Amethyst Women’s Addiction Centre  

Report to the Community  

Fiscal year ending March 31, 2015  

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.
Board of Directors

Jennifer Lalonde  
President

Sobia Hafeez  
Treasurer

Tina Cantrill  
Director

Katherine-Anne Chirke  
Director

Francine Vachon  
Director

Samantha Robinson  
Vice-president

Allyson Kingsley  
Secretary

Carol Wu  
Ex officio

2 staff members  
Ex officio

Amethyst Staff

Administrator  
Jocelyn Bigras

Catalyst Input Worker  
Tracy Doran

Coordinator  
Carol Wu

Community Relations Coordinator  
Geneviève Charest

Intake Worker  
Claire Lacelle

Health Promotion Coordinator  
Sandi Harmer

Health Promotion Facilitator  
Alison Rose

Counsellors  
Nighat Ara  
Marlia Biggart  
Linda Blot  
Elise Harris  
Gundel Lake  
Nadine Letang  
Rose McDade
Report from the Board

With hard work, vision and unwavering resolve, a small group of women created Amethyst Women’s Addiction Centre over 35 years ago. It has grown steadily ever since. Today it has the honour of serving women in the community and thrives through the dedication of its professional staff, volunteers and commitment of the community. Programs include counselling for drug addiction, alcohol addiction, gambling problems, sexual abuse as well as children’s prevention program and addiction prevention workshops. Services are available in both English and French.

We are a “working Board”, which means that we sit on various committees and participate in community events and fundraising initiatives. We have welcomed a few new faces and said goodbye to others. We would like to extend our thanks to the departing Board members for their hard work, support and devotion, and would like to extend a warm welcome to the new Board members.

This year has been busy for the Board and we have seen a number of positive changes at Amethyst. A new collective agreement was signed in the fall and we have worked to better integrate the work of the Friends of Amethyst and Amethyst Boards. Through ongoing discussions, the two Boards recently decided it would make sense to amalgamate the operations of the two boards. As a result, Friends of Amethyst has decided to wind down its operations. In its place, a new fundraising committee for Amethyst will be established. We look forward to continuing the work of Friends by actively soliciting for funding, assisting with fundraising, and looking for sponsorship opportunities. The members of both Boards are committed to ensuring this new fundraising structure succeeds.

We continue to be grateful for the funding received through the Champlain LHIN and the United Way/Centraide Ottawa. We are fortunate to have the support of the private sector and are especially grateful to Shoppers Drug Mart which has made significant donations that grow yearly as part of their Tree of Life campaign. Through the support of community businesses, organizations and individuals, we are able to continue the programs that are presently in place.

Board and staff, through careful consultation and planning, try to ensure that Amethyst continues to provide services in the most effective, caring and efficient way possible. The Board would like to thank the members of the community who volunteer their time to help with fundraising and volunteer outreach work. We would also like to thank the individuals and organizations in the community who help Amethyst through financial support; without your support we could not meet the needs of so many women in the community.

In closing I would like to thank the staff on behalf of the Board for the tremendous work they do every day to help women in the community. I am constantly amazed by how much can be done with so little.

We look forward to many more wonderful years at Amethyst Women’s Addiction Centre.

Jennifer Lalonde, President
Amethyst Women’s Addiction Centre is proud to have served 648 women seeking one-on-one counselling for substance use and problem gambling issues in the year 2014-2015. Our counsellors provided countless hours of one-on-one counselling, group counselling as well as innumerable hours of support to our community partners in the form of case management, training and consultations.

The women we see come from diverse backgrounds and all walks of life. Some of our clients have senior positions within the public and private sectors while others are living below the poverty line or are on the street; some have fled violence and abuse to start a new life, while others are looking for ways to mend past wrongs; many have experienced trauma in the form of violence, neglect or sexual abuse.

Some of the women we see have been struggling with addiction for years while others are just starting to feel like their life is unravelling. Regardless of their path, we are here to help them take control of their own lives and of the factors that are pushing them to use substances as a way to cope.

We continue to deal with the challenges of uncertain economic times amidst funding cuts for women's and social services in the province and the city. Fortunately, we have wonderful partners within the private sector as well as generous private donors who are here to help.

For the third year in a row, Moe Ali of the Manotick Shoppers Drug Mart as well as several other stores across Ottawa donated funds from the Tree of Life campaign to Amethyst Women’s Addiction Centre. This year they raised $18,734 for the Health Promotion Program, almost tripling the amount they raised in their first year.

We would also like to thank the May Court Club of Ottawa, who put on a fundraiser with Shepherd's, a high-end ladies clothing store at Trainyards, and raised $3,918. In the fall, Gladstone Clayworks Coop generously donated 100 handmade coffee mugs and other pottery objects to our Cuppa Java fundraiser, which raised $3,375. Finally, Tracey Roberts-Dunsmoor put on a Body, Mind, Spirit and Community Fair fundraiser which benefited our centre. The fair raised over $5,000.

The volunteers of the Friends of Amethyst, now in their last year of service, have generously spent dozens and dozens of hours raising money and acquiring donors for our centre. We could not continue our work without their support and dedication.

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 as well as Management Committee members and Staff who did exceptional work during this period.

