



**MEN'S THERAPY CENTRE
SUPPORTING SURVIVORS OF TRAUMA**

ANNUAL REPORT 2019- 2020

The Men's Therapy Centre acknowledges that we work on the unceded traditional lands of the Lekwungen and W̱SÁNEĆ peoples and we commit to being allies in healing inter-generational trauma caused by colonization.

OUR VISION

Men* who experience trauma thrive in a community that understands and empowers them to lead fulfilling lives.

OUR MISSION

To provide psychological and practical support to facilitate healing for men, sixteen years and older who experience the effects of trauma.

OUR VALUES

Compassion: we care for and understand the needs of men, who are survivors of trauma, with empathy and without judgement.

Inclusive: we reduce barriers and provide equitable therapy services for men who have experienced trauma.

Trust: we create safe space that reassures and affirms men through their trauma recovery.

***Any subsequent use of "men" includes Cis, Masculine-Identifying, Gay, Bi-Sexual, Transgender, Non-Binary, 2 Spirit, Queer, Gender Fluid +**

OUR SERVICES

Counselling Services

Individual

Our counsellors meet one-on-one with clients who have experienced sexual abuse or other trauma. Sessions are for one hour and are usually scheduled weekly or bi-weekly.

Group

Trauma Stabilization Stage I Group and Stage II Trauma Group: A 10 week group for men who have experienced trauma.

Parenting Group - a 10 week group for Dad's to understand how trauma impacts parenting.

Youth Trauma Counselling Program

15 sessions of free counselling to youth 16-30 who have experienced trauma and are involved in the Criminal Justice System.

Community Based Victim Services

The Victim Services Program provides free short term help to those who are victims/survivors of trauma, sexual assault or who have experienced childhood abuse.

Community Outreach

Building relationships in the community through conversation, education and presentations.

Practicum Students

We are a practicum placement for final year Masters of Counselling.

OUR TEAM

Staff

Paula Greene - Executive Director
Sue Farr - Victim Service/Therapist
Joban Dhanoa - Victim Service
Shannon Roberts - Admin/Finance Officer
John Murray - Senior Clinical Therapist
Mike Schmalz - Therapist
Jeremy Addleman - Therapist
Kelsey Mech - Therapist
Bryan Milonja - Therapist
Yana Petronis - Therapist
Simon Russell - Therapist
Kim McCullough - Post Graduate Intern
Mati Davydiuk - Outreach Worker

Board of Directors

Peter Stanford - Chair
Jon Goody - Treasurer
Kate Engert - Secretary
Sean Dhillon - Director
Trevor Franklin - Director
Justin Munro - Director
Dr. Bruce Monkhouse - Director

Practicum Students

Isaac Rosenberg
Adam Tran

REPORT FROM THE CHAIR

On behalf the Men's Therapy Centre Board we acknowledge the Centre serves our community on the traditional territory of the WSÁNEĆ, Lkwungen, and Wyomilth peoples of the Coast Salish Nation speaking peoples.

Our Centre has seen tremendous change (for the better) in the past year. We adopted a new name. We developed a new logo. We moved into a larger space. And we hired a new Executive Director. Before I continue, I wish to acknowledge our past executive director Paula Greene. Paula has steered our Centre for past several years. Through her leadership the Centre grew and navigated some challenging times, including the ongoing COVID-19 Pandemic. We wish Paula well in her future endeavors.

The Board and staff are happy to bring Nick Sandor aboard as our new Executive Director. Nick will be focused on transitioning into the role whilst helping continue our Centre to serve our community and clients best. Over the year the Centre moved into its current space on 847 Fisgard Street. The space is larger, providing a more welcoming area and more offices for our staff. These changes signal to the community our ongoing growth and commitment to serve our clients. Words matter and by updating our language to better reflect our diversity and inclusion has been well received by our stakeholders and partners.

