



# Amethyst Women's Addiction Centre Report to the Community

Fiscal year ending March 31, 2011

## Helping Women Build Healthier Lives



### Our Mission

Amethyst Women's Addiction Centre offers alternative addiction services to women. Amethyst is committed to working with diverse and marginalized groups of women. Our aim is to support women, individually and together, to take control of factors affecting our health and well-being.

### Our Philosophy

Amethyst is grounded in the feminist belief that women's experiences with alcohol, drugs and gambling cannot be separated from our experiences and status as women. We make direct links between the unequal position of women in society, the various forms of violence against women and substance use and/or problem gambling. A central task of Amethyst is to help women take charge of their lives by ending substance use and/or problem gambling and by making changes that enhance their strengths, their freedom and their choices.

### Our Vision

Amethyst aspires to equality and justice for all women. A health service concerned with prevention as well as direct service, Amethyst works toward changing unjust social structures that place women at risk of addiction. We address and communicate the specific ways in which substance use and/or problem gambling affect women's well-being and why social change is necessary.

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## Report from the Board

Amethyst Women's Addiction Centre celebrated its 32 anniversary this year and as each year passes Amethyst retains its vibrancy and core commitment to all women in the Ottawa community. Amethyst began in 1979 with a group of women who had a vision and there are still staff members from the originating body who guide the founding principles. New staff have joined Amethyst and each member of the staff is pivotal to the success of Amethyst, with contributions of skills and dedication. The first of its kind in Canada, Amethyst was education-based in the beginning and now programs include counselling for drug, alcohol and gambling addictions; sexual abuse, as well as health promotion and addiction prevention workshops. Services are available in both English and French.

It is an honour and a pleasure to have a wonderful working relationship with the staff of Amethyst. The dedication of the Amethyst staff is a motivation for the Board and we continue to learn from each staff person. We would like to thank the staff for their presentations at our meetings, allowing us an insight to their realities. All of our Committees at Amethyst, composed of both Board and Staff members, were hard at work this past year. We are a "working Board" meaning that we sit on various committees, and participate in community events and fundraising initiatives. Consistently engaged in strategic planning, Amethyst staff and board wish to take place in the Ottawa community both as healers and leaders in creating a compassionate community.

We have welcomed new faces on the Board and have said goodbye to others. We would like to extend our thanks to the departing Board members for their hard work, support and dedication, and would like to extend a warm welcome to the new Board members.

We continue to be grateful for the funding we receive through the Champlain LHIN and the United Way/Centraide Ottawa, however, we have not received any substantial new funding this year, while the needs for our services have neither decreased nor remained static. Board and Staff, through careful consultation and planning, try to ensure that Amethyst continues to provide our services in the most effective, caring and efficient way with the resources we have. As such we are deeply appreciative of Masha Krupp Translation Group who generously sponsored the annual Amethyst Track Challenge. The event continues to be a tremendous success. We are grateful for the support of all our sponsors and those who donated sponsored events and donated prizes.

On behalf of the Board, we would like to thank the members of the community who support Amethyst and to thank those who volunteer to do outreach work. We would also like to thank the individuals and organizations in the community who help Amethyst through financial donations; it is greatly appreciated.

As we move forward, together community, clients, staff and board, our hope is that Amethyst's place in the community will continue to give meaning and hope for women's health.

*Karoline Klüg, President of the Amethyst Board*



**A United  
Way/Centraide  
member agency**



**Ministry of Health and  
Long-Term Care**

### **Amethyst Board**

**Karoline Klüg**  
President

**Kim Hellemans**  
Vice-President

**Andree Taylor**  
Treasurer

**Heather Lynch**  
Secretary

**Thérèse Samuel**

**Marjolaine Fournier**

**Kristina Ropke**

## Report from the Management Committee

*“Coming together is a beginning...keeping together is progress...working together is a success.”*

There were some staff changes this fiscal year. This past fall, Marguerite Tennier, the counsellor that was on sabbatical had decided to take her retirement. We hired Céline Lauriault to fill this part-time counsellor's position in the French Treatment Program. Emily Bain, a term contract staff that was replacing the English counsellor on LTD for the last three years, was hired as a permanent staff when this position became available last November. We had also hired relief staff, Megan Scott and Kaydeen Williams, for our Children's Drug Abuse Prevention Program as well as for our Enriched Playcare Program. Welcome to all our new staff personnel!

