

2021-2022

ANNUAL REPORT OF ACTIVITIES

*A ROOF FOR ALL, TOGETHER
IT IS POSSIBLE!*



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WORD FROM THE PRESIDENT OF THE BOARD OF DIRECTORS

Dear members,

It is with great humility and pride that I address you today the report on the admirable work that has been done by all stakeholders of Mon Shack during the 2021-2022 fiscal year. During this fiscal year, the Board of Directors met seven (7) times. During these sessions, several important topics, projects and dilemmas presented themselves to the Board members. In addition, I think it is worth mentioning that the pandemic has raised the level of complexity of the decisions that need to be made, as it has often brought even more complex considerations and issues than usual. Our thought process, as a deliberative assembly, is always underpinned by the mission, vision, values and, most importantly, the best interests of the organization. This way of thinking leads us to make diligent and informed decisions that we are always comfortable defending and explaining.

SERVICE OFFERINGS

The context of health and economic uncertainty has not prevented Mon Shack from growing its service offerings. On the contrary, it has pushed the organization to develop its agility, rethink its strategic framework and innovate. In concrete terms, 3,379 community members participated in activities organized to break isolation. The number of total accompaniments (333) and planned follow-up meetings (679) were all on the rise in order to improve the services offered by Mon Shack while respecting the health framework, all of which represents a tremendous amount of work. In addition, post-housing follow-up meetings have increased by 50% in the last year. In this sense, we are extremely grateful to our workers and volunteers who choose to work with us despite the shortage of manpower and the limited financial means of the organization.

FINANCES

We anticipated a difficult financial year, but thanks to the outstanding work of our Executive Director, Josée Parent, we were able to limit the deficit to \$23,932. In addition, Ms. Parent was able to find adequate funding throughout the year. Despite this good news, we are still far from the minimum funding threshold of \$360,000 required for the basic operation of the organization. We would like to thank all of our generous donors, without whom the organization simply could not operate.

With the significant projects that will be undertaken in the coming year, we are confident that we will expand our impact in the community and be able to offer more services to tenants. We believe that this is one more step in fighting stigma and promoting wellness. It is because of the contributions of each and every one of you that we are here today, this strength and unity is what allows us to look forward to the future with optimism.

Thank you to all,



President of the Board of Directors

MEMBERS OF THE BOARD OF DIRECTORS



Marc-Antoine Lapointe | President
MBA Law University student



H  l  ne Boivin | Treasurer
Accountant at Global Excel Management Inc.



Fr  d  ric Boss   | Secretary
Global Pricing Coordinator at BRP Inc.



Julie Labb   | Administrator
Social worker at CIUSSS Estrie-CHUS



  milie Beaudet | Administrator
Tenant at Mon Shack



David Plante | Administrator
Tenant at Mon Shack

The Board of Directors met seven (7) times during the 2021-2022 fiscal year. The Board is continuously working on various issues:

- ▶ **Management of the COVID-19 crisis.**
- ▶ **Foundraising.**
- ▶ **Representation of the organization.**
- ▶ **Development of partnerships.**
- ▶ **Development of various documents.**
- ▶ **Sound management of the organization.**
- ▶ **Development of services and vision of the organization.**
- ▶ **Staff retention (human resources management).**

Each year, Mon Shack invites tenants, the clinical team, members, loved ones and the community to attend its Annual General Meeting because their voice is important. This year, eighteen (18) people attended the Annual General Meeting, held on June 15, 2021.

WORD FROM MANAGEMENT

Our last fiscal year was again marked by the global pandemic of COVID-19.

I would like to take this opportunity to thank the entire response team, all of our tenants and our volunteers who have shown resilience, adaptation and collaboration during these more difficult times.

I would also like to thank the population of Estrie, who were there for us and who voted in our favor again this year when MP Christine Labrie called for the distribution of her discretionary fund. Once again, Mon Shack was chosen by the population to receive the maximum amount. What a touching recognition from the population! This warms our hearts and motivates us to continue our work.

I can't pass over in silence the excellent work of the Board of Directors of Mon Shack, which is essential to the good democratic functioning of the organization and which deals with several important files throughout the year with or without a pandemic. Your involvement makes a real difference.

Finally, this pandemic adventure only confirms the need for a resource such as ours within the Eastern Townships community. Last June, the international survey conducted by a team from the University of Sherbrooke and led by Dr. Mélissa Généreux, showed that the anxiety and depression caused by the pandemic were evident in the population.

Statistics Canada, 2020, explains that young people are experiencing a sharp decline in their perception of their mental health, declaring themselves to be in poorer mental health than before the pandemic. In addition, the study found that people who were already in poor mental health prior to the pandemic were more affected by its impact. Finally, the study indicates that there is a four-fold increase in the risk of substance use for those who reported poor mental health. This clearly demonstrates that maintaining our face-to-face services, activities and openness to the community, even during a pandemic, has probably had a beneficial effect in reducing the risks of disorganization and substance use.

Finally, mental health issues already affected the Eastern Townships region. Indeed, according to data published by the Estrie Public Health Department (2015), 14% of the adult clientele, 18-64 years old, suffers from a mental health disorder. This represents nearly 27,000 adults in the Estrie region. More specifically, anxiety-depressive disorders are represented at approximately 10% among 18-64 year olds (i.e. nearly 70% of all mental disorders for this clientele).

All these data support the need for an organization such as ours to promote the recovery of young people living with mental health problems and that of the community, especially in this time of post-pandemic that is combined with a crying lack of affordable housing. As you read this activity report, you will discover a new adventure that is coming! Mon Shack is planning to build a new building to better respond to the growing needs in mental health and access to affordable housing.

Enjoy reading!

Josée Parent

Founder and General Director

A ROOF FOR ALL, TOGETHER IT IS POSSIBLE!

OUR MISSION

Mon Shack's mission, in the Eastern Townships, is to promote, develop, acquire, build, and operate buildings with the goal of offering residential units under supervision and a living environment to young adults between the ages of 18 and 35 living with a mental health problem. We believe in empowering people in their strengths, in their ability to recover and in the exercise of their citizenship. The participation of the tenants and their entourage is also part of the living environment.

A BIT OF HISTORY

Mon Shack is a non-profit organization created by and for the Estrie community from the initiative of its founder, Ms. Josée Parent. Well rooted in its community, Mon Shack distinguishes itself by offering services that promote mental health recovery, access to affordable housing under supervision, and access to its bilingual services and living environment. Mon Shack maintains an active associative life and its members can get involved in the Board of Directors in addition to several committees in place. Some committees are formed by and for Mon Shack tenants at their initiative. At Mon Shack, everyone's voice must be heard! Much more than its services promoting mental health recovery and access to affordable housing under supervision, Mon Shack is a springboard to independence, a living environment open to the community, a must for good collective mental health!

