

Barry House



Metro Turning Point



Herring Cove Apartments



The Rebuilding



Nehiley House



Sir Sandford Fleming House



Supporting people transitioning from crisis to community since 2008.

Message from the Board Chair, Laurie Edwards

BOARD OF DIRECTORS

Board Executive

Laurie Edwards, Board Chair
Director of Career Development,
Nova Scotia Community College

Ken MacLean, Past Chair
Vice President and General Counsel
Municipal Group of Companies

Melinda Countway CPA, CA, Treasurer &
Chair Finance, Audit & Risk
Committee
Manager Financial Projects
Stewart McKelvey

Mike Myette, Secretary & Chair Board
Affairs
Executive Director – 211 Nova Scotia

Members at Large

Lindsay Cross,
Brand and Integrated Marketing Specialist,
Mount Saint Vincent University

Lindsay Hernden,
Inspector, Halifax Regional Police

Jeremy Jackson,
Vice President – Marketing,
Killam Properties Ltd

Meghan Laing, Co-Founder
Halifax Connects
Realtor, Domus Realty

Sean Lewis,
Communications Director,
Irving Shipbuilding Inc.

Colin MacLean, CPA, CMA
Professor, Rowe School of Business
Dalhousie University

Jamie O'Neill, Chair Research &
Engagement Committee
Partner, Uprise Consulting

David Pangman, CPA, CA
Vice President Finance and Treasury,
Municipal Group of Companies

Bernard Smith, CA
Community Consultant

On behalf of the Board, I am pleased to share with you some highlights of the Board's work this year. Last June we welcomed 6 new board members which set a different tone for decision making. For the first time in many years, Board members have become actively engaged in committee work to help fulfill the mission and mandate of Shelter Nova Scotia. Committees include Finance, Audit and Risk (FAR); Governance; and a newly established Research and Engagement committee.

This year there were 3 priorities of our work:

- Board renewal and getting to know Shelter Nova Scotia;
- Putting structure in place to support the mission and mandate; and
- Instilling respect and dignity for clients and employees through financial stability.

The Board commenced a journey of discovery by visiting most facilities and hearing from Program and House Directors about their clients, the needs, the facilities, and the services employees provide. The Board was very impressed with the commitment, care and compassion the team puts into providing emergency shelter, housing for late stage addiction and transitional housing for individuals moving from correctional facilities/institutions and shelters to community. Learning about this work with the visits and enthusiastic presentations enabled us to focus and mobilize our work as Board members.

Board members, motivated by the challenges presented by senior employees, undertook building a structure to help bring focus to the organization's priorities. The new committee structure provides terms of reference and action plans with deliverables to manage finances, ensure Executive Director's accountabilities are met, support fund-raising, and help Nova Scotians hear the stories of the people we support. This work continues with a formal adoption of Shelter Nova Scotia as the official name, a proposed new set of by-laws, and drafting the organization's Policy Governance document, fund development, telling the compelling stories of clients, and donor engagement are in early stages.

Healthy organizations require leadership, good governance and financial stability. The FAR committee's expertise and knowledge is building a strong foundation for the future of Shelter Nova Scotia. This has been a year with many challenges and financial stability remains a priority. The FAR committee and senior employees are now able to provide Board with the financial information with which to address funding as well as establish fund-raising goals. The financial picture was not complete and this limited the Board's capacity to move forward. This year's Audited Statements and newly enhanced financial reports will help the Board to better support initiatives focused on instilling respect and dignity for our clients, residents, tenants and our employees.



Laurie Edwards, Board Chair and Linda Wilson, Executive Director at the Sleep Out for Shelter Nova Scotia.

Message from Executive Director, Linda Wilson, MSW RSW

Shelter Nova Scotia has an advantage in that it consists of committed and knowledgeable board members, employee's advocates and donors. I have been inspired while strategizing, preparing and accomplishing with you, situations and plans that will improve experiences and outcomes for the individuals we serve. There is no doubt among us, that we are the group who will take Shelter Nova Scotia to its next phase evolution.

We have made headway in areas including building maintenance and renovation, business practice, information technology, human resource management, board governance and development administration and of course a brand new cutting edge program at Herring Cove Apartments. The year ahead promises further advancement which will include further financial stability, a designed volunteer program, more facility improvements and renovations, relationship building and over-all strengthening of operations.

Across the organization we have been having conversations about dignity and how it is found at Shelter Nova Scotia. The conversations and actions to date are thought-provoking. We are doing a lot of things right, and are committed to making dignity a theme for the next year and embed it into the organizational culture as we have, a strengths based approach.

