



ANNUAL REPORT 2012

In 2012, the Mental Health Commission of Canada celebrated its fifth anniversary with a set of national mental health awards. One of the award categories, "Community capacity," was chosen to highlight efforts that "strengthen the capacity of communities to foster recovery and wellbeing for individuals with a mental illness and their support networks." Of course, L'Abri en Ville applied... and we won!

Advisory Council member Dr. Marc Laporta summed up the essence of L'Abri en Ville's contribution as a community organization: "It doesn't take long to realize that the medical-psychiatric perspective needs to be completed where it falls off... This is the focus of L'Abri en Ville, a focus on resiliency, on recovery, on the human spirit in us that wants to take over again."

Eleanor Beattie, who accepted the award with resident David Seymour, recalled the founding of L'Abri en Ville 21 years ago: "When I heard about this model, I realized for the first time that ordinary people could do something to create community for people with a mental illness." In the years since, dozens more "ordinary people" have joined Eleanor to become extraordinary volunteers at L'Abri.

For a L'Abri resident, the recognition from the MHCC may have a larger societal meaning. David Seymour said afterwards: "These awards are a public mark of compassion, and an important step in the effort to eliminate stigma."

In our application, we wrote about the restorative power of community. What we couldn't know when L'Abri was first established was that in creating authentic community around the residents we would create it for ourselves as well.

Our work to disseminate the L'Abri model was an important element of our story, and we shared the honour of the award with representatives from Les toits d'Émile, Our Harbour and Ancoura, who joined us in Ottawa for the gala event.

No one contributes more to making the spirit of community manifest in the lives of the residents and volunteers than L'Abri's coordinators. Thank you to Loraine Jacmain, Beverley Kerr, Marianne Metrakos and Marlo Turner Ritchie, as well as to Susan Charlebois for her support of many kinds.

ADMINISTRATIVE HIGHLIGHTS

The Board of Directors met eight times in 2012, monitoring the financial health of L'Abri en Ville and the continuing vitality of our community. As members of a working board, we took pleasure in hearing from the Coordinators and in discussing the work of standing committees.

Two new board members were approved and welcomed at our AGM in May: Paul Aubin and Susan Purcell. Sandra Baines stepped down as President, replaced by Campbell Stuart; Dale MacDonald stepped into the Vice-President role. During the course of the year, we welcomed six new residents, and three new apartment volunteers.

In April, Marlo Turner Ritchie joined L'Abri as Lead Coordinator, replacing Marianne Metrakos who retired after eighteen years at L'Abri. Beverley Kerr left us in November after ten years as a valued member of the Coordinator team. Star Gale and Lauren Watson, McGill Social Work students, made excellent contributions through field placements with L'Abri. Staff members attended Douglas Hospital lectures on

mental illness and employment, and on advances in medications. Two Coordinators travelled to the AQRP conference on recovery and full citizenship. In addition to professional development, these provided opportunities to network with staff in hospitals and other organizations.

Our balance sheet for 2012 shows a deficit, in spite of increased revenues in most categories. Several extraordinary expenses were incurred, such as overlapping salaries during staff training periods, a new telephone system, and a higher than usual number of empty spaces in the apartments. The Finance Committee was given a revised mandate and membership to now include both short and long-term focus. The Shelagh Coinner Fund is now depleted, having benefitted many residents through modest grants for travel or education. As a result of our changed financial year-end (to Dec. 31), l'Agence de la santé et des services sociaux de Montréal informed us that we must hold future AGMs before March 31.

The concerns of residents about aging, which were documented by Lise Palmer in a 2011 con-

sultation process, became the focus of a new Committee on Aging, chaired by Lise and with a mandate that now includes the concerns of volunteers as they age.

In October, L'Abri was recognized with a national award from the Mental Health Commission of Canada in the "Community capacity" category. Eleanor Beattie, volunteer, and David Seymour, resident, accepted the award, and thirteen representatives from L'Abri and the other Network groups attended. This inspired us to complete work on our new website, which was redesigned kindness of David Rollert and Phéromone. The award led to a feature article in *The Gazette*, as well as coverage by CTV Montreal. Volunteers and residents had several other opportunities to speak about L'Abri: at a special service at St. Stephen's Anglican Church, Lachine; to a class at Bishop's University; in interviews with three residents for a video made by the Douglas Hospital on the topic of recovery; at a Unitarian Church service at which Noah Friedland played the cello. Our informative spring and fall newsletters were edited by Susan Purcell and formatted by Linda Yu.

The fourth Montreal Walk for Mental Health took place on October 14, attracting more than 1000 walkers and raising over \$41,000, of which \$4,298 was raised by L'Abri en Ville. Many L'Abri members participated, some bringing friends or family, and others volunteering at the event. The Walk received excellent media coverage, including the front page of *The Gazette*, *Montreal Match*, and an interview on CBC TV with a L'Abri resident. We were well represented on the organizing committee for the Walk by Paul Aubin, Suzanne Herscovitch, Trudy Michielsen and Mary Murphy.

