



Counselling Centre  
of East Algoma



Centre de counseling  
d'Algoma Est

Incorporated in 1972

#### LAND ACKNOWLEDGEMENT

*CCEA promotes relationships of respect, understanding and reconciliation between Indigenous and non-Indigenous Peoples. In Elliot Lake, we are grateful to work on the Three Fires Confederacy, Potawatmi-The Keepers of Sacred Fire, Odawa – Providers of the Hunt and Trade, and Anishnawbe – Protectors and Preservers of the Sacred Teachings. The treaty that governs relations in Elliot Lake is the Robinson-Huron treaty, a peace agreement negotiated between the Confederacies.*

## ANNUAL REPORT 2022-2023

COUNSELLING CENTRE OF EAST ALGOMA

## Highlights of 2022-2023



***1,643 unique individuals were served in 2022-2023 (44 percent increase compared to 2021-2022).***

***25 percent of our service recipients were from outside of Elliot Lake means that we are open to anyone who requests for our services.***

***315 cases were referred to us for our specialized services by other organizations in the region.***

***280 individuals gave their opinion about the services they received at our organization and 77.5 percent of respondents said that they felt better after they received our services.***

### **Testimonial of one of our participants from Waaban Peer Program**

***"I was accepted to the BSW program to better myself and the life of my daughter thanks to the peer program. As a single Mother, I have gone through much adversity. I now recognize the challenges faced by young Mothers, and the barriers that prevent a better life for our children. I previously struggled with substance use, homelessness and many negative occurrences that resulted in being in those spaces."***

***A multi-year funding for the Investing in Women's Future Program was approved by the Ministry of Children, Community, and Social Services (MCCSS).***

## Message from the Executive Director

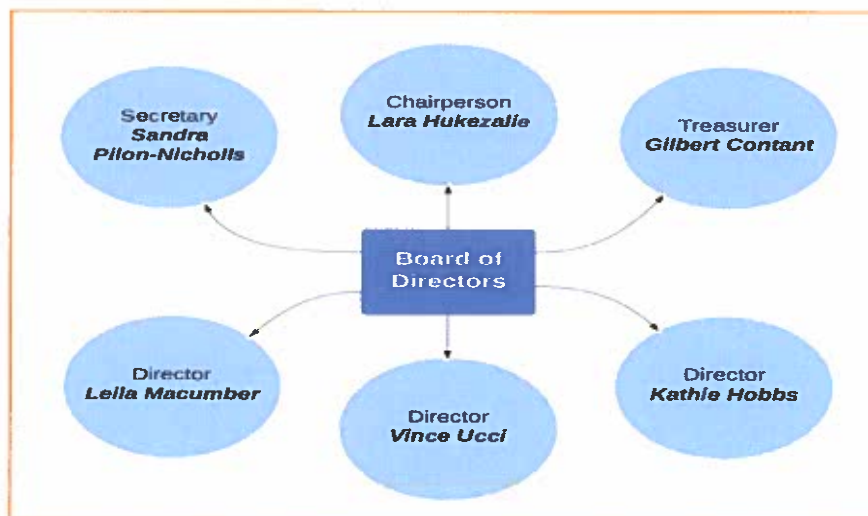
### Our Team

Our team individually and collectively are the lifeline and strength of our organization. With the limited available resources, our 21 full-time staff members play a vital role in strengthening the resiliency and well-being of Elliot Lake and the communities around it.

