

Kingston Interval House

Annual Report

2021-2022

KINGSTON INTERVAL HOUSE
FOR WOMEN AND CHILDREN IN CRISIS



LA MAISON INTERVAL DE KINGSTON
POUR LES FEMMES ET LES ENFANTS EN CRISE



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"Kingston Interval House is situated on traditional Anishinaabe and Haudenosaunee territory. As settlers to Turtle Island, we're grateful for the opportunity to live and work here and thank all of the generations of people who have taken care of this land for thousands of years"



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Find us on:





Mission Statement

Kingston Interval House (KIH) provides essential, responsive, and empowering services to women, children and youth who have experienced the impact of violence against women. We seek to interrupt the cycle of domestic abuse and gender-based violence through the delivery of our core services, which include:

- Emergency shelter services
- Transitional programs
- Community-based outreach and support services
- Second-stage housing
- Public education, awareness and prevention services
- Community engagement and capacity building



In 2021/2022, Kingston Interval House:

- Housed **61** children and **111** women in the Emergency Shelter
- Provided counselling and support to **64** children and **239** women in the community through the Outreach program
- Facilitated **314** safety planning sessions with women and **134** with children
- Supported woman by answering **700** crisis and support calls
- Facilitated **98** transitional plans with women
- Provided rent-geared-to-income housing for **43** women and **29** children in Robin's Hope Transitional Housing

Executive Director and Chair report to our community

Kingston Interval House has been responding to the needs of abused women and their children, and youth since 1975. This year, more than ever, this would not have been possible without the ongoing generous support of our community. In 2021-22, the agency's focus continued to be on ensuring our essential services remained in operation throughout the COVID-19 Pandemic. Our Pandemic "Crisis Management Team" and staff worked tirelessly to keep clients and staff safe throughout this ongoing Public Health crisis. As we navigated and managed the many health and safety protocols and expectations, our services remained available 24/7 to the women, children and youth who needed emergency shelter, second stage housing, and transitional/outreach support.

The Board of Directors continues its governance mandate to provide leadership and support to the agency through regularly scheduled board meetings and a robust committee structure. The transition to online virtual meetings of both the board and committees at the start of the pandemic was smooth and has allowed for full participation. This year we had a productive and positive Collective Bargaining session with our Union, Unifor Local 414. A three-year Collective Agreement term was settled upon by all parties in July 2021. The Board's Nominating Committee had a successful recruitment process, despite the virtual setting, and we are pleased to welcome the new members.

We would like to take this opportunity to formally acknowledge our major funding sources in 2021-22. Thank you to the Ontario Ministry of Children, Community and Social Services, for their core funding and support of our services. Appreciation is also extended to the United Way of Kingston, Frontenac, Lennox & Addington for their continued financial support of our programs both in the emergency shelter and at Robin's Hope. Our partnership with the United Way is an important and long-standing one in this community.

A significant grant from the Federal Government for COVID-19 Response & Recovery was secured for a two-year period. These funds for V.A.W. Shelters and Transition Houses, coordinated by Women's Shelters Canada have provided the opportunity in our agency to support our clients and staff navigating the on-going challenges of the pandemic.

Our agency has been very fortunate to have funding from the Federal Department for Women and Gender Equality, under the Women's Program Capacity-Building. This three-year grant has supported the position of our Fund Development Manager and Fund Development Program. In turn, it has enabled us to develop new strategies to generate a sustainable revenue base in order to fully realize our mandate and enact our goals.

With the support of our donors, KIH is able to provide free, lifesaving assistance to those who need it most. Thank you for being vital members in our efforts to provide essential, responsive and empowering services. Countless individuals, community groups, service clubs, faith-based congregations, organized labour and businesses stand strong behind the work of Kingston Interval House. Everyone in our community has a role to play to interrupt the cycle of domestic abuse and gender-based violence.

Kingston Interval House works collectively with many community agencies and groups to speak out and respond to the underlying abuse, neglect and injustices affecting the women we assist. As well, staff are engaged at the local level around issues affecting homeless women and their children. KIH continues to be a long standing and active member of the Kingston & Frontenac Anti-Violence Coordinating Committee (K.F.A.C.C.) As a member agency of both Women's Shelters Canada and the Ontario Association of Interval & Transitional Houses, our federal/provincial collaborations raise awareness about violence against women on a nationwide level.