RESIDENT ACTIVITIES

The residents of each L'Abri apartment participated with their volunteer teams in tasks such as shopping or cleaning, and in social activities like walks, coffee and conversation, cooking together, and outings. Residents also enjoyed games nights, bowling, Concordia hockey games, the Oral History Club, a trip to a cabane à sucre, summer picnics, plays at the Centaur, and visits to the Montreal Museum of Fine Arts for a guided tour

2100 Marlowe Ave (Queen Elizabeth Health Complex), #650, Montreal, Quebec H4A 3L5 (514) 932-2199 Fax (514) 932-2676

www.labrienville.org info@labrienville.org

FEDERAL CHARITABLE TAX NO. 89150 9572 RR0001

of the Impressionist Exhibit. Overnight outings to Oka Provincial Park in March, to Camp Weredale in the Laurentians in September and a trip to Granby Zoo were opportunities for large groups to socialize. So too were L'Abri's annual holiday party in December, and the AGM and volunteer appreciation dinner in May. Two initiatives by residents continued this year: one apartment hosted a Halloween pizza party; another welcomed fellow residents to a Christmas day dinner.

Cards were again designed and sold by residents to help support the cost of group activities. When needed, residents gathered to help in the office, for example with mailings, and all helped with the distribution of fruit at our annual "Oranges and Grapefruits" fundraiser.

A number of residents were involved in presentations about L'Abri, sharing their personal experience with mental illness in churches, and to students at McGill and Bishops University. They received warm feedback about the powerful impact of their message. Many residents joined the annual Walk for Mental Health. Several took part in media coverage of L'Abri with the Montreal Gazette and CTV News.

Two residents took advantage of a bursary (up to \$200 each) from the Shelagh Coinner Travel and Education Fund. One joined family members on a trip to Nova Scotia; the other used the funds towards the cost of an iPad, and subsequently received instructions from a McGill Social Work student.

COLLABORATIVE DISSEMINATION

Much of the Collaborative Dissemination activity in 2012 involved interaction among network groups. In January, L'Abri coordinators were invited for "Christmas lunch in January" at Our Harbour. Members of L'Abri attended the AGMs of both Our Harbour and Les toits d'Emile, and in April, our coordinators hosted Our Harbour for a networking lunch. The most exciting collaborative event was gathering in Ottawa in October to be honoured by the Mental Health Commission of Canada. This resulted in media coverage for L'Abri en Ville, but

did not result in new communities requesting information about dissemination.

In May, the CD budget enabled a special fundraising workshop for members of Ancoura, facilitated by a specialist in nonprofit fundraising. Two members of L'Abri en Ville attended. The CD budget also supported the renewal of our website, which is crucial to informing others about our model and the opportunities for dissemination. We have a well-defined process for responding to serious interest that involves not just L'Abri but all the network groups.

Our Network Workshop, held every two years, was hosted by L'Abri on October 27 at Mountainside United Church. More than 50 participants attended from the four groups. The program started with Nancy Grundy reading Mary Quinlan's poem, followed by short updates by each group highlighting key events since the last time we met. Additional workshops focused on sharing successful fundraising techniques and how to use the MHCC award for publicity for all groups. A panel discussion on the relationships that residents have with their volunteers wrapped up the day. All involved found the get together very pleasurable and helpful.

In 2012, L'Abri's Oral History Club began to make plans, with help of Caroline Kunzle of Concordia University, to create a radio program for CKUT community radio. This project is ongoing. We also this year worked on our archives, which are a source of organizational memory and historical information for future disseminated groups.

BOARD OF DIRECTORS

President

Campbell Stuart

Vice-president

Dale MacDonald

Treasurer

Sharyn Scott

Secretary

Roni Simco

Immediate Past President

Sandra Baines

Members

Paul Aubin, Audrey Bean, Eleanor Beattie, Carol De Koven, Gael Eakin, Afric Eustace, Nancy Grayson, Mary Martha Guy, Suzanne Herscovitch, Eileen Kelly, Cecily Lawson, Dale MacDonald, Lise Palmer, Maurice Prendergast, Susan Purcell, Dennis Vossos

Advisory Council

Robert Bassett, Susan Grundy, Marc Laporta, M.D., Ann Reid, Marjorie Sharpe, BCL, LLM

STAFF

Coordinators

Loraine Jacmain, Beverley Kerr, Marianne Metrakos, Marlo Turner Ritchie (Lead Coordinator)

Administrative Assistant

Susan Charlebois

Mission Statement

Our mission at L'Abri en Ville is to provide a stable and fulfilling environment for persons with a mental illness through safe, affordable housing and inclusion in a supportive community.

We believe in a society in which persons can be full, contributing members despite a mental illness.



FINANCIAL SUMMARY FOR THE YEAR ENDED DECEMBER 31, 2012

Revenues	JAN-DEC 2012	JAN-DEC 2011	Expenditures	2012	2011
Individuals	\$31,103	\$27,575	Salaries & Benefits	\$159,200	\$146,335
Faith Communities	4,461	5,905	Administration	39,698	37,737
Community Organizations	500	300	Apartment Expenses	23,698	12,818
Foundations	105,789	101,210	Insurance	9,274	9,274
Corporations	2,600	6,118	Professional Fees	4,467	3,873
Citrus Campaign	13,329	12,734	Payroll Fees, Visa & Bank Charges	1,385	1,772
ADRLSSS*	45,541	44,406	Applied Dissemination	16,122	9,778
Walk for Mental Health	—	1,000	Professional Fees	200	—
Applied Dissemination	25,500	828	Total	\$254,044	\$221,587
Miscellaneous	3,401	—	NET RESULTS	(\$11,618)	(\$5,462)
Investment income	10,202	16,049			
Total	\$242,426	\$216,125			

*Agence de développement de réseaux locaux de services de santé et de services sociaux