



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

# **Report to the Community**

**Fiscal year ending March 31, 2016**

## **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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# Board of Directors

**Francine Vachon**  
*Chair*

**Joanne Cassidy**  
*Treasurer*

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*Director*

**Elizabeth Momodu**  
*Director*

**Carol Wu**  
*Ex officio*

**2 staff members**  
*Ex officio*

# Amethyst Staff

**Jocelyn Bigras**  
*Administrator*

**Tracy Doran**  
*Catalyst Input Worker*

**Carol Wu**  
*Coordinator*

**Claire Lacelle**  
*Intake Worker*

**Alison Rose**  
*Health Promotion  
Facilitator*

## Counsellors

Nighat Ara  
Marlia Biggart  
Linda Blot  
Elise Harris  
Gundel Lake  
Nadine Letang  
Natasha Mcleod  
Elke Keating

## **Board of Directors**

March 31, 2016

For more than 35 years Amethyst has been providing services to women in our community. It is through the dedication of staff and volunteers, the funders, and the resiliency of women that Amethyst continues to ensure its continued success.

The Board of Amethyst is pleased to be working alongside staff to ensure programs such as counselling for drug and alcohol dependency, gambling problems, sexual abuse as well as health promotion and addiction prevention workshops are offered in a welcoming, bilingual and supportive environment.

This past year has seen much change with Board members and we would like to extend our thanks to departing Board members for their hard work and commitment as well as extend a warm welcome to new Board members.

As a “Working Board” we sit on various committees and take part in community events and fundraising initiatives. We are constantly reminded of the effort and genuine engagement of staff members, of our values and of the health of women. As we move forward into the future, Staff and Board will consult and plan to ensure that Amethyst continues to provide our services in the most effective, caring and efficient way with the resources we have.

We fundamentally believe that women play a vital role in our communities. Women who come to Amethyst are on a journey of taking charge of their lives and we are grateful to be part of enhancing a woman’s strength, freedom and choices.

Francine Vachon  
Chair

## Management Committee

Amethyst Women's Addiction Centre served 679 women seeking counselling for substance use and problem gambling issues in the year 2015-2016. The women we see come from diverse backgrounds and all walks of life. Regardless of their path, we are here to help them take control of their lives and of the factors that are causing them to use substances as a way to cope.

We continue to deal with the challenge of uncertain economic times as our funding remains the same while our Wait List continues to increase. Every day women are seeking treatment and, unfortunately, we have to put them on the Wait List.

We said goodbye to two women who were pillars of the Amethyst community. One of the original founders of Amethyst, Sandi Harmer, retired this past summer after 36 years. She was first a treatment counsellor and then the Health Promotion Coordinator. Another staff member, Rose McDade, also retired this past November after almost 15 years working as a treatment counsellor on the English treatment team.

We welcome Elke Keating, a new treatment counsellor on the English treatment team as well as Natasha Macleod, who is replacing Elise Harris while she is on maternity leave. As well, we welcome a new treatment counsellor on the Francophone treatment team, Patsy Morency.

One of our main goals as an agency in 2015 was to work on the French Designation Plan in order to complete it by June 2017, as required by our funder, the *Champlain LHIN*. The Francophone Advisory Committee members have been hard at work to fulfill all the requirements of this endeavour.

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.

Carol Wu  
Coordinator

## English Treatment Program

Gundel Lake, Nighat Ara, Elise Harris, Marlia Biggart, Natasha Macleod, Elke Keating

The English treatment team had another productive year in the face of many challenges, including a high staff turnover. Rose McDade officially retired in November 2015 after serving Amethyst for over 15 years. We thank her for her valuable contribution to Amethyst and wish her a peaceful, happy retired life. Rose will be staying on in some capacity as one of our relief staff and we are very grateful to her. Elise Harris, our Sexual Abuse Support Program Coordinator, went on maternity leave to welcome her first child. We hope that she is enjoying motherhood and spending quality time with her baby and family.