The Board of Directors would like to formally take this opportunity to express our appreciation to the agency's staff and management team for their continued dedication in providing services to women, youth and children in our community. The pandemic has brought many challenges to the day-to-day operations of the agency including limitations on the number of clients admitted, Covid health and safety protocols that must be adhered to, clients and staff with Covid requiring isolation and often resulting in staffing issues. We commend the staff and management team for "going the extra mile" in supporting clients in this challenging environment.

The Board would also like to thank our outgoing board members for their outstanding work and commitment to the work of the agency. All our departing board members will be missed as they have provided significant contributions throughout their terms and worked seamlessly with the board despite the challenge of transitioning to a virtual business environment. The outgoing board members this year are Cara Chesney who has fulfilled several roles on the Board during her tenure including Board Chair, Josee-Lyne Ethier, and Carrie Kenney. We also look forward to welcoming our new board members who we know will be valued additions to our team.

Embracing our foundational statements, Kingston Interval House is steadfast in our commitment to meeting the pressures of a growing and diverse client base with highly complex needs. KIH's strengths lie in our feminist and intersectional approach to service delivery as well as the unwavering dedication to maintaining a strong and vibrant organization moving forward.

Margaret Kennedy, Board Chair & Pam Havery, Executive Director



"I have no doubt that it is because of the services of KIH that I am alive now. Not just alive but in a path for healing"

--Quote from a client of KIH

Management Report

This past year has continued to be busy for staff at both the shelter as well as Robin's Hope as we remain committed to supporting clients to stay safe, meet their individual goals and secure safe, affordable long term housing.

We continue with the upgrading of some industrial equipment as well replacing items such as furniture in resident's rooms/apartments. The new bed frames and dressers are excellent quality and highly durable. This will increase their longevity significantly.

As part of our ongoing initiatives to improve programming, we have continued to expand our capacity working with our software database. We have begun to utilize its texting feature for service users choosing that mode of communication.

Robin's Closet located on-site at Robin's Hope thrives with the ever growing support of Volunteers who have enabled us to increase our capacity in terms of enhancing opportunities for women to access this valuable resource. Our clients can access everything from seasonal clothing to small household items to large pieces of furniture such as sofas or bed frames as they prepare to move into the community. Our clients would not be able to benefit from these donations without the generous support of our community partners and individual donors.

Robin's Garden was created this spring and residents were able to plant vegetables or flowers of their choosing. A gazebo was also added to the lovely backyard area for residents to enjoy. As well as a garden shed to store our gardening tools, accessible to residents and or volunteers to care for the gardens.

With the departure of 3 long-term staff pursuing exciting new adventures, it created new opportunities for present staff to fill those vacancies. They bring with that, new creative energy as well as fresh perspectives to the positions.

Our agency continues to comply with local recommendations, taking precautions to help maintain healthy environments and operations. We strive to reduce the spread of Covid with our residents, outreach clients and staff during these unprecedented times.

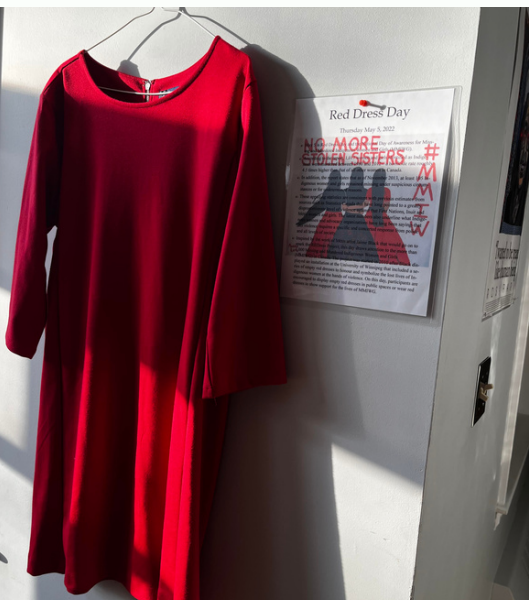
Shelter Services



Women's Services

The KIH Emergency Shelter Program provides up to 25 beds for women, their children and youth, who are fleeing violence and abuse. Our dedicated team maintain a consistent and stable environment for our clients, 24 hours a day 7 days a week. Crisis intervention, safety planning, supportive counselling, information, advocacy, practical assistance supports and community referrals, are offered to clients in the shelter and over the phone through our crisis and support line.

