



ROWAN HOUSE SOCIETY

BUILDING VIOLENCE FREE COMMUNITIES



"The dandelion might appear to be average from the outside, but it has the inner strength to burst through a crack in the sidewalk concrete and flourish in hostile environments."

-Christopher Bergland, Psychology Today, 2015

ROWAN HOUSE SOCIETY
2017-2018 Report to the Community



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Contact Us:

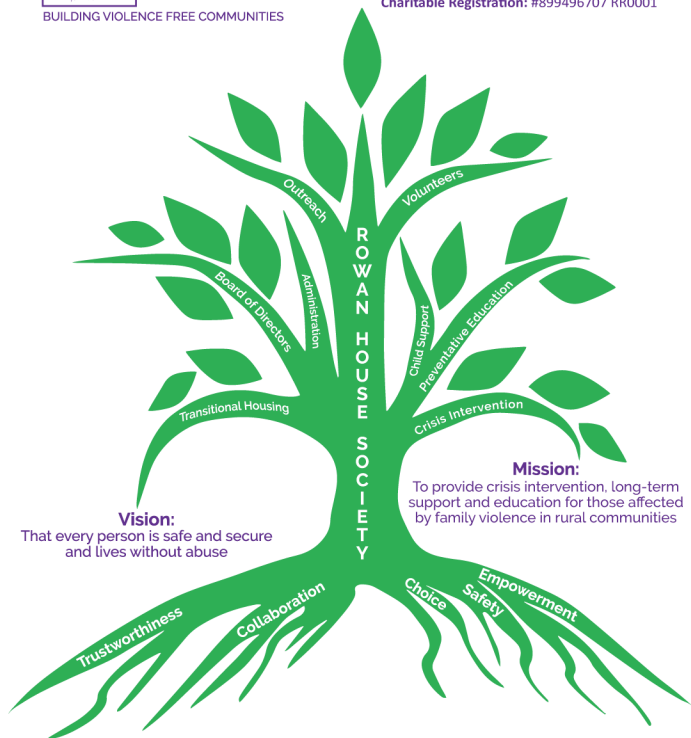
24/7 Crisis & In-Shelter Info Line: 403-652-3311

Toll Free: 1-855-652-3311

Administration: 403-652-3316

Box 5121, High River, AB, T1V 1M3

Charitable Registration: #899496707 RR0001



Vision:

That every person is safe and secure
and lives without abuse

Mission:

To provide crisis intervention, long-term
support and education for those affected
by family violence in rural communities

Rowan House Trauma Informed services take into account
an understanding of trauma in all aspects of service delivery.

Safety, trustworthiness, choice, collaboration and empowerment
are the core values at Rowan House.

Transformations

One woman's journey to healing



It is hard to escape the judgement that takes place when we see women who we believe to be drunk, and then learn they are victims of abuse. Perhaps if they didn't drink, they wouldn't be abused. But what if you knew that women often use alcohol as a coping mechanism to numb the pain of their abuse...

Jessica*, a single woman, came to Rowan House after having endured years of physical, emotional and verbal abuse. She was mentally exhausted and during the intake process, shared with her counsellor Amy, that she would often use alcohol to get through the day and admitted to feeling ashamed when she thought about it. After a few days, Jessica chose to spend a night away from the shelter, and in so doing, had a few drinks and ended up staying in an unsafe environment for the night.

When Jessica returned to the shelter the following day, she trusted her counsellor enough to be honest regarding her use of alcohol. Amy, working with Rowan House's Trauma-Informed core values of safety, trustworthiness, choice, collaboration and empowerment, responded to this information with acceptance and understanding. That said, to ensure the shelter remains a safe space for everyone; we have to ensure that substance abuse does not take place. However, when Amy heard how nervous Jessica was that she would be turned away from the shelter, she realized that Jessica was still 'running' away from abuse. Jessica was reminded of the house policy; and because of her vulnerability, Amy allowed her to remain at the shelter, offering her support to create alternative and healthy coping strategies.

Jessica took full advantage of this second chance. She was able to secure safe, affordable housing, utilized resume building resources and acquired a full-time job. She checked in with the shelter a few months later to share she continues to do well and is working toward a managerial position.



