing.

Jody continues to connect with the Family Resource Network when she needs support. Jody is now thriving, living independently with her children, and free of domestic violence. She has many goals for her future and has applied to post secondary education. With the help from our team, Jody is working part-time, has reconnected with family and friends, and is enjoying her hobbies and passions again.

Family Resource Networks provide supports and services to help Alberta families become resilient, strong, and healthy. Across the province, there are 70 Family Resource Networks available to children, youth and families serving rural and urban communities.

This past year, McMan Calgary & Area's Family Resource Network, located in Okotoks, supported 914 individuals, and directly served 457 individuals through one-to-one supports and group learnings.

**please note: names in the story have been changed*





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

-Participant, COPE program

“The collaborative work being done with all the partner agencies ensures that complete knowledge is available in order to provide trauma informed wrap around care. The CCT group works tirelessly to obtain the best outcomes for our vulnerable youth, and many hands do make lighter work.”

-Staff Sergeant Brad Moore,
Calgary Police Service

“I have enjoyed having someone to talk to openly”

-Participant, COPE program

“Very professional. I learned a lot when it comes to parenting, coping with stress, just a lot about myself as a parent, many skills I will use throughout my parenting chapter.”

-Participant,
Family Development Program

“Ava has been “clean” from self-harm for 139 days. She’s doing really well and we’re so proud of her!!”

-A mom of a DBT Participant
(Dialectical Behavior Therapy)

“DBT skills have saved my life.”

-DBT Participant
(Dialectical Behavior Therapy)

“Being able to deal with my day-to-day has been easier ever since I’ve learnt the DBT skills and I look forward to grow even more as a person with the skills I have learned in the DBT Skills Group.”

-DBT Participant
(Dialectical Behavior Therapy)

MIKE & TESS CREATE A SAFE AND NURTURING HOME | FOSTER CARE PROGRAM

McMan Calgary & Area has been supporting children and youth in our Foster Care program for over 30 years. McMan provides caring homes and ongoing support for children and youth under the age of 18 who are unable to remain in their natural homes. Our team matches children and youth with foster parents who will provide them with physical, social, and emotional care and interventions. Careful matching considerations are made, and individual strategies are embedded to meet the unique needs of each child /youth, taking into consideration the context of their family, community, and cultural background.

In 2022 McMan expanded our services to also include Therapeutic Foster Care which is designed to support the individualized care needs of children and youth who have behavioural and emotional trauma symptoms that cannot be adequately addressed in a family or in standard foster care and who might otherwise be placed into more restrictive care. The focus of this service is on supporting children and youth to transition successfully home, to family-based out-of-home placement within their cultural community, or to a less intensive out-of-home placement service. Currently, McMan has 3 therapeutic foster homes.

Planning and support of a child requires the effort of a team. One of the major players on this team is the Foster Parent. Foster parents and their own families provide children with a safe and nurturing home away from home where they can thrive and be accepted for who they are. McMan is proud to say that we have 30 homes who all provide exceptional care in their own way. Mike and Tess Pineda are one of them and we are delighted to highlight them this year.

The Pineda's have been fostering for 13 years and have cared for a total of 26 children who have shared their home, family, and love until they were able to return to their birth families or a more permanent placement can be found.

Mike and Tess have two of their own biological children and place a great deal of emphasis on the importance of family, family traditions and culture. These values are shared with the children that they care for through fostering. The Pineda's create relationships with biological parents, doing what they can to ensure siblings stay together and encouraging

connection with the child's own natural supports. They embrace each child's family and culture; learning and participating each day to ensure all aspects of the child's life is respected, supported, and accepted.

Mike and Tess are gentle in their parenting and take a therapeutic approach to fostering. Taking the time to understand and get to know each child's 'story'. They are truly a gift to the fostering community and each child in their home thrives because of the positive and nurturing impact they instill as foster parents.



INCREASED CONNECTION & BELONGING:

RELATIONSHIPS, COMMUNITY, CULTURE, IDENTITY

96% OF CLIENTS REPORTED THAT **McMan** HELPED THEM BUILD THEIR RELATIONSHIP SKILLS

491 CHILDREN STAYED WITH OR RETURNED HOME TO FAMILY AFTER SERVICE



425

CLIENTS IMPROVED THEIR CONNECTION TO THEIR COMMUNITY



90%

OF YOUTH IMPROVED THEIR RELATIONSHIP WITH FAMILY AND FRIENDS



86%

OF CLIENTS INCREASED THEIR CONNECTION AND BELONGING

"My facilitator was extremely helpful with my role as kinship provider for my granddaughter. She helped me to understand the processes of Children's Services and offered counseling to help me process my feelings. She was always available for me and I do not believe I could have gotten through this without her. She went above and beyond. Thank you for all your help"

-Participant, Kinnections program

INCREASED SAFETY:

PHYSICAL, EMOTIONAL, PSYCHOLOGICAL



152

YOUTH INCREASED THE SAFETY
& STABILITY OF HOUSING

96%

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

85%

OF CLIENTS
IMPROVED THEIR SAFETY

2102

CLIENTS IMPROVED
THEIR PHYSICAL AND
EMOTIONAL SAFETY

"Everyone was supportive and understanding about my own personal choices, I'm happy I went through the program and appreciate lead they gave me."

-Participant, Hope Homes/Wicahitowin program

"I am eternally grateful for this program. It was unbelievably supportive and helpful. Thank you for what you guys do!"

-Participant, Hope Homes/Wicahitowin program

"Support was greatly appreciated, it was so important to have someone in our corner and helping us to understand the processes."

-Participant, Kinnections program

INCREASED DEVELOPMENT & WELL-BEING:

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



“Never been more appreciative of the help. Support has been perfection and I believe the positive impact on myself and my children would have been delayed greatly without the help.”

-Participant,
Family Development Program

“Helped me a lot getting my plan made up. I felt stressed about all the problems building up again, but thankfully got the help I needed.”

-Participant, Hope Homes/
Wicahitowin program

89%

OF CAREGIVERS
INCREASED THEIR
PARENTING CAPACITY

1032

YOUTH PARTICIPATED
IN LIFE SKILLS

97%

OF CHILDREN
DEMONSTRATED
PROGRESS IN MEETING
DEVELOPMENTAL
MILESTONES

82%

OF CLIENTS IMPROVED
THEIR WELL-BEING AND
DEVELOPMENT

THANK YOU TO OUR DONORS AND PARTNERS



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CHARITABLE REGISTRATION:

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Please visit our website find more about McMan and how to become a donor to help many other youth, adolescents and families we serve in Calgary and surrounding rural areas.