As we continue to move through the COVID-19 pandemic, the shelter continues to operate at a lower occupancy rate, to ensure each room is limited to one woman or family. Despite the ongoing challenge of staff shortages, the shelter team has ensured a continuity of service to meet the needs of our clients.



Child and Youth Services

Child and Youth Shelter Services continued to adapt all existing programming to comply with the ever changing and evolving COVID-19 restrictions. Due to these restrictions, CYS continued to move away from group activities and outings and has focused instead on working with Mom's and kids on an individual basis providing counselling, parenting support, community referrals and advocacy.

We began connecting Mom's via Zoom with Children's Mental Health support through our partnership with Maltby Centre. The CYS shelter program strives to provide safe recreational activities for Mom's and kids. We worked to improve the variety and quality of supplies for child and youth friendly spaces within the shelter that families can access, while ensuring these spaces were clean and sanitized after each use.

We were able to continue to offer safe, outdoor Family Photo Sessions and provide Mom's with beautiful family portraits to mark a new beginning for the family.



Life Skills Program

The Life Skills program provides 3 nutritious meals a day for our Women and Children as outlined by Canadas Food guide. In recognition of our ARAO (Anti-Racist Anti-Oppressive) framework we continue to incorporate meals to celebrate different holidays recognized around the world as well as providing educational displays on a monthly basis about different holidays in that month.

We have also been working on gradually replacing our furniture in the shelter such as beds and nightstands so that we are better equipped for long term use. Likewise we have been updating a number of large items in the shelter such the A/C units and lifts.

We receive many donations from Loving Spoonful, Cobb's bakery and Tara foods which has helped us in reducing our food budget significantly. We continue to take part in Food Rescue which has provided the shelter with numerous food donations on a daily basis.



**Healthy meals
365 days a year**

Community Services

— “

"The support, advice, and kindness I was shown from Kingston Interval House has been paramount to my recovery from an abusive situation. With the support of my counselor I have learned how to set healthy boundaries, and become a stronger and happier person. I am eternally grateful for the services at Kingston Interval House.

*Sincerely,
Anonymous"*

” —



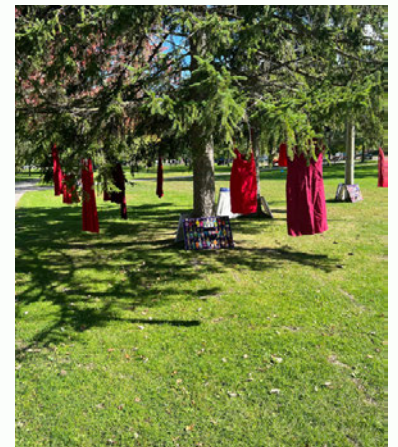


Indigenous & Rural Women's Outreach Program

Our Indigenous Rural and Outreach counsellor (IROC) returned to the position in July 2022 to provide one to one counseling services through zoom or by phone. We offer flexible and culturally relevant services for Indigenous women who have experienced violence.

The IROC continues to collaborate with other indigenous and non-indigenous community organizations for a variety of committees, groups and events. City of Kingston, Sexual Assault Centre Kingston, Kingston Indigenous Language Nest, Tipi Moza, Kagita Mikam, Trellius, Elizabeth Fry Society, Maltby Center, Grandmother's Council, to name a few.

KIH takes part in the sacred fire held at city hall every month in honour of the children who did not return from Residential schools in Canada. This year, our agency collaborated with other local agencies to hold events for Orange Shirt Day and Sisters in Spirit both at city park with hundreds of community members coming on both days.



