



2021-2022
Annual Report



Our Mission

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

Clients Served

People with Disabilities	256
Children and Youth	4260
Families	2108
Adults	2045

Success Story

When Juliette came to her first individual counselling session, she shared a strong desire to “be better”, not only for herself, but also for her two children. She was navigating both a Children’s Services investigation and a custody battle simultaneously. Juliette wanted help managing anger, decreasing conflict within relationships, and regulating her own emotions. As Juliette shared her story, she identified patterns of conflict and anger driven behaviour within relationships dating back to when she was a teen. Juliette shared feeling like a ‘Viking on the battlefield’ when angry and that this was often her go-to. Through guided deep exploration and reflection, Juliette began to understand that her anger was protecting her from trauma and more painful emotions such as shame, rejection, and abandonment rooted in her childhood. As Juliette identified what her anger was protecting her from, she began allowing what was underneath to surface. She allowed herself to cry and to sit in the discomfort of unfamiliar emotions.

Throughout the course of counselling which blended aspects of Narrative Therapy, Somatic Interventions, and Dialectical Behaviour Therapy (DBT), Juliette adopted new coping strategies, such as running and listening to loud music, which helped her to process emotion. While acknowledging the challenges such profound self-work presented, Juliette did not lose sight of her why - her children. Juliette continuously expressed her unconditional and expansive love for her children. She now feels better equipped to validate and regulate her children’s emotions too.

“Therapy has been uncomfortable, but necessary experience that guided me to explore my traumas that I internalized for years... I have found a sense of security I have never felt before. Counselling helped me to challenge all of my previous toxic coping behaviours...and has helped me come to the conclusion that the most profound thing I can offer my children is my own healing.”



Making a difference

Supports for People with Disabilities

Michelle has a strong passion for the game of hockey. Growing up and living in the hockey crazy province of Alberta, one might assume that she would cheer for one of the provincial NHL hockey team rivals. However, Michelle had another team that took her heart. She has twin brothers and when she heard that the Vancouver Canucks signed on the Sedin brothers who were also twins, she was hooked. She dreamed of the thrill of experiencing a hockey game in person. Not only being in the stands of a game but specifically being at a home game surrounded by like-minded Vancouver fans. She set her goal and started the planning. This included the significant hurdle of saving the money for the plane tickets, the hockey tickets, and the hotel room. She would also need a staff member to accompany her and support her while she was there. With the generosity of staff's contribution to the Dare to Dream fund supporting the costs, plans were in place for Michelle to travel on March 27, 2020. Unfortunately, these plans were forced on hold due to Covid-19. Although extremely disappointed, Michelle was not going to give up. More planning took place. Finally on April 14th, 2022, she landed in Vancouver ready to cheer on the Vancouver Canucks as they took on Arizona. Dressed in her favorite Canuck jersey and enjoying some cotton candy, Michelle watched her team soundly defeat the Coyotes. Although she was not able to watch her beloved top scoring duo, the Sedin brothers, she was thrilled to watch her team perform in their hometown Rogers Arena.



President's Message

My name is Valerie Dyck and I have had the pleasure of serving as the President of the Provincial Board of Directors this year.

As the world struggled to continue to cope with the COVID-19 global pandemic, McMan staff capably rose to the occasion and continued to provide safe, superior care to its clients.

These are some of the highlights the McMan Board achieved over the past year. Meetings were all held virtually. In consultation with Indigenous groups, a Land Acknowledgement was adopted. Several policies were updated and adopted. A Board of Directors Vaccination COVID-19 Policy, was adopted. We reviewed our risk management plans. We conducted and reviewed a Board Self-Evaluation.

McMan's four Executive Directors and their staff need to be commended for the incredible work they do to support Alberta's most vulnerable people of all ages. Through their commitment to McMan's Mission Statement, they are able to help thousands of people across Alberta know that they have hope.

It is always such a pleasure to hear McMan clients share their success stories. McMan truly continues to provide a comprehensive range of programs and adapt their services to meet the needs of clients throughout the pandemic.

Highlights from the year included:

Calgary

We are pleased to report the expansion of key programming and services:

- 1. Collaborative Outreach Preventing Exploitation (COPE):** expanded services increasing individual support and community awareness to help prevent youth exploitation. The funding will assist in improved crisis triage supports, integrated case management and enhanced outreach services for youth at risk of or currently involved in exploitation.
- 2. Journeys Program:** increased supports for women aged 16 + who are experiencing addiction, recovering from addiction or working to maintain sobriety via individual and group-based services focused on empowering a network of family and friends committed to supporting the recovery process.
- 3. Therapeutic Foster Care:** we are adding 8 foster home beds to provide family-based treatment for children up to the age of 18 with special emotional, behavioral or medical needs.
- 4. Mental Health Program:** piloted and launched an innovative social enterprise to help sustain clinical supports for any of individual accessing our programs and service. By offering Dialectical Behaviour Therapy (DBT) Skills Training groups in the community for a fee, we hope to cover the costs of clinical care for

our most vulnerable clientele and meet an incredible demand for accessible mental health services. Moreover, anyone wanting to join a DBT Skills Training group that does not have the means to pay the full cost can access bursaries donated from our generous community supporters.

