



ANNUAL REPORT 2020-2021

A roof for all, together it is possible !

TABLE OF CONTENTS

WHAT IS MON SHACK ?.....	3
MON SHACK'S MISSION AND OBJECTIVES.....	4
OUR VALUES.....	5
WORDS OF OUR TENANTS.....	6
WORD FROM THE PRESIDENT OF THE BOARD OF DIRECTORS.....	7
MON SHACK IN COVID MODE.....	8
MEMBERS OF THE BOARD OF DIRECTORS.....	9
OUR ORGANIZATION CHART.....	10
OUR SECTORS OF ACTIVITY.....	11
OUR IMPACT IN THE COMMUNITY.....	12
OUR ACHIEVEMENTS AND SUCCESSES.....	14
OUR COLLABORATIONS AND PARTNERSHIPS.....	16
OUR TRAINEE INTEGRATION SYSTEM.....	17
OUR CONTINUING EDUCATION SYSTEM.....	18
RECOGNITION OF VOLUNTEER COMMITMENT.....	19
OUR COMMUNICATION STRATEGIES.....	20
THANKS TO ALL OF OUR PRECIOUS PARTNERS!.....	21

A ROOF FOR ALL

TOGETHER, IT IS POSSIBLE !

Mon Shack is a building composed of eighteen (18) quality social housing units offered for rent at low cost to young people between the ages of 18 and 35 living with mental health problems. Much more than residential units under supervision, our organization is the first to offer bilingual services in the Eastern Townships in this sector of activity. *Mon Shack* defines itself as a stimulating and fully bilingual environment open to the community. Our organization offers its tenants:

Reception and referral services.

Individual and group meetings.

Community workshops in various forms, such as: group cooking, self-esteem, physical activities, budget management, etc.

Personalized support for the development of autonomy.

An inclusive, dynamic and safe living environment.

A springboard to independence !

WHY

MON SHACK ?

Because it refers to a very special place. It's a place that is built little by little, in our image, that we love, that resembles us and in which we find a precious source of well-being. A place where young adults living with mental health problems find the support and tools they need to build their own *Shack*.

OUR

MISSION

Mon Shack's mission is to promote, develop, acquire, build, and operate buildings for the purpose of providing residential units under supervision and a living environment for young people between the ages of 18 and 35 living with mental health problems. We believe in empowering people, in their strengths, in their ability to recover, and in the exercise of their citizenship. We focus on intervention in the community and work in concert with health service centres, hospitals and community resources. We want to ensure diversity, quality and accessibility of services. The participation of the tenants and their entourage is also part of the living environment. This project, in addition to following the guidelines of the Ministry of Health and Social Services in mental health, is based on rigorous theoretical models and scientific evidence.

OUR

OBJECTIVES

To help people develop their autonomy, self-esteem and sense of responsibility so that they can occupy a satisfying place in their community.

To relieve the emotional distress of the people who use our services.

To promote the maintenance of egalitarian relationships between the interveners and the people who use our services within the established frameworks.

To encourage the participation of members in the definition or reaffirmation of the organization's mission, orientations and operating methods.

Establish several participatory structures to foster democratic and associative life.

To usher society to be more tolerant of young adults with mental health problems and of behaviours that can sometimes be perceived as "disturbing" (educate, raise awareness, inform, and support the community).

To work together to fight prejudice and stigmatization to promote the recovery of our tenants.

OUR VALUES

The tenants of *Mon Shack* hence our concern to respect their dignity, to protect them and to ensure their well-being. This is why our values apply at all levels: to the Board of Directors, members, management, workers, volunteers, tenants, and all those who work in or for the organization.



WORDS

OF OUR TENANTS

“

Mon Shack m'a permis de me redécouvrir et de retrouver le goût de sourire à la vie et d'essayer de nouvelles expériences. J'ai appris aussi que dans la vie ; " tout est une question d'équilibre".

”



— Émilie Beaudet

“

Everyone has a place in life. Mon Shack makes me believe in myself.

”



— Anthony Tardif

“

Mon Shack helped me a lot with my self-confidence.