Finally, I would like to extend a big thank you to our community members, donors and volunteers for their support, generous contributions and commitment to Amethyst.

Carol Wu, Coordinator
Community Relations Report

There were some major changes made to the Community Relations position this year. In October, a new Community Relations Coordinator was hired to replace consultant Alexandra Dionne Charest. We would like to thank Alexandra for the incredible work she has done at the beginning of the year and in the previous years for Amethyst.

Over the course of the past year, the Community Relations Coordinator and staff members participated in several events in order to promote Amethyst Women’s Addiction Centre’s services and increase awareness for women’s addictions in the Ottawa community.

In September we participated in the second annual Recovery Day Ottawa at City Hall. Recovery Day is a growing movement across Canada bringing together men and women in recovery as well as recovery allies showing their support for the recovery community. Amethyst was proud to present its services and share in the day’s festivities.

In the fall, Sandi Harmer, Health Promotion Coordinator, participated in interviews with CKCU and Rogers Day Time to promote the Shoppers Drug Mart Tree of Life campaign. This campaign ran over the month of October and encouraged customers to donate money to the Tree of Life to benefit our centre.

In February, Amethyst Women’s Addiction Centre was one of the six mental health partners of the Cracking Up the Capital Comedy Festival. This year, Cracking Up the Capital put on a fundraising event at Lansdowne Park to benefit its six community partners. Over 1,000 people joined us to help us beat the record for the most snowpeople built in 1 hour. Amethyst is very thankful to have been part of that event and is looking forward to beating the record once again next year. Another fundraiser in February was the first ever Ottawa Body, Mind, Spirit and Community Fair put on by Tracy Roberts-Dunsmoor.

March brought with it International Women’s Day. Amethyst participated in the International Women’s Day activist fair at Library and Archives Canada and educated activists and supporters on women’s addictions and its many facets. As well, we were honoured that Sandi Harmer received a 2015 Femmy Award, recognizing her outstanding contribution to the struggle for women’s equality.

Throughout the year, Amethyst also participated in several community and information fairs, including the Women’s Services and Mental Health Info Fair at the Royal, the CALACS Solidarity Fair, and the Carleton University School of Social Work info fair. Staff also regularly welcome members of the community and from other service providers to give them a tour of the house and of the services we offer. We also provide training on women’s addictions to service providers.

We would like to thank our partners who allow us to continue offering the best care to the women who use our services. Without them, we would not be able to treat close to 700 women every year.

Geneviève Charest, Community Relations Coordinator

Thank you to all our partners!

- Friends of Amethyst
- Shoppers Drug Mart Tree of Life
- Gladstone Clayworks
- Le Cordon Bleu Ottawa students
- Cracking Up the Capital Comedy Festival
- Body, Mind, Spirit & Community Fair
- Union of National Employees
- Body Shop (Saint-Laurent & Carlingwood)
- Starbucks
- Bridgehead
- Metro (Rideau)
- Loblaw's (Rideau, Vanier, Isabella)
- David’s Tea (Westboro)
- The Printing House et The Shoebox Project
English Treatment Program

The past year was a very busy one for the English Treatment Team. The counsellors saw their case loads increase from previous years but were dedicated in providing the much-needed support to the women of Amethyst.

Our waitlist is approximately 4-8 months at present. The Friday morning Pre-Treatment Waitlist group, now in its third year, is well utilized by the women and has proven to be an important part of the programming at Amethyst.

In 2014 we restructured our programming and introduced Phase 1 groups and Phase 2 groups. The Phase 1 groups consist of the 8-day Intensive program, and the Phase 2 groups are the 6-week Relapse Prevention program and the Mother Daughter Program. Counsellors noticed a gap in programming and decided to reduce the amount of Intensive programs and alternate between the two Phase 2 groups.

We offered two Intensive programs last year. Many clients attended and their feedback showed that the work done over the 8 days provided a good foundation for change. Although these groups are well attended, the team has agreed that we need to be innovative and proactive in regards to the groups offered at Amethyst in order to continue to stay abreast of the changes in the addiction community. We will continue reviewing the group programs to reflect these changes.

This year we had the wonderful opportunity to be part of a research project entitled “Is Feminism Burning Us Out?” by Carleton University students in the Social Work Program. One of the recommendations that came out of the research project was focused on self-care. The team welcomed the feedback, and we continue to strive to apply the findings in our daily work.

In conclusion, 2014 is behind us now, but as we begin a new year, we are excited to meet new challenges and work together to provide superior service to our ever-changing clientele. We thank our clinical supervisors, Brenda Saxe and Janice Fraser, for their unwavering support.

