



**Charlford House Society for Women
2021/2022 Annual Report**

Reports from Our Leaders



Laura Johnson, President

Looking back on the 2021/2022 fiscal year, I am deeply inspired by the resiliency of Charlford House's staff and volunteers as they continued to weather the seemingly relentless storm of two simultaneous health crises: the COVID-19 pandemic and the toxic drug supply crisis. With over 10,000 lives lost to overdose in British Columbia since 2016 and thousands of survivors seeking support, our services remain in high demand as more women choose to recover from addiction.

The continuous shifts and changes of the COVID-19 pandemic and resulting restrictions had an ongoing impact on Charlford House's programming. While provincial health restrictions lessened in the fall of 2021, they were soon reinstated as the Omicron variant began to spread in December. Over the holiday season, a time when family visits are usually the most frequent, Charlford House had to close to visitors.

Fortunately, restrictions began to lift in the late winter and Charlford House was once again navigating a new world. For the first time since March 2020, the women were able to travel by public transit to their 12-step meetings and other out-of-home activities. Charlford House continued to follow stringent health and safety protocols and avoided a COVID-19 outbreak throughout the fiscal year. I would like to express my gratitude to the entire Charlford House team for their outstanding COVID-19 response and their commitment to the health and safety of the women in our care and each other.

In addition to programming impacts, the COVID-19 pandemic also affected Charlford House's bottom line as pandemic-led inflation brought rising food and operational costs. These spending increases were compounded by a decrease in donations as donors sought to save money in the face of their own rising living costs. On a positive note, Charlford House received several grants including a capital repairs grant from Fraser Health and a grant from the Krogseth Foundation to hire a fundraiser.

While this past year has presented challenges, it has also demonstrated that Charlford House has the fortitude and agility to meet them. I'd like to congratulate the staff and volunteers for their extraordinary efforts to ensure that we continue to provide the crucial addiction recovery services that women in our community need.



Miranda Vecchio, Executive Director

Staying the Course

This year was a challenging one for the Society.

Charlford House has a long history of saving and transforming the lives of thousands of women and as we strive for growth, we continue in this tradition today. Our vision for a re-location and expansion project that will see us increasing our capacity from 15 – 24 women is still in the works and funds are still being raised for this purpose.

In the meantime, the house we currently occupy, that we've been renting for the better part of 50 years, requires considerable upkeep on an ongoing basis, both esthetically and maintenance-wise.

While the health and safety of our women remains a top priority, this past year in particular, our staff have grappled with the ups and downs of Covid and travel mandates. It has caused stress and confusion among our clients and our staff but as always, they have managed to soldier on.

Due to a number of different factors, Charlford House didn't fare as well financially this year as it has over the past number of years. I can take heart though, in the knowledge of how resilient we are as an organization. This is in large part, because of the commitment and dedication of staff who work so tirelessly to ensure positive change in the lives of the women who walk through our front door. This is, after all, why we are here in the first place.

As an organization, it is important to note, that - not unlike a woman going through our program -despite all challenges, we are staying the course; therefore, all will be well.



Kaela McCann, Program Director

Approximately 80 women have come through the house this fiscal year, and 32 completed the program giving us an average percentage of 40%. I am also so pleased with the tireless work of our staff keeping the self-pay/insurance beds full at 5 and continuing working with families of loved ones for the best possible care.

We are delighted to have Rebecca Barr the music therapist back from MAT leave; although the music therapist that was here in her absence exceeds expectations, Rebecca's experience and passion for the women we serve is without parallel. Rebecca is a truly indispensable member of our team.

We at Charlford have always prided ourselves on our aftercare program so that not only recent past clients but all alumni can access services and support; without this key point of our recovery program I am unsure if I would be still clean if this was not part of the program.

Having said all of that, our relapse prevention meeting on Thursday nights has been helping women in all phases of their recovery so a big thank you and shout out to staff Stacie Yarrow, Jessica Boatman and long-time alumni Gladys Montgomery for going the extra mile in the evening to put this on.