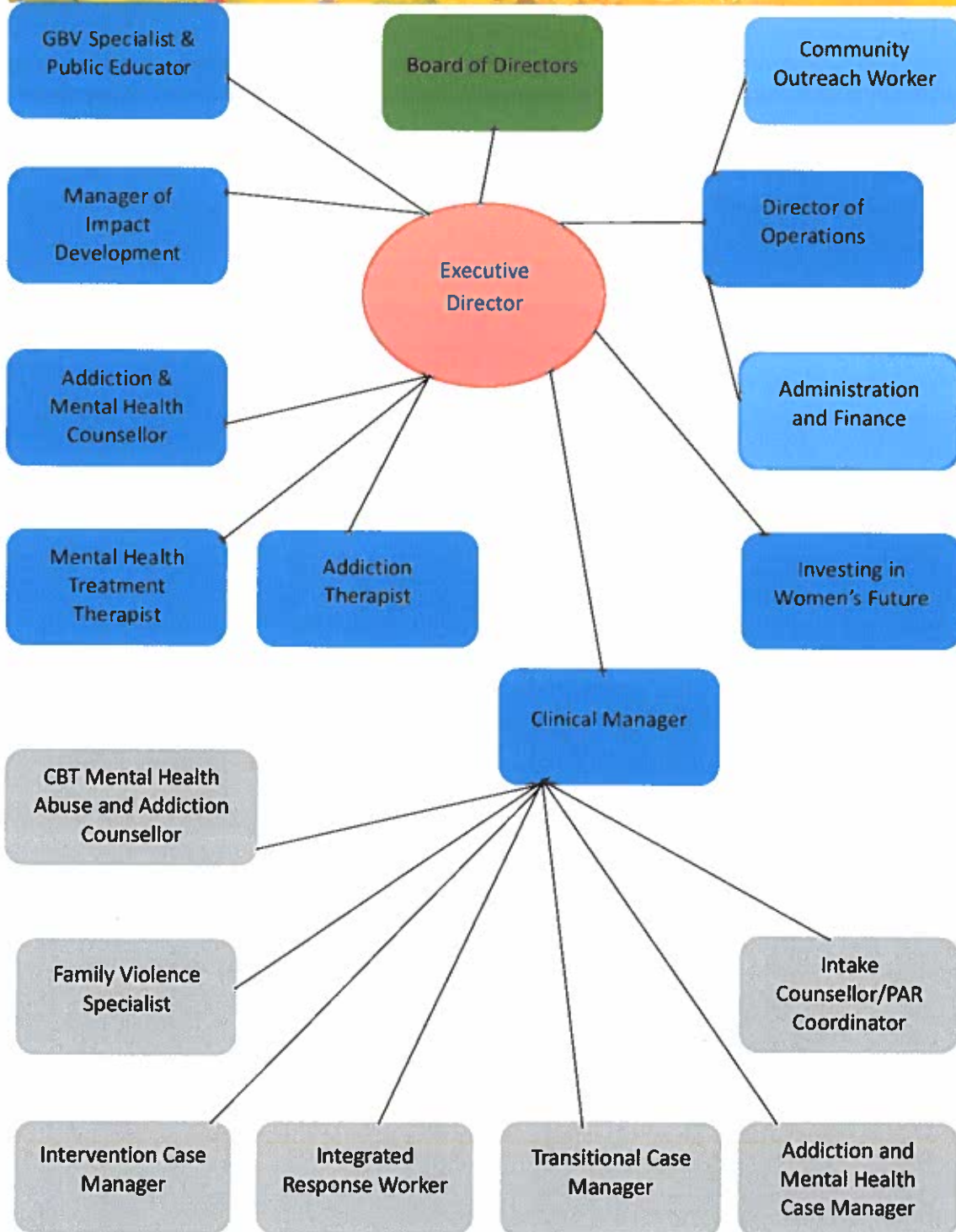


Each member of our team brings a diverse wealth of knowledge, wisdom, and experience to navigate complex challenges. Our team members are specialized in anti-human trafficking, trauma informed care, grief and loss, perpetrator intervention, gender-based violence, family violence, addiction treatment, mental health treatment and counselling, community education, childhood sexual abuse, male sexual survivor, addiction, attachment-based intervention, CBT, DBT, EMDR, crisis Intervention, somatic treatment (art, drama, pet therapy), psychoneuroimmunology, Indigenous worldviews, and culturally sensitive care.