To fulfill Rose's and Elise's positions, we welcomed two new counsellors to the English team. Elke Keating joined us in January and will be taking over the Kanata satellite office as well as working at our central downtown location the rest of the week. Natasha Macleod was also hired in January and will be replacing Elise while she is on leave. Both women bring with them a wealth of knowledge and expertise and varied experiences that will allow our team to better serve our clients. Their new energy and fresh ideas are already effecting palpable changes in the dynamics of the treatment team. We feel very fortunate to have them on board with us.

Darlene Rowe has also ended her contract position as a counsellor but has chosen to continue as a relief worker for the English team. We wish her all the best. Last but not least, relief counsellor Eleanor Pritchard also retired this year after serving women at Amethyst for many years. We thank her for all the good work she has done at Amethyst.

In 2015, we revamped our intensive programs into two distinct phases to accommodate the changing demographics of our clientele. We also started making necessary changes to fit the expectations of the service users and funders. We strive to be innovative in order to attract more clients for our Tuesday evening groups, which are an integral part of our programming. We also offered art days several times throughout the year. It has successfully generated renewed interest in creative activities among clients.

Treatment team members are aware that we have to be proactive to prevent burn out and compassion fatigue. We have four self-care days a year to rejuvenate our spirit in this profession. However, it is ultimately the very nature of the work and philosophy of Amethyst that makes our work so rewarding and fulfilling and that keeps us moving forward, overcoming all the obstacles in our path. Thank you English treatment team members for all your hard work.

Nighat Ara  
Counsellor

## **French Treatment Program**

Linda Blot, Nadine Letang, Patsy Morency

This past year has been particularly busy for the Francophone Program.

Among major changes, we have welcomed a new counsellor, Patsy Morency, who began her employment in July 2015.

We have also had a marked increase in the number of clients and, as a result, our Tuesday evening group has grown in size.

The Francophone Program participated in the Carrefour Santé 2016, along with our partners. We were there to highlight our Francophone services and the event was very successful.

We have several projects coming up in 2016, including an 8-day intensive program in October. We also plan to implement a mother-daughter relationship workshop.

We also note that we have received an extension for our French designation, which will allow us to get everything in order to become truly bilingual.

Linda Blot, MA  
Substance use and problem gambling counsellor

## Health Promotion Program

The Health Promotion Program is one of the main components of our continuum of care at Amethyst. While most of our programming revolves around helping women who are struggling with substance use and problem gambling, we want to support all women in Ottawa in their goal of becoming healthier, regardless of their relationship to alcohol, drugs or gambling.

### Overview of our programs

#### **Programs:**

- Assertiveness
- Self-esteem
- Anxiety
- Dare to Self-Care

#### **Centres:**

- Rosemount Community Health Centre
- Carlington Community Health Centre
- Algonquin College

**Participants:** 74

Our focus for health promotion programming is on addressing some of the issues that may lead to substance use and problem gambling - such as anxiety, self-esteem and the importance of self-care - and is therefore more geared towards prevention and addressing mental health issues.

We offer workshops throughout the city, mostly at community centres and women's centres, to groups of women who wish to learn more about topics such as assertiveness and reducing stress when juggling multiple roles. Our partnerships with community organizations is integral to our survival as a community organization. These partnerships allow us to reach a wider network of women across Ottawa and learn from and collaborate with other mental health stakeholders in the region.

Despite funding shortfalls, we continue to offer this program to as many women as possible. We hope that we will be able to secure more permanent funding in the future so that we can continue to provide much-needed support to women in the community. Our health promotion programs are open to women from all walks of life and they do not need to be a client of Amethyst to participate.

This year we have offered four programs to five different groups. For the second year we have given a workshop at Algonquin College thanks to our Health Promotion Facilitator Alison Rose, who has been developing a relationship with them. After the six-week program titled "Dare to Self-Care", many of the 20 young women who participated decided to keep meeting and supporting each other through a Dare to Self-Care club. We are very proud of the success this program has had at Algonquin College.