Meeting some of the folks served by the organization has created many feelings for me, sadness, humility, curiosity, appreciation, admiration, and then always motivation. For some people we are a stop along

the way of their journey, for others we are a regular touch stone and for some we are their stability. Whatever we are and who ever they are, it doesn't really matter, other than we are together now for a purpose. We each may figure out why sometime, and maybe we never will, but we are all learning lessons about ourselves and the world as we walk together.

Looking forward to the next steps and all that is around the corner as we move together with the word DIGNITY on our minds and all that will come to mean to us.

Sam moved in to The ReBuilding in January 2016 from Metro Turning Point shelter where he had spent nearly 200 days over the last 6 years. During that time, Sam worked with our Trustee to manage finances when he was intermittently housed. At 56 years of age and after years of battling an addiction to alcohol he successfully reached sobriety. Following his move into his new home, he continually notified employees of his milestones.

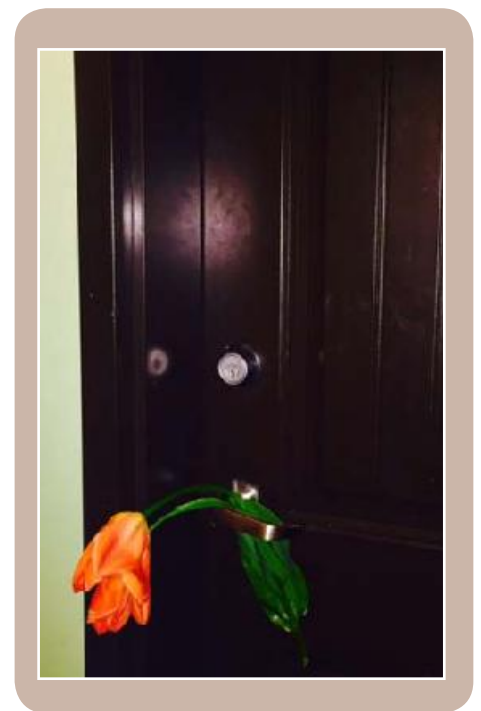
Sam was proud of his new home and shared his appreciation by frequently inviting people in to showcase his home to friends, family and employees. He welcomed his guests to help complete jigsaw puzzles, a favourite past time of his.

Shortly after Sam moved into The ReBuilding we learned he had a terminal illness. He did not allow this to slow him down. He held a part-time job obtained through a temporary employment agency and continued to volunteer, which he had done for many years. Sam opted against treat-

ments and instead chose to live his final months at home with comfort and dignity.

Last fall, another tenant of The ReBuilding had planted tulips. The tulips had recently bloomed. One of Sam's neighbors picked a tulip and anonymously placed it on his door after news was shared of Sam's passing.

Such a simple gesture speaks volumes of his character and how much he touched the lives of others.



"There isn't a person you wouldn't love if you could read their story."