We got renewed funding for a year for all our programs funded by United Way/Centraide Ottawa. These programs were: the Health Promotion Program, Children's Drug Abuse Prevention Program as well as the Sexual Abuse Support Program. What was really beneficial was the United Way/Centraide Ottawa changed their fiscal year to April 1 to March 31 that began on April 1, 2011.

United Way/Centraide Ottawa had restructured their governance model to a new “impact framework” funding model based on priority community issues. For the next fiscal year, a call for proposals to renew our programs would be in the Fall of 2011.

This past Fall, we needed to get our front porch repaired for health and safety reasons since the stairs and parts of the porch had rotted wood. As well, we took advantage of this renovation to include handicap access and accommodate handicap parking in compliance with the Accessibility for Ontarians with Disabilities Act (AODA) which we needed to do by January 1, 2012. We were fortunate to get compensation for part of the cost for this front porch renovation through a One-time Funding Grant by our main funder, the Champlain LHIN.

We got a 2% increase for ‘cost-of-living-expenses’ from the Champlain LHIN this fiscal year, however, we were told that this would be the last increase for the next three years. Term contract employees received an increase of 1.5% to their rate out of this funding. We had also renewed our service accountability agreement with the Champlain LHIN for the next three years beginning on April 1, 2011 for the years 2011, 2012 and 2013.

The Champlain Addictions Coordinating Body (CACB) hosted the first Annual Recovery Breakfast for our region this past fall. One of the keynote speakers was a graduate of Amethyst from over 10 years ago and is now a successful financial advisor and currently living in London, Ontario.

Our Client Holiday Celebration in December 2010 went well; we had 30-35 clients attend along with the staff and outreach volunteers.

In closing, I would like to take this opportunity to thank Amethyst's hard-working Board of Directors for their outstanding work and continued support, Management Committee members and Staff who did exceptional work during this period and a big thank-you to the community members, donors and volunteers for their support, generous contributions and commitment to Amethyst.

*Carol Wu, Management Committee*

### Amethyst Staff

|                                 |   |
|---------------------------------|---|
| <b>Administration</b>           | Jocelyn Bigras<br>Tracy Doran   |
| <b>Coordinator</b>              | Carol Wu  |
| <b>Counsellors</b>              | Nighat Ara<br>Nadine Letang – Early Childhood<br>Development<br>Emily Bain<br>Gundel Lake<br>Rose McDade<br>Donna Hall – Kanata Satellite Office<br>Jacqueline Crépin<br>Céline Lauriault |
| <b>Community Relations</b>      | Jane Wood<br>Cynthia Waldmeier  |
| <b>Enriched Playcare Worker</b> | Kaydeen Williams  |
| <b>Health Promotion Program</b> | Sandi Harmer<br>Dianne Rogers   |
| <b>Intake Worker</b>            | Claire Lacelle  |

## English Treatment Program

*Nighat Ara, Gundel Lake, Emily Bain, Nadine Letang, Rose McDade*

2010 was a good year for the Treatment Team at Amethyst Women's Addiction Centre. We welcomed new clients and some returning to treatment. We ran four Intensive Day Programs with 28 women graduating. There seemed to be more women attending Residential Treatment last year so more referrals for this type of treatment was necessary. As part of programming we ran a Mother/Daughter workshop and 8 women attended.

Two new groups have been added to our services.

1. Because of long waiting lists in the Ottawa Area for treatment Amethyst is running a Pre-Admission Substance Use Group weekly. We see an average of 5-6 women who are patiently waiting to get into our treatment programs.
2. We also have a Community Partnership with The Well which is weekly groups for women who are homeless or at risk of being homeless in the Ottawa area.

Amethyst has implemented Clinical Supervision for counsellors last year. Janice Fraser and Dr. Brenda Saxe are working with us to help us take better care of ourselves and our clients. Thank you Brenda and Janice, the treatment team welcomes you both.

Have a great 2011 everyone.

*Rose McDade, Counsellor*

## Student Placement

2010 – 2011 has been another busy year in terms of student placements. We were very fortunate to have Kasey Schnerch join us from Algonquin College's Social Service Worker's Program, completing a two-term placement. She brought a wealth of energy, enthusiasm and was a pleasure to work with.

In the fall of 2010, Victoria Ho, from the University of Ottawa's Masters of Education (Counselling) Program joined us at Amethyst. She too, is completing a two term placement and will be with us until April 2011. We are really enjoying having Victoria with us, as she brings a tremendous amount of experience, knowledge, and innovation to her placement with the Treatment Program.

We continue to be inundated with requests from students whom wish to complete their placement at Amethyst. Based on the range of calls from students from as far away as Sudbury to across the river in Gatineau, I have been reminded yet again of what a truly unique setting Amethyst is.