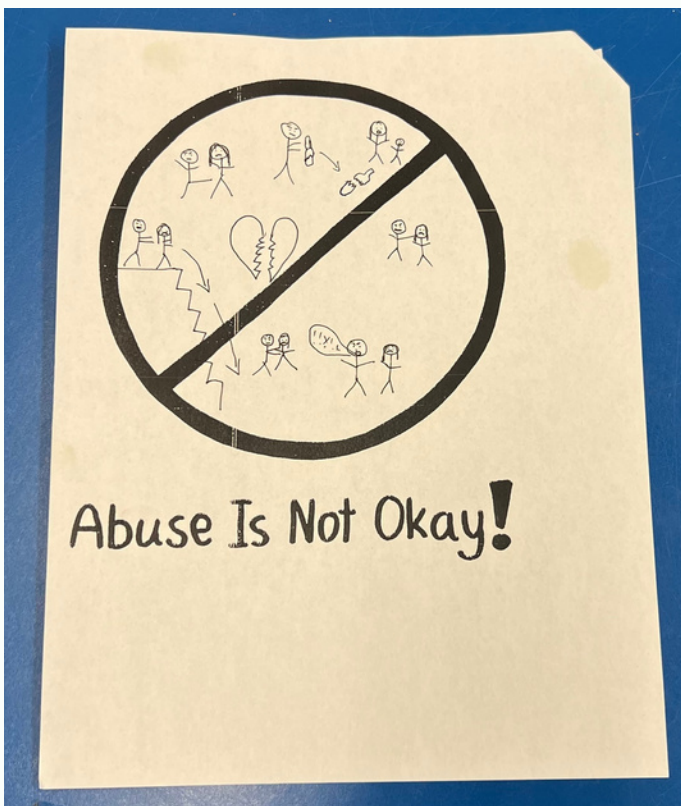
Child and Youth Outreach Services

The Child and Youth Community Counsellor continues to work and build connections with community agencies and schools. Individual counselling for children and youth ages 4-18 continues to be an important part of the program and support is offered in office, online/telephone, and in area schools.

Currently, close to thirty children and youth in as many as eight schools in Kingston and the surrounding area are receiving support through this program.

Child Witness groups continue, with more starting in local schools. These groups are provided to children & youth who have witnessed and experienced violence at home. The Child and Youth Community Counsellor looks forward to creating and facilitating groups for children and youth focused on healthy relationships, how to cope with big emotions, self-care and conflict resolution; as well as to offer workshops in cohesion for parents/caregivers on topics such as co-regulation and de-escalation strategies and supports.

It has been very busy for the Child & Youth Outreach program this year as our partnerships with schools and community agencies continue to grow.



Provided
counselling and
support to **64**
children and
youth through
the outreach
program

French Language Services

In 2021-2022 Kingston Interval House continued to offer both counselling and transitional services in French for the Francophone community. Counselling is offered to women who may still be living with their partners, planning to leave, or have already made the break.

Safety, risk assessments, transitional plans and goal setting are completed with women. Support, advocacy, connecting women with community resources and stable housing continues to be a priority. Court accompaniment, legal resources and referrals are offered to women to assist them in navigating the court system.

Working towards rebuilding women's self-esteem and coping skills is an integral part of our work, so that they can re-establish their independence, and live free of violence.

Kingston Interval House is more than a shelter. It is a local agency that works towards ending violence against women, children and youth in our community~

KINGSTON INTERVAL HOUSE
FOR WOMEN AND CHILDREN IN CRISIS



LA MAISON INTERVAL DE KINGSTON
POUR LES FEMMES ET LES ENFANTS EN CRISE

24-hour crisis line/ligne d'écoute: 613-546-1777
1-800-267-9445

Business Line/Ligne du bureau: 613-546-1833
www.kingstonintervalhouse.com



Kingston Interval House est plus qu'un refuge. Nous sommes une agence locale qui se consacre à mettre fin à la violence contre les femmes, enfants et jeunes de notre communauté~

Women's Community Counselling Services

The Women's Community Counsellor continues to be busy while we adapt to COVID-19 in our world. With the pandemic still upon us and the rise of inflation, we are seeing an increase in women accessing community counselling and support services. We have worked to navigate through this new complexity we live in by trying to support women through Zoom, telephone, email and texting.

