



Annual Report 2014-2015

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ABOUT US

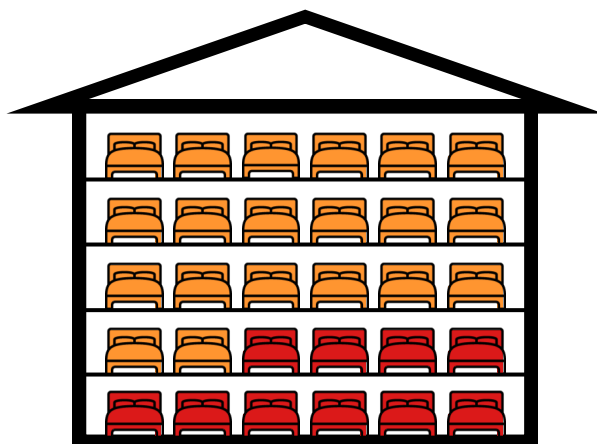
OUR MISSION

Interval House of Ottawa is committed to ending the cycle of violence and to empowering women and children who are victims of violence. We provide emergency shelter for women and their children fleeing abusive relationships, and offer crisis intervention and prevention services, advocacy for victims, and education about violence for both victims of violence and the community at large.

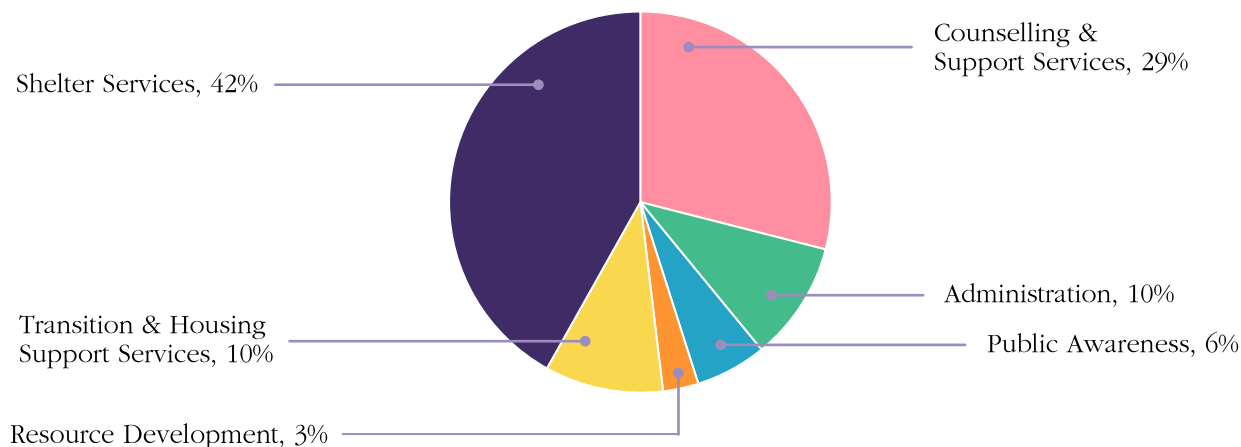
2014-2015 FUNDING FOR OUR 30 BEDS

Source: IHO Transfer Payment Annual Reconciliation, 2014-2015

In 2014-15 it cost **\$1,099,142** to provide 30 beds and services to the women and children who resided with us. The Ministry of Community and Social Services (MCSS) provided **\$938,446** in operating funds for 20 of those beds. As a result of your donations, one-time grants, and savings from previous year surpluses, we received **\$160,696** of operating expenses required to fund the additional 10 beds.



WHERE WE SPEND OUR MONEY



FAST FACTS

Calls to crisis line: 2,244

Women who lived in shelter: 90

Children who lived in shelter: 130

Counselling hours in shelter: 573

Average time living at the shelter: 12 weeks

Cost of providing shelter for one day: \$1940.56

Cost of groceries for 1 week: \$865.38 (for 30 people)

Loads of dishes per day: 9

Loads of laundry per day: 7

Pots of coffee per week: 17

Individual volunteers: 52

Volunteer hours: 928.55

Public Education presentations: 16

Women served by Transitional Support Program: 263



If every person in the City of Ottawa donated **\$1.15**, IHO could operate for one year.

“[IHO has] highly trained professionals who are there to give you guidance, counselling and shelter for safety. In my years of struggle, that’s where I’ve felt safe to turn. They have helped me with personal issues, housing, counselling and in association with the Virginia Lorraine [Stewart] Fund, funding to go back to college for another career. Working with a Transitional Support Worker, I was motivated to find myself and what I wanted in life. With the help of [community referrals] I was able to find resources that I needed to further myself. I give thanks for all their support!”

MESSAGE FROM THE BOARD PRESIDENT AND EXECUTIVE DIRECTOR

The past year has been an exciting and successful time for Interval House of Ottawa (IHO). We continued to address our strategic priorities by assessing the organizational changes that were implemented at the beginning of the fiscal year. The programs and services that were consolidated and expanded have proven to be efficient and effective. The five new positions of Residential Program Manager, Child & Youth Counsellors and Women's Counsellors act as "Case Managers" to follow women and their children from the beginning of their stay at IHO until their departure and have allowed for seamless and comprehensive service to the 90 women and 130 children who resided with us last year.

Last year we also created new spaces for counselling that have been well utilized. The new counselling room is a cozy and comfortable space for women to meet with our Counsellors and outside service providers such as Children's Aid Society, police, and Ontario Works. We also have a Child & Youth specific counselling space to allow children to heal from the effects of experiencing and/or witnessing violence. The children and youth who reside with us have experienced and/or witnessed violence against their mothers, had to leave their family homes, schools and friends, and have experienced changes in family structure. These changes can be quite upsetting, and in the new Child & Youth space our Counsellors use modalities such as a sand tray to assist with the healthy emotional, social, physical and cognitive development of children and youth while also offering them the opportunity to actively confront their fears through imaginative play.

Interval House of Ottawa is dependent on a knowledgeable and skilled staff. We are fortunate to have 24 women working with us who have an immense

amount of skill in addition to their pride and commitment to their work. We also rely on a supportive membership and strong leadership, which is why the Executive Director and Board Vice-President attended *The Symposium for Chief Staff and Elected Officers* to better equip IHO with the knowledge needed to build, manage and maintain an effective and productive relationship that best serves IHO's members, stakeholders and residents.

For more than 39 years, IHO has been a solid foundation for women and children fleeing violence. Collectively, we are creating a society where people treat each other with dignity, respect and compassion; where conflict and anger are expressed in non-violent ways; where children grow up with their self-esteem intact; and where oppression is replaced with equality.

Sincerely,



Kate O'Connor

Kate (Rexe) O'Connor
Board of Directors President



Kia Rainbow

Kia Rainbow
Executive Director

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