*Gundel Lake, Counsellor*

## Art Days

Creativity is an essential component of healing, which is why we have instituted informal Art Days at Amethyst. In the last year, we have explored art and healing through beading, gardening, knitting, quilting, and wind-chimes. We look forward to many more creative Art Days at Amethyst, and would absolutely welcome the support of our community through supply or expertise donations. We have received amazing feedback from the women who attend these workshops because these opportunities for creativity have allowed them new connections both with their healing and their support networks.

*Gundel Lake, Counsellor*



## Sexual Abuse Support Program

The Sexual Abuse Support Program offers individual and group counselling for women in the community who are in recovery from gambling and/or substance abuse and who want to explore and heal from experiences of sexual abuse.

In the past year ten women were ready and benefited from participating in the two groups offered last fall and spring. The evaluations received indicate that participants were helped to become more aware of the impact the abuse had on various aspects of their lives, including behaviours, feelings and beliefs. Some participants started to experience more positive feelings about themselves, while others became more aware of how difficult it is to express their feelings.

This year we continued to incorporate therapeutic processing, as well as, provide psycho-education information. In addition, the coordinator continues to use group sandplay therapy and other experiential exercises to help clients process their trauma experiences.

The coordinator hopes to develop an extension to the Sexual Abuse Support Program that provides women with a four week workshop on trauma, sexual abuse and addictions. This program would be for women that are not yet ready to participate in the 12-week group. As this new extension is dependent on funding, we hope to have it up and running in the next few years.

*Emily Bain, Counsellor and Sexual Abuse Support Program Coordinator*

## Problem Gambling Program

2009-2010 has been a busy year for the Problem Gambling Program, although in relation to other years, we notice that the number of women accessing our services has decreased slightly. Therefore, as this program celebrates its Tenth Anniversary, we recognize that there still remains much work to be done in the area of education and awareness about problem gambling among women in our community. We know that there are many women in the Ottawa area who problem gamble or who are at risk of developing a gambling problem, and therefore intend to focus much work on raising community awareness about women and problem gambling.

We continue to serve women through individual counselling, weekly support groups, and the intensive treatment program. Individual counselling services are offered in both English and French. Women also have access to other follow-up programs and workshops such as the Sexual Abuse Support Program, and Health Promotion programming. Our Problem Gambling Program Outreach Volunteer also has been very busy this year by working with a number of women who are new to Amethyst

Amethyst continues to work with various community agencies and remains a member of the Ottawa Problem Gambling Coordinating Committee (OPGCC). We are also members of the OPGCC's Francophone subcommittee, Comité des services en français sur le jeu problématique. And further, the Committee on Gambling Resources for Ontario Women to reduce Harm (CGROWTH) has reconvened in order to provide support to each other in terms of providing service for women who problem gamble. Because there are so few women's-specific problem gambling services, this network of professionals has been an amazing source of support for one another.

We have had a busy year in terms of educational activities in the community, from participation at information fairs to leading professional development workshops to speaking at Algonquin College and Carleton University.

As we celebrate our Tenth Anniversary, we will be embarking on a process of reviewing the services we offer in order to better meet the needs of women in our community.

*Gundel Lake, Counsellor*

## Francophone Treatment Program

The Francophone Program has welcomed Céline Lauriault who comes to the program with 20 years of substance abuse counselling and facilitating experience. Since her appointment in June, the team has been able to offer services to more francophone women and has lessened the time clients need to wait for francophone services.

One 8-day Intensive Program was held in October, 2011. We are working on an updated version of the Intensive 8-day Program Manual for 2011. We continue to re-vamp and update our programs to best suit the needs of our francophone clients whether they have substance abuse or problem gambling issues.

A new 6-week program on Healthy Relationships was developed this year and was offered to francophone women wanting to understand and improve their interrelationship skills with their partners, friends, family, colleagues, etc. It will be repeated in September/October, 2011.

We continue to liaise with other francophone agencies, attending meetings, conferences, workshops and community events.

We look forward to continuing our work to promote the well-being of francophone women in the Ottawa area who require our services.

*Jacqueline Crépín, Counsellor*

## About our current clients

### Problem Substance Identified

- |             |                         |
|-------------|-------------------------|
| 1. Alcohol  | 5. Cocaine              |
| 2. Tobacco  | 6. Prescription opioids |
| 3. Cannabis | 7. Benzodiazepines      |
| 4. Crack    | 8. Ecstasy              |

Other substances identified include amphetamines and other stimulants, other psychoactive drugs, over-the-counter codeine preparations, heroin/opium, hallucinogens.