”



— Denis Ashby

“

Je suis vraiment heureux de pouvoir vivre dans un appartement de qualité tout en pouvant continuer mes études et de pouvoir vivre dans une communauté qui s'entraide et qui s'apprécie. Le Shack m'a aidé à me faire plus confiance et m'a montré à mieux gérer mon temps dans mes études et dans la vie en général.

”



— David Patry

“

Woof Woof! Woof Woof!
*Traduction: Le Shack m'a donné l'opportunité de découvrir une famille en or!

”



— Brownie

WORD FROM THE

PRESIDENT OF THE BOARD OF DIRECTORS

It is with great pride that I address you to highlight the exceptional work done by all the tenants, employees, volunteers, and members of the Board of Directors of *Mon Shack*. Indeed, the past year has required strong resilience, mutual support, and a collective effort to get through the global crisis related to the COVID-19 pandemic. When reading our activity report, you will be able to see the strong increase in requests for support, follow-up, accompaniment, and others.

Being considered as a priority and essential organization, our services were offered face-to-face and did not experience any cuts. We have even added activities to our calendars in order to help our tenants maintain a balance, a social life and a certain normality. We have even been able to maintain services to the community. This required the implementation of strict and effective measures to prevent COVID from infiltrating our organization. This challenge was met with success by all!

However, the fight is not over. The psychological repercussions of this pandemic will continue to be felt for months to come. This is why we will have to take up a great challenge in human resources management. Our organization is composed of a small team and the intensive recruitment of the social services network in the Eastern Townships reduces the pool of candidates. Finding and retaining staff is therefore a major challenge, because the community does not have the financial means to compete with the salaries and benefits offered in these institutions. On the other hand, although the work is large on a daily basis, a small team allows for proximity, flexibility and sincere human relations. We will build on these advantages in order to consolidate our intervention team in the coming year. *"We are tightly knit at *Mon Shack*!"*

Finally, the pandemic has had a positive impact on the organization's finances. Indeed, we recorded a slight surplus during the last fiscal year, as we were fortunate to benefit from many donations as well as specific grants related to COVID-19. A big THANK YOU to all our donors, without whom we would not have been able to get through this uncertain period. Unfortunately, the specific COVID donations will not continue in later years. This means that *Mon Shack* will have to continue to be self-funded with determination.

It should be noted that our organization only has access to a small source of recurrent funding, namely the Community Support Program (CSP), which amounts to less than \$45,000 per year. Yet, the annual needs of our organization amount to nearly \$300,000. The pandemic, having highlighted the fragility of our collective mental health and the importance of having access to resources, has been an important lever to counter stigma. Let's hope that this will be a future strength for the self-funding of our community resource!

Marie-Eve Scalabrini

PRESIDENT OF THE BOARD OF DIRECTORS



Regulatory measures related to COVID-19

The year 2020 was necessarily marked, once again, by the COVID-19 pandemic situation. *Mon Shack* is one of the essential and priority organizations that remained open despite the pandemic and that was able to adapt to the health measures related to COVID-19. Indeed, we have reorganised our community room to respect social distancing measures (Plexiglas protections, tables and chairs at least two metres apart, disinfectants on all tables, and a hand washing station). We also carry out regular checks on the wearing of masks, hand disinfection and the disinfection of common areas. Everything has been put in place to ensure the safety of our employees and clients at all times while respecting CNESST and public health standards. The application of these measures was possible thanks to the participation of each tenant and the intervention team. We would also like to thank the CIUSSS de l'Estrie-CHUS for the donation of procedure masks throughout the year. The collective work was a success and allowed us to get through the pandemic without any cases of COVID-19 in our community. We would like to thank our MNAs, Ms. Hébert and Ms. Labrie, for their financial contribution during this crisis.