Marlia Biggart, Counsellor

### About Our Current Clients

<table>
<thead>
<tr>
<th>Income Source</th>
<th>Education</th>
</tr>
</thead>
<tbody>
<tr>
<td>Employment</td>
<td>No formal schooling</td>
</tr>
<tr>
<td>Employment insurance</td>
<td>Some primary school</td>
</tr>
<tr>
<td>Ontario Disability Support Program</td>
<td>Some secondary or high school</td>
</tr>
<tr>
<td>Disability insurance</td>
<td>Completed secondary or high school</td>
</tr>
<tr>
<td>Ontario Works</td>
<td>Some community college, CEGEP, technical college, CE</td>
</tr>
<tr>
<td>Retirement income</td>
<td>Completed community college, technical college, CE</td>
</tr>
<tr>
<td>Other</td>
<td>Some university (not completed)</td>
</tr>
<tr>
<td>None</td>
<td>University degree completed</td>
</tr>
<tr>
<td>Family Support</td>
<td>50</td>
</tr>
<tr>
<td>Unknown</td>
<td>50</td>
</tr>
<tr>
<td>Language of Service</td>
<td>106</td>
</tr>
<tr>
<td>English</td>
<td>355</td>
</tr>
<tr>
<td>French</td>
<td>5</td>
</tr>
<tr>
<td>Other</td>
<td>10</td>
</tr>
</tbody>
</table>

### Legal Problems

<table>
<thead>
<tr>
<th>No</th>
<th>Yes</th>
</tr>
</thead>
<tbody>
<tr>
<td>355</td>
<td>40</td>
</tr>
</tbody>
</table>
Francophone Treatment Program

Our French Treatment Program continues to grow as the number of clients increases every year. We are committed to serving clients who wish to access services in French in order to ensure that they feel as comfortable as possible when they visit Amethyst.

As part of our ongoing commitment to providing services in French to Ottawa’s francophone community, we are continuing the process of becoming a designated agency. We began the process three years ago in collaboration with the Réseau des services de santé en français (French Language Health Services Network of Eastern Ontario) and we are well on our way to becoming designated in April 2016.

For the first time this year we welcomed an intern in the French Treatment Program. Jessica DeGuille studied social work at the Cité collégiale and spent her winter semester with us. She would like to continue her work in the domain and will be attending the University of Ottawa in the fall to complete a Bachelor of Social Work.

Céline Lauriault, one of our counsellors, has decided to take her well-deserved retirement. We are looking forward to welcoming a new counsellor in 2015.

In addition to individual counselling, we continue to offer a support group every Tuesday night for francophone clients. Because the number of women attending this group has been growing, we have hired a new counsellor, Patsy Morency, to give us a helping hand. We welcome her within the francophone team.

We have also offered two intensive 8-day programs during the year. Next year, we will survey our clients in order to assess their needs and provide programs that will help them cope with the challenges they experience day to day. We always strive to provide services that best meet the needs of our clients and that are at the forefront of the women’s addictions field. Through a partnership, Linda Blot, Substance Use and Gambling Counsellor, participated in several Élan workshops at the Montfort Hospital with some of her clients.

We would like to thank Brenda Saxe and Janice Fraser, our clinical supervisors, for their presence and their support.

Linda Blot, Addictions and problem gambling counsellor

<table>
<thead>
<tr>
<th>English and French Clients Served</th>
<th>Health Promotion and Awareness Substance Abuse and Problem Gambling</th>
</tr>
</thead>
<tbody>
<tr>
<td>From April 1, 2014 to March 31, 2015 - 648</td>
<td>Visits - 1,359 Groups - 11</td>
</tr>
<tr>
<td><strong>Substance Abuse Program</strong></td>
<td><strong>Sexual Abuse Support Program</strong></td>
</tr>
<tr>
<td>Visits - 4,074</td>
<td>2 groups with 16 women</td>
</tr>
<tr>
<td><strong>Problem Gambling Program</strong></td>
<td><strong>Children’s Drug Prevention Program</strong></td>
</tr>
<tr>
<td>Visits - 236</td>
<td>Children seen individually - 186</td>
</tr>
<tr>
<td><strong>Intensive Treatment Program</strong></td>
<td><strong>Enriched Play Care</strong></td>
</tr>
<tr>
<td>English and French - 27</td>
<td>Visits women and children - 133</td>
</tr>
<tr>
<td><strong>Media Coverage</strong></td>
<td><strong>Designation</strong> : Legal recognition from the Ontario government confirming that an agency has the requisite skills to offer services in French according to the criteria set up by the Office of Francophones Affairs (OFA)</td>
</tr>
<tr>
<td>Reach: 39,000 (CKCU, Rogers Daytime)</td>
<td></td>
</tr>
</tbody>
</table>
Health Promotion Program

The Health Promotion Program continues to respond to the high demand for community workshops in Ottawa despite a shortfall of funds. With the help of our various community partners and fundraisers, we were able to garner enough funds to continue offering Health Promotion programming throughout the Ottawa region, which helped us to reach and help highly vulnerable and marginalized women with a complexity of mental health and addiction issues.

During the past year, we offered 13 8-week programs at different organizations. These programs are designed to help women learn coping mechanisms and strategies to help them cope with the stresses of everyday life in healthy ways.

Alison Rose joined us in the fall of 2014 and was very successful in securing and leading 2 workshops per session, in the fall and in the winter. Thanks to her, we were able to offer a workshop for the first time at Algonquin College. Sandi Harmer, the Health Promotion Coordinator, also participated in several awareness events such as Centre 507, Carleton University info fairs and the Shoppers Drug Mart Tree of Life campaign. Sandi participated in media interviews with Rogers Daytime TV and CKCU Radio to raise awareness about those events.