### Income Source

|   |     |
|---|-----|
| Employment                                    | 193 |
| Employment Insurance                          | 18  |
| ODSP (Ontario Disability Support Program)     | 65  |
| Disability Income                             | 48  |
| Other insurance (exclu. Employment Insurance) | 0   |
| Ontario Works                                 | 109 |
| Retirement Income                             | 23  |
| Other   | 26  |
| None  | 10  |
| Unknown                                       | 4   |
| Family Support                                | 19  |

### Language of Service

|         |     |
|---------|-----|
| English | 419 |
| French  | 91  |
| Other   | 5   |

### Education

|   |     |
|---|-----|
| No Formal Schooling                                   | 1   |
| Some Primary School                                   | 1   |
| Primary School  | 5   |
| Some Secondary or High School                         | 96  |
| Completed Secondary or High School                    | 93  |
| Some Community College, CEGEP                         |     |
| Technical College                                     | 53  |
| Completed Community College, Technical College, CEGEP | 118 |
| Some University (Not completed)                       | 49  |
| University Degree Completed                           | 97  |
| Unknown   | 2   |

### Legal Problems

|         |     |
|---------|-----|
| No      | 463 |
| Yes     | 40  |
| Unknown | 12  |

## Health Promotion Program

Interactions between positive health outcomes and trauma/substance abuse studies tells us that many women report depression, anxiety, low self-esteem and social isolation before the onset of substance abuse. Those who attend Amethyst Women's Addiction Centers Health Promotion Program also identified similar issues of daily life: low self-esteem, anxiety, depression as a result of poor coping skills related to complex issues of daily life which is also true for the women in treatment. It is our intention to provide new coping skills and interventions which will reduce the need for treatment. By reaching out to an increasing number of populations of isolated women and women with mental health issues, Amethyst is following Health Canada's Best Practice statement which recommends early identification, intervention and outreach strategies to help enhance and social functioning as well as reduce problem substance use. As in past years, there were constant and growing waiting lists for women waiting to get onto Amethyst's health promotion community programs.

Amethyst worked in partnership with colleagues in allied sectors which had limited resources to do these kinds of workshops on their own. As well, in these workshops we brought the perspective that helped change some risk-taking behaviours and attitudes. We provided prevention knowledge about the underlying causes of using substances or gambling to cope since participants in these workshops had at-risk behaviours and poor coping skills.

As our allied partners wanted our collaboration in implementing these health promotion programs and services we also used the opportunity to train staff and students of various partners. This year we offered one 8-week Self Esteem workshop at Nepean, Rideau, Osgoode Community Resource Centre one 8-week Assertiveness workshop at Options Bytown, one 6-week Family of Origin/Self Esteem Workshop at the Bethany Hope Centre, and two 4-week workshops on Coping with Change at both Amethyst Women's Addiction Centre and at Nepean, Rideau, Osgoode Resource Centre, a 3-week A.C.E.S.S. Smoking Cessation Workshop at Amethyst Women's Addiction Centre, one 6-week Skills For Change workshop at Russell Heights Community House and one 8-week Stress and Wellness workshop at Pincecrest/Queensway Community Health Centre. All of the workshops listed were weekly two hour sessions.

A new Health Promotion workshop entitled *Thinking About Quitting?* launched in conjunction with National Non-Smoking Week and represents a new approach to quitting smoking. This 6-week program is being piloted in the Russell Heights and the Banff community houses. The program fully recognizes that tobacco is one of the most addictive substances available as well as the most easy to obtain. Participants are encouraged to take a good look at their self esteem, influence of smoking behaviour within their family of origin, their readiness to reduce or quit smoking and skills for change.

Last year we reported that we offered workshops in partnership with several Aboriginal organizations. This year Amethyst Women's Addiction Centre co-facilitated a second Inuit-specific women's self esteem building group, this time at the Transitional Housing Unit at Mamisarvik Healing and Treatment Centre. Amethyst is also pleased to announce the availability of a report available on our website entitled: *Moving Forward: Conversations with Urban Aboriginal and Immigrant Organizations*.

The Children's Drug Abuse Prevention Program will continue to offer programs in the community and we are increasing collaboration with allied partners to offer the community based programs off-site. Play Therapy continues on an individual basis.