Impact on our business

Despite the pandemic, at *Mon Shack* it is important to continue our services and activities in order to maintain good mental health and community life. In order to maintain social activities, we have been able to continue to welcome our volunteers and offer our services to our members and the community while keeping a strict control of sanitary standards. Our tenants have been able to keep in touch with their loved ones by allowing them to book the community room which respects sanitary measures. We have also adapted our monthly meetings with tenants into sub-groups to maintain an active democratic life and to ensure that their voices are heard. Furthermore, in order to limit non-essential external contacts, we have increased the number of external accompaniments by our workers (such as for last resort assistance, food support, medical appointments, and others). Finally, the current situation has positively influenced our activities. In fact, we have had to offer more workshops to our tenants in order to break the isolation, preserve social links and maintain a mental health balance. These workshops also promote self-awareness and a path to recovery.

MEMBERS

OF THE BOARD OF DIRECTORS

Marie-Ève Scalabrini | President
Director at RBC division of Lennoxville

David Plante | Vice-President
Tenant at Mon Shack

Hélène Boivin | Treasurer
Accountant at Global Excel Management

Frédéric Bossé | Secretary
BI analyst at BRP inc.

Julie Labbé | Administrator
Social worker at CIUSSS Estrie-CHUS

Marc-Antoine Lapointe | Administrator
University student in MBA and law

Frédéric Guillette | BOD Assistant
Tenant at Mon Shack

Jessica Martel-Desnoyers | BOD Assistant
Tenant at Mon Shack

Victoria Elliot-Roy | BOD Assistant
Tenant at Mon Shack

The Board of Directors met eight (8) times during the 2020-2021 fiscal year and held one (1) extraordinary meeting. The Board is continuously working on various issues:

Management of the COVID-19 crisis;

Fundraising;

Representation of the organization;

Development of partnerships;

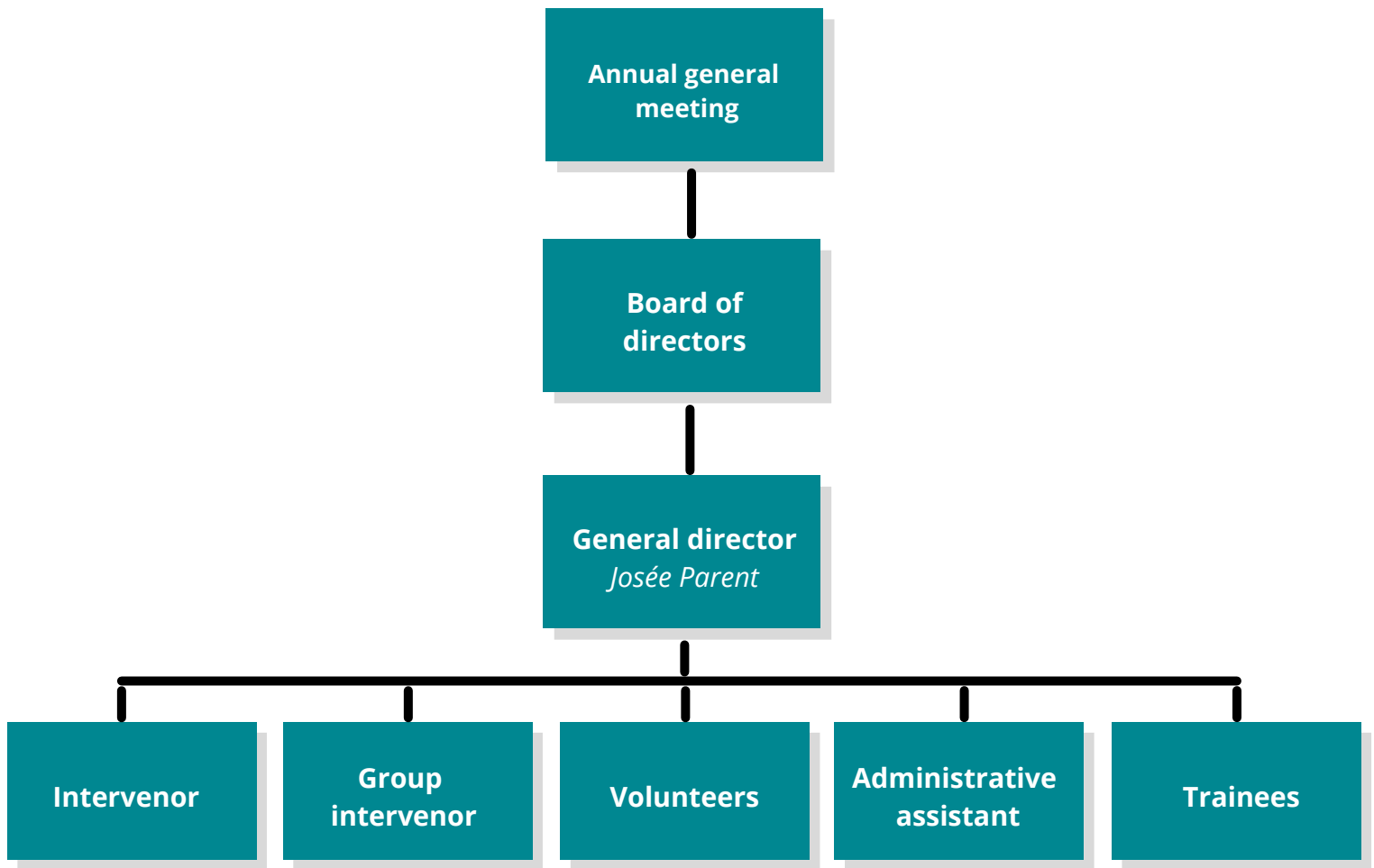
Development of various documents;