#### Board of Directors



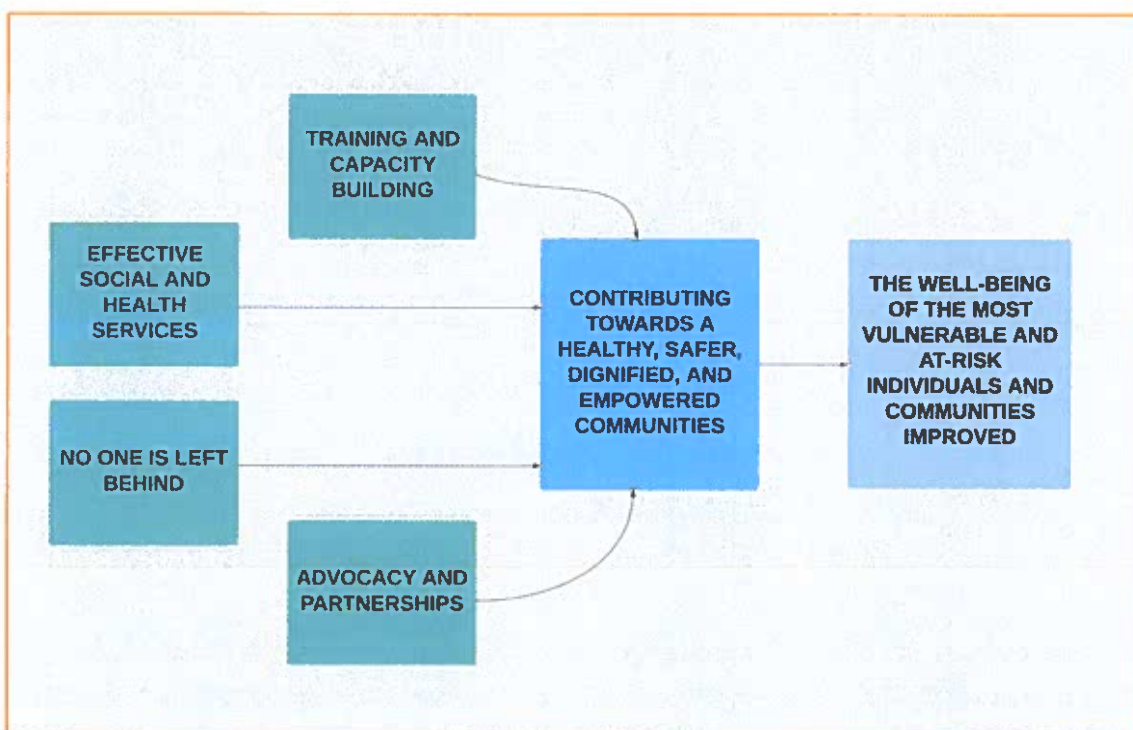
#### Our Staff



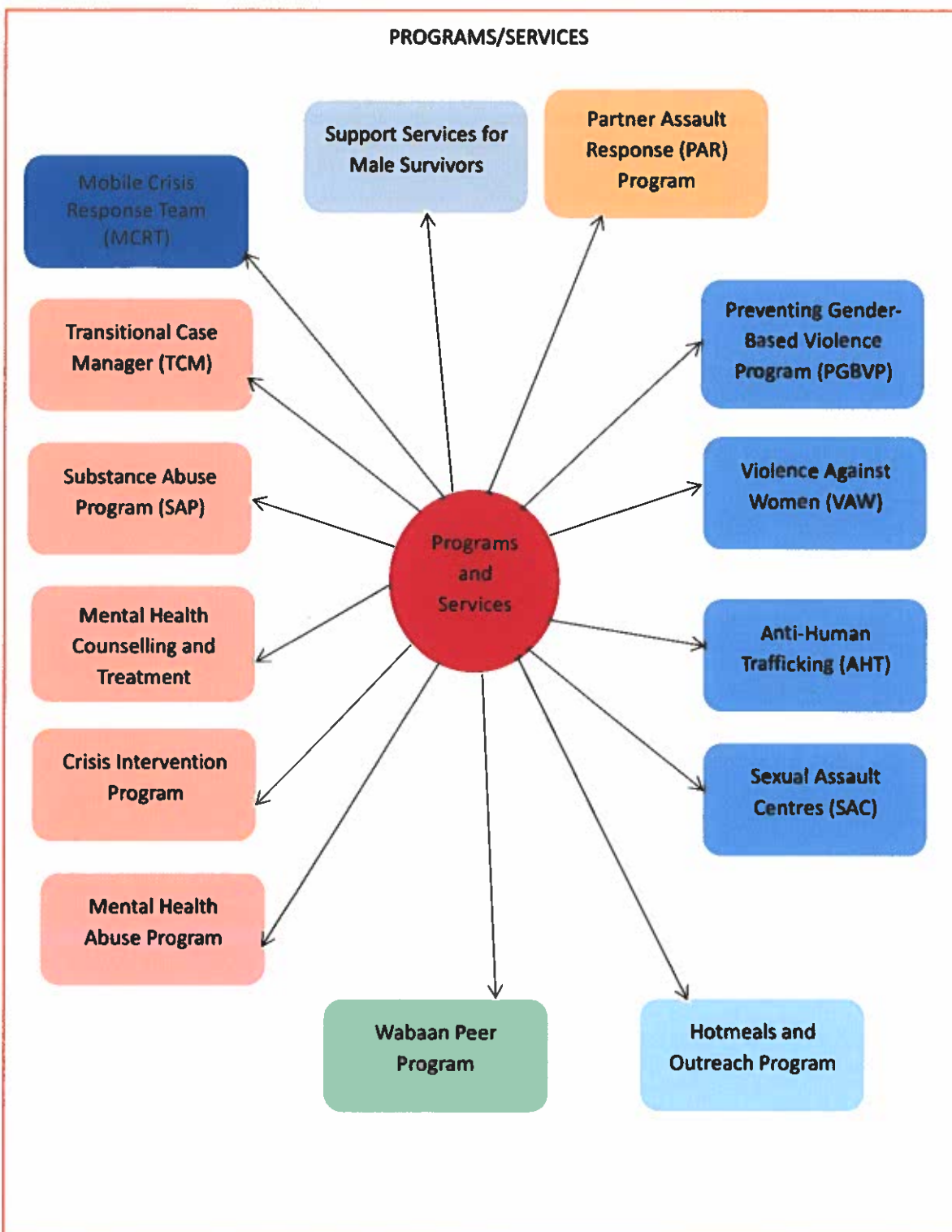
## Mission



We are committed to promoting healthy solutions to individuals, family, and community problems by employing alternative opportunities for creative care that also includes professional counselling and community education. We exist to build a healthy, safer, and dignified communities throughout the East Algoma catchment area with the following strategic objectives highlighted in the picture below.