OUR OBJECTIVES

- Accompany people in their mental health recovery by promoting the development of their autonomy, their self-esteem and their sense of responsibility so that they can occupy a full and satisfying place in their community.
- Alleviate the emotional distress of the people who use our services.
- Maintain egalitarian relationships between workers and clients within established frameworks.
- Encourage the participation of members in defining or reaffirming the mission, orientations and operating methods of the organization.
- Establish several participatory structures to foster democratic and associative life.
- Encourage society to be more tolerant towards young adults with mental health problems (educate, raise awareness, inform, and support the community).
- Fight in solidarity against prejudice and stigmatization to promote the recovery of our tenants.

WHAT IS MON SHACK?

Mon Shack is a building composed of eighteen (18) quality social housing units offered for rent at low costs to young adults between the ages of 18 and 35 living with a mental health problem. Mon Shack is also a stimulating, inclusive and fully bilingual living environment open to the community.

WE ARE HERE FOR YOU!

Mon Shack offers services 5 days a week, Monday to Friday from 8:30 a.m. to 5:00 p.m. (52 weeks a year/12 months), as well as offering activities once or twice a week until 9:00 pm.

OUR VALUES

Mon Shack's values apply to all levels of the organization, including the Board of Directors, members, management, employees, volunteers, tenants, and all those who work in or for the organization.



THE PRIMACY OF THE PERSON AT THE HEART OF OUR SERVICES:

- By recognizing their rights and choices.
- By recognizing their experiential knowledge.
- By drawing on their strengths.
- In the democracy of the organization through several levels of decision-making for tenants (board of directors, committees, monthly meetings, etc.)



At Mon Shack, we organize monthly meetings that bring together the clinical team and the tenants to review past and future activities, to vote and to make decisions as a group. These are democratic meetings where tenants have the power to modify the services and to get involved in the different committees in place. Despite the COVID-19 pandemic, these meetings were all maintained, in sub-groups, in order to respect health standards. The clinical team ensured that the information was distributed uniformly to all tenants. To this end, Mon Shack held ten (10) monthly meetings with its tenants.

INVOLVEMENT OF TENANTS IN THEIR LIVING ENVIRONMENT

SITE CLEANLINESS COMMITTEE

The **Site Cleanliness Committee** is composed of tenants who take care of and maintain the cleanliness of the organization's community spaces (community room, hallways, community kitchen, etc.)



SITE SAFETY COMMITTEE

The **Site Safety Committee**, composed of tenants, who are responsible for ensuring and monitoring the safety of the organization's common areas (no circulation in the building, monitoring the intercom, etc.)



MON SHACK'S DOG COMMITTEE

The **Mon Shack's Dog Committee**, made up of tenants, takes turns ensuring that the well-being and needs of the Mon Shack dog are met.



TENANT'S FUND COMMITTEE

The **Tenant's Fund Committee** is composed of tenants who democratically plan and organize activities and outings. This year, the committee had \$1,400 at its disposal for outside activities, such as spa days, movie outings, trips to Laser Plus, a day at the sugar shack, and many others.



WEEKEND COMMITTEE

The **Weekend Committee**, composed of tenants, meets to plan social and enjoyable activities outside of the organization's business hours. These activities are organized "By and For" the tenants. This year, the committee allowed tenants to go on mountain hikes in the region, to have group dinners, to go on summer outings (beach, ice cream, kayaking, etc.) and to go for walks in the various local parks.



OUR AREAS OF ACTIVITY

SUPERVISED HOUSING

Mon Shack offers 18 affordable housing units adapted to the needs of young adults between the ages of 18 and 35 living with mental health problems. Much more than apartments under supervision, we offer a bilingual, stimulating, inclusive, and safe living environment. These young adults can find welcome and referral services, individual and group follow-up meetings, group workshops (group cooking, art therapy, physical and fitness activities, budget management, etc.) as well as personalized support for the development of autonomy. We aim to maintain healthy lifestyle habits in a setting that promotes mental health recovery by encouraging people to regain control over their lives.

A COMMUNITY-BASED LIVING ENVIRONMENT

Our organization is open to the community in order to promote social diversity and inclusion among the Estrie population, all in a bilingual environment. Our community living environment contributes to the destigmatization of mental health problems, to breaking isolation, to developing social skills, to forging links with the community and to encouraging the sharing of experiential knowledge. As such, we have many workshops and activities by and for the tenants.

MEMBERSHIPS WITH EASTERN TOWNSHIPS ORGANIZATIONS AND GROUPINGS



*Comité de La nuit des
sans-abris*



*Table Itinérance
Sherbrooke*



*Regroupement des organismes
communautaires de l'Estrie*



*Regroupement des ressources
communautaires en santé
mentale de l'Estrie*



*Association des Femmes
d'Affaires de l'Estrie*



*Consultative committee of
social and community
development of Lennoxville*



*Corporation de développement
communautaire de Sherbrooke*



TDAH Estrie

*Lennoxville Community
Concertation
Committee*

*Oxford Community
Garden*

PARTNERSHIPS AND COLLABORATIONS WITH COMMUNITY RESOURCES



Partner



FAMILIPRIX PIERRE-OLIVIER FORTIER,
ROXANE FOURNIER AND RÉMI GOSSELIN

*Workshop on vaccination for COVID-19 |
Workshop on effects and interactions
between consumption and medication*



Volunteering and food support

EXPLORE
LENNOX

J'achète local

*Collaboration and support
for the animation of the
Square Queen Lennoxville*



*Partner for workshops
in the Square Queen
Lennoxville, in
collaboration with the
Lennoxville Library
and Uplands Cultural
and Heritage Center*



Self-esteem workshop



Association coopérative
d'économie familiale
de l'Estrie
Membre de l'Union des consommateurs

Workshop on consumer rights and shopping



Prévention
VIH • SIDA • ITSS

*STI screening event | Free
condom distribution*



Depuis 1990
La diversité, c'est du monde

*Organization of a breakfast and a cooking
workshop with a Brazilian Theme*



*Workshop on presentation of their services |
Services to our tenants*



Volunteering and collaboration

Centre intégré
universitaire de santé
et de services sociaux
de l'Estrie – Centre
hospitalier universitaire
de Sherbrooke

Québec

Partner for follow-up services and collaboration



Guidance and counselling services

2021-2022 AT A GLANCE

The year 2021-2022 was a landmark year at Mon Shack; exciting new projects, increased community participation in our workshop and activity programs, valuable dedicated volunteers, members who support and believe in our services, and young adults on the road to recovery. Here's a look, by the numbers, at what Mon Shack has accomplished in the past fiscal year, and all during the COVID-19 pandemic!