Sound management of the organization;

Development of services and vision of the organization.

OUR

ORGANIZATION CHART



Mon Shack, wishing to offer fully bilingual and high quality services, is composed of a team of people with university degrees in the humanities or in administration. Clinical support and continuous training are prioritized in order to improve our practices, innovate and maintain a high standard of quality. The management ensures that clinical meetings are held with the team twice a month. All of this is linked to our code of ethics which defines our rules, our vision, our way of acting and interacting:



SECTORS OF ACTIVITY

Supervised housing



We offer eighteen (18) affordable apartments adapted to the needs of young adults living with mental health problems in a healthy and stimulating environment. More than just supervised apartments, we offer a framework that promotes the recovery and autonomy of our tenants through the development and maintenance of professional services in individual and group follow-up, through activities focused on healthy lifestyle habits, and through measures that encourage the regaining of power over one's life.

Living environment open to the community



Our organization is open to the community to encourage social mixing, as mental health affects us all. This helps to break isolation, develop a social network, reduce stigma, encourage sharing of experiential knowledge, and support in the journey to recovery. We had a total of **178 community participations** in our activities during the year. We also have a steadily growing membership: **171 members** joined or renewed their membership, an increase of 18.8% over last year.

Community involvement



We are members of several organizations in the Eastern Townships:

- CDC de Sherbrooke;
- Table itinérance de Sherbrooke;
- Regroupement des ressources communautaires en santé mentale de l'Estrie (RRCSME);
- ROC Estrie;
- Committee of La nuit des sans-abri de Sherbrooke;
- Comité consultatif de développement social et communautaire;
- Lennoxville community concertation.

IMPACT IN THE COMMUNITY



At *Mon Shack*, we want society to be more tolerant of young adults living with mental health issues and we believe that solidarity in the fight against prejudice and stigma will promote recovery. Currently, eighteen (18) young adults live at *Mon Shack* and we have seen a total of twenty-eight (28) young people for housing requests during the year, of which eleven (11) were admitted to the organization. In total, twenty-five (25) people lived at *Mon Shack* during the past fiscal year, five (5) of whom left for continued non-compliance. These requests come either directly from the person living with a mental health problem and/or their family (6 requests) or from different environments in the region with which we collaborate:

- Intensive Case Management (ICM) of CIUSSS de l'Estrie-CHUS (1 request);
- Assertive Community Treatment (ACT) of CIUSSS de l'Estrie-CHUS (1 request);
- Psychoeducator of CIUSSS de l'Estrie-CHUS (1 request);
- Psychiatry throughout hospitalization of CIUSSS de l'Estrie-CHUS (2 requests);
- Treatment Center Corps Âme et Esprit (1 request);
- Clinic for first psychotic episodes (2 requests);
- Coalition sherbrookoise pour le travail de rue (1 request);
- Social worker of CIUSSS de l'Estrie-CHUS (1 request);
- CLSC of Richmond (1 request);
- CLSC of Cookshire (1 request);
- Empreinte Team of Université de Sherbrooke (1 request);
- Centre de réadaptation de l'Estrie (CRDE) (2 requests);
- Bishop's University (1 request);
- Département de la protection de la jeunesse (2 requests);
- Social worker at CIUSSS of Coaticook (1 request);
- Cégep de Sherbrooke (1 request);
- Centre de traitement de la dépendance (1 request).