*Dianne Rogers and Sandi Harmer, Health Promotion Coordinators*

## Community Relations Program

The Community Relations Program focused on raising awareness of the services that Amethyst Women's Addiction Centre provides. Thanks to new a media partnership with Codi Jeffreys of Majic 100 FM, regular public service announcements on the popular radio station significantly increased the number of Ottawa-area residents who hear about Amethyst's programs. Amethyst recognizes Codi's commitment and is grateful for her significant contribution as a professional woman in our community who is helping to publicize Amethyst's services.

The Amethyst Track Challenge (ATC) was once again the major fundraising event of the year. The day-long corporate event, held in July, attracted both new and on-going sponsors, as well as participants who enjoyed a day in the sunshine. We salute our title sponsor Masha Krupp for her ongoing support and generosity. Amethyst also wishes to thank Huw Williams and the staff at Impact Public Affairs, who, for the third year in a row, have created the annual Track Challenge as a pro bono service to Amethyst. This year, the amount raised through the ATC since 2008 surpassed \$100,000. Due to this amazing accomplishment, the event was recognized by Manhattan based publication *PR News'* Nonprofit PR Awards as one of the top fundraising events in 2010 alongside notable international organizations UNICEF and the United Nations Foundation.

In honour of International Women's Day, Amethyst presented a panel discussion and interactive workshop entitled "*Feminism: The Other 'F' Word?*". The diverse panel explored the meaning of feminism from different perspectives, ranging from the community level, such as its role with local organizations like Amethyst, to the international level. The topic of feminism and diversity was also discussed.

Community relations staff attended a number of events on behalf of Amethyst, including: Take Back the Night March, the United Way/Centraide Ottawa annual conference, local information fairs, networking events for women, and workshops for non-profit organizations.

Once again in 2010, Amethyst received significant donations from dedicated private donors, as well as sponsorships from local businesses. We are grateful for this support as we continue to serve the women who live in our community.

*Cynthia Waldmeier and Jane Wood, Community Relations*

### Statistics

#### English and French Admissions

Current Clients 515

#### Substance Abuse

Visits 4,047

Awareness 2,564

#### Gambling

Visits 144

Awareness 2,564

#### Intensive Treatment Program

English 34

#### Sexual Abuse Support Program

2 Groups – Contact with 41 women

#### Health Promotion

Offered 13 Groups with 80 participants

#### Community and Public Events

36 Events with 1,446 participants

#### Children's Drug Prevention Program

3 Programs with 12 children

Individual Sessions with 13 children

#### Enriched Play Care

Visits Women and Children 101

#### Media Coverage

4,660,668 (CTV, CKCU, CBC, Ottawa Citizen Online)

Audited Financial Statements

**AMETHYST WOMEN'S ADDICTION CENTRE**

March 31, 2011

AUDITED FINANCIAL STATEMENTS

**AMETHYST WOMEN'S ADDICTION CENTRE**

March 31, 2011

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**AUDITOR'S REPORT**

To the Board of Directors of Amethyst Women's Addiction Centre:

I have audited the accompanying financial statements of Amethyst Women's Addiction Centre which comprise the statement of financial position as at March 31, 2011, and the statements of changes in net assets, and the statement of operations and the statement of cash flows for the year then ended, and a summary of significant accounting policies and other explanatory information.

These financial statements are the responsibility of the Organization's management. My responsibility is to express an opinion on these financial statements based on my audit.

**Management's responsibility for the Financial Statements**

Management is responsible for the preparation and fair presentation of these financial statements in accordance with Canadian generally accepted accounting principles and for such internal control as management determines is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

**Auditor's Responsibility**

My responsibility is to express an opinion on these financial statements based on my audit. I conducted my audit in accordance with Canadian generally accepted auditing standards. Those standards require that I comply with ethical requirements and plan and perform the audit to obtain reasonable assurance about whether the financial statements are free from material misstatements.

An audit involves performing procedures to obtain audit evidence about the amounts and disclosures in the financial statements. The procedures selected depend on the auditor's judgment, including the assessment of the risks of error. In making those risk assessments, the auditor considers internal control relevant to the entity's preparation and fair presentation of the financial statements in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the entity's internal control. An audit also includes evaluating the appropriateness of accounting policies used and the reasonableness of accounting estimates made by management, as well as evaluating the overall presentation of the financial statements.

**Opinion**

In my opinion the financial statements present fairly, in all material respects, the financial position of Amethyst Women's Addiction Centre as at March 31, 2011 and its financial performance and its cash flows for the year then ended in accordance with Canadian generally accepted accounting principles.