In 2016 we are looking forward to welcoming a new Health Promotion Coordinator, who will be succeeding Sandi Harmer, who retired after 36 years within the Amethyst team. We wish Sandi a happy retirement and look forward to adding a new face to the staff.

The Health Promotion team

## 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. However, there also still exists barriers to women accessing support. This trend is province wide and agencies across Ontario have noticed that fewer women seek services for problem gambling than do men. Therefore, Amethyst is committed to not only offering treatment services but also education, awareness, and prevention work that aims to engage women and their support networks. In this past year, we have continued to offer information and presentations to various communities in Ottawa about problem gambling and the specific ways in which it may impact women's lives.

Our Treatment Program services remain with access to individual and group counselling, as well as access to various other 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 around the specific needs of women who struggle with problem gambling. In particular, our Problem Gambling Coordinating Committee has been working with both Casino du Lac Leamy and the Slots at Rideau Carleton to improve access to problem gambling services in the area. We also continue to access various professional development opportunities in order to increase our competency and capacity within this field.

Gundel Lake  
Counsellor

### Number of clients and visits per program

New Clients Served (French and English) - **443**

Existing Clients (French and English) - **246**

Substance Abuse Program Visits - **4,129**

Problem Gambling Program Visits - **180**

Intensive Treatment Program Participants - **13**

Health Promotion and Awareness Visits - **2,312**

Sexual Abuse Support Program - **2 groups of 11 women**

Enriched Play Care Visits (women and children) - **80**



## Early Childhood Development Program

The Early Childhood Development Program is offered in French and English. This program aims to support women who are parenting and/or pregnant and are experiencing substance abuse issues. Many come to Amethyst for support with addictions and mental health.

The majority of these clients are referred by the Children's Aid Society and therefore the counsellors are often called upon to provide feedback regarding the mother's progress. The ECDP counsellors advocate on behalf of the client, and strive to support the women in achieving healthier outcomes for their children.

This year we continue to face an increase of pregnant women with mental health issues. Often, assessing and referring these women for additional support in the community is integral in the service plan. We continue to work closely with our partners: Rideauwood Addiction and Family Services, St. Mary's Home, the Royal Ottawa, Wabano Centre for Aboriginal Health, The Children's Aid Society, Canadian Mental Health Association and the Montfort Hospital.

Marlia Biggart, Counsellor

### About Our Clients (stats taken at admission)

Clients		Language of Service		Legal Problems	
Alcohol/Drug	419	English	326	No	394
Alcohol/Drug/Gambling	5	French	103	Yes	39
Gambling	9	Other	4	Unknown	0
Problem Substance Identified		Income Source		Education	
Alcohol	323	Employment	163	No formal schooling	1
Tobacco	250	Employment insurance	11	Some primary school	0
Cannabis	119	Ontario Disability Support	76	Primary school	4
Cocaine	66	Program		Some secondary/high	62
Crack	59	Disability insurance	39	school	
Prescription opioids	39	Ontario Works	83	Completed secondary or	52
Benzodiazepines	13	Retirement income	21	high school	
Other (including	54	Other	13	Some community college,	43
amphetamines and		None	6	CEGEP technical college,	
other stimulants, over-		Family support	20	CE	
the-counter codeine		Unknown	1	Completed community	114
preparations, heroin/				college, technical college,	
opium and ecstasy)				CE	
				Some university	52
				University degree completed	104

## **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 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 continues to be coordinated by Elise Harris and co-facilitated by Gundel Lake.

In the past year, because of fluctuations in demand for the traditional SASP group, in addition to offering our regular 12-week program, we offered the 6-week series of psycho-educational workshops on a variety of topics related to healing from sexual violence (e.g. coping with the impacts, shame and self-esteem, healing, and sexuality). The 6-week workshop series was 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. This allows women an opportunity to begin their healing journey without necessarily having to focus on the emotional processing component of this recovery.