2021/2022 Board of Directors

1. **Laura Johnson, President**
Vancouver Coastal Health
2. **Rachel Mockler, Vice President**
Flatiron Construction
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Whitelaw Twining
4. **Jill Hendrickson, Treasurer**
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7. **Nester Chen, Director**
TELUS
8. **Tugce Erbakan, Director**
Vancouver Coastal Health
9. **Rose Shawlee, Director**
Boughton Law Corporation

2021/2022 Staff

1. **Miranda Vecchio**
Executive Director
2. **Colt Long**
Director of Development
3. **Kaela McCann**
Program Director / Lead Counsellor
4. **Stacie Yarrow**
Case Worker / Counsellor
5. **Haley Roberts**
Junior Counsellor
6. **Ariel Tait**
Residential Counsellor
7. **Bryn-Erin Ward**
Fundraising and Events Assistant
8. **Jessica Boatman**
Relief Worker

Core Programming

Our core programming includes:

- **12-step written work**
- **Mother's Access Program**
- **Body image workshops**
- **Music therapy**
- **Yoga and meditation**
- **Art therapy**
- **First Nation's integration**
- **Food safe training**
- **First Aid, CPR, and naloxone training**

- **Family Group**

Charlford House's Family Group offers ongoing weekly support to family members of the women of Charlford House, both past and present. This group provides members with much needed insight, education, resource information and camaraderie. In 2020, we began offering this service via Zoom due to COVID-19. The online format has allowed us to connect with family members from out of town who would not otherwise have access to Family Group. Our Family Group follows the same philosophy that we do for our main program: women supporting women, people supporting each other. Family members are always welcome to attend, even if the woman relapses. The positive outcomes are reflected in feelings of hope and solidarity with other family members in the group. They are reminded that they are never alone.

- **Relapse Prevention Group**

Relapse Prevention is a weekly (Zoom) group where women have a safe and supportive space to discuss any issues which may threaten their sobriety or clean time. Topics such as grief and other deep-rooted emotional issues are explored. This is an organic and interactive group where women can become vulnerable in a loving environment. This group personifies the therapeutic value of one addict helping another. In this vein, the women frequently connect with each other for support outside of these meetings as well.

- **First Nations Integration**

Charlford House stands in solidarity with the Indigenous peoples as they grieve the recent discoveries of mass graves at former residential schools across Canada. As we recognize this heartbreaking reality, we renew our commitment to providing care for First Nations women. We acknowledge that our organization operates on the unceded territory of the Traditional Coast Salish Lands including the Tsleil-Waututh (səl ilw'ətaʔt), Kwikwetlem (kʷikwəɬ əm), Squamish (Skwxwú7mesh Úxwumixw), and Musqueam (xʷməθkʷəy̓ əm) Nations.

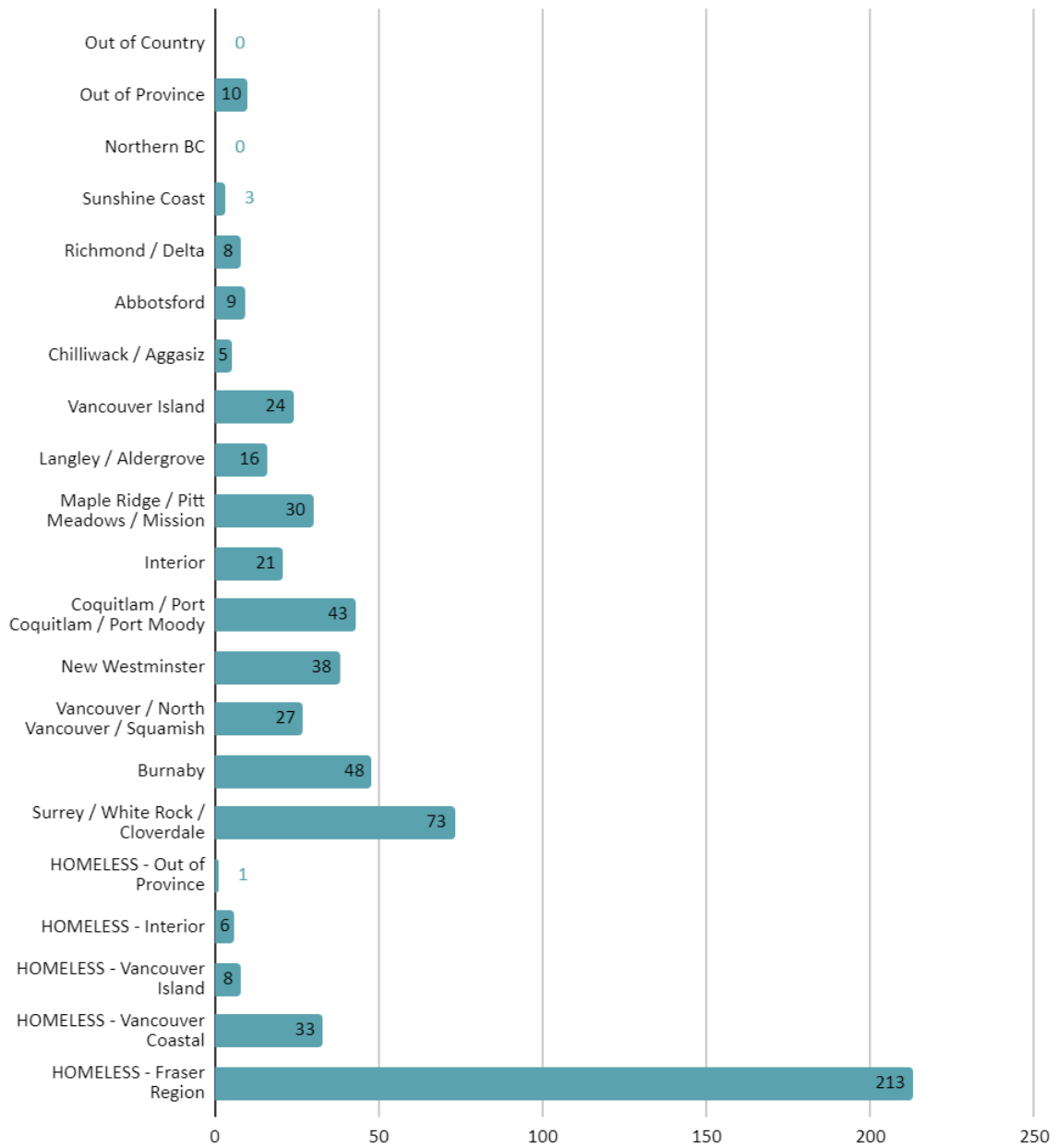
Here at Charlford House, we integrate First Nations customs into our program. We believe it's important for First Nations women to connect with their culture and spirituality as well as for all women to learn different ways of practicing the 12 Steps.

