



Annual Report 2017-2018

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ABOUT US

In 2017-2018, we updated our Mission, Vision and Values

OUR MISSION

Interval House of Ottawa empowers all persons who identify as women and their dependents. In partnership with the community, we provide safe shelter and support, intervention and prevention services, and advocacy to break the cycle of violence.

OUR VISION

Interval House of Ottawa leads the way in building a community committed to healthy and respectful relationships, free from all violence and abuse.

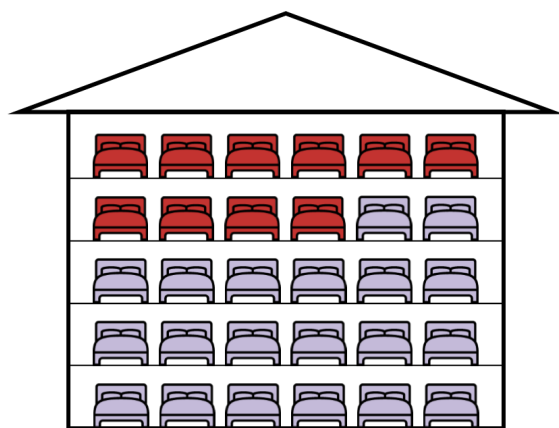
OUR VALUES

- Client-centred
- Compassion/Empathy
- Empowerment
- Equality (Diversity & Intersectionality)
- Leadership/Accountability (Resourcefulness & Advocacy)
- Respect

2017-2018 FUNDING FOR OUR 30 BEDS

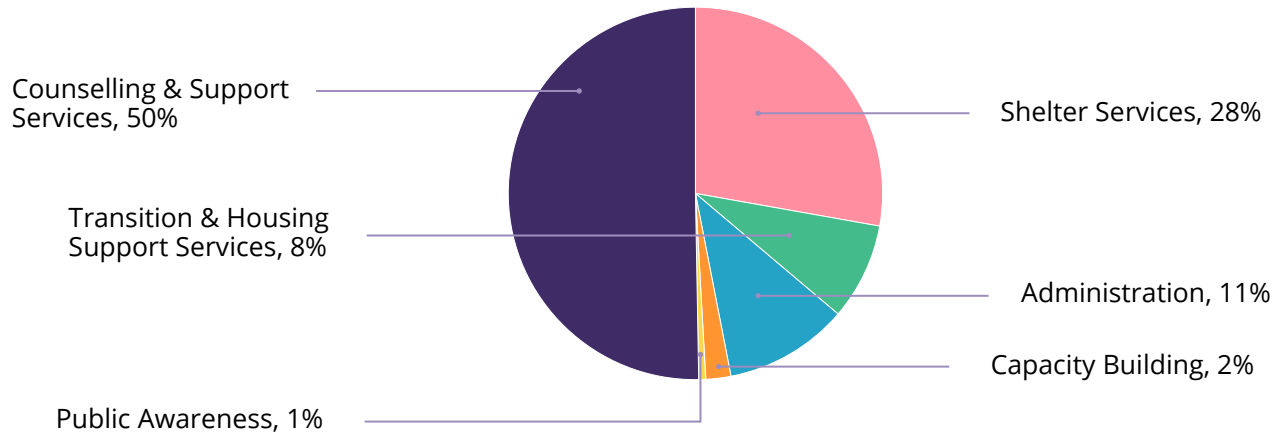
Source: Transfer Payment Annual Reconciliation, 2017-2018

In 2017-2018 it cost **\$1,135,639** to provide 30 beds and services to women and their dependents who resided with us. The Ministry of Community and Social Services (MCSS) provided **\$960,969** in operating funds for 20 of those beds. Your donations and one-time grants provided the **\$174,670** in operating expenses required to fund the additional 10 beds.



IMPACT

WHERE WE SPEND OUR MONEY



3,138 calls to the crisis line
83 women resided at IHO
140 dependents resided at IHO
570 counselling hours in shelter



185 women in the community served by Transitional & Housing Support Program
\$11,858 in grants awarded to current and past residents from the Virginia Lorraine Stewart Fund

MESSAGE FROM THE BOARD PRESIDENT AND EXECUTIVE DIRECTOR

This year the IHO Board of Directors and staff embarked on a capital campaign to raise the monies needed for our Escaping Violence Together Project. With the support of many incredible individual donors and grants we raised \$130,000 to build the pet housing area! The area was designed with the support of Dr. Michelle Lem, Community Veterinary Outreach. We made the decision to renovate a portion of our oversized basement in order to respect the diversity of our clients and address allergies and fear of animals. Allergens and odors are contained with a separate HVAC system, and a designated washer and dryer for animal bedding and towels. The area is also soundproofed to ensure that barking or other noise does not reach the main living space of the shelter. It is designed to include fully enclosed spaces for dog housing; cat housing; small animal housing; a room for food preparation, sanitation and laundry; two pet friendly family rooms in which women and children can play with, and be comforted by their pets; and an enclosed outdoor space for play and exercise. Construction was completed in May 2018. Currently very few shelters for abused women and their children in Canada support women and children to come into the residence with their family pets. IHO is the only one in Ottawa, 3rd in Ontario and 8th in Canada to support pets accompanying their families into shelter.

The board Fundraising, Advocacy and Communications Committee and staff were very busy this year supporting IHO with the creation of several new communication tools. This year, new brochures were revised and printed to include pet housing and printed in Arabic, French and Somali. We released a brand new website, redesigned our e-newsletter, and created a Special Edition Newsletter for the Escaping Violence Together Project. We presented this project at many different forums including conferences and media outlets. To support our capital campaign we launched a social media campaign

and leapt into the world of Facebook boosts! As a result of these communication strategies we are proudly seeing a wave of shelters considering pet housing on-site.

We embarked on a new strategic plan this year. Menard Coaching & Consulting was hired to complete an external environmental scan and an internal board/staff survey. The board and staff came together on April 14, 2018 with the result being a three-year strategic plan that included: a revised vision and mission; new values; and eight priority goals that we strongly believe in.

Partnerships were certainly on our agenda again this year. We continued to increase our community partnerships in order to provide safe shelter and support, intervention and prevention services, and advocacy to recognize and end violence against women, children and their pets. It is important to note that IHO could not have done any of this wonderful work without such a knowledgeable, skilled and committed staff and Board of Directors.

Sincerely,

A handwritten signature in black ink that reads "Megan Paterson".

Megan Paterson
Board President

A handwritten signature in black ink that reads "Kia Rainbow".

Kia Rainbow
Executive Director

BOARD OF DIRECTORS 2017-2018

Angie Kelly	Christine LeBlanc	Erin Stevens	Julie Lafrenière	Megan Paterson
Antonia Stieda-Sanne	Emilia de Somma	Jennifer Baldwin	Kristen Holinsky	Salimah Mitha