Both versions of this program continue to be well received by clients. They regularly indicate that they feel less alone and isolated and are able to begin to dispel some of their self-blame, guilt, and shame. Because there is a high correlation between past experiences of sexual abuse and addiction, it is imperative that comprehensive treatment options include the opportunity for women to begin to address their histories of sexual violence. We feel incredibly privileged to be able to provide women with a safe and supportive space to invest in this difficult healing work.

Gundel Lake  
Interim SASP Coordinator

## Community Relations

Amethyst continues to expand its engagement with other community organizations in order to reach women who may benefit from our services. We also strive to become a resource for organizations that wish to better support their own clients and learn more about how they can support women who are having substance use or problem gambling issues. Therefore, we often make presentations to other service providers and develop partnerships with individuals working at these organizations.

In addition, the Community Relations Coordinator, as well as other staff, sit on several external committees that allow us to weigh in on pressing issues regarding mental health and addiction services in the community and our staff are able to provide a unique perspective as we are the only long-term treatment women's addiction centre in Ottawa.

Over the course of the year, we have participated in several awareness events to provide more information and insights into women's addiction, their causes and their effects on women in our community.

We participated in Ottawa's third annual Recovery Day in September where dozens of community organizations and their supporters came and showed their support for the recovery community and those living in or attempting recovery.

In November we participated in the Take Back the Night march, which raises awareness for violence against women, as well as the Shine the Light movement during the month of November.

We took part once again in the comedy festival Cracking Up the Capital and participated in its second Guinness World Record Attempt for most snowpeople built in 1 hour at Lansdowne Park in January. This event was a great way to connect with other mental health organizations in Ottawa and raise awareness for these much-needed services.

Finally we had the opportunity to provide our expertise on the CBC radio show All in a Day, for which host Alan Neal asked our counsellor Natasha Macleod about how we can better support parenting women who are dealing with substance use issues.

We would like to thank our partners and donors for their ongoing support, without which we would not be able to offer the best care to our clients.

Geneviève Charest  
Community Relations Coordinator

## Art Days at Amethyst

*“Art enables us to lose ourselves and find ourselves at the same time.” - T. Merton*

In 2014-15, we have continued to offer regular Art Days as part of our programming, and there continues to be significant demand by clients for these kinds of experiences. While these 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 I offered a variety of Art Days, from string art to multi-media self-portraits to paper bead and jewellery making to pumpkin carving to paper Christmas trees to weaving – we have had a really fun year.

Of course, Art Days wouldn't be possible without the generosity of volunteers. Many thanks to Dillon Black for their expertise with string art, as well as to the staff from Wabi Sabi who generously donated a very thorough introduction to weaving.

On the heels of our success with Christine Mockett and Karina Bergman through Art Place, Christine and Karina generously donated their time and energy to develop a funding proposal through the Ontario Arts Council so that we could continue our partnership. We are very excited to work with these amazing women again in order to offer a 12-week program, entitled “Stepping Stones” which will focus on using concrete and hypertufa to create garden containers, plaques, and stepping stones. As a final installation, the group will be creating a garden path at Amethyst to represent the journey of recovery.

Gundel Lake  
Counsellor



# Art Days



## **Student Placements**

Amethyst continues to connect with and benefit from ongoing partnerships with local colleges and universities to provide opportunities to students who are completing their studies. 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 Sarah Murphy and Hannah Walt both completing their placements with us.

Sarah completed her placement for her Masters of Social Work through Carleton University and Hannah completed her fourth-year placement for her Bachelors of Social Work at Carleton University. Both women have been tremendous assets to the Amethyst community, and we have benefitted greatly from their wisdom, experience, and warmth. In fact, both have been able to stay on to provide group facilitation when needed.