To align our activities with our mission and strategic objectives, we offered the following programs during 2022-2023. The services/activities of our program intersect and complement each other. They are designed to meet the needs of our service recipients and reflects the creative care model. Please check out our [website](#) for detail activities that each program entails here.



## Program Statistics and Achievements



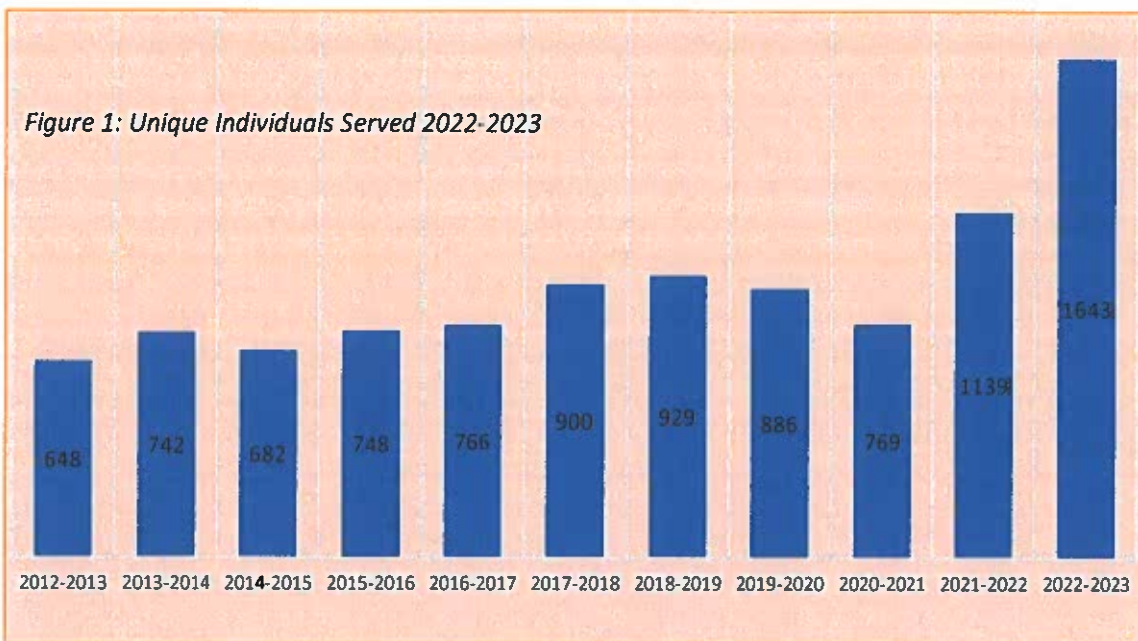
### Demographics information

The Counselling Centre of East Algoma (CCEA) served **1,643 unique individuals in the fiscal year 2022-2023**. However, our database records indicate that **2,563 cases (individuals) were enrolled in our different programs and services**. This means that majority of the unique individuals were enrolled into two or more services because the services we provide complement each other and provide opportunities for our beneficiaries to enjoy our holistic support.

Of the total cases, **315 cases were referred to CCEA for our specialized services by other organizations in the region**. This highly reflects on our strength, and relevance our specialized services we provide just in Elliot Lake, but also in the region.



Figure 1 shows the number of unique individuals served from 2012-2023. Comparing the numbers from 2021-2022 and 2022-2023, there has been **an increase of 44 percent in the number of unique**