We would like to thank our community partners, without whom the Health Promotion Program would not be able to live on. This year we sadly said goodbye to Dianne Rogers who was extremely successful in raising over $50,000 through her proposal submissions to Trillium and the Community Foundation of the City of Ottawa in 2013. We also benefitted from the Shoppers Drug Mart Tree of Life Campaign in the fall of 2014, which raised close to $19,000. These funds will go towards Health Promotion programs in 2015. We would like to extend a special thanks to the Friends of Amethyst and Yvonne Huot who dedicated countless hours of her time to the success of this campaign.

While Health Promotion programming continues to fill a gap in the community by offering prevention workshops to women who are at risk of turning to substances or gambling as a way to cope, it continues to struggle with finding permanent funding, without which the program will no longer exist.

Sandi Harmer, Health Promotion Coordinator
**Problem Gambling Program**

As a result of the quantity of gambling venues and opportunities in our area, the estimated number of women who experience problems with gambling is significant. Despite this, women continue to experience multiple barriers to accessing support. This trend is province-wide and agencies across Ontario report that fewer women seek services for problem gambling than do men.

Therefore, Amethyst Women’s Addiction Centre is committed to engaging women and their support systems through education, awareness and prevention work in addition to its gambling treatment services. In the year 2014-2015, we have offered information and presentations at various community events and to organizations in the Ottawa region on problem gambling and the specific ways in which it may impact women’s lives.

Our treatment program services continue to include individual and group counselling, as well as access to various intensive workshops that seek to address the underlying and associated issues of problem gambling. While most women choose to access individual counselling only, many identify a women’s-only service as an important component of their treatment plan.

We continue to engage in various networking and advocacy partnerships both within Ottawa-Gatineau and in Ontario. These opportunities allow us to offer our knowledge and expertise on the specific needs of women who struggle with problem gambling. We also continue to access various professional development opportunities in order to increase our competency and capacity within this field.

_Gundel Lake, Counsellor_

**Early Childhood Development Program**

Women who are parenting or pregnant and are experiencing substance use issues are among the most marginalized individuals in our society. The Early Childhood Development Program aims to provide these women with counselling and support on their path to recovering from substance use or problem gambling addictions.

This year we are faced with an increasing number of pregnant women with mental health issues in this program. Part of our work includes assessing and addressing mental health needs in addition to addictions counselling services, and we are seeing the need for this more and more.

Through one-on-one counselling, outreach, referrals and case management, we improve outcomes for mothers and their children. The ECDP counsellors also advocate for their clients’ rights by attending court hearings, meeting with social workers and liaising with case managers. All of the women in this program are referred to us by the Children’s Aid Society or the judicial system and are required to attend addictions counselling.

We work closely with our partners to improve community capacity building and services available for young families struggling with substance use and problem gambling. Our partners include: Rideauwood Addiction & Family Services, St. Mary’s Home, the Royal Ottawa, Children’s Aid Society of Ottawa, Wabano Centre for Aboriginal Health, Canadian Mental Health Association and the Montfort Hospital. We would like to thank all of our community partners for their continued support.

_Nadine Letang, Addictions Treatment Case Manager_
Sexual Abuse Support Program

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

The group portion of the program is comprised of both therapeutic processing and psycho-educational information. In addition, the program incorporates creative expression as an ongoing part of this healing work. The program is coordinated by Elise Harris and co-facilitated by Gundel Lake.

The evaluations received for the 12-week SASP group continue to show that this workshop is successful in helping women heal from their experiences of sexual abuse and better understand how it is impacting their lives. Group participants indicated that they felt less alone and isolated and that they had begun to dispel some of the self-blame, guilt and shame they had lived with. Women used words like “supportive”, “emotional”, and “empowering” to describe the program.

In the past year, because of fluctuations in demand for the traditional 12-week SASP group, we designed, developed and delivered a new 6-week workshop series based on psycho-educational information. We offered workshops on a variety of topics related to healing from sexual violence (ex. coping with the impacts, shame and self-esteem, healing and sexuality). The workshops were designed in a way to be more accessible to women who are earlier on in their recovery and in their work to heal from sexual abuse.

Evaluations of the new workshop series consistently indicated that they found the workshops to be comprehensive, easy to understand, and directly applicable to their lives. When asked to describe the program, women used words like “informative”, “supportive”, and “thought-provoking”. The development of these workshops along with participant feedback will allow us to deliver this more flexible program again in the future.

Elise Harris, Sexual Abuse Support Program Coordinator

<table>
<thead>
<tr>
<th>12-week Group Program</th>
<th>6-week Workshop Series</th>
</tr>
</thead>
<tbody>
<tr>
<td>Assessments: 7</td>
<td>Participants: 11</td>
</tr>
<tr>
<td>Participants: 5</td>
<td>Community members and professionals supported or given information about the program (through events, presentations or individual contact): 25+</td>
</tr>
<tr>
<td>Women supported through one-on-one consultation: 27</td>
<td></td>
</tr>
</tbody>
</table>

Women supported through one-on-one consultation: 27

Community members and professionals supported or given information about the program (through events, presentations or individual contact): 25+
Student Placements

Amethyst continues to connect with and benefit from ongoing partnerships with local colleges and universities to provide opportunities to students in the field. The primary way in which we partner is to offer placements for students who want to learn more about supporting and counselling people with addiction. As a result, we have had another busy year with Alison Rose, Elli MacDonnell, and Jessica DeGuille all completing their placements with us.