Under the guidance of Program Director Kaela McCann, an indigenous woman, our women learn to understand First Nations history and customs. We work with First Nations Health Authority and elders to provide cultural safety for our First Nations clients. First Nations women connect with their culture and reckon with the impact substances and colonization have had on the First People under the safe guidance of the Charlford House staff. The women of Charlford House are introduced to *The Red Road to Wellbriety: in the Native American Way*, a book outlining the Medicine Wheel, which is when the 12 Steps are placed in a circle, in alignment with the tribal circle teachings of First Nations.

The women also learn how to smudge (a cleansing practice with sage, tobacco, and sweetgrass) and how to make dream catchers and the meaning behind these practices. Prior to COVID-19, elders would come to the house to explain the significance of drumming, have drumming circles, and take the women to sweats in the community.

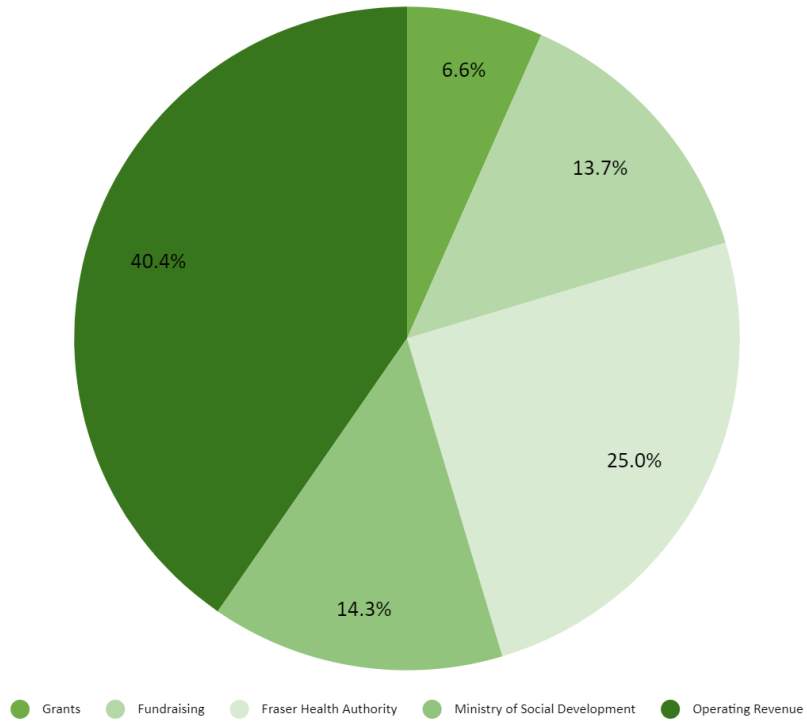
Here at Charlford House, we practice trauma-informed counselling as part of our program. Many First Nations women who pass through our doors are dealing with trauma as a direct result of residential schools. With the practices in place such as smudging and drumming, as well as the trauma-informed knowledge of our counsellors, we do everything we can to encourage healing, hope, and spirituality for our women.

Clients by Region



Financial Highlights

CHARLFORD HOUSE REVENUE 2021-2022
TOTAL REVENUE: \$779,494



Charlford House Expenses 2021-2022
Total Expenses: \$870,232