**individuals served from the previous fiscal year 2021-2022.**

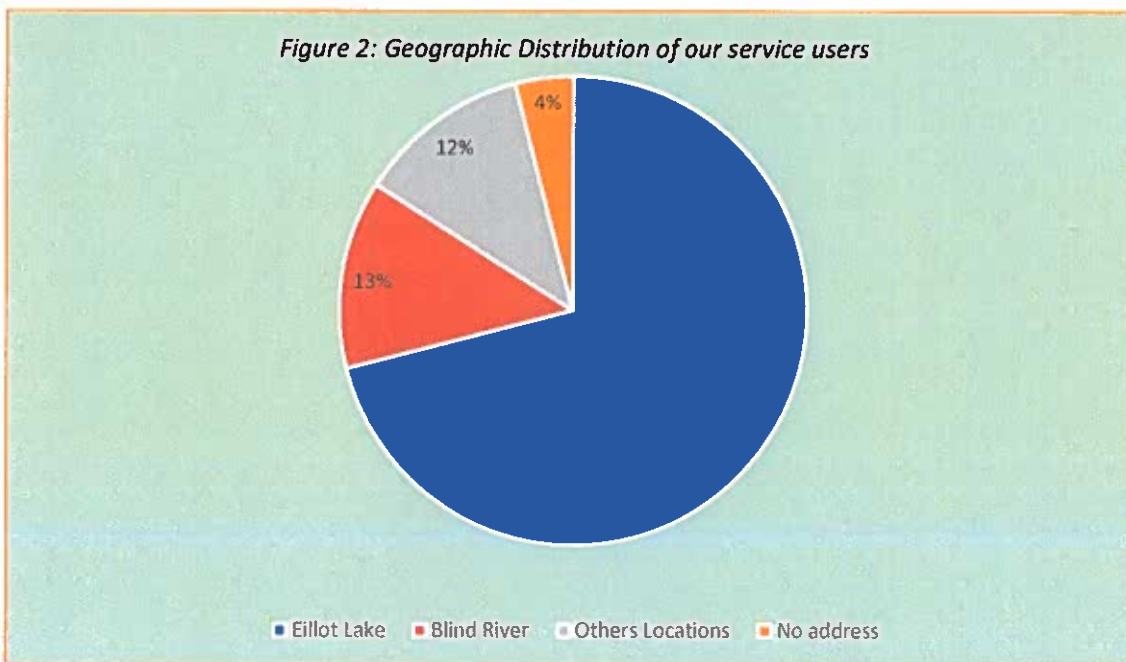


Figure 2 highlights that **71 percent of our service recipients are from Elliot Lake and 13 percent are from Blind River**. While majority of our service recipients have an address, **4 percent of the service recipients (67 individuals) did not have an address** meaning that they were in transition or did not have a home to go to. Similarly, **12 percent of the total service recipients (202 individuals) are from outside of Elliot Lake and Blind River**. This speaks volumes about the sphere of influence of our organization and the services it provides. It also sheds lights on the service gaps that exists in the region.

Below is the list of cities/towns where our service recipients are from:

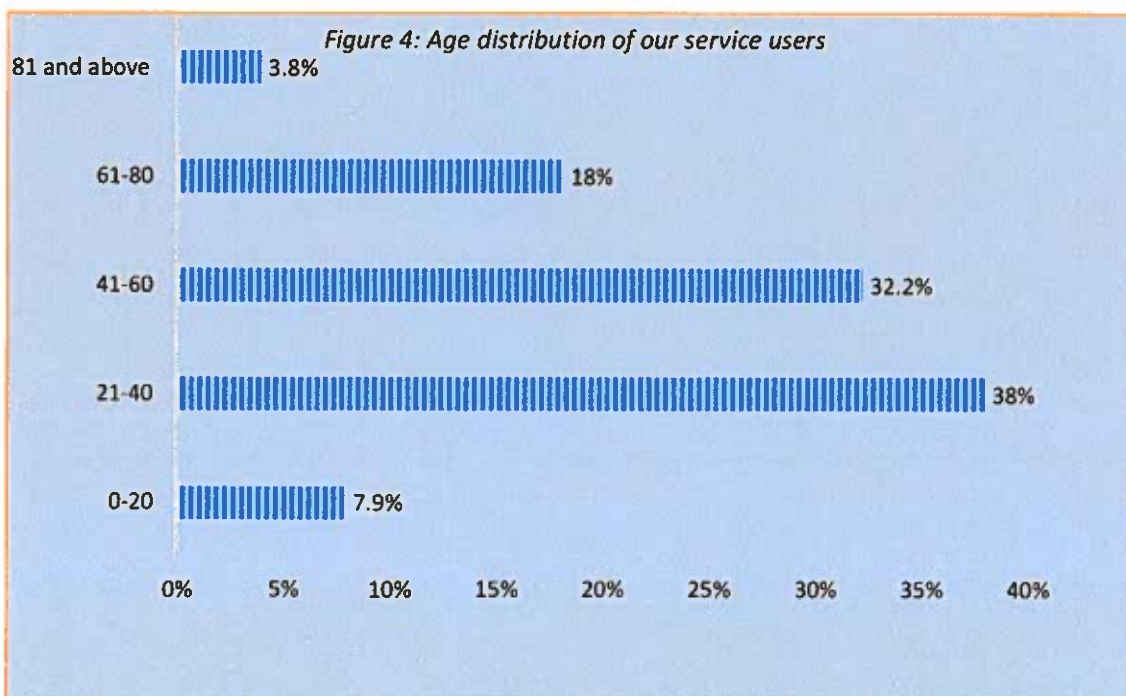
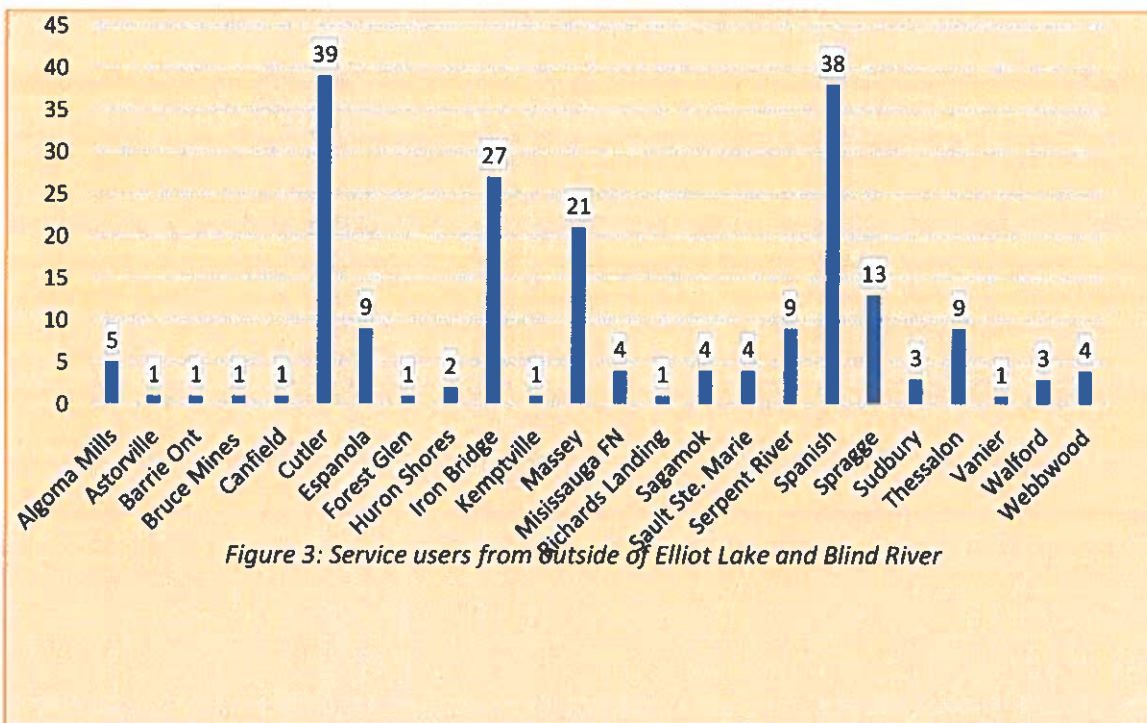


Figure 4 below indicates that seventy percent of our service recipients are between 21 and 60 years of age. However, twenty-two percent are above 60 years and majority of them are retired.

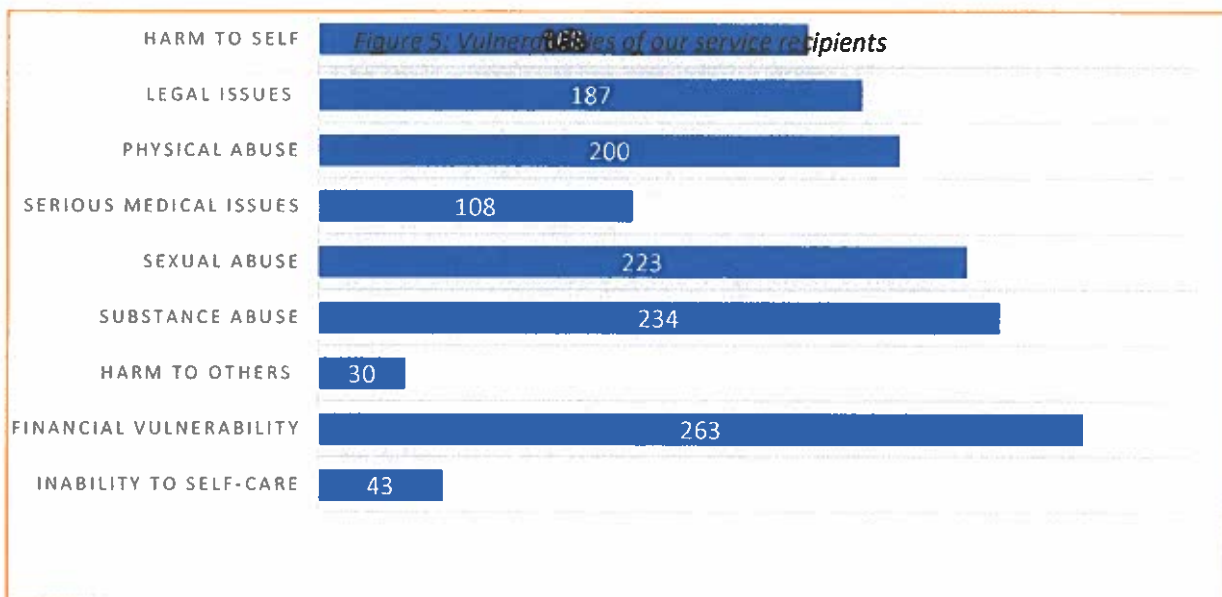
Our programs served a diversity of individuals, and we ensure that no one is left behind and our services are culturally responsive to Indigenous Peoples (First Nations, Metis, and Inuit). A total of 153 individuals identified as Indigenous Peoples.