- Marjorie Pay Hinckley

The Believers

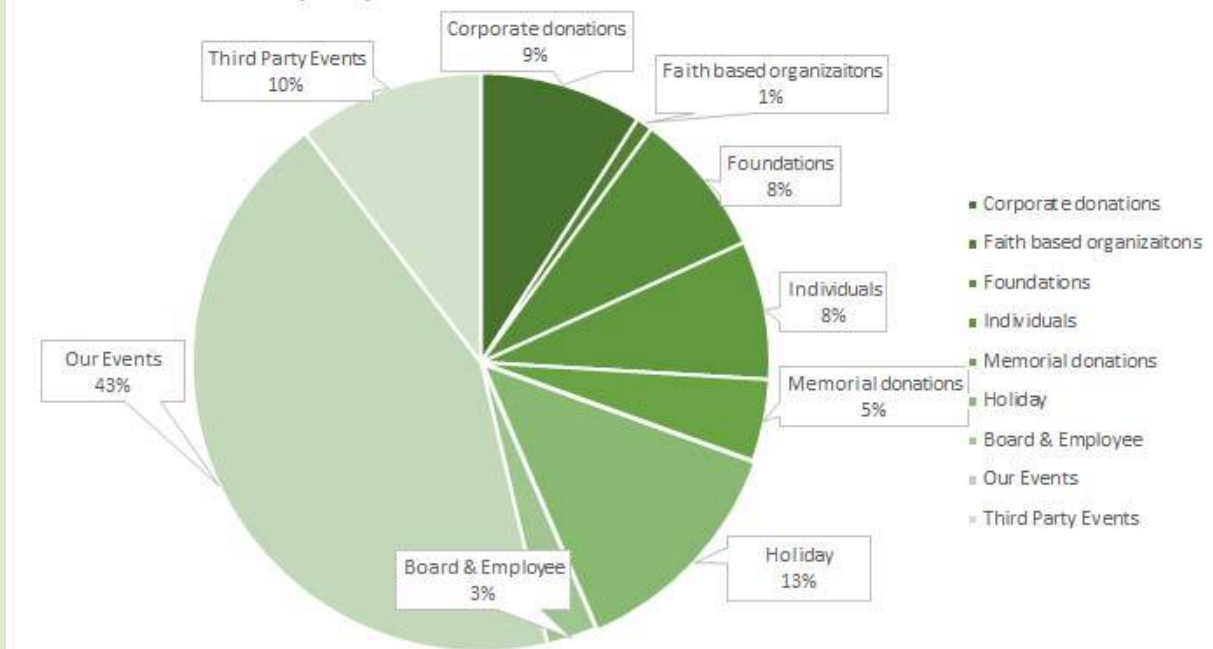
Our cornerstone funders

- Nova Scotia Department of Community Services
- Correctional Service Canada
- Homelessness Partnering Strategy
- Housing Nova Scotia
- Generous community members

Our 2015 Grants

- Domus – A Home for Everyone
- Flemming Charitable Foundation
- Employment and Social Development Canada - Canada Summer Jobs

Annual Donations \$153,239



Matthew is a long-time client of Metro Turning Point. In 4 years he has stayed 40+ occasions, totaling about 650 nights in shelter. After much support Matthew began to believe that he could make a change. He had enough self-confidence to put his best foot forward. Matthew formed a positive relationship with a landlord that he met with our Housing Support Worker, and he was approved for an apartment.

Matthew was worried about living independently. As he prepared to move he worked with our Housing Support Worker to develop plans to manage “hard to handle” situations like consistently losing your keys. Having a plan allowed Matthew to believe that he could handle things, without losing control and being evicted. Matthew was determined and has been in contact with us regularly. He says he just needed to have someone BELIEVE in him, and to help him believe that he could do it!



Care Cuts

Our Practice

Our Vision

A community without judgement where everyone has a safe, affordable home.

Our Mission

While providing a safe place to stay for those in need, Shelter Nova Scotia seeks to grow an effective continuum of services to help people transition from crisis back to community.

Homelessness & Housing

We believe housing is a primary need, other issues that may affect an individual can be addressed once housing is secured.

We believe in supporting people in a non-judgemental environment while promoting compassion and dignity.

We believe in a harm reduction model that enables us to serve people experiencing multiple barriers.

Community Corrections

We utilize a structured, supportive approach to assist individuals in their transition from prison to community living.

We believe in supporting people in a non-judgemental environment while promoting compassion and dignity.

Through a strong working relationship with parole officers, residents are supported in their individual release plans as they re-engage with the community.

We believe in measuring success based on each individual's circumstances.
We believe in collaborating with experts in the community to ensure people receive the best service.

Trustee Program

The purpose of this program is to serve those who need help stabilizing their housing. It is an eviction prevention support program – one dedicated trustee works with 195 people! We ensure that rent is paid on behalf of those who are enrolled in the program. We assist with bill repayment plans, using the client's income, to make debt repayment more manageable. When needed the trustee advocates on behalf of the client with other service providers. Living on a fixed income means managing monthly expenses is difficult. This program is there to help.

Supportive Housing Program

Barry House and Metro Turning Point have one housing support worker. They helped 85 people transition to independent living. Employees travel with shelter clients to view potential apartments and develop relationships with landlords. Our team helps in many ways including ongoing assistance once a person has moved into their own home; navigating resources, providing referrals and goal planning for 204 community members. Shelter Nova Scotia also supports 33 people in their homes through the supportive housing program established in 2010. Our longest standing client has been housed since Feb. 1st, 2010.



METRO TURNING POINT – Emergency Shelter established in 1973

Metro Turning Point is an 80 bed emergency shelter for men, transgender and youth. For those that stay with us we provide a light meal each night, access to a refrigerator, phone and laundry, personal care items, and assistance in securing independent housing.



We collaborate with onsite support from Mobile Outreach Street Health (MOSH), Addiction Prevention and Treatment Services (APTS) Outreach Worker, Community Mental Health Nurse (NS Health Authority, Central Zone), and the Department of Community Services Income Assistance Worker.