Ottawa, Ontario  
May 16, 2011

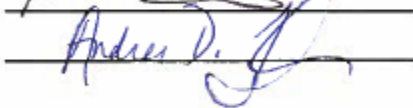
  
Nicholas Ralph CA  
Licensed Public Accountant

STATEMENT OF FINANCIAL POSITION  
**AMETHYST WOMEN'S ADDICTION CENTRE**

|  | March 31          |                   |
|--|-------------------|-------------------|
|  | 2011              | 2010              |
| <b>ASSETS</b>  |                   |                   |
| <b>CURRENT ASSETS</b>  |                   |                   |
| Cash   | \$ 91,555         | \$ 87,350         |
| Accounts receivable  | 5,466             | 2,455             |
| Prepaid expenses   | <u>2,745</u>      | <u>2,594</u>      |
|  | 99,766            | 92,399            |
| <b>DUE FROM RELATED PARTY - FRIENDS OF AMETHYST<br/>WOMEN'S ADDICTION CENTRE--Note D</b> | 29,145            | -                 |
| <b>CAPITAL ASSETS--Note E</b>  | <u>281,604</u>    | <u>291,428</u>    |
|  | <u>\$ 410,515</u> | <u>\$ 383,827</u> |
| <b>LIABILITIES AND NET ASSETS</b>  |                   |                   |
| <b>CURRENT LIABILITIES</b>   |                   |                   |
| Accounts payable and accrued liabilities   | \$ 68,795         | \$ 47,471         |
| <b>NET ASSETS</b>  |                   |                   |
| Invested in capital assets   | 281,604           | 291,428           |
| Unrestricted   | <u>60,116</u>     | <u>44,928</u>     |
|  | <u>341,720</u>    | <u>336,356</u>    |
|  | <u>\$ 410,515</u> | <u>\$ 383,827</u> |

**APPROVED ON BEHALF OF THE BOARD:**

  
 \_\_\_\_\_ Director

  
 \_\_\_\_\_ Director

See notes to financial statements

STATEMENT OF CHANGES IN NET ASSETS  
**AMETHYST WOMEN'S ADDICTION CENTRE**

|   | Invested in<br>Capital<br>Assets | Unrestricted     | Year ended March 31<br>2011 | 2010              |
|---|----------------------------------|------------------|-----------------------------|-------------------|
| Balance, beginning of the year                | \$ 291,428                       | \$ 44,928        | \$ 336,356                  | \$ 330,548        |
| Excess (deficiency) of revenues over expenses | -                                | 5,364            | 5,364                       | 5,808             |
| Investment in capital assets                  | (9,824)                          | 9,824            | -                           | -                 |
| Balance, end of the year                      | <u>\$ 281,604</u>                | <u>\$ 60,116</u> | <u>\$ 341,720</u>           | <u>\$ 336,356</u> |

See notes to financial statements

STATEMENT OF OPERATIONS

**AMETHYST WOMEN'S ADDICTION CENTRE**

|  | Year ended March 31 |                    |
|--|---------------------|--------------------|
|  | 2011                | 2010               |
|  | <hr/>               |                    |
| <b>LHIN programs</b>                                 |                     |                    |
| Revenues   | \$ <u>861,028</u>   | \$ <u>840,017</u>  |
| Expenses   |                     |                    |
| Salaries and Benefits MOS                            | \$ 131,878          | \$ 105,894         |
| Salaries and Benefits UPP                            | <u>624,502</u>      | <u>620,228</u>     |
| Salaries and Benefits                                | 756,380             | 726,122            |
| Supplies   | 27,644              | 18,675             |
| Travel   | 5,556               | 7,958              |
| General  | 42,659              | 53,351             |
| Equipment  | 405                 | 4,491              |
| Building Occupancy                                   | <u>49,423</u>       | <u>46,228</u>      |
|  | <u>882,067</u>      | <u>856,825</u>     |
| <b>LHIN program surplus (deficit)</b>                | \$ <u>(21,039)</u>  | \$ <u>(16,808)</u> |
| <b>United Way programs</b>                           |                     |                    |
| Revenues   | \$ 89,556           | \$ 90,665          |
| Expenses   | <u>89,556</u>       | <u>85,301</u>      |
| <b>United Way program surplus (deficit)</b>          | \$ <u>-</u>         | \$ <u>5,364</u>    |
| <b>Other revenues and expenses</b>                   |                     |                    |
| Donations--Note D                                    | \$ 72,223           | \$ 36,696          |
| Other Revenues                                       | <u>177</u>          | <u>40</u>          |
|  | <u>\$ 72,400</u>    | <u>\$ 36,736</u>   |
| Amortization   | \$ 9,824            | \$ 11,065          |
| Enriched Playcare Program                            | 7,028               | 8,419              |
| Pay Equity   | <u>29,145</u>       | <u>-</u>           |
|  | <u>\$ 45,997</u>    | <u>\$ 19,484</u>   |
| <b>Other revenues and expenses surplus (deficit)</b> | \$ <u>26,403</u>    | \$ <u>17,252</u>   |
| <b>EXCESS (DEFICIENCY) OF REVENUES OVER EXPENSES</b> | \$ <u>5,364</u>     | \$ <u>5,808</u>    |