**Table 1: Issues and Problems of our service recipients**

<b>Issues and problems of our service recipients</b>	
<b>Issues and problems</b>	<b># cases</b>
<i>Activities of Daily Living</i>	295
<i>Educational</i>	41
<i>Financial</i>	143
<i>Housing</i>	84
<i>Legal</i>	218
<i>Occupational/Employment/Vocational</i>	131
<i>Other</i>	36
<i>Parenting/Child</i>	15
<i>Physical/Sexual Abuse</i>	306
<i>Problems with Relationships</i>	650
<i>Problems with Substance Abuse/Addictions</i>	354
<i>Self Harm</i>	5
<i>Specific symptoms of Serious Mental Illness</i>	232
<i>Threat to Others/Attempted Suicide</i>	99

Table 1 documents our service recipients' problems and issues. Our beneficiaries struggle with one or more than one issues or a combination of many issues all together. The issues highlighted above paints a clear picture of the realities and the struggles of the communities we serve in and around Elliot Lake. Hence, our programs and activities are strongly relevant to the needs of our community members.

PS: Male Survivors of Sexual Assault and survivors of Anti-Human Trafficking is not listed here to respect the confidentiality of our service recipients.



The service recipients who receive our services are of high needs as indicated in figure 5 and our team has the expertise and capacity to work with such individuals. Our organization serves the most vulnerable and at-risks individuals who are often marginalized. They have strong life experiences, and each one of them has their own unique needs meaning that they need continued support to navigate their challenges to reach their well-being goals.



## Impacts of our work

Out of 2,563 cases, about 280 individuals gave their opinion about our services and 77.5 percent of the respondents said that they felt better after they received our services. Such perception about our services by our service recipients indicate that our programs and activities are meeting the objective our organization and most importantly the needs of our community members. Our services are creating an impact in the lives of our clients and contributing towards the well-being of our community. Hence, there is a strong relevance between our programs and the needs of our community members.

## Statements from participants

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*"I am a single mother, with a history of mental health issues, addiction, and domestic violence. My Ontario Works worker referred me to Counselling Centre of East Algoma. With the help of the centre, I obtained several certificates, including my First Aid certificate, Smart Serve certificate, Food Handler certificate, and my WHMIS certificate. I was accepted into the Indigenous Social Work Program at Laurentian University and will be starting in the Winter 2022-2023 semester. I have gained confidence, a healthy social and work routine, motivation and independence, the chance at higher education, and I am excited to see what other opportunities will appear in the future. I would like to thank those who have made it possible for me and my peers to participate in this program."*

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*"Thank you for changing my life. Your help has put me on a path to recovery. My previous outlook on life was filled with nothing but misery. Now I am a university student that is on his way to earning a bachelor's degree in social work. Eventually, I will be qualified to help others. Your help created another helper. You sparked a beautiful progression. I want you to know that I really appreciate you. The funding you have provided the Counselling Centre of East Algoma is a blessing."*