- Provided a night's rest for 562 people
- The average age of those who stayed with us is 39 years old
- 4 per cent of those who stayed are Veterans
- We never close

4% of our
shelter
clients are
age 65 +

BARRY HOUSE - Emergency Shelter established in 2001

Barry House is a 20 bed emergency shelter for women, women and their dependant children, transgender and youth. Dependant children includes boys up to the age of 14. For those that stay with us we provide three meals a day, phone and laundry, personal care items, and assistance in securing independent housing.



We collaborate with onsite support from Mobile Outreach Street Health (MOSH), Addiction Prevention and Treatment Services (APTS) Outreach Worker, Community Mental Health Nurse (NS Health Authority, Central Zone), and the Department of Community Services Income Assistance Worker. Twenty two per cent of women who stayed with us reported staying in foster care or group homes as children or youth.

- Provided a night's rest for 197 people
- The average age of those who stayed with us is 33 years old
- 3 per cent of those who stayed are Veterans
- We never close

31 % of
our shelter
clients are
youth (ages
16 - 24)

HERRING COVE APARTMENTS established in 2015

Herring Cove Apartments- Housing First is a supportive living environment for individuals who are experiencing long term alcohol dependence and have a history of homelessness. This facility has funding from the Homelessness Partnering Strategy. We provide affordable housing in the form of shared apartments, enabling our tenants to create a sense of community. We believe that housing is a basic human right.



Through intensive 24/7 on site support, tenants are provided opportunity to develop personal goals related to meaningful daily activity, social relationships and networks, and assistance with medication and money management. Tenants also have access to weekly onsite health care services.

We offer minimal barrier, high tolerance housing in a harm reduction environment. With a goal of eviction prevention, employees support individuals with long term alcohol dependence for whom traditional recovery methods have not been successful.

Herring Cove Apartments Advisory

Bill Moore, Deputy Chief of Police

Dr. Robert Strang, Chief Public Health Officer for Nova Scotia

Claire MacNeil, Dalhousie Legal Aid

Jim Graham, Affordable Housing Association of Nova Scotia

THE REBUILDING established in 2012

The Rebuilding is a supportive housing complex for men leaving shelter life (Metro Turning Point) for individual housing. There are 19 apartments consisting of bachelor and one bedroom units. We provide affordable rent for fully furnished units with a common room and shared laundry as well as internet and telephone access. We believe that everyone has the right to safe, affordable, quality housing.



On-site employees work to create a sense of community for the tenants. The tenants have support from 8am-10pm Monday-Friday and 10am-10pm on weekends and holidays. In addition there is an on-call support person available after hours for emergencies. Support services include;

- Assistance with activities of daily living (housekeeping, budgeting, self-care, personal hygiene, medication management, etc.)
- On-site training and development
- Twice a week coffee breaks
- Guidance around rent and bill payment,
- Life skills/socialization opportunities
- Referrals to community resources (occupational therapy, addictions services, employment, mental health services, Mobile Outreach Street Health, etc.) and crisis intervention

SIR SANDFORD FLEMING HOUSE established in 1984

Sir Sandford Fleming House is a Community Residential Facility for men making the transition from prison living to community living, sometimes referred to as a halfway house. We work closely with Correctional Service Canada to ensure our community is safe and the men we serve receive the best possible access to programming and services.



We support and engage up to 20 residents at a time in a male-centered environment. The location, structure and services offered reflect the needs of the men and the atmosphere promotes growth, healthy living and personal development.

We served 70 residents

- 46 per cent of the residents were employed.
- 70 per cent noted substance use and/or misuse.
- 53 per cent noted mental health support.

“I always thought it meant self worth. To me dignity is being faithful, honest and respectful of yourself and others all the while, taking pride in ones ability to do so. Dignity; to me means having a conscience and feeling of self worthiness.”

- Sir Sandford Fleming House employee

NEHILEY HOUSE established in 2005

Nehiley House is a Community Residential Facility for women making the transition from prison living to community living, sometimes called a halfway house. We work closely with Correctional Service Canada to ensure our community is safe and the women we serve receive the best possible access to programming and services.



We support and engage up to eight residents in a women-centered environment. The location, structure and services offered reflect the needs of the women and the atmosphere promotes growth, healthy living and personal development. Nehiley House is the only community based residential facility in Nova Scotia that has a Mother-Child Program.

