



## Annual Report 2016-2017

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# ABOUT US

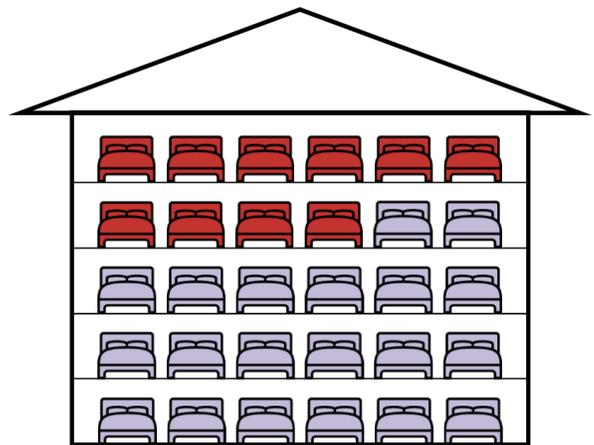
## OUR MISSION

Interval House of Ottawa is committed to ending the cycle of violence and to empowering women and children who are victims of violence. We provide emergency shelter for women and their children fleeing abusive relationships, and offer crisis intervention and prevention services, advocacy for victims, and education about violence for both victims of violence and the community at large.

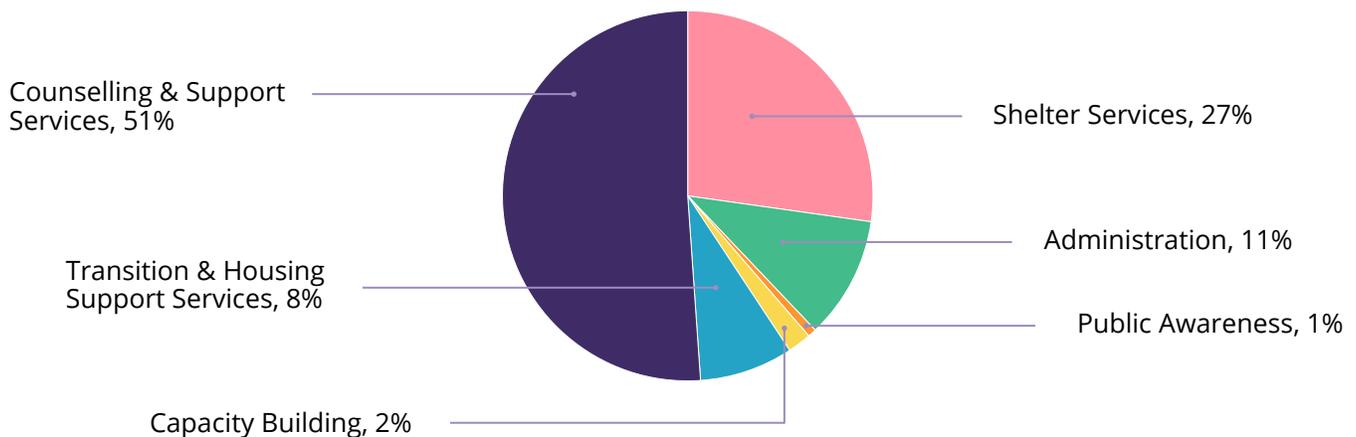
## 2016-2017 FUNDING FOR OUR 30 BEDS

Source: *Transfer Payment Annual Reconciliation, 2016-2017*

In 2016-2017 it cost **\$1,153,194** to provide 30 beds and services to women and their dependents who resided with us. The Ministry of Community and Social Services (MCSS) provided **\$957,215** in operating funds for 20 of those beds. As a result of your donations, one-time grants, and savings from previous year surpluses, we received **\$195,979** of operating expenses required to fund the additional 10 beds.



## WHERE WE SPEND OUR MONEY



# IMPACT



**2,143** calls to the crisis line  
**89** women resided at IHO  
**137** dependents resided at IHO



**611** counselling hours in shelter  
**220** women in the community served by Transitional & Housing Support Program  
**\$11,406** in grants awarded to current and past residents from the Virginia Lorraine Stewart Fund



When moving out of IHO, residents are asked to provide feedback on the services they received. This is what they said in 2016-2017.

**95%** feel less isolated and alone  
**100%** are more aware of the aspects of domestic violence and the cycle of violence  
**100%** feel they can identify a range of abusive behaviour



**100%** feel they have the tools and supports to help meet the challenges of everyday life  
**100%** feel the help they received made a positive impact on their life  
**100%** would come back to IHO if they needed help again

# MESSAGE FROM THE BOARD PRESIDENT AND EXECUTIVE DIRECTOR

In 2016-2017, IHO created an innovative and ground breaking project to support women and children fleeing violence, inspired by women like Mia who entered IHO in great distress. Mia's 14 year old dog, Lucky, had become a helpless pawn in the power and control mechanisms Mia's abuser used to hurt her. Since Mia could not access safe shelter with Lucky, she chose to be separated from her beloved family member in order to keep them both safe. Due to foster care policies and procedures, Mia could not see Lucky again until she transitioned into her new home - approximately three months later. In partnership with Community Veterinary Outreach (CVO), last year IHO developed plans to build an animal housing area that would allow animals like Lucky to live with their moms in the shelter. The entire cost of the project is \$100,000 and we wrote numerous proposals for funding. We will begin construction on the animal housing area in 2017-2018.

Last year we also took on the creation of our Spiritual Room, made possible by a grant from St. Andrew's Presbyterian Church, in memory of Barbara Claxton Fisher. This multi-faith, inviting space provides a calming and inclusive room for women to practice self-care and find solace during a stressful period of transition.

Some time ago, IHO was honoured to receive a bequest from the Estate of Virginia Lorraine Stewart. The fund created in her name is used to assist current and former residents of IHO in sustaining a life free from violence. In 2016-2017 the Virginia Lorraine Stewart Fund committee of the Board awarded \$11,406 to help improve the lives of women and children. The approved applications included college programs in Community and Justice Service, Registered Practical Nursing, Law Clerk, and Police Foundations; driver's education; certificate of equivalence in Nursing; furniture storage; and a housing cooperative membership.

IHO is dependent on a knowledgeable, skilled and committed Board of Directors and staff. Last year, they all worked tirelessly on a range of operational projects. Together we revised our operational procedures to reflect new Shelter Standards from our funder, the Ministry of Community and Social Services (MCSS), and launched a newly designed website, brochure, and e-newsletter. The Board also worked diligently on creating new Board of Directors Governance policies and procedures; exploring a new health benefits broker; and an opt out of WSIB. We are fortunate to have 31 talented women working with us. Together, we are continuing to build a solid foundation on which IHO can continue to support countless women and children to find a safe place free from violence.

Sincerely,



Megan Paterson  
Board President



Kia Rainbow  
Executive Director

## BOARD OF DIRECTORS 2016-2017

Megan Paterson  
Andrea Segal  
Angie Kelly

Erin Stevens  
Antonia Stieda-Sanne  
Christine LeBlanc

Jennifer Baldwin  
Julie Lafrenière  
Salimah Mitha

Kristen Holinsky  
Emilia de Somma