Five (5) people have left *Mon Shack* for an autonomous apartment in the community with post-housing services, eleven (11) people have maintained or integrated the job market and five (5) people have maintained or initiated a return to high school, college or university. To date, seven (7) people are in the stabilization phase and two (2) people are in employment skills development courses.

WE ASPIRE TO AN EVEN GREATER TRANSFORMATION!

There is a growing demand for mental health services across the province. The pandemic has largely contributed to the identification of numerous challenges for the population, while denouncing the lack of access to diversified and quality mental health services. Moreover, for English-speaking people, access to services in their mother tongue is more than limited. This means that a unilingual English-speaking person can easily find himself or herself at a loss for services. Our organization is one of the few resources in the Eastern Townships to offer all of its services in both languages (French and English).

For all these reasons, our organization submitted an innovative project to the Rapid Housing Initiative (RHI). Our file is still active and we hope for a positive response so that we can build a building with twenty-two (22) affordable flats. In this second phase and thanks to a partnership with Bishop's University and the Université de Sherbrooke, the Univers-Shack could come to life in order to increase and diversify the services offered to our tenants, and also to promote access to services for the entire population.

As Ms. Julie Lane (Ph. D., M.A.), Director of the RBC Centre for University Mental Health Expertise for Children, Adolescents and Young Adults, explains so well:

"The Universe-Shack Living-Lab will be an open environment for tenants and the community to avoid stigma and ghettoization. The collaboration between Mon Shack, Bishop's University and the Université de Sherbrooke will create a living laboratory and free bilingual professional mental health services at the heart of the new housing. The Living-Lab approach will make it possible to create a co-creation process with young people and people from the targeted communities, all under real conditions and in a partnership logic with the various bodies making up the ecosystem concerned (Dubé, Sarrailh, Billebaud, Grillet, Zingraff & Kostecki, 2014)."



ACHIEVEMENTS AND SUCCESSES

Workshops and activities offered



Physical, emotional and social well-being are essential to maintaining good mental health which is why we offer our tenants, the community and our members a wide range of creative workshops and activities to suit all tastes. This year, our programming was a success with **3,246 participations**, an increase of 17.6% over last year, and we welcomed 130 different people. We offered seventeen (17) recurring activities and sixty-six (66) one-time activities. Here is a summary of the activities offered at *Mon Shack*:

Physical and social activities

- Group walk (417 participations);
- Tea-Talk (288 participations);
- The « By and For » tenants (158 participations);
- Group hiking (63 participations).

Creative workshops and self-awareness

- CHI Yoga and Mindfulness (202 participations);
- Tie Dye workshops, Webinars and Learnings (137 participations);
Thanks to Maïthé, former tenant of Mon Shack, for organizing the Tie Dye workshops!
- Leadership workshops (62 participations).
Thanks to Enzo Evangelisti, a psychology student at Bishop's University, for organizing this activity as part of his practicum!

Cooking workshops

- Morning coffee (705 participations);
- Group lunch (522 participations);
- Group cooking (358 participations).

Fundraising campaigns



In collaboration with the Familiprix pharmacy in Lennoxville, we held a fundraising campaign to sell hot dogs for the benefit of *Mon Shack*. This campaign took place on August 8, 2020 and we made **a profit of \$973!**

We would like to extend a special thank-you to Mr. Pierre-

Olivier Fortier, with whom we work closely and who will be hosting us once again this year on July 31, 2021 for the third edition of this fundraising campaign. We also organized for the very first time, thanks to Blanca Bergua (Concordia University student), a virtual BINGO on Zoom using the Ticket Tailor platform on March 27, 2021 from which we raised **a profit of \$458.**