Emergency Shelter

"Thanks to all of you and your support, I am able to continue my goals and keep positive. When I first came I felt lost and unsure of what I was doing. As the weeks went by I was able to find myself and figure out what I needed to do for me and my kids. You all hold a special spot in our hearts and we will miss you all." – Shelter Resident

1,673 | Total calls made to the crisis-line (admission requests, information requests, crisis support)

Admissions | 198 | 112 women / 86 children

Turnaways | 350 total | 280 women / 70 children
 209 due to capacity | 184 women / 25 children
 141 for other reasons | 96 women / 45 children
 (other reasons: compromises safety, was under the influence, chose themselves not to come)

Average Length of Stay | 19 days

Longest Length of Stay | 63 days



Preventative Education & Awareness

"I didn't know before you came how important or how much it can change a person's bad day if you are kind to them." – Grade 5 student

"Sometimes I use to feel hopeless, but since taking this course, I feel empowered to take charge of my life." – Past Healthy Relationship Group participant

- Facilitators did 133 school presentations to 3,062 students
- 27 women attended 1 of 4, 6-week Healthy Relationship groups
- 3 Leading Change presentations were held for 63 participants
- Awareness: Organized or attended 25 community events with our information booth
- Education: Provided 7 community and professional domestic violence training sessions



Outreach

109 women in the community were supported

"[My outreach counsellor] believed in me and supported me in my journey. Thank you from the bottom of my heart!" – Outreach client



Children's Program

214 unique visitors to program (includes children in shelter as well as children of women attending Outreach Meetings or Healthy Relationship Groups)

2,731.33 programming hours spent working directly with children



Transitional Housing

- 6 women and 8 children lived in one of four Scattered Site (Apartment) Units
- 2 women and 2 children were new residents of the program (Families can stay up to 1.5 years)



Volunteer Program

69 active volunteers / 23 new

2,538.75 hours of service recorded

(events/awareness, child support, in-shelter support (driving, grocery shopping, cooking, cleaning), resident self-care activities (yoga, reiki, meditation, crafts, treat nights))



Thank you to our partners!



“Rowan House has changed my life for the better. I feel empowered to make positive, informed choices going forward for my family.”

-Past Shelter Resident



A Year in Review

Highlights:

- Successful gala ensures **women and children find Hope & Healing** for another year.
- Rowan House Society **celebrates 5th anniversary** in new, expanded shelter.
- Leading Change program **engaging men and boys in the prevention of gender-based violence** officially launched.
- Community Host Home program to **support low-risk clients leaving Rowan House** was developed with the support of the Community Foundation of Lethbridge and Southwestern Alberta; **recruitment of hosts currently underway.**
- **Presented at two national conferences** on the topics of our Transitional Housing models and Trauma-Informed services.

Trends:

- **40% of residents had resided at Rowan House before, compared to 20% in our previous fiscal year.** *Did you know: statistics show it can take women up to 7 attempts to leave an abusive relationship for good?*
- **We housed more, larger families in shelter this year. 13 families had 3 or more kids; and at one point we had a total 16 children in shelter at one time!** *Did you know: having multiple children can make it difficult for women to qualify for affordable housing options, due to regulations around number of children in relation to number of bedrooms?*
- **25% of our residents stayed for longer than 30 days** *due to their risk factors and a lack of safe, affordable housing for them to move on to.*
- **28% of our clients identify as aboriginal or metis.** *Did you know: according to the Canadian Women's Foundation, Aboriginal women are 2.5 times more likely to be victims of violence than non-Aboriginal women?*



“My apartment, as a survivor, means everything. I am no longer scared or worried. I know I am providing myself and my child a safe place. It gives my child a healthy future.”

-Transitional Housing Client

Message from the Executive Director

I once again have the great honour to share with you the successes of Rowan House Society and Rowan House Emergency Shelter. Rowan House staff and volunteers continue to exemplify our core values of safety, trustworthiness, collaboration, choice and empowerment in a trauma-informed environment.