Value of nearly
\$13,000 US
worth of ads run on Google
to publicize our website



226 MEMBERS
joined or renewed their
membership
↑ 32 %
over last year



51 VOLUNTEERS
where active in Mon Shack
this year



Unite to Recover was voted
COUP DE COEUR
by the people of the Eastern
Townships during the call for
projects by MP Christine Labrie



3 YOUNG ADULTS
left Mon Shack for independent
housing in the community



2,125 SERVICES
in intervention carried out
by the clinical team



1,652 HOURS
of volunteer work done free
of charge by the volunteers
and the management at Mon
Shack



10 YOUNG ADULTS
were able to move into
supervised housing at Mon
Shack this year



An amount of
\$ 78,945
received in donations from
businesses and individuals



**25 HOUSING
APPLICATIONS**
where processed and analyzed by
the selection committee this year



164 PEOPLE
benefited from our community
activities and workshops
↑ 26 %
over last year



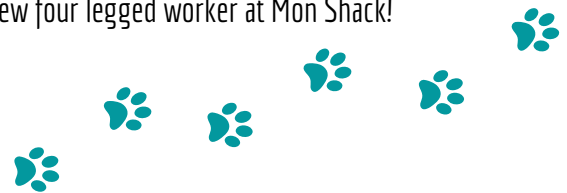
A total of
3 379
participations in our group
activities and workshops

MON SHACK'S TEAM

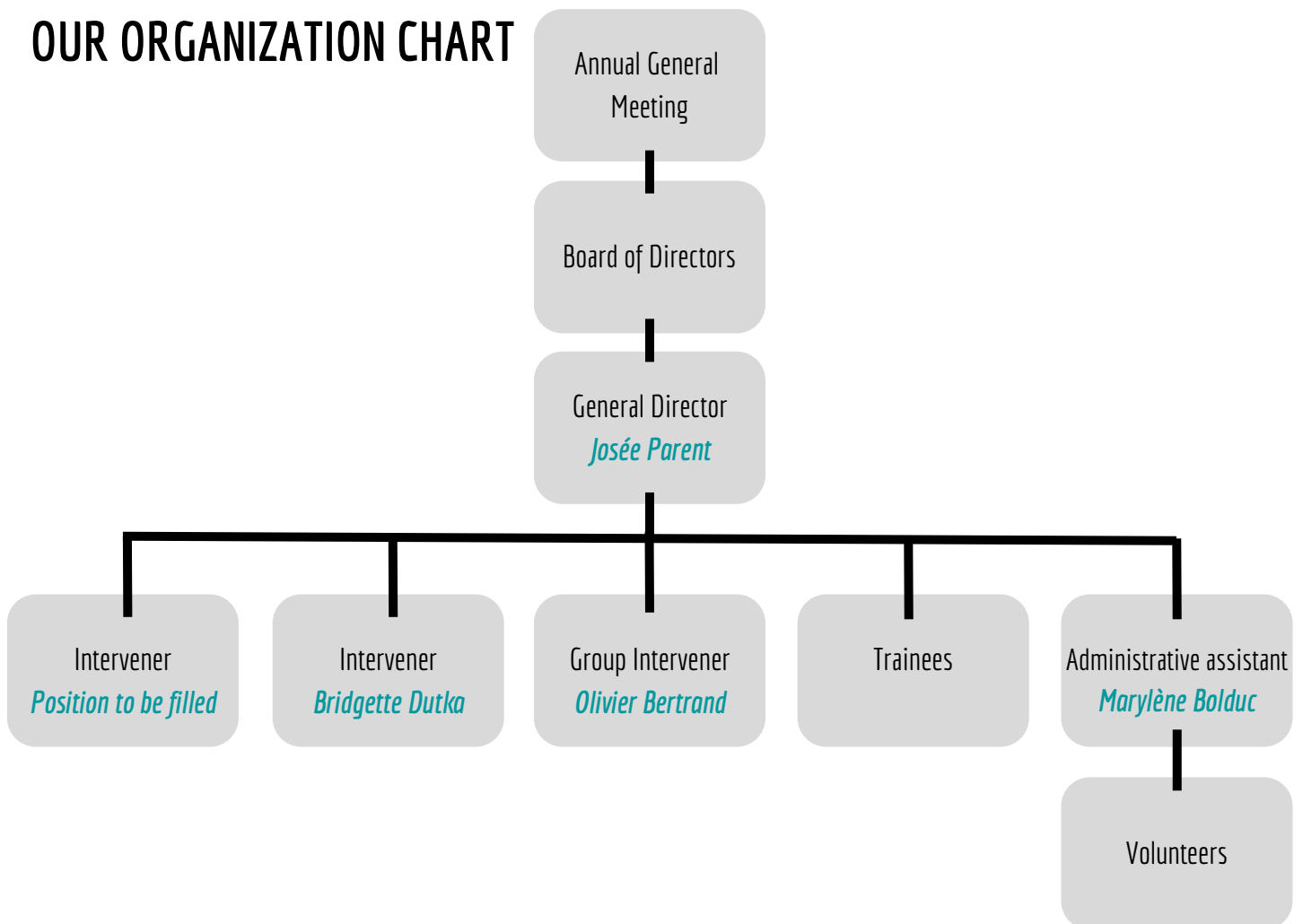


Mon Shack is a small, qualified and professional team of four (4) employees, whose goal is to ensure a high standard of quality in all of its bilingual services offered to its tenants and the Eastern Townships community. Like most organizations and industries, Mon Shack is facing a labour shortage. In spite of this, the entire team of our organization has deployed extraordinary energy so that we can continue our services.

In addition, we were fortunate to welcome Roxy, a three year old Beagle, as a new four legged worker at Mon Shack!



OUR ORGANIZATION CHART



CONTINUING EDUCATION, A BENEFIT FOR ALL!

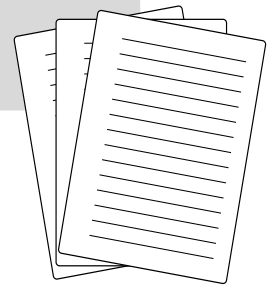
At Mon Shack, clinical support and ongoing training of our employees and trainees are prioritized to improve our practices, innovate and maintain high quality services. We focus on the development of our team's knowledge and skills to create a creative, enriching and stimulating work environment, thus promoting staff loyalty and retention. We are fortunate to have several resources and partners who graciously provide us with quality training that allows us to improve our skills and fields of expertise, making our environment adapted to the changing needs of our clientele.

The Board of Directors and the administrative team also work continuously to develop a healthy and innovative human resources management. In terms of benefits and working conditions, we are currently working on the implementation of a voluntary retirement savings plan (RVER) for our employees.