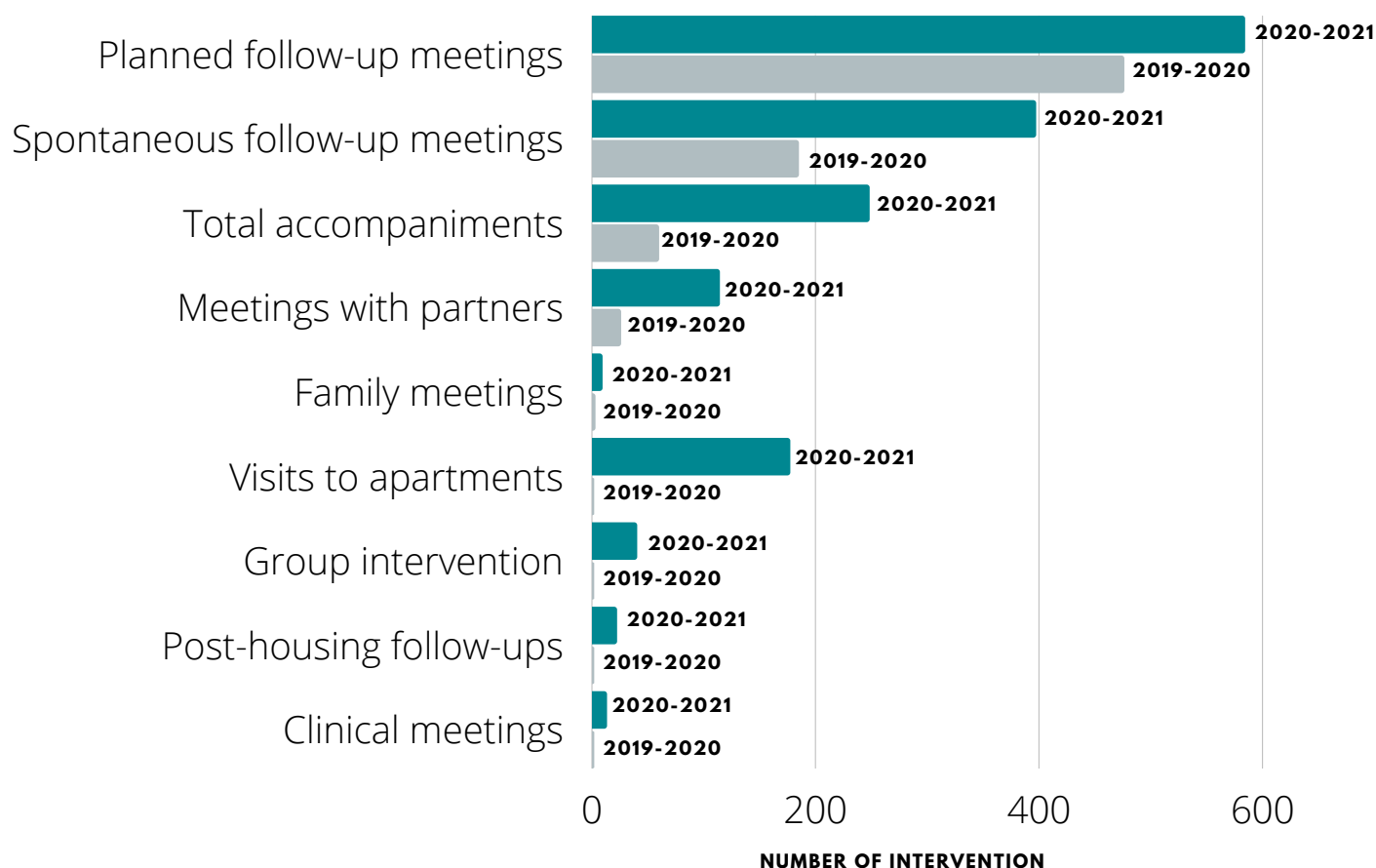


Intervention service



We offer an individual intervention service in the living environment, allowing us to establish a framework and follow-up that promotes recovery. To do this, we offer accompaniment, planned and spontaneous follow-up meetings with tenants, post-housing follow-up, meetings with partners, communications or meetings with loved ones, apartment visits, clinical meetings, and group intervention. To respond to the needs of the pandemic and the impact it had on the community by weakening community mental health (increased anxiety levels, greater feelings of isolation, etc.), we conducted closer intervention follow-ups with our clientele. In the 2020-2021 fiscal year, we achieved:

- 248 total accompaniments (+313,3% over previous year);
- 584 planned follow-up meetings (+22,2% over previous year);
- 397 spontaneous follow-up meetings (+112,3% than the previous year);
- 22 post-housing follow-ups (New this year);
- 114 meetings with partners(+338,5% than the previous year);
- 9 communications and/or meetings with relatives (+200% than last year);
- 177 visits to apartments;
- 13 clinical meetings;
- 40 interventions during group activities.



OUR

COLLABORATIONS AND PARTNERSHIPS

Collaborations with community resources



Collaboration and support.



Collaboration to a fundraising event for the benefit of the organism (Familiprix Pierre-Olivier Fortier, Roxane Fournier et Rémi Gosselin).



Collaboration for trees planting.



Planning and organization workshop.



Body representation in media and promotionnal space.



Consumption and mental health workshop.

Partnerships


 Bishop's University.

 Cégep de Sherbrooke.

 Université de Sherbrooke.

 Cégep de Granby.

 Concordia University.

 CIUSSS of Estrie - CHUS
(Intensive Case Management
(ICM), Assertive Community
Treatment (ACT) and PEP Clinic).

OUR

TRAINEE INTEGRATION SYSTEM

At *Mon Shack*, we want to make a positive contribution to tomorrow's young people by offering a professional and innovative internship environment. For several years now, we have been integrating interns into our organization through partnerships with various training institutions in the Eastern Townships.



Social Work Technology (1 student)

Internship in community intervention

From September 1, 2020 to December 10, 2020

Total of 294 hours.

Special Education Technology (1 student)

Internship in community intervention

January 18, 2021 to February 24, 2021

Total of 150 hours.



Special Education Technology (1 student)

Internship in community intervention

Internship during the summer of 2020

Total of 229,5 hours.



Bachelor of Psychology (1 student)

Canada Summer Job

From May 25, 2020 to July 20, 2020

Total of 280 hours.

This intern was hired directly after the completion of the internship and is now working as an environmental worker.



Bachelor of Psychology (1 student)

Practicum in Psychology: Facilitation of leadership workshop.

From February 2, 2021 to March 30, 2021.

This student is still pursuing his practicum to date in the organization and expects to complete his internship in May 2021.

OUR

CONTINUING EDUCATION SYSTEM

At *Mon Shack*, we prioritize ongoing training for our employees and interns to create a stimulating, creative and innovative work environment. Several resources and partners offer us free quality training that allows us to improve our skills and know-how as a collaborative team.

Training of the intervention team



- Intervening with a suicidal person using good practices (Three intervenors - Total of 63 hours) | **JEVI**
- Conference on users' rights and recourse (One intervenor - Total of 7 hours) | **Youville Hospital and Residential Centre**
- Self-management of anxiety (Two intervenors - Total of 14 hours) | **Revivre**
- Intervention in the context of an opioid-related overdose (One intervenor - Total of 7 hours) | **Méta d'Âme/PROFAN 2.0**
- Intervention with a person in psychotic crisis (Two intervenors - Total of 12 hours) | **ASRSQ**
- Introduction to Mindfulness (Four intervenors - Total of 14 hours) | **Marie-Christine Morin, Bsc. Kinesiology**
- Cultivating Kindness at Work (Two intervenors - Total of 6 hours) | **Félix Guay-Dufour, Consultant in Work and Organizational Psychology, RBC Research Centre in Mental Health**
- Addiction and Mental Health (Two intervenors - Total of 3 hours) | **Université de Moncton**
- Des âmes et des saisons (Three intervenors - Total of 6 hours) | **Lecture by Boris Cyrulnik**

Training of the administrative team



We have recently added an administrative assistant to the team to address the administrative needs in the organization.