At the Board level we thank outgoing members Trevor Franklin and our former chair Peter Stanford. We appreciate their leadership and commitment to the Centre. As the Centre's newest Chair I look forward to helping navigate our Centre through these challenging times. I am grateful to the current Board membership including our newer Board members Dr. Bruce Monkhouse and Jody Collins. Moreover, I am thankful to the Centre's staff and team. We recognize there were many changes and the COVID-19 Pandemic certainly didn't make things any easier. However, we have successfully pivoted, adapting to a new normal. The Board and I are proud of each and every person at the Centre.

As we move into the new year I am encouraged and hopeful. Our Centre is in a much better place whereby we continue to focus our energies towards long term growth, opportunity, and harmony.

Thank you,

SEAN DHILLON

*Current Chair,
Men's Therapy Centre*

REPORT FROM EXECUTIVE DIRECTOR

'The only constant in life is change' (Heraclitus), this has certainly been true over the last year for us all including for the Men's Therapy Centre.

After moving last year, to 847 Fisgard St., we re-branded and re-named the Centre becoming the Men's Therapy Centre. With a new name, new logo and a new home we looked forward to settling into a calmer period focused on our programmes and clients. We were busier than ever having seen an increase in referrals and intakes.

The world however had other ideas and as we know COVID -19 turned everyone's life upside down. As for so many others, we had to respond to an ever-changing landscape on an almost daily basis.

We closed to seeing people in person and moved to providing remote video/phone counselling. Whilst this wasn't ideal it certainly allowed us to keep delivering services at a time when so many programmes were closing. Despite an initial drop-off in referrals and client sessions this didn't last long and throughout as we adjusted to working in a world with COVID we saw numbers climb again speaking to the continued need for men and masculine identified folks to receive support and counselling.

It was with relief and trepidation that we re-opened in August again navigating what was safe, what worked best for staff and clients. On a personal note having worked in an empty building for months it was a joy to have the centre full again with staff and clients.

We now manage a hybrid service with in-person and remote counselling depending on what works best for clients and staff.

The staffs' commitment to their work, despite having to navigate this difficult time personally and professionally, has been incredible. Like so many front line workers they have shown up everyday to their work and for their clients; I am deeply grateful and respectful of their compassion and integrity.

At the end of this year of change comes one more transition. After five years at MTC it was time for me to hand over leadership and say goodbye. It has truly been a privilege and pleasure to be the Executive Director of an agency that is doing such vital work. MTC is in good hands as Nick Sandor takes over, bringing a deep understanding of masculinities work and a commitment to collaborative community partnership.

PAULA GREENE

*Former Executive Director,
Men's Therapy Centre*

VICTIM SERVICES

I am in my seventh year as a victim service worker at MTC, and during this time I have witnessed a lot of changes at the center. While change is inevitable, one aspect of the agency that seems to stay consistent is that clients continue to seek help from this organization.

The amount of intakes keep steadily growing each year. Following is some information about the clients who accessed our services during April 1st, 2019 to March 31st, 2020:

Intakes: **279** persons who identify as male.

Average of **23** new clients each month.

77 experienced some form of childhood sexual, physical, and/or emotional sexual abuse.

155 of the intakes experienced childhood emotional abuse or neglect.

The remainder **47** were a combination of an adult traumatic event such as:

- Workplace trauma.
- Victims of crime such as assault or domestic violence.
- Issues due to being homelessness or fear of becoming homeless.
- Issues due to reports to police or MCFD (suddenly losing contact with children).
- Men who are generally not coping and needing somewhere to go for help.
- Men who have fled a war torn country.
- First Nations clients experiencing generational trauma.

**These numbers are not reflective of ongoing clients accessing emotional support or returning clients.*

We also welcomed Joban Dhanoa this year and she settled into the rhythm of her role quickly. The victim service role is a complex one and some days can be particularly demanding and challenging.

We moved in September 2019 and as with all moves, it was extremely tiring as well as being full of new possibilities. Victim services now has its very own office which is exciting.

As always I feel it important to say that the service we offer at Men's Therapy Centre is an imperative and specialized one. Being an organization only for men is something to be proud of and it is consistently appreciated by the men who seek help from us. I hear over and over how we are held in high regard by the myriad of organizations and individuals who make referrals to us. I believe it is so important we continue to offer the high quality service that we are known for in the community, even as we continue to grow into the future.