See notes to financial statements

STATEMENT OF CASH FLOWS

AMETHYST WOMEN'S ADDICTION CENTRE

|   | Year ended March 31 |                  |
|---|---------------------|------------------|
|   | 2011                | 2010             |
| <b>OPERATING</b>                                |                     |                  |
| Excess of Revenues over Expenditures            | \$ 5,364            | \$ 5,808         |
| Items not involving cash                        |                     |                  |
| Amortization                                    | <u>9,824</u>        | <u>11,065</u>    |
|   | 15,188              | 16,873           |
| Change in non-cash working capital              | <u>18,162</u>       | <u>(14,701)</u>  |
|   | 33,350              | 2,172            |
| <b>FINANCING</b>                                |                     |                  |
| Change in amounts due to / from related parties | (29,145)            | -                |
| <b>INVESTING</b>                                |                     |                  |
| Additions to capital assets                     | <u>-</u>            | <u>(2,360)</u>   |
| <b>INCREASE (DECREASE) IN CASH</b>              | 4,205               | (188)            |
| CASH, beginning of year                         | <u>87,350</u>       | <u>87,538</u>    |
| CASH, end of year                               | <u>\$ 91,555</u>    | <u>\$ 87,350</u> |

See notes to financial statements

NOTES TO FINANCIAL STATEMENTS

**AMETHYST WOMEN'S ADDICTION CENTRE**

March 31, 2011

**NOTE A--GENERAL**

Amethyst Women's Addiction Centre was incorporated on May 5, 1978 under the Ontario Corporations Act without share capital. The corporation is registered under the applicable provisions of the Income Tax Act as a registered charitable Organization. The Organization offers day treatment programs to women who are dependent upon alcohol, drugs, or problem gambling. The Organization also offers Health Promotion, Sexual Abuse, and Children's and Parent-Child Groups in a holistic and supportive environment.

**NOTE B--SUMMARY OF SIGNIFICANT ACCOUNTING POLICIES**

**Fund Accounting**

**Capital Asset Fund**

The Organization's net investment (cost less amortization) in capital assets is reported in the Capital Asset Fund. The Capital Asset Fund is internally restricted by the Board of Directors.

**Unrestricted Fund**

All other revenues and expenses, and assets and liabilities, are reported in the Unrestricted Fund.

**Capital Assets**

Capital assets are recorded at cost. Amortization is recorded on the declining balance at the rate of 4% a year for building, and at the rate of 20% a year for equipment.

**Use of Estimates**

The preparation of financial statements in accordance with Canadian generally accepted accounting principles requires management to make estimates and assumptions that affect the reported amounts of assets and liabilities and disclosure of contingent assets and liabilities at the date of the financial statements and reported amount of revenues and expenses during the reporting period. These estimates are reviewed periodically, and, as adjustments become necessary, they are reported in earnings in the period in which they become known.

**NOTE C--FINANCIAL INSTRUMENTS**

Financial instruments are classified into one of the following categories: held for trading, held to maturity, loans and receivables, available for sale, and other financial liabilities. The classification determines the accounting treatment of the instrument: the classification is determined by the Organization when the financial instrument is initially recorded, based on the underlying purpose of the instrument.

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NOTES TO FINANCIAL STATEMENTS

**AMETHYST WOMEN'S ADDICTION CENTRE**

March 31, 2011

**NOTE C--FINANCIAL INSTRUMENTS** (continued)

The Organization classifies and measures its financial instruments as follows:

| <u>Asset or Liability</u>                | <u>Classification</u>       | <u>Measurement</u> |
|--|-----------------------------|--------------------|
| Cash                                     | Held for Trading            | Fair value         |
| Accounts receivable                      | Loans and Receivables       | Amortized cost     |
| Accounts payable and accrued liabilities | Other financial liabilities | Amortized cost     |

Financial instruments measured at amortized cost are initially recognized at fair value and then subsequently at amortized cost with gains and losses recognized in the statement of operations in the period in which the gain or loss occurs.