Alison completed her placement for the Social Service Worker Program at Algonquin College by participating in the Treatment and Health Promotion Programs. Elli joined the English Treatment Program to complete her Bachelor of Social Work Program at Carleton. And Jessica, our first every Francophone student, joined the French Treatment team in order to finish her Social Service Worker Program at La Cité Collegiale. All three women have been tremendous assets to the Amethyst community, and we have benefitted greatly from their wisdom, experience, and warmth.

A second way in which we have fostered connections with post-secondary students is to develop research proposals for Carleton University’s Masters of Social Work (MSW) Program. This course offers a unique opportunity for students to engage in research projects that benefit community organizations. We feel incredibly fortunate to have been chosen two years in a row (for the academic years 2013-14 and 2014-15) by student groups who have been able to help us address important research issues that we likely would not have been able to ourselves.

In 2013-14, the MSW students helped us understand the ways in which our model, as a modified collective, is both useful and difficult in terms of workplace stress. Our intention was to learn more about how our organizational structure contributes to and mediates the pressures of working in a non-profit organization. The final report was very insightful in terms of identifying common themes and offering suggestions for moving forward.

This past year (2014-15), we were also selected by a group of students who were interested in our research question about the relationship between trauma and addiction in our roles as counsellors at Amethyst. Based on an extensive literature review, as well as staff interviews, the students have researched whether or not our vision for and practice of trauma-informed and trauma-specific care are in line with documented best practices. Currently, the students are in the process of compiling their final report.

As part of our ongoing commitment to learning and giving back to the community, we sit on Carleton’s Field Education Committee. This Committee provides feedback and recommendations to Carleton’s School of Social Work about student placements and practicum issues. Given that we are a small community-based organization, our voice has been important on this committee to ensure that the needs and issues of small organizations continue to be heard.

*Gundel Lake, Counsellor*
Art Days at Amethyst

“Art is a constant agent of transformation and is, indeed, the soul’s drive to health.” Cathy Malchiodi (2002)

This year we offered fewer Art Days as part of our programming, although clients continue to express a significant demand for these types of experiences. While Art Days aren’t explicitly therapeutic in nature, it is amazing to witness the healing that happens when women come together and support one another in creative expression.

Marlia Biggart and Elise Harris, English Treatment counsellors, facilitated a felting workshop in December that was very well received and enjoyed. In 2015-2016, we are looking forward to offering more Art Days and already have two planned for the spring.

From February to April 2014, we partnered with Artswell to offer an Art Therapy Program entitled "Building Resilience in Recovery". Artswell is a local non-profit organization that uses exposure and engagement in the arts to empower individuals and communities through creativity. The Community Foundation of Ottawa gave us funding which allowed us to conduct a program with Artswell.

Artswell provided us with a trained Art Therapist and high-quality art materials for an 8-week program in which women engaged with a variety of mediums to explore the themes of recovery, resilience, and resources. This has been an incredible opportunity for Amethyst and we look forward to many more future partnerships with Artswell.

We were also fortunate to be approached by Art Place to partner in offering art workshops at Amethyst. Art Place matches professional artists with community organizations to address social issues through artistic interaction, co-creation and meaningful conversations about issues relevant to the communities with which the artists are partnered. Art Place is presented by AOE Arts Council and funded in part by the Ontario Trillium Foundation.

Through this partnership, Christine Mockett and Karina Bergmans helped a group of clients build fabric sculptures over 9 weeks. Christine and Karina’s energy, enthusiasm, and expertise was infectious and exhilarating. We look forward to continuing to build this partnership with both Art Place and Christine and Karina.

Gundel Lake, Counsellor
Outreach Volunteer Team

Our outreach team went through some major changes in the 2014-2015 year. Two of our respected volunteers retired after serving for over two decades. Joan Gaudette and Barbara Freeman were given a warm-hearted farewell from all staff and volunteers in recognition of their outstanding contribution to Amethyst.

At a thank you tea, the history of Amethyst gradually unfolded and came alive as we reminisced over their personal journey of recovery, which began here at Amethyst a few decades ago. Some staff members were able to witness these incredible women’s growth and share in the joy of the whole process.

Barbara and Joan have been such an inspiration for so many women who have walked through the door of Amethyst. We would like to thank them for all the good work they have done over the last two decades on behalf of all the women they have supported in the most vulnerable moments of their lives. Although we said goodbye with choked voices and teary eyes, these sweet memories will always stay with us as a source of inspiration. We wish Barbara and Joan good health and peaceful times in this new chapter of their lives.

Last year we also welcomed Jocelyn Van Wynsbergh as a new team member. We are extremely happy to add a new face who has so many gifts to share with others. We are also continuing to recruit a couple more volunteers to make the team more diverse and dynamic.

We are also in the process of finding ways to upgrade and make better use of the outreach volunteer program. There is a delicate balance between demand and service and consequently finding ways to maximize the use of this resource has become an ongoing issue. Our volunteers gave their feedback and participated actively in planning for the future. The volunteer outreach program coordinators are now working on bringing some new changes to increase satisfaction for both volunteers and clients.

It has always been a great pleasure to meet our volunteers four times a year. We are looking forward to an exciting new year with some new ideas. We are grateful to our volunteers for being on board with us on this venture.