Susan Farr, M.Ed., RCC

Victim Service Coordinator/ Counsellor

YOUTH TRAUMA COUNSELLING PROGRAM

As of April 2019, the Men's Therapy Centre successfully renewed our grant through British Columbia's Civil Forfeiture funding program. Simon Russell, an MTC counsellor, has taken over the project manager position held for the past two years by Jeremy Addelman. In order to help destigmatize our client population and lower barriers to the services, the Reducing Criminal Behaviour Program has been retitled the Youth Trauma Counselling Program. Our mandate continues to be connecting with male identified youth, aged 16-30, who have experienced childhood abuse, and are also involved in the criminal justice system in order to provide them 15 free sessions of trauma counselling and psychoeducation at MTC in order to address the root cause of their criminal behaviour.

Current project numbers for third year as of October 2020:

- Total positions funded for year 3: 30 clients x 15 sessions
- Referrals: 25
- Completed Intakes: 15
- Clients waiting for intake: 1
- Completed exit Interviews: 3

Client Testimonials

- "The program is really great, and I appreciated to speak with someone and access them on a regular basis...I wouldn't have had access to therapy otherwise."
- "Helped me and my workplace. Improved my awareness and tools for coping with anxiety. Helped me make sense of things and acknowledge what I needed to work on. I didn't feel like I was doing poorly, just slipping – a way to re-sharpen my skills and acknowledge that this area of my life needed attention again. Mike helped me with this awareness very gently."
- "Change of perspective regarding experience in criminal justice system."
- "Counselling helped me by changing my perspective of myself and the situation I was in and how I felt society perceived me; re-evaluating myself worth and making better choices based on confidence and not seeing my trauma (negative experience) as an end game. Speaking openly about something felt ashamed about and not feeling judged."
- "I think (counselling is) huge for people who have dealings with the criminal justice system. It's crucial to help people work through their negative behaviour, normalize and release tendencies. Helping people recognize and understand their behaviours in turn helps them take more positive paths."

Simon Russell, M.Ed., RCC

Program Coordinator/ Counsellor

PRACTICUM PLACEMENTS

I feel very fortunate to have practicum students working at MTC each academic year. Students volunteer their time to the agency in order to complete the necessary hours required by their university course to qualify as a counsellor. They are an important piece to the MTC puzzle in many different ways; as they provide an opportunity for those with financial barriers to access counselling around their traumas, along with an opportunity for MTC to benefit from the knowledge from the academic organisation they are studying at. This year's students, Adam Tran and Isaac Rosenberg were involved in many different organisational pieces, including individual counselling provision, attending case consultation, staff meetings and individual supervision with me. They also both worked with Mike Schmaltz to support the group work programs he facilitated. Adam and Isaac showed incredible resilience as they continued to work through the COVID pandemic. They both navigated their way through completing their studies and seeing clients via an online platform. Their fresh energy was particularly welcomed through the pandemic as they brought their University's organisational perspective on current events in the community.

I was happy to recommend both Adam and Isaac to continue their journey into their counselling careers by becoming interns for the following academic year. Having students work at the Centre certainly changes the team dynamic, as they bring fresh energy and newly discovered academic knowledge both to their client work and to those already working at the agency. It also gives an opportunity for those of us who have been working in the field for longer to share knowledge and experience that we have gained during our careers. I particularly enjoy moments when I see students find the confidence to engage in professional conversations with their team members. This year's students received feedback from their clients as they ended as the majority of them wanted to continue working with them once they started working as an intern. Our previous intern, Kim McCullough also started her counselling journey with MTC, as an intern, and is now working both as a qualified therapist within the agency and with a private practice of her own.