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

## **Outreach Volunteer Team**

Our outreach volunteer service is an integral part of the Amethyst treatment program. The team members represent the struggle and success of recovery work and they act as role models to newcomers at Amethyst.

Women who have successfully completed our treatment program and are willing to give back to the community often use this platform to support others in the early stages of recovery. Lack of an appropriate support system is often identified as a serious barrier in achieving and maintaining sobriety. One of the ways we counter this is through this program. Each outreach volunteer member has learned and excelled in appropriate social skills to offer effective support to women who are in a vulnerable state of recovery. Our volunteers find that this type of work is mutually beneficial and rewarding, and many of our graduates like to participate in it. However keeping the balance of demand and service is quite challenging at times and it does ebb and flow.

We have recruited two new team members in 2015 and have a couple more waiting to join us in the spring. We would like to thank all of our volunteers for their hard work throughout the year. One of our volunteers, Jocelyn, had to take a leave to take care of personal matters, and we wish her well. We offer our deepest condolences to Christine who has lost her mom during Christmas break. We hope that you've been able to use some recovery tools to help you through this very difficult time. Your commitment to Amethyst is very much appreciated. Amethyst is lucky to have all of you who are willing to help others despite the challenges in your personal life situations. We will always offer you our support, compassion and understanding.

While we had to cancel some of our meetings this year due to bad weather, we maintain contact with our volunteers through phone and email and ensure we maintain our ongoing service and meet requests for volunteers. We are grateful to our volunteers who are nice enough to accommodate this voluntary work despite their busy schedule and frequent travels. We are looking forward to what we hope will be another wonderful year and wish to further beef up the service to meet the current demand.

Nighat Ara  
Coordinator, Outreach Volunteer team

Audited Financial Statements

# **AMETHYST WOMEN'S ADDICTION CENTRE**

March 31, 2016



**AUDITED FINANCIAL STATEMENTS**

**AMETHYST WOMEN'S ADDICTION CENTRE**

**March 31, 2016**

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# NICHOLAS RALPH

Professional Corporation  
Chartered Professional Accountant

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## 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, 2016, 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, 2016 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 26, 2016

A handwritten signature in black ink, appearing to read 'Nicholas Ralph', with a stylized flourish extending to the right.


Nicholas Ralph Professional Corporation  
Chartered Professional Accountant  
*Authorised to practice public accounting  
by the Chartered Professional Accountants of Ontario*

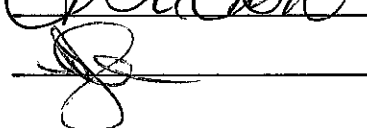
## STATEMENT OF FINANCIAL POSITION

## AMETHYST WOMEN'S ADDICTION CENTRE

	March 31	
	2016	2015
<b>ASSETS</b>		
<b>CURRENT ASSETS</b>		
Cash	\$ 130,410	\$ 159,585
Accounts receivable	16,581	6,310
Due from government agencies	9,809	13,782
Prepaid expenses	3,184	4,109
	159,984	183,786
<b>CAPITAL ASSETS--Note 5</b>	243,035	250,396
	<u>\$ 403,019</u>	<u>\$ 434,182</u>
<b>LIABILITIES AND NET ASSETS</b>		
<b>CURRENT LIABILITIES</b>		
Accounts payable and accrued liabilities	\$ 58,624	\$ 55,552
Due to government agencies	34,405	22,844
Deferred revenues	18,389	22,117
	111,418	100,513
<b>TOTAL LIABILITIES</b>	111,418	100,513
<b>NET ASSETS</b>		
Invested in capital assets	243,035	250,396
Unrestricted	48,566	83,273
	291,601	333,669
	<u>\$ 403,019</u>	<u>\$ 434,182</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 Capital Assets	Unrestricted	Year ended March 31	
			2016	2015
Balance, beginning of the year	\$ 250,396	\$ 83,273	\$ 333,669	\$ 395,247
Excess (deficiency) of revenues over expenses	-	(42,068)	(42,068)	(61,578)
Investment in capital assets	(7,361)	7,361	-	-
Balance, end of the year	\$ 243,035	\$ 48,566	\$ 291,601	\$ 333,669

