



ANNUAL REPORT 2014

The year 2014 was a period of consolidation and team-building at L'Abri en Ville. The work of the office was done with pleasant efficiency, board members and those on committees applied themselves to their varied objectives, volunteer teams and residents built supportive friendships, and residents remained ready to pitch in.

Our new coordinators Cheryl and Cathy and veteran coordinator, Loraine, cared for residents' needs and dealt with many administrative tasks aided by the thoughtful help and technical knowledge of our new assistant, Denise Hudon.

On the board, fundraising and management of finances demanded much attention. Directors kept busy outside meetings coordinating a mountain of orders for our annual citrus fundraiser and planning our participation in the annual Walk for Mental Health. Other board members organized L'Abri community events such as the Volunteer Appreciation Dinner, enlivened this year by the flair of volunteers Carolyne Harrison, an interior decorator, and Joan Esar, a former professor of art.

Residents pursued many interests and responsibilities, both in their private lives and within the L'Abri community. Resident Jerome Kierans, though he works full-time, was an enthusiastic contributor to our board, and rarely missed a meeting of the committee sending thank-you notes to donors, where he is a valued writer. We were particularly proud that several residents had the courage to speak publicly about their experience with mental illness, including how living at L'Abri enriches their lives.

ADMINISTRATIVE HIGHLIGHTS

The board of directors met eight times in 2014, to keep abreast of the needs of our apartments and office, to monitor our finances and oversee our life at L'Abri and in the surrounding community. Particular emphasis was put on improving administration and managing funds.

At our AGM in March we welcomed resident Gregory Rodd as a new member of our board of directors, and reluctantly said goodbye to administrative assistant Susan Charlebois, retiring after many years of devoted support. Susan was replaced by Denise Hudon, whose technical expertise has contributed to the smooth coordination of fundraising requests to foundations and

to data management for our annual citrus drive. Efficiency was also improved by replacement of ageing office equipment in an integrated system upgrade, including new computers.

Early in the year we affiliated with Embarque, a group emphasizing the spiritual aspect of mental health and recovery. L'Abri has assumed responsibility for this foundation, and our mission statement now reflects this added dimension.

We opened a tenth apartment in LaSalle, returning to our previous optimal number of ten apartments after having to close one the previous year. Two women and a man live in this bright, pleasant flat. Our coordinators continue to broaden their knowledge by

participating in conferences and training. In the fall a second-year McGill student began a placement at L'Abri two days a week. Consequently, Cathy and Cheryl attended monthly training sessions at McGill to hone their skills as supervisors. Staff members continued to sit on the housing committee at CSSS Cavendish. With the help of volunteers and residents, they also gave a presentation about L'Abri at a conference on housing the homeless.

Fundraising remained a challenge, as we reached out to new foundations and succeeded in increasing donations from some existing ones, while continuing our important relationships with the many generous foundations supporting us over the years. We met with a professional fundraiser for non-profit organizations to improve various aspects of our approach, and had ongoing discussions on the best disposition for funds held in reserve, in response to government requirements. Our annual citrus fundraiser was as huge a success as ever, and an opportunity to show L'Abri off to the community supporting us.

RESIDENT ACTIVITIES

With their volunteer teams L'Abri residents met for cooking, movies, walks and birthday dinners. On day trips residents and volunteers from many apartments got together to bask in the winter sun at Oka, savor lunch at a *cabane à sucre*, or ride a pontoon boat with a nature guide at Ile St-Bernard. Many took advantage of tickets to the Fabergé and Van Gogh exhibits at the Museum of Fine Arts. Regular potluck suppers and game-playing at Gael Eakin's home were as popular as ever.

On our weekend at Camp Weredale in the Laurentians everyone appreciated the switch from two to one night's stay, and were happy with our decision to

hire a cook. Nabil, well liked by residents for his delicious low-cost hot lunches offered at a local church, did not disappoint.

The whole L'Abri community gathered for the AGM, Volunteer Appreciation Dinner and Holiday Party. At the Montreal Walks for Mental Health event, residents joined other organizations to parade through downtown with L'Abri volunteers and coordinators, to push back the stigma of mental illness.