**Fair Value of Financial Instruments**

The fair value of a financial instrument is the estimated amount that the Organization would receive or pay to settle a financial asset or financial liability as at the reporting date.

The fair values of accounts receivable, and accounts payable and accrued liabilities approximate their carrying values due to their nature or capacity for prompt liquidation.

**Risk Management**

The Organization manages its exposure to the risks associated with financial instruments that have the potential to affect its operating and financial performance with the objective of minimizing volatility in cash flow and operating results. The Organization does not use derivative financial instruments to manage its risks.

**Credit Risk**

The Organization is exposed to credit risk resulting from the possibility that parties may default on their financial obligations, or if there is a concentration of transactions carried out with the same party or if there is a concentration of financial obligations which have similar economic characteristics such that they could be similarly affected by changes in economic conditions. The Organization does not hold directly any collateral as security for financial obligations.

The maximum exposures of the Organization to credit risk at December 31 were: cash \$91,555, (2010 - \$87,350), and accounts receivable \$5,466, (2010 - \$2,455).

Cash: credit risk associated with cash is mitigated substantially by ensuring that these assets are invested in financial obligations of Canadian chartered banks or major Canadian investment funds.

Accounts receivable: credit risk associated with accounts receivable is minimal as the amount is not material.

Management believes that concentration of credit risk with respect to cash is limited due to the credit quality of the counter-party.

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NOTES TO FINANCIAL STATEMENTS

**AMETHYST WOMEN'S ADDICTION CENTRE**

March 31, 2011

**NOTE C--FINANCIAL INSTRUMENTS** (continued)

**Liquidity Risk**

Liquidity risk is the risk that the Organization will not be able to meet a demand for cash or fund its obligations as they come due. Liquidity risk also includes the risk that the Organization might not be able to liquidate assets in a timely manner at a reasonable price.

The Organization meets its liquidity requirements by preparing and monitoring detailed forecasts of receipts and expenditures from operations.

**Market Risk**

Market risk includes currency risk, interest rate risk, and other price risk. The Organization is not exposed directly to currency risk or other price risk as its financial assets are denominated in Canadian dollars and are not by their nature subject to other price risk.

**NOTE D--DUE FROM RELATED PARTY**

The amount due from Friends of Amethyst Women's Addiction Centre (FAWAC) is interest-free and due on demand. During the year, FAWAC donated \$71,885 (2010 - \$36,696) to Amethyst Women's Addiction Centre.

**NOTE E--CAPITAL ASSETS**

|           | Cost              | Accumulated<br>Amortization | Net Book<br>Value |
|-----------|-------------------|-----------------------------|-------------------|
| 2011      |                   |                             |                   |
| Land      | \$ 154,000        | \$ -                        | \$ 154,000        |
| Building  | 268,231           | 162,264                     | 105,967           |
| Equipment | <u>144,895</u>    | <u>123,258</u>              | <u>21,637</u>     |
|           | <u>\$ 567,126</u> | <u>\$ 285,522</u>           | <u>\$ 281,604</u> |
| 2010      |                   |                             |                   |
| Land      | \$ 154,000        | \$ -                        | \$ 154,000        |
| Building  | 268,231           | 157,849                     | 110,382           |
| Equipment | <u>144,895</u>    | <u>117,849</u>              | <u>27,046</u>     |
|           | <u>\$ 567,126</u> | <u>\$ 275,698</u>           | <u>\$ 291,428</u> |

NOTES TO FINANCIAL STATEMENTS

**AMETHYST WOMEN'S ADDICTION CENTRE**

March 31, 2011

**NOTE F--COMMITMENTS**

The Organization is committed to make payments under a lease agreement for office equipment as follows:

|                            | <u>2011</u>     | <u>2010</u>     |
|----------------------------|-----------------|-----------------|
| For years ending March 31: |                 |                 |
| 2011                       | \$ -            | \$ 3,852        |
| 2012                       | 3,852           | 3,852           |
| 2013                       | <u>963</u>      | <u>963</u>      |
|                            | <u>\$ 4,815</u> | <u>\$ 8,667</u> |

**NOTE G--CONTINGENT LIABILITY**

Under the terms of the Collective Agreement, the Organization is committed to make certain payments to employees upon attaining twenty years' service, upon retirement, or upon the Organization's ceasing operations, upon the condition that the Organization has, at the time of the crystallization of each commitment, sufficient funds at its disposal to meet the commitment. The total amount of these commitments, assuming that the Organization does not cease operations, was approximately \$47,000 as at March 31, 2011 (2010 - \$53,000).



## **Amethyst Women's Addiction Centre**

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