Because of our strategic imperative to provide *Leading Edge Care and Support*, this year we will be expanding our housing options for women and children moving on from abuse and trauma. We have successfully developed two models of transitional housing for women and children leaving abusive situations. We currently have four “Scattered Site” homes and are recruiting for the new and innovative “Community Host Home” program. Our next step is a stand alone, secure “Second Stage” facility that will allow women and their children safe and affordable housing in their own community, while still receiving support from Rowan House counselling staff. I know that this coming year will bring exciting changes as we kick off a Capital Campaign for this newest expansion to our programming.

In Gratitude,
Sherrie Botten

Message from the Board

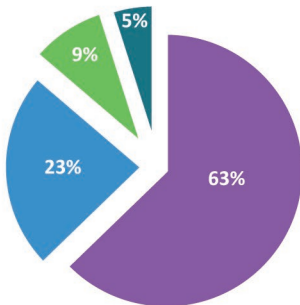
As we close out our 2017/18 year, I look ahead to another exciting year. This year, we start to transform our strategic vision into reality. We are fortunate to have built a strong leadership staff team, who are well placed to build on the foundational work done so far, and move the Society on to fulfilling our strategic goals.

Following more than 3 years of diligence, we are going to build our second stage shelter in Okotoks. The wonderful support we get from the communities we serve has helped us get where we are today – and that support will be essential to the success of our capital campaign.

On behalf of the Rowan House board, staff and volunteers, we thank you!
Chris Tulloch, Board Chair

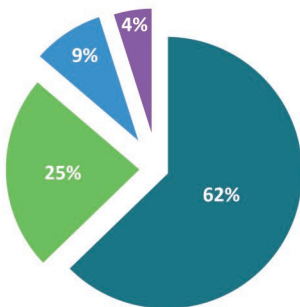
Where Does Your Money Go?

Total Revenue 2017-2018: \$2,057,566



■ Government ■ Donations ■ Grants ■ Other

Total Expenses 2017-2018: \$2,004,911



■ Programming ■ Operations ■ Admin ■ Fundraising

Building Violence Free Communities

Have you been inspired by what you've read in this report and would like to make a tangible difference in lives of the families supported by Rowan House?

Here are some ways you can help:

Financial:

The daily needs of families in shelter can change on a regular basis depending on who is in the house (family size, age and gender of the children) and the time of year. Financial donations allow us to respond to the areas of greatest need and ensure all our programming not funded by the government can continue to operate.

Please consider becoming a monthly donor today.

Essential Items:

Did you know we provide food, toiletries, clothing and other essential items to residents – all at no cost? Visit our website for some ideas of essential items you can donate, or follow us on social media to see what's on our wish list for the month.

Other ways:

- Volunteer your time, energy or talents to help change the lives of families supported by Rowan House.
- Join the committee, sponsor or attend our next Hope & Healing Gala. (April 27th, 2019)
- Host a Third-Party Fundraiser.
- Learn more about Legacy Gifts or Planned Giving, Employee Matching Gifts, Tribute Gifts (in memory or in honour) or donations of Stocks and Securities by calling 403-336-5198.
- Subscribe to our newsletter and follow us on Instagram, Facebook, Twitter to learn more about Rowan House and family violence.

Thank you for your consideration!



Thank You to Our Donors Who Gave Between April 1st, 2017 and March 31st, 2018

Trunk Level 1 - \$25,000+

Accenture
AGLC - Casino
Greene Family Charitable
Foundation
MD of Foothills FCSS
Trunk Level 2 - \$10,000+
The Benson Family
Birdies for Kids presented by
Alta Link
Community Foundation of
Lethbridge
Gluckie, Roger and Ruth
Home Depot - Okotoks
Olson, Brian and Shannon
TD Securities Inc.
The Hotchkiss Family
Foundation
Town of Okotoks FCSS
United Way/Okotoks Partnership