Outreach volunteers allow Amethyst to grow and flourish in its purpose to deliver the best possible addiction services to the women we see. We highly appreciate their ongoing support to Amethyst.

Nighat Ara, Counsellor
Audited Financial Statements

AMETHYST WOMEN'S ADDICTION CENTRE

March 31, 2015
AUDITED FINANCIAL STATEMENTS

AMETHYST WOMEN'S ADDICTION CENTRE

March 31, 2015

Independent Auditor’s Report ............................................. 1
Statement of Financial Position ......................................... 3
Statement of Changes in Net Assets ................................. 4
Statement of Operations .................................................. 5
Statement of Cash Flows .................................................... 6
Notes to Financial Statements ........................................... 7 - 10
INDEPENDENT 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, 2015, the statement of changes in net assets, 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.

Management’s responsibility for the Financial Statements

Management is responsible for the preparation and fair presentation of these financial statements in accordance with Canadian accounting standards for not-for-profit organizations 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 material misstatement of the financial statements, whether due to fraud or 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.

I believe that the audit evidence I have obtained is sufficient and appropriate to provide a basis for my qualified audit opinion.

Basis for Qualified Opinion

In common with many not-for-profit organizations, the Organization derives revenue from donations which are not susceptible of complete audit verification. Accordingly, my verification of this revenue was limited to the amounts recorded in the books of the Organization and I am not able to determine whether any adjustments might be necessary to donation revenues, other revenues, excess of revenues over expenses, assets, and net assets.

continued on next page...
INDEPENDENT AUDITOR'S REPORT (continued)

Qualified Opinion

In my opinion, except for the effect of the matter described in the Basis for Qualified Opinion paragraph, the financial statements present fairly, in all material respects, the financial position of Amethyst Women's Addiction Centre as at March 31, 2015 and its financial performance and its cash flows for the year then ended in accordance with Canadian accounting standards for not-for-profit organizations.

Ottawa
May 27, 2015

Nicholas Rago, Professional Corporation
Chartered Professional Accountant

Authorised to practice public accounting
by the Chartered Professional Accountants of Ontario
STATEMENT OF FINANCIAL POSITION
AMETHYST WOMEN'S ADDICTION CENTRE

ASSETS
CURRENT ASSETS
Cash
Accounts receivable
Due from government agencies
Prepaid expenses

CAPITAL ASSETS--Note 5

LIABILITIES AND NET ASSETS
CURRENT LIABILITIES
Accounts payable and accrued liabilities
Due to government agencies
Deferred revenues

TOTAL LIABILITIES

NET ASSETS
Invested in capital assets
Unrestricted

Approved on behalf of the Board:

See notes to financial statements
STATEMENT OF CHANGES IN NET ASSETS
AMETHYST WOMEN’S ADDICTION CENTRE

<table>
<thead>
<tr>
<th></th>
<th>Invested in Capital Assets</th>
<th>Unrestricted</th>
<th>Year ended March 31</th>
</tr>
</thead>
<tbody>
<tr>
<td>Balance, beginning of the year</td>
<td>$ 258,848</td>
<td>$ 136,399</td>
<td>$ 395,247</td>
</tr>
<tr>
<td>Excess (deficiency) of revenues over expenses</td>
<td>-</td>
<td>(61,578)</td>
<td>(61,578)</td>
</tr>
<tr>
<td>Investment in capital assets</td>
<td>(8,452)</td>
<td>8,452</td>
<td>-</td>
</tr>
<tr>
<td>Balance, end of the year</td>
<td>$ 250,396</td>
<td>$ 83,273</td>
<td>$ 333,669</td>
</tr>
</tbody>
</table>

See notes to financial statements
STATEMENT OF OPERATIONS

AMETHYST WOMEN'S ADDICTION CENTRE

<table>
<thead>
<tr>
<th></th>
<th>LHIN Substance Abuse</th>
<th>LHIN Problem Gambling</th>
<th>LHIN United Way</th>
<th>Other</th>
<th>Total</th>
<th>Year ended March 31 2015</th>
<th>Total</th>
<th>Year ended March 31 2014</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Revenues</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Government funding</td>
<td>819,084</td>
<td>117,026</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>936,110</td>
<td>$</td>
<td>946,199</td>
<td>$</td>
</tr>
<tr>
<td>Grants and contributions</td>
<td>-</td>
<td>-</td>
<td>22,294</td>
<td>-</td>
<td>-</td>
<td>22,294</td>
<td>57,861</td>
<td>-</td>
<td></td>
</tr>
<tr>
<td>Donations</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>21,156</td>
<td>-</td>
<td>21,156</td>
<td>89,765</td>
<td>-</td>
<td></td>
</tr>
<tr>
<td>Other, including interest</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>10,093</td>
<td>-</td>
<td>10,093</td>
<td>290</td>
<td>-</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td>819,084</td>
<td>117,026</td>
<td>22,294</td>
<td>31,249</td>
<td>1,094,115</td>
<td>989,653</td>
<td></td>
<td>1,094,115</td>
<td>1,054,115</td>
</tr>
</tbody>
</table>
STATEMENT OF CASH FLOWS