The Mother Child Program helps women prepare for parental responsibilities while being supervised and supported at the facility. Application to the program is assessed by the community Parole Officer, House Director and Department of Community Services Child Welfare Worker. Applications are reviewed on a case by case basis to determine if placement at the facility is in the best interest of the child.

We served 26 residents

- 42 per cent of residents were employed
- 65 per cent noted substance use and/or misuse
- 62 per cent noted mental health support

“At its core, dignity means being treated with respect. It means that as an individual, you are given the opportunity to see your own self worth and value. It allows individuals to live their lives in a way that makes sense and feels right to them.”

- Nehiley House Employee

We have **88**
employees



We have **3**
supportive housing
workers serving
237 community
clients



30,044
night's of
rest for 759 shelter
clients

85 people were
moved from crisis
to community –
they have a place to
live



9268
bed nights for
96 people in
community
residential facilities



Mike is an educated man who worked professionally for much of his life. He had been evicted several times as a result of his drinking and had been in and out of the shelter, and was struggling. Since moving into Herring Cove Apartments, Mike has embraced stability. Mike is fortunate to be connected with family, and they often drop by and help him prepare food. Since his arrival, Mike reports that his drinking has reduced. He's looking forward to the future and how he would like to spend his time. For Mike, hope is beginning to bloom again.

Susie arrived at Barry House for the first time in 2011. She faced many uphill battles, relied on shelters and friends. In 2015 Susie returned to Barry House feeling discouraged and deflated. Nevertheless, through perseverance and the Supportive Housing Program, Susie secured herself a place she can call home in February 2016. She receives in home support to help her maintain housing stability. Congratulations on your new home, Susie!

Our People

We employ 88 people who work a variety of shifts to ensure that we can provide qualified care no matter what hour of the day or night. We have full time, part time and casual employees on our team.

Recognition of service awards

Three years

Samantha Fleckney
Nicole Goldsworthy
Amie Leslie
Colleen Ritchie
Mickyla Rogers

Five years

Katelyn Billo
Elizabeth Mooney
Aron Nyman
Christina Rodrigue
Dwayne Wright

10 years

Terra Crowe
Darlene Grady Lunn

20 years

John Connor

List of our employees

Rebecca Aiyesa	Kevin Delahunty	Kinnon Job	Jennifer O'Reilly	Kendra Turvey
Seth Amero-Fisher	Lamont Dobbin	Nicole Johnston	Patrick Peori	Emma Walker
Benjamin Amini	Stacey Dort	Justin Jordan	Melissa Phillips	Laura Webber
Cayly Askin	Meghan Doucette	Cortnie Kane	Donna Poirier	Leslie Weber
Kaitlyn Babin	Michael Dove	Mariah King	Wayne Poisson	Michelle Wheeler
Lyndsey Bain	Naomi Downey	Lisa Kloucek	Jeremy Pongoski	Brandon White
Shane Ballard	April Drake	Gina Kokoska	Tony Regimbal	Rebecca Whitzman
David Bamford	Heather Dunfield	Amie Leslie	Colleen Ritchie	Gina Wilson
Jenna Benoit	Jamaal Edwards	Deborah Lewis	Christina Rodrigue	Linda Wilson
Kyle Besaw	Robert Elford	Cameron MacLellan	Mickyla Rogers	Megan Wood
Kate Billo	Samantha Fleckney	Erin Manning	Rachel Salter	Dwayne Wright
Dawn Burgess	Taylor Frauzel	Emily Martins	Catey Saunders	
Jennifer Butler	Maya Fry	Jerica Matthews	Dhillon Sehmbej	
Kaitlyn Butler	Savanna Gallant	Carly McConnell	Brittney Sinclair	
Sarah Collins	Nicole Goldsworthy	Elizabeth Mooney	Julie Slen	
John Connor	Robin Govindsamy	Samanth Morris	Tammy Smith	
Jessica Conrad	Darlene Grady-Lunn	Nicole Nearing	Tyler Spencer	
Stephanie Cook	Stephanie Hipkins	Samantha Nestor	Karen Spurr	
Erin Cotie	Elissa Hughes	Stephanie Nieman	Chris Stewart	
Jessica Croll	Selena Jackson	Aron Nyman	Sandi Thompson	
Terra Crowe	Marisa Janes	Amanda O'Brien	Melissa Thomson	

Marie decided she wants to be a Veterinary technician. In order to pursue this dream, she has to complete two science classes. Marie has been focused on her studies and exhibits great discipline in keeping to a study schedule. She recently wrote her first test and was worried she wasn't grasping the material. Upon receiving her graded test, Marie was excited to share with us that she received an 86. Well done Marie!