See notes to financial statements

# STATEMENT OF OPERATIONS

## AMETHYST WOMEN'S ADDICTION CENTRE

	Year ended March 31				
	2016		2015		
	LHIN		LHIN		
	Substance Abuse	Problem Gambling	United Way	Other	Total
<b>Revenues</b>					
Government funding	\$ 825,770	\$ 117,722	\$ -	\$ -	\$ 943,492
Grants and contributions	-	-	17,798	-	17,798
Donations	-	-	-	33,936	33,936
Other, including interest	-	-	-	4,179	4,179
	825,770	117,722	17,798	38,115	999,405
<b>Expenses</b>					
Salaries & benefits	707,237	97,334	17,447	17,717	839,735
Supplies	6,344	1,691	-	2,184	10,219
Travel	1,589	1,868	-	-	3,457
General	59,375	8,478	334	1,494	69,681
Equipment	2,835	780	17	-	3,632
Building occupancy	37,994	7,571	-	-	45,565
Minor capital / one-time	10,396	-	-	-	10,396
Amortization	-	-	-	7,361	7,361
Pay equity	-	-	-	51,427	51,427
	825,770	117,722	17,798	80,183	1,041,473
<b>Excess / (deficiency) of revenues over expenses</b>	\$ -	\$ -	\$ -	\$ (42,068)	\$ (42,068)
					\$ (61,578)

See notes to financial statements

STATEMENT OF CASH FLOWS

AMETHYST WOMEN'S ADDICTION CENTRE

	Year ended March 31	
	2016	2015
<b>OPERATING</b>		
Excess (deficiency) of revenues over expenses	\$ (42,068)	\$ (61,578)
Items not involving cash		
Amortization	7,361	8,452
	(34,707)	(53,126)
Change in non-cash working capital	9,260	58,500
	(25,447)	5,374
<b>FINANCING</b>		
Change in deferred revenue	(3,728)	12,137
INCREASE (DECREASE) IN CASH	(29,175)	17,511
CASH, beginning of year	159,585	142,074
CASH, end of year	\$ 130,410	\$ 159,585

See notes to financial statements

## NOTES TO FINANCIAL STATEMENTS

### AMETHYST WOMEN'S ADDICTION CENTRE

March 31, 2016

#### 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, 2016

#### 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, 2016

#### 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:

Financial instruments	Risks				
	Credit	Market risk			
		Liquidity	Currency	Interest rate	Other price
Cash	X				
Amounts receivable from government	X				
Accounts receivable	X				
Accounts payable and accrued liabilities		X			

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:

	2016	2015
Cash	\$ 130,410	\$ 173,367
Amounts receivable from government	9,809	13,782
Accounts receivable	<u>16,581</u>	<u>6,310</u>
	<u>\$ 156,800</u>	<u>\$ 193,459</u>

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## NOTES TO FINANCIAL STATEMENTS

### AMETHYST WOMEN'S ADDICTION CENTRE

March 31, 2016

#### 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 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.

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

	Cost	Accumulated Amortization	Net Book Value
<b>2016</b>			
Land	\$ 154,000	\$ -	\$ 154,000
Building	268,231	181,828	86,403
Equipment	144,895	142,263	2,632
	<u>\$ 567,126</u>	<u>\$ 324,091</u>	<u>\$ 243,035</u>
<b>2015</b>			
Land	\$ 154,000	\$ -	\$ 154,000
Building	268,231	178,228	90,003
Equipment	144,895	138,502	6,393
	<u>\$ 567,126</u>	<u>\$ 316,730</u>	<u>\$ 250,396</u>

#### 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, 2016 (2015 - \$61,000).



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