South

McMan South was the agency of choice to operate urgent COVID-19 programming in both Medicine Hat and Lethbridge during the pandemic. Two programs funded by Medicine Hat Community Housing Society were Self-Isolation Units and Daytime Shelter Services, both of which came to a close September 2021. The COVID-19 Cohort Sites program in Lethbridge was funded by Children's Services and came to a close December 2021.

Edmonton

Edmonton & North completed a very successful accreditation survey. In Edmonton we established a specialized program for high risk youth and in Fort McMurray we began planning for the potential expansion of our group care services and our FASD Outreach services.

Central

The Provincial Family Violence Treatment Program (funded by Alberta Health Services) was awarded to Central Region this year. Time was spent with the AHS team developing referral systems, expectations, and role clarity. New training/education space was acquired and set up for group participants and the McMan Facilitators in the City of Red Deer. Facilitators have had successful 15 week groups since the contract commenced in the fall of 2021.

Financials

McMan Youth, Family and Community Services Association

Statement of Financial Position

	March 31 2022	March 31 2021
ASSETS		
CURRENT ASSETS		
Cash and cash equivalents	\$ 19,886,889	\$ 20,983,453
Accounts receivable	5,699,984	2,863,055
Prepaid expenses and deposits	543,424	500,183
	<u>26,130,297</u>	<u>24,319,691</u>
PROPERTY AND EQUIPMENT		
	10,247,225	11,159,997
	<u>\$ 36,377,522</u>	<u>\$ 35,479,688</u>
LIABILITIES AND NET ASSETS		
CURRENT LIABILITIES		
Accounts payable and accrued liabilities	\$ 7,249,011	\$ 9,445,453
Unexpended program surpluses	5,110,283	3,806,667
Deferred contributions	4,600,908	1,559,788
Current portion of long-term debt	343,338	343,572
	<u>17,303,540</u>	<u>15,155,480</u>
LONG-TERM DEBT		
	3,913,148	4,580,640
DEFERRED CONTRIBUTIONS RELATED TO PROPERTY AND EQUIPMENT		
	1,774,730	1,774,239
	<u>22,991,418</u>	<u>21,510,359</u>
NET ASSETS		
Invested in property and equipment	4,216,009	4,461,546
Internally restricted	6,357,513	6,395,659
Unrestricted	2,812,582	3,112,124
	<u>13,386,104</u>	<u>13,969,329</u>
	<u>\$ 36,377,522</u>	<u>\$ 35,479,688</u>

Statement of Operations

	Year Ended March 31	
	2022	2021
REVENUE		
Program revenue	\$ 78,521,983	\$ 72,025,829
Donations, fundraising and grants	362,645	989,634
Interest and other	474,340	1,080,012
Gain on disposal of property and equipment	45,283	14,662
	<u>79,404,251</u>	<u>74,110,137</u>
EXPENSES		
Compensation	57,309,176	51,259,476
Facility and direct client costs	18,239,665	17,575,015
Office	1,426,363	1,243,370
Administration	1,515,440	1,751,381
Amortization	932,043	863,982
Interest on long-term debt	152,407	257,425
Automotive	253,892	245,988
Direct program support from donations and fundraising	66,320	453,123
Equipment	70,064	47,370
Donations and fundraising	22,106	75,324
Interest on callable debt	-	14,360
	<u>79,987,476</u>	<u>73,786,814</u>
	<u>\$ (583,225)</u>	<u>\$ 323,323</u>

Since 1975

Trust, Empathy, Commitment, Respect, and Genuineness are the values on which McMan establishes relationships with clients, employees and the community we serve.

Trust: McMan honours individuals by providing a confidential and consistent approach to relationships.

Empathy: McMan connects with each individual in order to understand their unique situation.

Commitment: McMan is focused, engaged and dedicated to each individual we support.

Respect: McMan acknowledges and considers each individual's situation, thoughts and values.

Genuineness: McMan embraces honesty, sincerity and remains judgement-free when working with individuals.

2020/2021 Provincial Board of Directors

(at March 31, 2022)

Executive Committee:

President: Valerie Dyck
Vice President: Michael Selci
Treasurer: Perry Sollway
Secretary: John McDermott

Members:

Chad Evans Chris Salek
Allison Nestorvich Amber Courtoreille
Zahra Ismail

Our Founders

Norah Cantin (nee **Mc**Namara)
John **M**eston
Jim **A**llers
Rick **N**ewcombe

We could not have done it without you.

McMan Youth, Family and Community Services wishes to express its sincere appreciation to the individuals and organizations who have contributed to and supported the Association.

Together, we are making a difference in our community.

www.mcman.ca

CHARITABLE REGISTRATION #119035947RR0001