Counselling sessions have shown a need for additional risk assessments and safety planning as well as ensuring that these sessions will be private and confidential so that the women can receive the support they need. The Women's Community Counsellor helps women to identify community supports they need and to connect to these supports and services. She provides one to one counselling for those women who are planning to leave or have already left an abusive situation and assists them in transitional plans, safety plans and offers court support which include both family and criminal court as well as advocacy with other community agencies.

Strong
women
empower
women



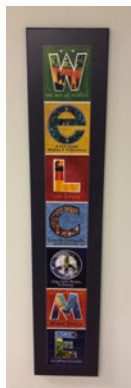
Robin's Hope Second Stage Housing

Second Stage housing is the next step in supporting women in their transition back to community. The goal is to provide a safe and stable foundation to begin a life free from violence, while providing tools, resources, and confidence to live independently and break the cycle of abuse.

Kingston Interval House's Second Stage Housing program, Robin's Hope, is an eighteen unit apartment building where women and children have access to housing that is safe, affordable, and supportive. The building has received many upgrades in the past year. Caring for the physical space is important to express to our residents that we are committed to them and their wellbeing. While our goal has been to house thirty women and children throughout the year, it is more often the case that we house in excess of this number.

Women and children accessing Robin's Hope are provided with opportunities to participate in programming and groups throughout their year long stay, both in and out of the building. These supports include group programming, individual counselling, food sustainability, and connection to appropriate community services. A partnership with Good Food Box has benefited our residents through monthly fresh food donations. A grant for a food security project has been obtained and is in the beginning stages of development at Robins Hope. This funding will be used to provide accessible free staple foods, and offer life skills workshops around health, budgeting & nutrition.

At Robin's Hope, we are committed to meeting women where they are at, and continuing to reevaluate their needs so that we can best support them at each stage in their healing journey. We are humbled to be able to watch, and be a part of, the power of women's resiliency.



Training and Education Program

Our training and education coordinator (TEC) had a busy year with the return of some in person events and speaking engagements. Presentations happened at Queen's University during orientation week and we participated in events around the city such as Pride, Women's Art Festival, Orange Shirt Day, and Sisters in Spirit. Our agency continues to collaborate with other local agencies for some of the events listed above as well as Take Back the Night, the 16 days of activism against gender based violence and December 6th.

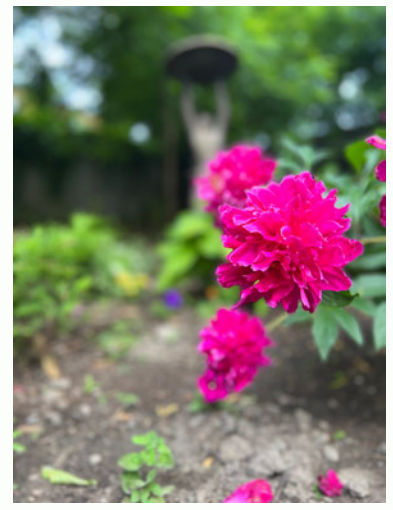
KIH has been privileged to have students working with us from Queen's University and St Lawrence College this past year. These students not only learned about our work but really assisted the staff with projects and tasks that benefit our clients.

The Training and Education Coordinator sits on numerous committees in the community related to sexual and domestic violence, human trafficking, and supporting survivors. We continue to work on advertising and posting to our social media outlets in order to spread awareness about our services and educate the public on violence against women. The TEC is available for speaking engagements or at events to raise awareness around gender-based violence.





In 2021/2022



Volunteer Program

Our volunteers have been very busy this year assisting staff and clients in a variety of ways. Our donation area, Robin's closet, is organized by our volunteers and they continue to collect, sort, and move around items so that it is easily accessible for clients to get what they need. The gardens and outdoor spaces at the shelter and second stage housing, have been given the loving hand of some hard working volunteers to create beautiful spaces for everyone to enjoy including a new shared veggie garden for the residents of Robin's Hope.