Some of our residents agreed to speak publicly for educational purposes. At a two-day conference called *Habiter Autrement*, held at the Old Brewery Mission, one resident joined with a coordinator and two volunteers to explain how living at L'Abri gives him a better quality of life. As often in past years, three residents who spoke to classes at McGill and Bishop's Universities about living with a mental illness gave their listeners an attitude-changing experience.

As always, residents provided willing hands and hearts to fold and stamp our bi-annual newsletter, and sell cards made from their art at churches and during citrus distribution days in December. The muscle power of many residents who helped load big boxes into customers' vehicles was also much appreciated!

COLLABORATIVE DISSEMINATION

Members of L'Abri continued to meet and exchange ideas with three other groups based on our model, in the Montreal area and Ottawa. We joined in celebrations for the tenth anniversary of the St. Lambert group, Our Harbour, and kept in touch with a new Halifax group, Caldys Grange, as it sought to find the

right location for its first residents. This group diverges from our model in certain ways, but shares many of our values.

We are most grateful for the generous support of the McConnell Foundation over the past ten years – part of an impressive initiative to support socially innovative projects. The foundation's grant has allowed L'Abri to continue disseminating our model and supporting new groups, notably through biannual workshops for members of our network.

This year our Network Workshop was an opportunity for representatives from L'Abri, Ancoura, Our Harbour and Les toits d'Emile, to share ideas with two visitors from the fledgling Halifax group. Over 60 people attended – residents, volunteers, board members and coordinators. A discussion about fundraising revealed surprising differences in funding sources for the various groups. Another lively meeting dealt with finding volunteers and training them, by means of orientation sessions and meetings with residents. The emotional highlight of the day was a panel in which four L'Abri residents shared their experiences of speaking in public. We hoped some of the many residents in the room were encouraged to try doing this too.

BOARD OF DIRECTORS

Co-presidents

Gael Eakin
Dale MacDonald

Treasurer

Sharyn Scott

Secretary

Susan Purcell

Immediate Past President

Campbell Stuart

Members

Sandra Baines, Audrey Bean, Eleanor Beattie, Carol De Koven, Afric Eustace, Suzanne Herscovitch, Jerome Kierans, Cecily Lawson, Chad Lubelsky, Gregory Rodd

Advisory Council

Robert Bassett, Susan Grundy, Marc Laporta, M.D., Marjorie Sharpe, BCL, LL.M

STAFF

Coordinators

Cathy DeChambeau, Loraine Jacmain, Cheryl Lafferty (Lead Coordinator)

Administrative Assistant

Denise Hudon

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 community that supports their social, material and spiritual needs. We believe in a society in which persons with mental illness can be full, contributing members. We extend support to others interested in adopting the L'Abri en Ville model.



FINANCIAL SUMMARY FOR THE YEAR ENDED DECEMBER 31, 2014

Revenues	JAN-DEC 2014	JAN-DEC 2013	Expenditures	2014	2013
Individuals	\$45,403	\$45,897	Salaries & Benefits	\$165,807	\$156,073
Faith Communities	5,800	5,625	Administration	41,288	30,938
Community Organizations	–	1,500	Apartment Expenses	16,328	15,541
Foundations	107,262	106,587	Insurance	9,383	9,274
Corporations	4,200	5,500	Professional Fees	8,513	6,202
Citrus Campaign	11,487	12,193	Payroll Fees, Visa & Bank Charges	2,523	2,251
MSSS*	46,888	46,398	Applied Dissemination	14,586	9,875
Employment Subsidy	7,604	–	Miscellaneous	–	–
Walk for Mental Health	1,971	3,438	Total	\$258,428	\$230,154
Applied Dissemination	20,000	–			
Miscellaneous	803	828			
Investment income	9,628	9,603	NET RESULTS	\$2,618	(\$7,415)
Total	\$261,046	\$237,569			

*Ministère de la Santé et des Services sociaux