TRAINING OF THE INTERVENTION TEAM



- ▶ **DÉBA** (three interveners - Total de 10,5h) | **CIUSSSE - CHUS**
- ▶ **Self-Management Training - Anxiety** (one intervener - 7h) | **Relief** (Annie Beaudin and Catherine Gareau-Blanchard)
- ▶ **Anger Psychotherapy** (one intervener - 1,5h) | **Marion Martinelli on Youtube**
- ▶ **Controlling ruminations, cognitive distortions and mindfulness** (one intervener - 1h) | **Marion Martinelli on Youtube**
- ▶ **Supporting your loved one living with addiction** (three interveners - Total 3,75h) | **Mental Health Estrie X Dunham House** (Anthony Berger)
- ▶ **Insufficient self-discipline pattern** (one intervener - 2h) | **Marion Martinelli on Youtube**
- ▶ **Workplace first aid** (two interveners - Total de 32h) | **Langevin CNESST training**



TRAINING OF THE ADMINISTRATIVE TEAM



- ▶ **Collaborative learning** (one administrator - 2h) | **Fondation J. Armand Bombardier** (Elizabeth Hunt)
- ▶ **Rethinking your fundraising activities** (one administrator - 1,5h) | **Fondation J. Armand Bombardier** (Natasha Gupta)
- ▶ **Wage policies** (one administrator - 4h) | **ROC Estrie**
- ▶ **Google Ad Grants 201** (one administrator - 1h) | **CanaDon X Google**
- ▶ **Mardi Je Donne - How to motivate your donors** (one administrator - 1h) | **CanaDon** (Lys Hugessen)

IN LOVING MEMORY OF BROWNIE

12-02-2009 ♥ 06-12-2021



On December 6, we had to say goodbye to our four-legged intervener, our work colleague, our tenant, our big doggie, our beautiful brunette, our Brownie. This wonderful dog was adopted by the organization on March 5, 2019 thanks to the initiative of two tenants, David Plante and Maïthé Cyr-Morin and the precious collaboration of the SPA de l'Estrie. This big ball of love had a more than fulfilled life at Mon Shack. Between running in the woods, digging holes in our flower beds and playing with his ball filled with treats, Brownie always had a lot of love to offer. At almost 13 years old, Brownie had preserved his puppy heart, always ready to play tricks and full of energy! He has a special place in our hearts and at Mon Shack, and we have reserved a memorial for him in the organization. Thank you Brownie for these beautiful and happy years in your company!



Brownie, on the day of the Press Conference at Mon Shack, March 14, 2019, with David Plante and Maïthé Cyr-Morin.



Brownie, patiently waiting for his treat!



Brownie, zen after a yoga session.



Thank you to Maïthé Cyr-Morin, former tenant at Mon Shack, for the initiative and the realization of a photo session dedicated to our tenants, in October 2021 in a magnificent autumn decor, in company of our beautiful Brownie.

COVID-19: A CHALLENGE FOR COLLECTIVE MENTAL HEALTH

AVAILABILITY OF OUR SERVICES AND ACTIVITIES

For a third consecutive year, the year 2021 was marked by COVID-19. Mon Shack has been able to adapt to this reality by deploying multiple efforts and by the involvement of the response team and all the tenants since the very beginning of the pandemic. The organization took care to respect the standards of the CNESST and Public Health in order to protect and ensure the safety of its employees and clients at all times. The community room was adequately equipped (Plexiglas protections, tables and chairs positioned at a minimum distance of two meters, bottles of hand sanitizing gel on each table, boxes of procedural masks and disinfecting wipes available at all times as well as a hand washing station), tenants were actively involved in the disinfection of common areas (four (4) times a day) and the response team performed regular mask checks as well as rapid screenings for symptoms of COVID-19. Twice this year, Mon Shack has been affected by COVID-19 within the organization and we have had the assistance of Public Health in conducting mass screenings. Fortunately, this only affected three (3) of our tenants and one (1) employee. Thanks to all the health measures put in place, we were able to limit these two outbreaks. This means that our operations were only briefly closed to the community over the past year. We are proud to say that Mon Shack has maintained all of its in-person services since the very beginning of the health crisis. We would especially like to thank the participation, once again this year, of the CIUSSS de l'Estrie-CHUS for the donation of procedure masks, bottles of hand sanitizer and COVID rapid tests. We also thank the GC Surplus platform of the Government of Canada for the donation of bottles of hand sanitizer and surgical gloves. As one of our tenants said, "we have come through the year as a lion" and it is because of the wonderful work we have done together!

A WEAKENED COLLECTIVE MENTAL HEALTH!

There is no need to mention that good physical health, a balanced social life and healthy lifestyle habits are essential to mental health. Mon Shack has tried to maintain a living environment that is as normal as possible for its tenants, but also for the Estrie community. Requests for services have increased significantly this year and participation has been high. In this sense, noting the increase in requests for services, Mon Shack has doubled its efforts, despite the shortage of manpower and the health crisis, in order to maintain all its services in person to promote the development of social skills. It is anticipated that COVID-19 will have long-term impacts on the mental health of the community. Let's work together for a better collective mental health!



MON SHACK 2.0 AND UNIVERS-SHACK: FROM DREAM TO REALITY!

BUILDING THE SHACK 2.0

Almost four years have passed since the creation of Mon Shack...My choices...My future! (Mon Shack). Four years of work with a community that has surrounded and supported us. Today, Mon Shack is breaking new ground with the creation of a new building that will offer twenty-two (22) affordable housing units under mental health supervision, thanks to investments of more than \$5.9M. The funding comes from the Canada-Quebec Rapid Housing Initiative (RHI) Second Agreement, which was announced by the Honourable Ahmed Hussen, Minister of Housing, Diversity and Inclusion, and Andrée Laforest, Minister of Municipal Affairs and Housing. The building will include twenty-two (22) three-and-a-half room apartments, six (6) intervention offices, one (1) conference room and one (1) community room with a kitchen for group activities.



"This project is an excellent initiative that will allow people living with mental health problems to have access to a living environment adapted to their situation. To ensure the accessibility of units in this building, our government and the City of Sherbrooke are also planning to provide financial support of up to \$2.5 million over 20 years for the needy tenants who will be living there, so that they will only have to pay 25% of their income for housing."

Ms. Andrée Laforest, Minister of
Municipal Affairs and Housing

UNIVERS-SHACK: A LIVING, BILINGUAL LABORATORY, SERVING THE COMMUNITY

Much more than apartments under supervision for people living with mental health problems in a bilingual living environment, this project will innovate by integrating the Univers-Shack, a living-lab promoting the deployment of services for all, research and innovation. In addition, students will have the opportunity to combine theory and practice in this dynamic internship environment. All of this is possible thanks to the valuable partnerships of Bishop's University and the Université de Sherbrooke.



"I salute the determination of Mon Shack...Mes choix...Mon avenir. This is a second project for the organization in a short period of time. The idea of combining services with a housing offer will change lives in Sherbrooke! Congratulations for your innovative vision!"