Some volunteers have been working remotely to assist with advertising and our social media platforms. Other volunteers assist each month with delivering the Good Food box to the women and assisting our Life Skills coordinator with grocery shopping and keeping the food for the shelter organized. Volunteers were also able to join our training and education coordinator at events in the community.

The volunteer program continues to expand with more women applying to volunteer and more opportunities for future projects that our volunteers can assist with.

**25
Volunteers**



355 Hours

Fund Development Program

2021/2022 was an exciting year for the Kingston Interval House (KIH) Fund Development program. There was much to celebrate thank you to all of the organization's wonderful and generous supporters:

From April 1, 2021, to March 31, 2022, \$330, 084 was raised through donations, memberships, and fundraising. These funds will help the organization to continue its work at interrupting the cycle of domestic abuse and gender-based violence.

This year KIH was honoured to be selected as the agency of choice for the 2021/2022 Vogue Charity Fashion Show (VCFS). The VCFS is an annual performing arts show produced and executed entirely by students at Queen's University. Comprised of over 120 talented and passionate dancers, models, choreographers, student designers, musicians, artists, and a dedicated executive committee, VCFS unites the student body to give back to the Kingston community through charity and creativity. Not only did this initiative raise over \$72,000 for KIH, it raised much needed awareness about violence against women, provided volunteers to help increase the capacity of the agency, and it helped to build the organization's relationship with the Queen's student community.

The annual Girls Night Out event in support of KIH raised a total of \$10,550 from its Spring and Fall events. To date, this event has raised \$54,350 for the organization.

In April 2021, KIH received the \$20,000 from the Kinsmen Club of Kingston. This gift was used as a matching donation to all funds raised for the March 2021 International Women's Day Campaign. To date, the Kinsmen Club of Kingston have donated over \$100,000 to KIH, and much more to Kingston and surrounding communities. Thank you for all that you do for our community!

In May of 2021, KIH received \$25,000 from the United Way KFLA Community Investment Fund to provided much needed funding to support the Supportive Housing Coordinator at Robin's Hope Second Stage Housing Unit. KIH is a proud United Way KFLA member agency and is grateful for everything this organization does for KIH and all of the agencies in our community.

In June 2021, KIH was the lucky recipient of the funds raised by the Kingstonians Who Care. This local group meets 4 times a year to bring together local community members who care about local community causes and are committed to community service. 92 donations were made totalling almost \$10,000. Thank you to this group for their generosity.

In August 2021, three brave and wonderful individuals (Mya Nathan, Liza Tallen, and Joel Thompson) trekked across British Columbia's Northern Purcell Mountains in support of the Royal LePage Shelter Foundation and the Kingston Interval House. Over the course of 6 days, they hiked across some of Canada's most majestic terrain carrying all heavy gear and camping supplies on their backs, tent-camping, and going without bathroom facilities, electricity, cell service and other comforts of home. These amazing people collectively raised over \$18,000 for KIH. Thank you for your hard work, dedication, perseverance, and passion for supporting women's shelters in your community.

In October 2021, KIH received \$6000 in funding from The Davies Foundation and \$2,500 from the Rotary Club of Cataraqui- Kingston to purchase new metal bed frames for Robin's Hope and the emergency shelter. These beds are more sturdy, easier to clean, and much more comfortable for KIH clients.

KIH's annual holiday appeal was sent out in early December 2021 helped to raise \$21,871.20 from 43 donors. These funds helped to provide things like gift cards, access to food and transportation, household items, toiletries, and much more.

In early 2022, KIH received a \$1,500 donation from Kawartha Credit Union's 2021-22 Community Involvement Program. These funds supported the purchase and construction of the raised garden beds at Robin's Hope.

In March 2022 KIH ran its first monthly giving campaign "Make It Monthly" where CanadaHelps provided a one-time match for all new monthly donations up to \$20. This initiative helped to welcome 6 new monthly donors who will collectively contribute \$2400 annually to KIH through their monthly gifts.

These are just some of the examples of the life-changing initiatives that took place in support of KIH this year. Thank you to all the individuals, community groups, service clubs, faith-based congregations, businesses, and foundations who have helped our organization and community get one step closer to a future where violence against women no longer exists.