AMETHYST WOMEN'S ADDICTION CENTRE

OPERATING

Excess (deficiency) of revenues over expenses

Items not involving cash

Amortization

Change in non-cash working capital

<table>
<thead>
<tr>
<th></th>
<th>2015</th>
<th>2014</th>
</tr>
</thead>
<tbody>
<tr>
<td>Excess (deficiency)</td>
<td>$ (61,578)</td>
<td>$ 35,448</td>
</tr>
<tr>
<td>Items not involving</td>
<td></td>
<td></td>
</tr>
<tr>
<td>cash</td>
<td>8,452</td>
<td>6,680</td>
</tr>
<tr>
<td>Amortization</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Change in</td>
<td>(53,126)</td>
<td>42,128</td>
</tr>
<tr>
<td>non-cash working</td>
<td>58,500</td>
<td>(77,510)</td>
</tr>
<tr>
<td>capital</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>5,374</td>
<td>(35,382)</td>
</tr>
</tbody>
</table>

FINANCING

Change in deferred revenue

<table>
<thead>
<tr>
<th></th>
<th>2015</th>
<th>2014</th>
</tr>
</thead>
<tbody>
<tr>
<td>Change in</td>
<td>12,137</td>
<td>(3,022)</td>
</tr>
<tr>
<td>deferred revenue</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

INCREASE (DECREASE) IN CASH

<table>
<thead>
<tr>
<th></th>
<th>2015</th>
<th>2014</th>
</tr>
</thead>
<tbody>
<tr>
<td>Increase (decrease)</td>
<td>17,511</td>
<td>(38,404)</td>
</tr>
<tr>
<td>in cash</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

CASH, beginning of year

<table>
<thead>
<tr>
<th></th>
<th>2015</th>
<th>2014</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beginning of year</td>
<td>142,074</td>
<td>180,478</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

CASH, end of year

<table>
<thead>
<tr>
<th></th>
<th>2015</th>
<th>2014</th>
</tr>
</thead>
<tbody>
<tr>
<td>End of year</td>
<td>$159,585</td>
<td>$142,074</td>
</tr>
</tbody>
</table>

See notes to financial statements
NOTES TO FINANCIAL STATEMENTS

AMETHYST WOMEN’S ADDICTION CENTRE
March 31, 2015

NOTE 1—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 in Ottawa to women who are dependent upon alcohol, drugs, or problem gambling. The Organization also offers, in Ottawa, Health Promotion, Sexual Abuse, and Children’s and Parent-Child Groups in a holistic and supportive environment.

NOTE 2—SUMMARY OF SIGNIFICANT ACCOUNTING POLICIES

Basis of Accounting

The financial statements are prepared in accordance with Canadian accounting standards for not-for-profit organizations.

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 accounting standards for not-for-profit organizations and 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.

Allocation of Expenses

The Organization runs several programs and routinely incurs expenses on administration. The costs of each program include expenses on staff (in some cases allocated across programs, and to administration, based on how each employee’s time is deployed), property and insurance, materials and services, transportation, and other expenses which are directly related to completing the programs. The Organization also incurs expenses which are directly related to corporate governance: these are allocated directly to administration respectively. Other expenses are allocated across programs and administration in a manner consistent with management’s estimate of consumption. Management ensures that the basis for allocation of expenses is applied consistently from year to year, and regularly reviews its estimates of consumption and asset usage, and staff time allocation to ensure that the resulting allocations represent fairly the manner in which expenses are absorbed across the Organization.
NOTES TO FINANCIAL STATEMENTS

AMETHYST WOMEN'S ADDICTION CENTRE
March 31, 2015

NOTE 3—FINANCIAL INSTRUMENTS

Measurement of financial instruments

The Organization initially measures its financial assets and financial liabilities at fair value adjusted by, in the case of a financial instrument that will not be measured subsequently at fair value, the amount of transaction costs directly attributable to the instrument.

The Organization subsequently measures all of its financial assets and financial liabilities at amortized cost, except for investments in index pooled funds that are quoted in an active market, which are measured at fair value.

Changes in fair value are recognized in income in the period the changes occur.

Amortized cost is the amount at which a financial asset or financial liability is measured at initial recognition minus principal repayments, plus or minus the cumulative amortization of any difference between that initial amount and the maturity amount, and minus any reduction for impairment.

Transaction costs are recognized in income in the period incurred, except those relating to financial instruments which will subsequently be measured at amortized cost. Transaction costs associated with the acquisition and disposal of fixed income investments are capitalized and are included in the acquisition costs or reduce proceeds on disposal.

Financial assets measured at amortized cost include cash and amounts receivable.

Financial liabilities measured at amortized cost include accounts payable and accrued liabilities.

Impairment

At the end of each reporting period, the Organization assesses whether there are any indications that a financial asset measured at amortized cost may be impaired. Objective evidence of impairment includes observable data that comes to the attention of the Organization, including but not limited to the following events: significant financial difficulty of the issuer; a breach of contract, such as a default or delinquency in interest or principal payments; and bankruptcy or other financial reorganization proceedings.

When there is an indication of impairment, the Organization determines whether a significant adverse change has occurred during the period in the expected timing or amount of future cash flows from the financial asset.