Ms. Évelyne Beaudin, Mayor of
Sherbrooke



Université de
Sherbrooke



UNIVERSITÉ
BISHOP'S
UNIVERSITY



Here is what the Shack 2.0 project will look like once it is built!

Thanks to Jubinville et Associés Architectes for the design of the plans.

PROJET :
MULTI MON SHACK
PHASE II
22 LOGEMENTS
dossier : 20-12-02 date : 14 décembre 2020

EN PRÉPARATION
POUR APPROBATION
PRÉLIMINAIRE SEULEMENT



UNIQUE!

When it officially opened in 2018, Mon Shack broke new ground by being the first community organization in the Eastern Townships to offer under one roof: low-cost supervised mental health apartments for 18-35 year olds, professional services and a bilingual living environment open to the community. Moreover, by being a community-based organization, it allows family and friends to be part of the recovery process when the tenant so desires. A global and systemic approach with the community.

Mon Shack is proud to innovate once again in partnership with the two universities of the territory, University of Sherbrooke - Le Centre RBC d'expertise universitaire en santé mentale and Bishop's University. A unique model, which we hope will contribute to the development of best practices. This model will integrate in a bilingual environment: people living with a mental health problems, students, family members and the population. In addition, the entire population will be able to benefit by having access to workshops and activities that promote social diversity and good mental health! Because co-creating allows us to innovate together for a real social transformation!

Mon Shack 2.0 is intended to be a continuity on the road to recovery for people living with mental health problems. Not only will this project respond to an urgent need for affordable housing on the territory, but it will also respond to the growing demand for mental health support.

A **special thank-you** to our partners in heart and expertise: Julie Lane, Professor at the University of Sherbrooke and Director of the RBC Centre for Mental Health Expertise and Theresa Gagnon, Social Worker and Manager of Counselling, Career and Student Accessibility Services at Bishop's University. They embarked on the adventure with us without hesitation for this great and beautiful challenge!



"Once completed, this project will provide affordable apartments for youth in our community with mental health issues. I am particularly proud to see an organization in my region take such an initiative, especially when there is an urgent need for accessible apartments. I salute the leadership and dedication of Ms. Josée Parent in this project."

.....

**The Honourable Marie-Claude Bibeau,
Minister and Member of Parliament for
Compton-Stanstead**



"I congratulate Mon Shack and in particular its founder and executive director Josée Parent for having designed this bilingual and stimulating living environment in collaboration with Bishop's University and the Université de Sherbrooke. This supportive housing will provide a safe and affordable place for women and men with special housing needs to prepare for a better future. Our government is proud to contribute to this innovative project that addresses health issues."

.....

**Ms. Geneviève Hébert, MNA for Saint-
François**



"All Quebecers deserve the peace of mind that comes with a home. The Rapid Re-Housing Initiative project and funding announced will go a long way to help those who need it most. It will quickly provide 22 new affordable homes for the most vulnerable and ensure their safety. This is one way to ensure that no one is left behind."

.....

**The Honourable Ahmed Hussen, Minister of
Housing, Diversity and Inclusion and
Minister Responsible for Canada Mortgage
and Housing Corporation**

OUR IMPACT ON THE COMMUNITY

At Mon Shack, we currently have seventeen (17) tenants and have met with a total of twenty-five (25) young adults for housing applications throughout the year, ten (10) of which have been admitted to the organization. In total, twenty-seven (27) people lived at Mon Shack in the 2021-2022 year. There are eleven (11) people who left Mon Shack, of which (3) people left for continuous non-compliance with the rules and code of conduct, three (3) people left for intensive 24/7 services due to excessive needs, two (2) people returned to their families and three (3) people left for independent housing in the community. The requests for housing that we receive come either directly from the person who lives or recognizes living with a mental health problem or from the different institutional and community resources of the region with which we collaborate. In the last year, we received requests from:

- ▶ The person itself (nine (9) requests);
- ▶ Hôtel-Dieu, Department of Psychiatry during hospitalization (six (6) requests);
- ▶ Addiction Treatment Center (three (3) requests);
- ▶ Centre de réadaptation en dépendance de l'Estrie (CRDE) (one (1) request);
- ▶ Empreinte - CURE (one (1) request);
- ▶ Auberge du cœur la Source Soleil (one (1) request);
- ▶ CIUSSS de l'Estrie-CHUS, équipe du suivi intensif (SI) (one (1) request);
- ▶ CIUSSS de l'Estrie-CHUS, Clinique PEP (one (1) request);
- ▶ CIUSSS de Memphrémagog (one (1) request);
- ▶ CIUSSS Belvédère (one (1) request).

A SPRINGBOARD TO INDEPENDENCE!

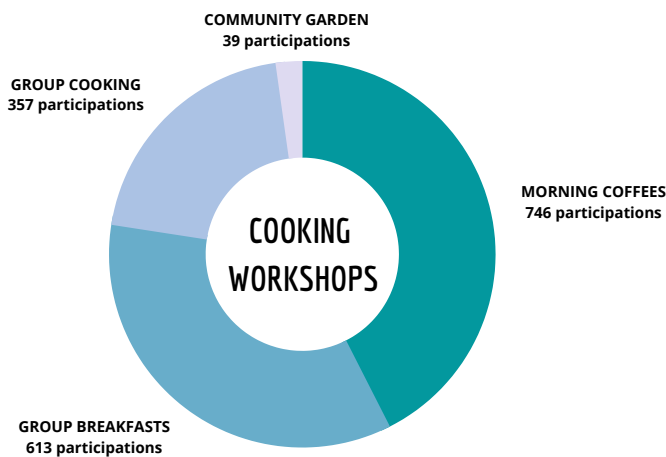
Each year, our organization makes a real difference in the lives of young adults who use our services. With their perseverance, courage, hard work and the support of our clinical team, these young people develop their autonomy and can, in turn, give back to their community. In the past year, three (3) people have left Mon Shack for an independent apartment and we offer them post-housing services, nine (9) people have maintained and/or integrated the job market and three (3) people have maintained or initiated a return to high school, college or university. To date, five (5) people are in the stabilization phase, three (3) people are in employment skills development internships and four (4) people are participating in the work platform of La Cordée Alternative Mental Health Resource.