Branch Level 1 \$5,000+

AmiJane FunRaiser
Cargill Meat Solutions
Edith Cavell Chapter #25, Order
Of The Eastern Star
Foothills Salvage & Recycling
Society
Fox, Erica
Johnston, Don
Kelm, Olive
Mahon, Pat
McGill, Margaret
Okotoks Charity Check Stop
P. Leckie Professional
Corporation
Richter, Hollis
Schamp, Kim
Senyk, Craig
Town of High River FCSS
United Way/High River
Partnership
Wasylenko, Eric
Western Communities
Foundation

Branch Level 2 - \$2,500+

1874359 Alberta Ltd.
Annapolis Capital Limited
Calgary Progress Club - Calgary
Mount Royal
Dewinton United Church
EQUES Rea Ltd.
Foster, Mike
Fraser Family Foundation
Kolkman, Jocelyn
Like A Rock Fund At The Calgary
Foundation
Okotoks Show and Shine
Prairieaction Foundation
River's Edge Golf Club
Scotiabank High River
Sheep River Health Trust

Southern, Nancy
The Benevity Community
Impact Fund
The Clothing Store
The Home Depot Canada
Foundation
Warnick, Kenneth and Jane
Warriors For Women
Yozipovic, Randy
Leaf - \$1,000+
Al Azhar Shriners (Oriental
Band) Society
Anderson, Wayne
Andrais, Sandra
Ball, Jody
Beatch, Jeffrey
Black Diamond Amateur
Wrestling Association
Botten, Sherrie
Caracciolo, Robert
Destination West Marketing
Fund
Dorais, Cindy
Durand, Gilles
Ecole Good Shepherd School
Firth, Rick
Gibson, Tannis
Hauser, Kelly
High River Charity Check Stop
Holy Spirit Academy
Infinite Chartered Accountants
Kruschel, Evelyn
Landgraf, Ken and Jackie
Langford, Jeff
Leckie, Penny A
Millarville Ag Society
Moldowan, Ernest
Optimist Club of High River
Parker, Barbara Ryan, Tanya
Saskatoon Berry Farms
Servus Credit Union
Shaw, Lorna
Sheep Creek Art's Council
Sim, John
Smith, Arthur
Snyder, Joan C.
Spilchen, Brian James
St. James Parish
Stange, Deb
Stirling, James
Sunrise Village Social
Committee
Terada Holdings Ltd.
Town Of Black Diamond FCSS
Town of Turner Valley FCSS
UFA Co-Operative Limited
Western Wheel Publishing
Wigmore, Stuart

Berry - \$500+

Anderson, Kim
Anderson, Wayne
Ayrey, Cliff
Ayrey, Theresa
Begin, Carolyn
Blackie Lions Club
Body Kneads
Bohning, Chris and Tracy
Canadian Women's Foundation
Christ Church Anglican -
Millarville
Christ Church Anglican -
Nanton
Davenport Holdings Inc. O/A
Davenport's Tasty Sensations
Davis, Catherine
Diva Raffle
Driver, Clayton
Dyck, Bob
Dykes, Lori
Evenson, Dusty
Farm Credit Canada
Fischer, Carrie
Foothills School Division #38
Golby, Alan
Gordon and Barb Rankin Fund
at The Calgary Foundation
High River Rentals
Highwood Constituency Office
Johnson, Cindy
Krake, Roy and Arlene
Maitland, John
Maitland, Lavina
Millarville Ag Society - Kids Only
Shoppe
Murphy, Paul and Terrie
My Family Dental
Nanton Senior Citizen
Association
Paterson, Brad and Carol
Plante, Anna-Marie
Powell, Bill and Judi
Preceptor Alpha Kappa -
Chapter Of Beta Sigma Phi
Reid, Kenneth G.
River City Classics
Robertson, Bill and Elaine
Shelley Hoye
Sobey's Okotoks
Southern, Margaret
Sroka, Danielle
Stefan, Craig and Sue
TenBroek, DeeAnne
The George Traditional House
Tulloch, Chris and Tina
Wasylenko, Eric
Wasylenko, Louise
Williams, Christina
Witteke, Katrin
Wout, John Van't



2017 Hope & Healing Gala



Millarville Fair



5th Anniversary Celebration



Rowan House Dawgs Nite



Leading Change Training



Family Violence Prevention Month



1 Billion Rising March



www.rowanhouse.ca