When the Organization identifies a significant adverse change in the expected timing or amount of future cash flows from a financial asset, it reduces the carrying amount of the asset to the greater of the present value of the cash flows expected to be generated by holding the financial asset discounted using a current market rate of interest appropriate to the financial asset, and the amount that could be realized by selling the financial asset at the statement of financial position date.

Any impairment of the financial asset is charged to income in the period in which the impairment is determined.

When the extent of impairment of a previously written-down asset decreases and the decrease can be related to an event occurring after the impairment was recognized, the previously recognized impairment loss is reversed to the extent of the improvement, but not in excess of the impairment loss. The amount of the reversal is recognized in income in the period the reversal occurs.
NOTES TO FINANCIAL STATEMENTS

AMETHYST WOMEN'S ADDICTION CENTRE
March 31, 2015

NOTE 4—FINANCIAL RISK MANAGEMENT

The Organization is exposed to various risks through its financial instruments. The following analysis provides a measure of the risk exposure and risk concentrations.

The financial instruments of the Organization and the nature of the risks to which they may be subject are:

<table>
<thead>
<tr>
<th>Financial instruments</th>
<th>Credit</th>
<th>Market risk</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Liquidity</td>
</tr>
<tr>
<td>Cash</td>
<td>X</td>
<td></td>
</tr>
<tr>
<td>Amounts receivable from government</td>
<td>X</td>
<td></td>
</tr>
<tr>
<td>Accounts receivable</td>
<td>X</td>
<td></td>
</tr>
<tr>
<td>Accounts payable and accrued liabilities</td>
<td>X</td>
<td></td>
</tr>
</tbody>
</table>

The Organization manages its exposure to the risks associated with financial instruments that have the potential to affect its operating and financial performance in accordance with its Risk Management Policy. The objective of the policy is to reduce volatility in cash flow and earnings. The Board of Directors monitors compliance with risk management policies and reviews risk management policies and procedures on an annual basis.

The Organization also has a specific Investment Policy that details the asset quality and proportion of fixed income and non-fixed income securities in which investments are made.

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 that could be similarly affected by changes in economic conditions, such that the Organization could incur a financial loss. The Organization does not hold directly any collateral as security for financial obligations of counterparties.

The maximum exposures of The Organization to credit risk at March 31 were as follows:

<table>
<thead>
<tr>
<th></th>
<th>2015</th>
<th>2014</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cash</td>
<td>$159,585</td>
<td>$168,126</td>
</tr>
<tr>
<td>Amounts receivable from</td>
<td>13,782</td>
<td>26,052</td>
</tr>
<tr>
<td>government</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Accounts receivable</td>
<td>6,310</td>
<td>89,649</td>
</tr>
<tr>
<td></td>
<td>$129,677</td>
<td>$283,827</td>
</tr>
</tbody>
</table>

continued on next page...
NOTES TO FINANCIAL STATEMENTS

AMETHYST WOMEN'S ADDICTION CENTRE
March 31, 2015

NOTE 4 -- FINANCIAL RISK MANAGEMENT (continued)

Cash: credit risk associated with cash is minimized substantially by ensuring that these assets are deposited with financial obligations of major financial institutions.

Amounts receivable from government: credit risk associated with amounts receivable from government is minimal due to the credit quality of the parties.

Accounts receivable: credit risk associated with accounts receivable is minimized by the Organization's policies and procedures respecting the extension of credit and the process of collection of outstanding amounts.

Management believes concentrations of credit risk with respect to amounts receivable is limited due to the credit quality of the parties to whom credit is extended.

Liquidity

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.

The Organization meets its liquidity requirements by preparing and monitoring detailed forecasts of cash flows from operations, anticipating investing and financing activities.

NOTE 5 -- CAPITAL ASSETS

<table>
<thead>
<tr>
<th></th>
<th>Cost</th>
<th>Accumulated Amortization</th>
<th>Net Book Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>2015</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Land</td>
<td>$154,000</td>
<td>$178,228</td>
<td>$90,003</td>
</tr>
<tr>
<td>Building</td>
<td>$268,231</td>
<td>$138,502</td>
<td>$6,393</td>
</tr>
<tr>
<td>Equipment</td>
<td>$144,895</td>
<td>$316,730</td>
<td>$250,396</td>
</tr>
<tr>
<td></td>
<td>$567,126</td>
<td>$316,730</td>
<td>$250,396</td>
</tr>
<tr>
<td>2014</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Land</td>
<td>$154,000</td>
<td>$133,800</td>
<td>$11,095</td>
</tr>
<tr>
<td>Building</td>
<td>$268,231</td>
<td>$133,800</td>
<td>$93,753</td>
</tr>
<tr>
<td>Equipment</td>
<td>$144,895</td>
<td>$308,278</td>
<td>$258,848</td>
</tr>
<tr>
<td></td>
<td>$567,126</td>
<td>$308,278</td>
<td>$258,848</td>
</tr>
</tbody>
</table>

NOTE 6 -- 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 $61,000 as at March 31, 2015 (2014 - $54,000).

-10-
Amethyst Women’s Addiction Centre

488 Wilbrod St.
Ottawa, ON
K1N 6M8

Telephone: 613-563-0363
TTY: 613-563-2995
Fax: 613-565-2175

www.amethyst-ottawa.org