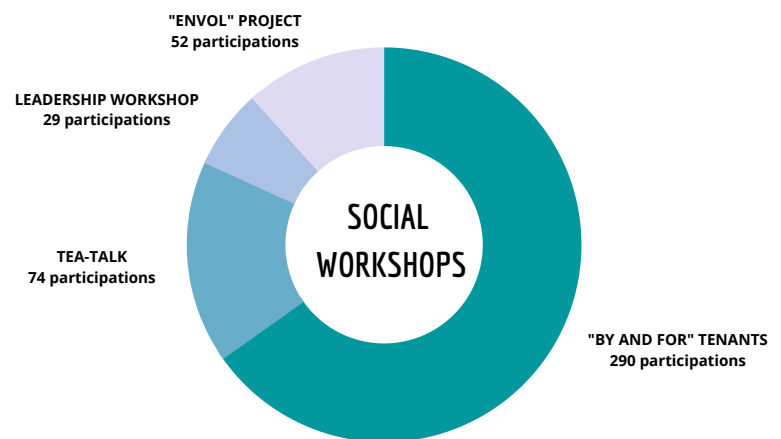
OUR PROGRAM OF WORKSHOPS AND ACTIVITIES

At Mon Shack, we do everything possible to promote healthy living for our tenants, members and the community. In fact, our programming of workshops and activities is aimed for maintaining good mental health - emotional, physical, and social well-being. This year, we had a 4% increase in attendance (3,379 total attendance) and a 26% increase in participants (164 total attendance) over last year. We offered a total of 18 recurring workshops (2,732 total participations) and 96 one-time activities to our clients (647 participations).

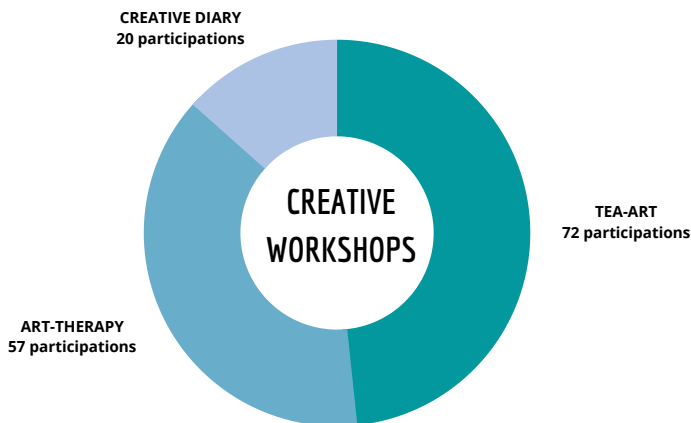
SUMMARY OF PARTICIPATION IN NON-RECURRING ACTIVITIES AND WORKSHOPS AT MON SHACK



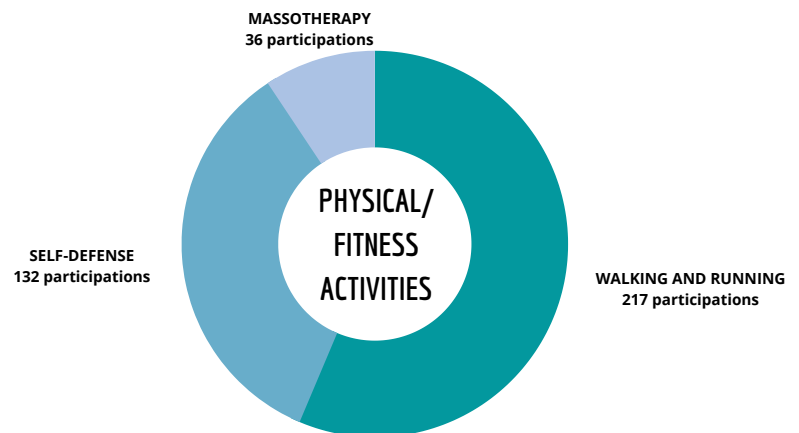
1,755 total participations in our recurring cooking workshops. These are beneficial opportunities to develop one's skills and knowledge in the kitchen, while developing the social sphere.



445 total participations in our recurring social activities. Leadership development and involvement are emphasized.



149 total participations in our recurring creative workshops. Because taking care of yourself can be done through the arts.



385 total participations in our recurring physical and fitness activities. Getting well means taking care of your overall health!

SUMMARY OF PARTICIPATION IN **RECURRING** ACTIVITIES AND WORKSHOPS AT MON SHACK

- Writing workshops
- Painting workshops
- Campfire evenings and outdoor games
- Mindfulness workshops
- Scientific popularization workshops
(led by a doctoral student in medicine from the University of Sherbrooke)
- Discussion workshops on mental health

THURSDAY EVENING WORKSHOPS

193 total participations in our Thursday evening workshops. In addition to offering our tenants a wider range of activities, these workshops are very diversified and cover various subjects allowing for discussion, knowledge sharing as well as the development of social skills. Tenants also find creative workshops and animations from our different partners.

- Hikes in the mountains
- Walks in the parks of the region
- Outing to a summer camp
- Ice cream outings
- Snowshoe outings
- Day at the sugar shack
- Movie night at the Square Queen Lennoxville
- Outing to the orchard
- Outing to the Laser Plus

OUTINGS AND OUTDOOR ACTIVITIES

108 total participations in our outings and outdoor activities mostly organized by and for the tenants.

- Easter egg hunt
- Christmas and New Year's Eve dinners
- Group dinners and games
(hosted by a group of students in police technology from the Cégep de Drummondville)
- Super Bowl party
- Bingo activity
- Installation of decorations (Christmas, Halloween)

GROUP DINNERS AND SPECIAL EVENTS

346 total participations in our special events. These events bring together tenants, their families and the community to celebrate various important events throughout the year.



SOME BRIGHT MOMENTS OF THE YEAR 2021-2022

Santé mentale : collaborer pour mieux aider



Évènement panel le 4 mai prochain. Sur Zoom, à 19h
Soumettez vos questions via notre Google Form



May 2021

Virtual panel on mental health: Collaborating to better help

As part of the 2021 Mental Health Week, a group of medicine students from the Université de Sherbrooke, in collaboration with Mon Shack, Dr. Semaan (Psychiatrist and Professor at the Université de Sherbrooke) and Mr. Paul Morin (Director of the School of Social Work), organized a free virtual panel on mental health. We would like to thank one of our tenants, Émilie Beaudet, for sharing her testimony during this panel.

June 2021

Frigo Free Go

In June 2021, the Frigo Free Go project was launched in the Square Queen Lennoxville! Mon Shack is the designated partner and involved in this community project that aims to provide security and reduce food waste. In addition to depositing the surplus food that the organization has, Mon Shack is also involved in the cleaning and maintenance of the Frigo Free Go every week.

August 2021

Corn roast

Our corn roast, which took place on August 12, was a great success! Organized by Émilie Beaudet, a tenant at Mon Shack, this initiative has become a must and the next edition will be held in the summer of 2022! The tenants, their loved ones and members of the community were all gathered to enjoy a delicious meal. Participants even enjoyed a piñata, games and a bonfire. We had a total of 39 participants!