Community Fundraisers



Vogue Charity Fashion Show



Royal Lepage Shelter Foundation



Kingston Basketeers

Wrapped in Courage Campaign

This campaign is organized by the Ontario Association of Interval & Transition Houses. Created in 2013 with the support of member organizations, Wrapped in Courage, brings attention to the issue of violence against women in Ontario. We are proud to continue to be an agency partner for this provincial campaign.

Last year we took the new Wrapped In Courage flag around the city to different agencies to have pictures taken holding the flag and show the commitment from our community to ending gender-based violence. This year is the 10th anniversary of the campaign with a continued focus on education and supporting survivors by organizing flag raising events, using social media to educate the public, and selling handmade, unique scarves.

Femicide rates have continued to rise in the last year. Research done through OAITH has determined that last year in Ontario, on average every **8 days** a woman or child was killed by a man known to them. Every life lost to gender-based violence is one too many. We encourage everyone to continue to wear your purple scarves and to show women and their children that their community supports them and that they are not alone.

Learn more about the Wrapped In Courage Campaign @ wrappedincourage.ca

Facebook: @wrappedincourage

Instagram: @wrappdincourage

Twitter: @wrappdincourage

If you are interested in purchasing a purple scarf or tie, please contact Leigh Martins, Training, Education, Volunteer Coordinator. All proceeds from the sales go directly to KIH to help provide support and services to the women, children and youth we serve.

By Phone: 613-305-0855 or email:

trainingandeducationcoordinator@kingstonintervalhouse.com

Wrapped in Courage Campaign



Mayor Paterson's Office



Family and Children's Services



Kingston Fire and Rescue



Queen's University Students



Reid and Ben from Kingston's Move 98.3

Staff Members

Executive Director
Shelter Services Manager
Fund Development Manager
Administrative Support Worker
Finance Bookkeeper
Supportive Housing Coordinator
Women's Community Counsellor
Child and Youth Community Counsellor
Indigenous & Rural Community Counsellor
French Language Community Counsellor
Training, Education and Volunteer Coordinator
Cook & Life Skills Coordinator
Women's Residential Counsellors

Child & Youth Residential Counsellor
Residential Counsellors (Relief)

Pam Havery
Theresa Metcalfe
Nicole Beaulieu
Tracy Egan
Andi Wilder
Sophie Harrison-Saxe
Dominique Morgan
Alecia Langille
Lorie Young
Carol Cantlay
Leigh Martins
Michelle Bourque
Lori Mackenzie
Yamun Nahar
April Wood
Trisha Robinson
Mary Egbowan
Jami Cole
Brittany Amey
Brooke Phillips
Hannah Devries
Jennifer Hamilton
Kim O'Neil
Marissa Moore
Sheena Lyons
Natasha Maracle
Tanya Harris
Lesli Schonberg

This past year, we saw three long-time employees of Kingston Interval House leave the organization to pursue new and exciting things~

**Shake Kodjaguezian
Michelle Cunningham
Lisa Fox**

Board Members

Chair

Vice-Chair

Treasurer

Secretary

Margaret Kennedy

Rhian Jansen

Cara Chesney

Elise McFarlene

Giselle Valarezo

Josee-Lyne Ethier

Brittany O'Neill

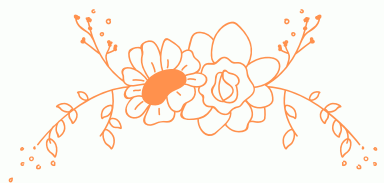
Kazi Tasneem

Ekta Singh

Alex Conant

Joy Sleeth

The Board of Directors provides leadership in establishing priorities and direction for Kingston Interval House services. We want to thank all these women for volunteering their time, knowledge and skills over the past year.



Funders

Thank you to our major funders:



Ministry of
Children, Community &
Social Services



United Way
Kingston, Frontenac
Lennox and Addington

Canada 



**WOMEN'S
SHELTERS
CANADA** | **HÉBERGEMENT
FEMMES
CANADA**