- CA 101 (Ten directors - Total of 50 hours) | **CAB de Sherbrooke**
- Cultivating Kindness at Work (One administrator - Total of 3 hours) | **Félix Guay-Dufour, Consultant in Work and Organizational Psychology, RBC Research Centre in Mental Health**
- Intervention with a person in psychotic crisis (One administrator - Total of 6 hours) | **ASRSQ**
- Introduction to Mindfulness (One administrator - Total of 3,5 hours) | **Marie-Christine Morin, Bsc. Kinesiology**
- Free advertising for NPOs (One administrator - Total of 3 hours) | **Google Ad Grant**

RECOGNITION

OF VOLUNTEER COMMITMENT

We would like to thank all of our volunteers for their involvement with *Mon Shack*. They are a great asset and a precious resource for our organization. The presence and work of our volunteers generated a nice total of approximately 210 volunteer hours. In addition, the management has volunteered 1500 hours to meet the needs of the organization.

We would also like to acknowledge the exemplary dedication of our regular volunteers on whom we can always count and whose help is invaluable. Among them, Mrs. Lynzee Portfors, who has been with us since the opening of *Mon Shack*, as a passionate and caring volunteer who sows happiness every week during her cooking workshop. Mr. Jean-Pierre Bégin, massage therapist and committed volunteer, who generously offers us three hours of massages for the well-being of our tenants every week. Mr. Bruno Blais, a volunteer with a big heart who is always ready to help us with all our maintenance needs for the building and the community living environment. Mr. Allan Pangborn, a dedicated volunteer who assists us greatly during the summer season with the maintenance of our grounds and who helps us with all our repair needs. Ms. Marie-Louise Pomerleau, a student in the bachelor's program in psychology, who graciously lends us a hand with our tenants' housekeeping day. A BIG THANK YOU TO ALL OF YOU!

In addition, thanks to our partnerships with the various Cegeps and Universities in the region, we can count on the volunteer help of students from various study programs:

Bachelor of medicine at Université de Sherbrooke



Nine (9) volunteering students

= Total of 70,25 hours of volunteering

Police technology at Cégep de Sherbrooke



= 7,5 hours of volunteering

Three (3) volunteering students

OUR

COMMUNICATION STRATEGIES

For our organization, it is important to seize opportunities to educate, raise awareness, inform and support the Estrie community. Indeed, we are on most digital platforms, which allows us to recruit new volunteers, raise community awareness and increase our visibility. Our presence on these platforms also allows us to raise awareness of mental health issues, publish tools that promote recovery to make them more accessible to the community, and contribute to the development of new partnerships.

In order to carry out all our projects and activities as well as to ensure the general maintenance of our building, we need our precious donors and volunteers. This is why we need the various social media and digital platforms specialised for non-profit organizations in order to make the organization known and increase its visibility. Also, in order to fight against stigma and prejudice in mental health, we are active during thematic days or weeks, such as Mental Health Week, Suicide Prevention Week, Schizophrenia Days, and others.

In addition, we have had an active website since the opening of [Mon Shack](#) with which we encourage the community to sign up as members of the organization and/or as volunteers (we currently have 171 members in total). We have also very recently developed a newsletter that is sent to all our members and volunteers on a monthly basis (new since March 2021). All of this is part of a social mix and to grow our community in order to have as many people as possible participating in the achievement of our mission.

Our active presence on social media networks



588 followers (+**20,7%**);
20 234 total views on our
publications.



86 followers (+**3,6%**);
214 views of our profile;
10 132 impressions on our
tweets.



81 followers (+**8%**);
823 impressions.



330 followers (+**5,4%**);
10 publications.



New this year!
5 followers;
113 likes;
648 views on our videos.

THANKS

TO OUR PRECIOUS PARTNERS



The Neil & Louise
Tillotson Fund



Centraide
Estrie



COMMUNITY
FOUNDATIONS
OF CANADA
all for community

FONDATIONS
COMMUNAUTAIRES
DU CANADA
ensemble pour tous



Fondation
Bon départ





(819) 481-0385

direction@monshack.ca

<https://monshack.ca>

*3195, College Street
Sherbrooke, Québec, J1M 0E7*