Jury citoyen
CAHIER DE PROJETS*
*Les 58 projets sont présentés ici tels que soumis par les organismes
FONDS D'INVESTISSEMENT CITOYEN



December 2021

Christmas Dinner

Every year, we organize a Christmas dinner to bring together the tenants, their loved ones and the Mon Shack team. This year, as the last year, due to COVID-19, we have restricted access to tenants and the clinical team. Games, group activities, laughter and fun were the order of the day! We would like to thank our pharmacist Pierre-Olivier Fortier, co-owner of the Familiprix in Lennoxville, for the partner shirts for the Mon Shack running group.

January 2022

Citizen Investment Fund

Mon Shack's project "S'unir pour se rétablir" was voted, by the population of the Eastern Townships, as one of the favorite projects for the Citizen Investment Fund of the Deputy of Sherbrooke, Ms Christine Labrie. We would like to warmly thank the community for believing in our project for a third consecutive year. This year, as voted by the citizen jury, we were awarded \$5,000 for the mental health recovery of our young adults.

February 2022











Explore Lennox Contest

Involved in its community, Mon Shack agreed to partner with several businesses in the region to offer surprises to the community during this time of pandemic, as part of a contest organized by Explore Lennox. The organization offered a gift basket worth \$30, including recipes in jars, pens and bracelets with the Mon Shack logo.

OUR RESPONSE SERVICES

We have a response team that allows us to offer individual, planned and/or spontaneous group follow-ups, accompaniments, transportations, apartment visits, meetings with various partners, post-housing follow-ups as well as meetings and communications with loved ones. Our team makes sure to maintain a professional framework and services in intervention by holding bi-monthly clinical meetings. For several years now and in order to respond to the growing needs in mental health due to the COVID-19 pandemic, we have maintained an increase in our services, which have been essential in reducing and limiting the feeling of isolation and the level of anxiety of our tenants.

Evolution of the number of annual response services realized by Mon Shack's team

Years ended March 31	2020	2021	2022	
Planned follow-up meetings	476	584	679	 16% this year
Spontaneous follow-up meetings	185	397	335	 16% this year
Accompaniments	60	248	333	 34% this year
Visits to apartments	2	177	459	 159% this year
Meetings with partners	26	114	212	 86% this year
Post-housing follow-ups	2	22	33	 50% this year
Meetings and communications with loved ones	3	9	32	 256% this year
Group intervention	2	40	27	 33% this year
Clinical meetings with the response team	2	13	15	 15% this year
Total number of our response services	758	1 604	2 125	 32% this year

BECAUSE EACH DONATION IS PRECIOUS!

QUAND?

À partir du 3 mai 2021 !

COMMENT?

Faites un don en ligne, sur le site Web de Mon Shack: www.monshack.ca

OBJECTIF: 5000\$



Leadership Project - May 3-9, 2021

As part of Mental Health Week, this campaign was organized by eight (8) of our tenants and a practicum student in psychology at Bishop's University. This group project applied theoretical concepts about leadership to the creation of a virtual fundraiser.

Amount raised by our tenants: \$395,00



Hot-Dog Sale - July 31, 2021

Annual Hot Dog Sale Campaign, in partnership with *Familiprix Pierre-Olivier Fortier, Roxane Fournier and Rémi Gosselin*, organized at the Square Queen Lennoxville. The Familiprix employees, the tenants and the Mon Shack team as well as the Member of Parliament Geneviève Hébert helped us to make this event a success!

Amount raised: \$1 092,90

GIVINGTUESDAY™

Nov. 30th

#quebecgives



Giving Tuesday - November 30, 2021

Virtual campaign organized as part of the famous Giving Tuesday by CanadaHelps. We promoted it on all our social networks: Facebook, Twitter, Instagram and LinkedIn. This campaign allowed us to increase our visibility and raise awareness of our mental health services offered to our clients.

Amount raised: \$215,00



One-time donations

We would like to thank all the people, individuals, foundations, businesses, MPs and organizations who contribute financially to Mon Shack! The organization is able to continue its services and activities, because without your support, it would not be possible.

Total amount of donations: \$78 945,00

AN INSPIRING AND INNOVATIVE ENVIRONMENT FOR THE NEXT GENERATION!

Thanks to partnerships with various training institutions in the Eastern Townships, Mon Shack is able to welcome, each year, several interns and students to organize various projects and to support our intervention services. At Mon Shack, we have at heart to contribute positively to the training of the future, and this is what motivates our next project, the “Univers-Shack”.



Bachelor's degree in psychology

Practicum in Psychology: Facilitating a Leadership Workshop (1 student)

February 2, 2021 to May 4, 2021

Internship in community intervention (1 student)

From January 18, 2022 to April 14, 2022

Total of 76.5 hours



Bachelor's degree in Art Therapy

Art Therapy Workshop (1 student)

From September 13, 2021 to December 13, 2021

Total of 39 hours



Bachelor's degree in psychology

Canada Summer Job (1 student)

Internship in community intervention

From June 1, 2021 to August 6, 2021

Total of 279.25 hours

Bachelor's degree in psycho-education

Internship in community intervention (1 student)

From October 4, 2021 to December 17, 2021

Total of 67.5 hours

Bachelor of Business Administration

Marketing Audit (4 students)

Submitted August 11, 2021



Bachelor of Applied Human Sciences

Design of a statistical file (1 student)

Finalization of the internship project totalling 200 hours and started in the 2020-2021 fiscal year

Total of 20 hours

RECOGNITION OF VOLUNTEER COMMITMENT

We are committed to thank and acknowledge the commitment of all our generous volunteers who, once again this year, have offered their precious support to Mon Shack. It is with their dedication, knowledge, expertise, and caring that the organization is able to continue its services. This year, we were fortunate to have **51 volunteers** who came to lend us a hand and graciously gave us a total of **753 hours** of volunteer time. In addition, in order to meet the growing needs of the organization, the management team volunteered a total of **900 hours**.

In order to highlight the excellent work of our volunteers, Mon Shack participated to the Volunteer Week last April. This week was dedicated to congratulate, reward and make known all our precious volunteers to our community. We offered them a certificate of recognition, a mug personalized by the wonderful creativity of our tenants and we received a visit from the Centre Action Bénévole de Sherbrooke (CABS).



In addition, Mon Shack is fortunate to have many students from different study programs and schools in the area to volunteer on our many workshops and activities.



Bachelor in Medicine

12 students for a total of
108 hours of volunteer work



Psychology Practicum

4 students for a total of
8 hours of volunteer work



Police Technology

2 students for a total of
4 hours of volunteer work



Police Technology

5 students for a total of
75 hours of volunteer work

OUR COMMUNICATION STRATEGIES

GOOGLE ADS GRANT PROGRAM



New since July 2021! We launched two Google Ads campaigns (French and English), using Google For Non-profits programs. We have created a total of **10 active ads** covering mental health, supportive housing, community activities, donations, volunteering and student internships. All of these ads lead directly to the Mon Shack website.