John Murray , BSc, MA

Senior Clinical Counsellor/ Practicum Supervisor

YOU ARE NOT ALONE: TRAUMA STABILIZATION GROUP

Group Goals

The goals of this ten session, stage one psycho-educational group continue to be:

- Increase the life satisfaction, health and wellbeing of trauma survivors.
- Help participants to increase their sense of belonging by bringing them together in a safe, facilitated group setting.
- Decrease the overall stress levels of the participants by helping them to more effectively manage and reduce their specific symptoms (e.g., anxiety, depression, PTSD) and more effectively regulate their emotions (e.g., anger, sadness, shame).

Facilitation

We attempted to run 2 groups. Group screening and facilitation was provided by Mike Schmalz MA, CCC, Trauma Therapist with co-facilitation by one practicum student for both groups with the second group unable to complete due to the Covid-19 Outbreak:

Participants

A total of 13 men participated in the groups, as follows:

- Sept 2019 - n = 6
- Jan 2020 - n = 7
- 23% of members identified as “Gay” “Bi-sexual”, or “Trans”

Group Testimonials

- "This is a perfect way to deal with PTSD without having to relive the trauma."
- "I feel I have made excellent progress in regards to how I handle my trauma and the symptoms that are expressed."
- "This group provides valuable tools and resources for dealing with trauma, and allows for expression and vulnerability."
- "This group is powerful and supportive. I'm so happy with all of the great things that I've learned and use day to day."
- "I learned about how to identify and approach the symptoms of trauma I experience."
- "It's wonderful to be around others who you can open up to and not feel guilty or ashamed about it."

Mike Schmalz MA, CCC

Group Facilitator/ Trauma Therapist

FINANCIAL REPORT

We are pleased to report that we have ended the 2019-2020 fiscal year in a surplus, which provides a good financial position for the 2020-2021 fiscal year. There are also no significant shifts in expenditures and revenues to be reported this year. Consistent with previous years, our largest sources of agency revenue are client fees and government grants. We have seen a slight increase in revenues from both client fees and government grants in 2020. Expenses also remain relevantly consistent. Our largest expenditures continue to be staff wages and subcontractor costs. In 2020 there was a slight increase in subcontractor expenditures. These changes are representative of the fact that more clients are accessing our services, which results in increased contractor expenditures. We are optimistic that this financial position should help us through both the challenges of COVID-19 and organizational growth going forward. Below is a breakdown of our revenues and expenses for the 2019-2020 fiscal year:

VANCOUVER ISLAND MEN'S THERAPY CENTRE SOCIETY		
STATEMENT OF OPERATIONS AND AND CHANGES IN NET ASSETS		
(unaudited)		
	April 1, 2019 - March 31, 2020	April 1, 2018 - March 31, 2019
REVENUES		
Client fees	\$ 123,748	\$ 112,303
Donations and fundraising	41,412	21,158
Government grants	158,972	152,952
Interest income	75	62
Room rental	2,215	-
	<u>326,422</u>	<u>286,475</u>
EXPENDITURES		
Advertising and promotion	1,643	-
Amortization	163	392
Bad debts	890	2,626
Conferences and training	6,556	4,585
Facility costs	6,118	491
Insurance	3,559	3,734
Office	8,742	7,395
Professional fees	8,268	10,749
Program expenses	7,631	5,570
Rent	27,664	26,634
Salaries and related benefits	129,307	135,761
Subcontract	104,800	86,299
Telephone and utilities	3,476	3,205
Travel	621	63
	<u>309,438</u>	<u>287,504</u>
EXCESS (DEFICIENCY) OF REVENUES OVER EXPENDITURES	16,984	(1,029)
SURPLUS, BEGINNING OF YEAR	11,235	12,264
SURPLUS, END OF YEAR	\$ 28,219	\$ 11,235

THANK YOU TO OUR FUNDERS

This work would not be possible without your contributions.



THANK YOU TO OUR AMAZING VOLUNTEERS, PRACTICUM STUDENTS, STAFF, CONTRACTORS, BOARD MEMBERS, AND COMMUNITY PARTNERS!

MOST OF ALL, THANK YOU TO OUR CLIENTS FOR HAVING THE COURAGE TO REACH OUT AND ASK FOR HELP!