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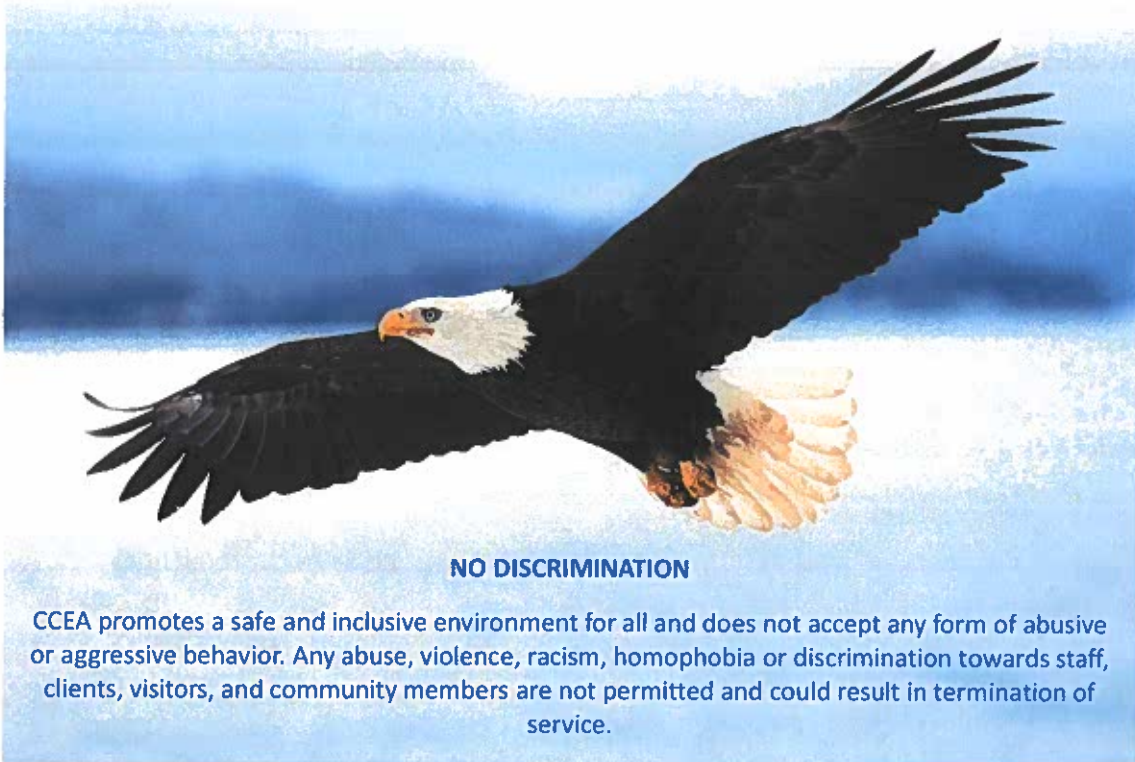
## Financial Statements



The financial information provided in the Annual Report is only a summary of information contained in the Centre's Audited Financial Statements. Copies of the Audited Financial Statements are available on requests and will be uploaded on our website. The Centre gratefully acknowledges funding from the Ministry of Children, Community, and Social Services, Ministry of Attorney General, Ministry of Health (MOH), Ministry of Labor, Immigration, Training, and Skills Development (MLITSD), **City of Elliot Lake, Thunder Bay Counselling Centre, SCHOOL BOARD**

Year ended March 31, 2023, with comparative figures for 2022.

<b>Revenues:</b>	<b>2023</b>	<b>2022</b>
Deferred contributions, beginning of year	\$12 653	\$409 267
Provincial grants and subsidies	\$1 669 558	\$1 591 642
Counselling and client fees	\$51 112	\$57 228
Fundraising	\$24 001	\$4 301
Other grants	\$8 100	\$37 598
Interest and other incomes	\$1 713	\$78
Repaid to funder	\$0	(\$380 678)
Deferred contributions, end of year	(\$10 193)	(\$12 653)
<b>Total Revenues</b>	<b>\$1 756 944</b>	<b>\$1 706 783</b>
<b>Expenditures:</b>		
Salaries and wages	\$1 108 221	\$1 154 192
Employee benefits	\$236 143	\$182 969
Program supplies and materials (capital assets – see note 2(a))	\$155 373	\$105 263
Office and general	\$56 092	\$59 593
Rent	\$52 044	\$52 280
Professional fees	\$51 194	\$49 735
Staff training	\$26 162	\$10 064
Insurance	\$24 522	\$35 426
Telephone	\$22 651	\$30 451
Travel	\$12 897	\$13 092
Advertising	\$49	\$1 208
Memberships	\$0	\$18 035
<b>Total Expenditures</b>	<b>\$1 745 348</b>	<b>\$1 712 308</b>
<b>Excess (deficiency) of revenues over expenses</b>	<b>\$11 596</b>	<b>(\$5 525)</b>



### NO DISCRIMINATION

CCEA promotes a safe and inclusive environment for all and does not accept any form of abusive or aggressive behavior. Any abuse, violence, racism, homophobia or discrimination towards staff, clients, visitors, and community members are not permitted and could result in termination of service.

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