Saturday, October 3, 2015

Victoria Park (Spring Garden Road)
7 p.m. to 7 a.m.

Register or donate at www.shelternovascotia.com/sleepout



William Morris, Lily Laing and Meghan Laing



Kate Billo, Lindsay Cross, Mariah King,
Pat Pilgrim and Dave



Jeremy Jackson, Nick Harris and Pamela Crowell,
Killam Properties Team



Nearing 100 people slept out raising more than \$50,000

Why A Sleep Out?

We wanted a grass roots event that would raise funds and awareness. The discomfort of sleeping out for the night is not comparable to the daily struggle faced by community members experiencing homelessness. Our hope is that by giving up the comfort of our beds to sleep out, we are creating a meaningful opportunity to discuss the issues of homelessness and how as a community we can **change the conversation**.

Join us Saturday, October 1st at Victoria Park. To register go to www.shelternovascotia.com/sleepout.

Anyone can participate. Join families, the medical & counselling profession, business and community leaders, and our motivated citizens at this year's event.

The Chronicle Herald sent Bill Spur to sleep out with us. This is a quote from his article

“One sleeper with a unique perspective was Brendan Maguire, MLA for Halifax Atlantic, who grew up in foster homes and spent a good deal of his adolescence sleeping in places like the lobbies of apartment buildings.

‘It really makes you aware. I think every decision maker and every politician should probably do this, it makes you aware what people go through.’”

Thank you to our sponsors





Co-ordinating this one-day service event allows us to achieve our goal to help those we serve access services. It cuts down on time, transportation issues and creates a place of respect. Halifax Connects exemplifies how we work to be community leaders utilizing expert care models.

800 adults with 50 young children experienced this year's event.

200+ volunteers ensure that attendees receive a hot and nutritious lunch, clothing, comfort kits and access to medical and social services

84 people receive much needed foot care
150 people received free haircuts

70 people accessed onsite medical care
100 people had free eye exams

With the support of the United Way we launched a talk back booth and were able to capture the day in video. You can take a look at <https://www.youtube.com/watch?v=p1NX917tIXU>

Look what else we did!

- ✓ Criminal Justice programs
- ✓ Mentored Nova Scotia Community College (NSCC) Public Relations students
- ✓ Membership with the Halifax Chamber of Commerce
- ✓ Served as a board member of The Gordon Foundation, the Atlantic Halfway House Association, & NS Criminal Justice Association
- ✓ Presented at the Adsum for Women and Children Open House
- ✓ Participated in the Department of Community Services Transformation Review
- ✓ Volunteered serving meals at Soul's Harbour Rescue Mission
- ✓ Spoke at the Homelessness Memorial Service
- ✓ Partnered with Dalhousie Masters students & Halifax Public Library on a Community Led Services project
- ✓ Membership with the North End Community Circle
- ✓ Community participant on the Nova Scotia Community College Program Advisory Committee
- ✓ Supported student placements for Eastern College, Dalhousie University Occupational Therapy and NSCC Public Relations
- ✓ Attended Canadian Criminal Justice Congress

These media and marketing organizations helped us create awareness and break down the myths about people experiencing homelessness and people transitioning from prison to community life.

Thank you.

- CBC, CTV, Global
- Chronicle Herald, Local Connections Halifax, Metro Halifax, Progress Media, Snap'd
- C100, News 95.7 – Sheldon MacLeod, Q104,
- Pattison Outdoor
- Revolve, Trampoline

12

SIGNIFICANT THINGS

Our believers have made possible

Look how much good a donation to Shelter Nova Scotia can do!

- ✓ Gave up the comfort of their homes for the Sleep Out
- ✓ Volunteered to prepare and deliver home cooked meals to our facilities
- ✓ Held their own fundraising events - business lunches, theatre shows, musical benefits
- ✓ Donated new appliances and health equipment
- ✓ Donated money in memory of a loved one
- ✓ Donated a percentage of their annual business profits
- ✓ Ensured everyone enjoyed a home cooked Thanksgiving & Christmas dinner by donating a portion of the meal
- ✓ Donated their marketing and design expertise
- ✓ Secured free advertising space
- ✓ Recommended that friends donate
- ✓ Custom fit, donated shoes for feet in serious need
- ✓ Donated time and expertise toward major renovations at our facilities