6,653 total clicks and **68,961 total impressions** of our ads.
Total value of \$12,992 US.



MONTHLY NEWSLETTER



New since March 2021! We have developed a monthly bilingual newsletter with MailPoet, which is sent at the beginning of each month to our **210 subscribers**, in order to inform and retain our community. The newsletter features upcoming workshops and activities for the month, important events and dates, mental health tools and resources, and important announcements about the organization.



PROMOTIONAL ITEMS DISTRIBUTED

For special events or for representation, our organization has distributed promotional material with the Mon Shack logo. Among these items distributed:

107 flyers describing Mon Shack's services;
30 mental health bracelets;
21 Mon Shack's pens;
30 Mon Shack's magnets.



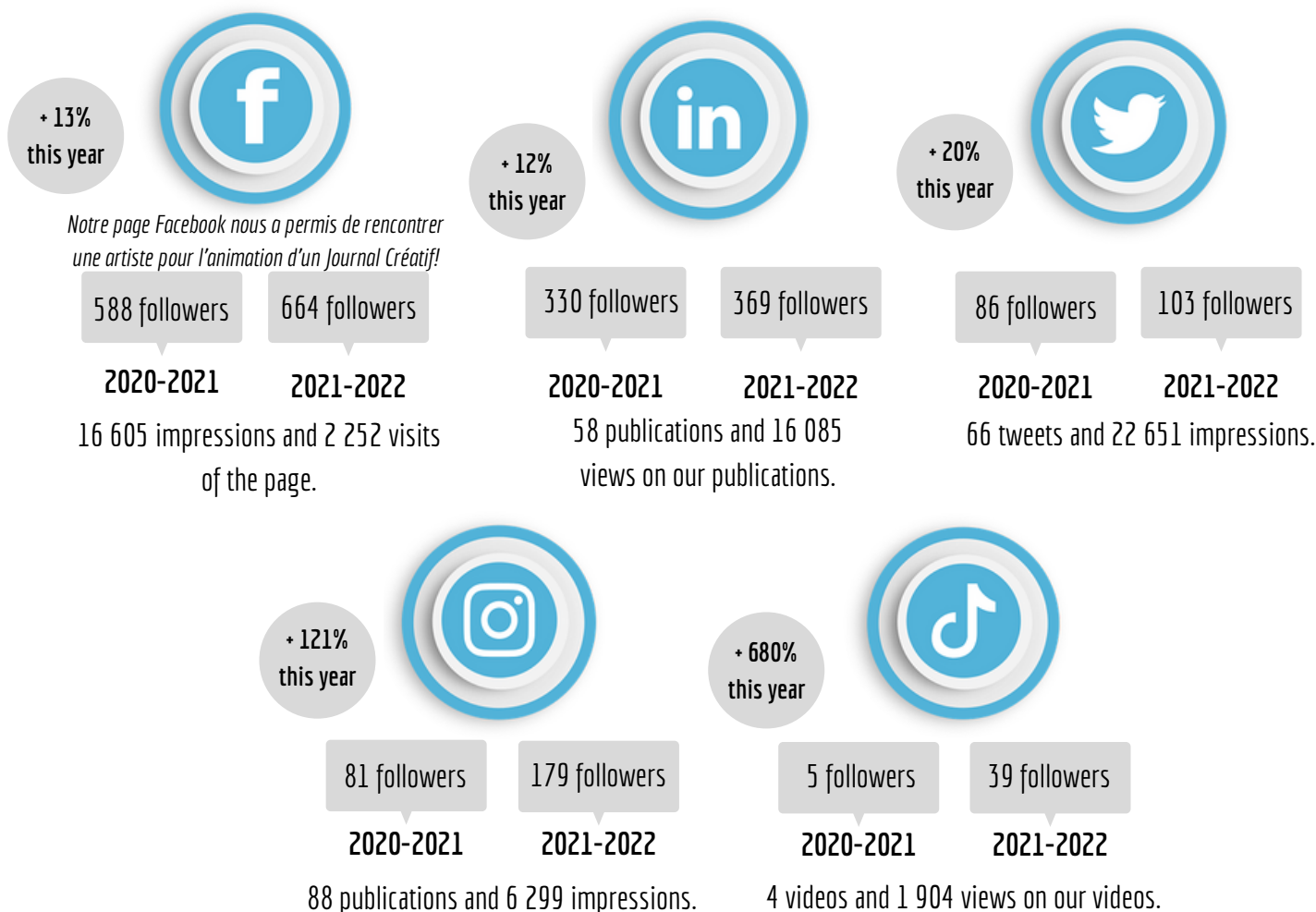
Mon Shack has been featured in numerous newspaper articles throughout the fiscal year. Among others, The Record newspaper, with Ms. Kathryn Owen, did a Friday Files story about Mon Shack in July 2021. On January 23, 2022, Mon Shack was mentioned in an article in La Tribune, written by Mr. Anthony Ouellet, entitled "*Santé mentale: Brière rencontre les organismes*". Ms. Josée Parent participated in a virtual meeting with Deputy Élisabeth Brière regarding underfunding and accessibility to mental health services.

MON SHACK IS GAINING IN POPULARITY



We are committed to making as many mental health resources as possible available to the population and our community, which is why we are active on the majority of available digital platforms. Our goal is to educate, sensitize, inform and support the population about mental health and to put a stop to the stigma and prejudice that people living with a mental health problem are too often victims of. The Mon Shack website, www.monshack.ca, is linked to our Google Ads and all of our social media channels to drive traffic to our website and spread the word about our services. Mon Shack takes advantage of all the events and important days recognized during the year that deal with mental health to raise awareness in its community. We have been active on National Schizophrenia and Psychosis Awareness Day, Action Anxiety Day, World Suicide Prevention Day, Bell Let's Talk Day, Mental Illness Awareness Week, Suicide Prevention Week and Schizophrenia Days, just to name a few.

Our various social media platforms, in addition to educating and raising awareness in our community, allow us to publicize our various services, community workshops and activities and news about the organization. Mon Shack announces weekly the activities and workshops offered free of charge to the population in order to maintain a social mix within the organization and to allow people access to resources and tools for good mental health.



THANK YOU TO ALL OF OUR PRECIOUS PARTNERS

FUNDING PARTNERS



Programme de soutien aux organismes
communautaires (PSOC)

EQUILIBRIUM PARTNERS



FRIENDLY PARTNERS



We would like to thank you Marylène for your excellent creative talents and for this beautiful annual report!



My Shack...My choices...My future!

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 [@MonShack](https://www.instagram.com/MonShack)

 [Josée Parent](https://www.linkedin.com/in/JoséeParent)

 [@Mon_Shack](https://twitter.com/Mon_Shack)