



IGNITING THE CONVERSATION

2018 Annual Report / Painting by Calvin O'Brien



CALGARY
JOHN HOWARD
SOCIETY

Restoring Lives ■ Preventing Crime ■ Strengthening Communities

WHO WE ARE

The Calgary John Howard Society (CJHS) is a non-profit charity that makes Calgary safer by reducing crime.

WHAT WE DO

We provide housing, education, employment programs and support for youth and adults who have had criminal involvement. These programs address the root causes of crime and provide alternatives to those at risk of breaking the law.

WHY WE DO IT

We believe that every individual has the right to live in a safe and peaceful society. We also believe that every individual has intrinsic worth and should be treated with dignity, fairness and compassion. As a community, we must work together to prevent crime through social programs that reduce and prevent crime, making Calgary a safer city for all.

OUR VISION

An informed, inclusive community active in preventing crime.

OUR MISSION

Promoting positive change through humane, just, and informed responses to crime and its effects.

IGNITING THE CONVERSATION

A message from Executive Director Gord Sand

In 2018 we began a journey of organizational change, formally recognizing something we have long known to be true: that addiction and/or criminal behaviour can largely be the result of childhood trauma. By implementing the Alberta Family Wellness Initiative's Brain Story certification as training for our staff (see page 10), we are ensuring to address the very root causes of crime.

Our Ignite Opioid Awareness Project, which ran from May to December, gave people who have experienced the opioid crisis a platform to share their stories in hopes of reducing the stigma against people who use substances. The painting on the cover is one such project, which was created by a man who lost his friend to addiction.

Also this past year, we received accreditation from the Canadian Accreditation Council of Human Services for our governance and management, Roofs for Youth and youth outreach programs — a significant accomplishment that recognizes the quality service our staff provide every day.

Much of 2018 has been spent around the construction of our new residence and community services building (right), which opens in June 2019. This is a huge step for us and has been a long time coming, as the process has taken 15 years to get to where we are now. We look forward to celebrating our next chapter with all of our important stakeholders!



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OUR NEW BUILDING

We broke ground on our new community services building and new Bedford House, an apartment building for 32 men who need support transitioning back into the community after spending time in prison, in March 2018.

With the disproportionately high rate of homelessness and

incarceration amongst the Indigenous population, and our commitment to the Truth and Reconciliation Commission's 94 Calls to Action, it is important that our new building is a welcoming space.

CJHS formed a committee with Elders and staff to incorporate culturally safe and appropriate

Indigenous features throughout the property. It will feature a teepee, sacred medicine garden, Indigenous artwork and much more.

The new building is funded in part by the Government of Alberta. The new Bedford House is also funded in part by donors through the RESOLVE Campaign, including:

Anthem Properties Group Ltd.; Canadian Natural; CIBC; Dentons Canada LLP; Poelzer Family Foundation; the Tamaratt Fund at the Calgary Foundation; Toshimi and Bill Sembo Family Foundation; and more.

CJHS's Indigenous Youth Outreach program was honoured with the name

KSÍSSKSTAKI IKAMOTAAN (Beaver Survival)

given by Resident Elder Ruby Eagle Child in October 2018.

240

number of meetings held with immigrant youth regarding recreational/cultural activities to foster a sense of belonging



4 MEDIATIONS completed through the Restorative Solutions for Conflict program

Youth in our school outreach program showed an increase in attendance within school

91%

Youth provided with funding through the Keegan HELP Fund for education and learning activities



7



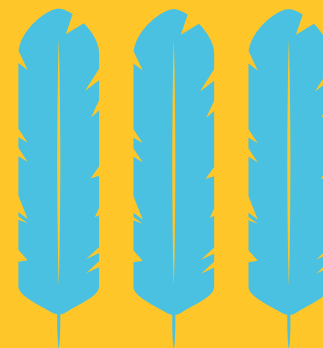
50

youth in our Roofs for Youth program were stably housed for three months or longer throughout 2018



10

youth transitioned from our youth residences to independent living



Attendance at our new Indigenous Youth Mentorship program has tripled since it started in 2018

JONAH

Opening doors to the future

Identified as gifted at a young age, Jonah is highly intelligent and talented. He did his first multiplication table when he was four and excelled at sports.

But his life began to unravel after his parents divorced. While his mom's presence was chaotic, unstable and, at one point, turned physical, his 12-year-old sister was left to raise Jonah and their younger sister. Although she bullied him constantly, Jonah doesn't blame her. "She wasn't ready for that."

Jonah fell into depression and, being the imaginative kid that he was, created a fantasy world in his head to escape the emotional distress at home. Because of this, Jonah was targeted and ruthlessly bullied. He started getting into fights, "But it's not the fighting that hurt," he says. "It was the things they said to me."

"For two years, I woke up every single day and didn't want to live anymore. I felt like every day was worse than the next and that no one was listening to me."

Jonah left home at 13, devastated by the cruelty he was experiencing at home and at school. He spent his nights sleeping on trains, at McDonald's and couchsurfing. He tried to continue with school but, with lack of stable housing, it became too difficult and he dropped out.

He lied about his age so he could work but was often exploited because of his young age.

At 15, Jonah finally found a home in CJHS's Roofs for Youth program, which provides housing for youth ages 15-24 who are experiencing homelessness and

justice system involvement. "My caseworkers have been awesome," he says. "I feel the compassion from the staff and I love them for it. They give me the support that I couldn't get from my family."

Jonah learned to cook in the program — something he loves to do — and has taken part in the employment program at CJHS, where he got the tickets he needed to work in construction. "I didn't have any education or experience in this area, so having these tickets helps, big time," he says. "This opens the door for me to getting a job that would usually pass me over."

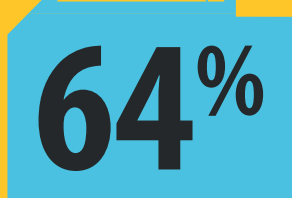
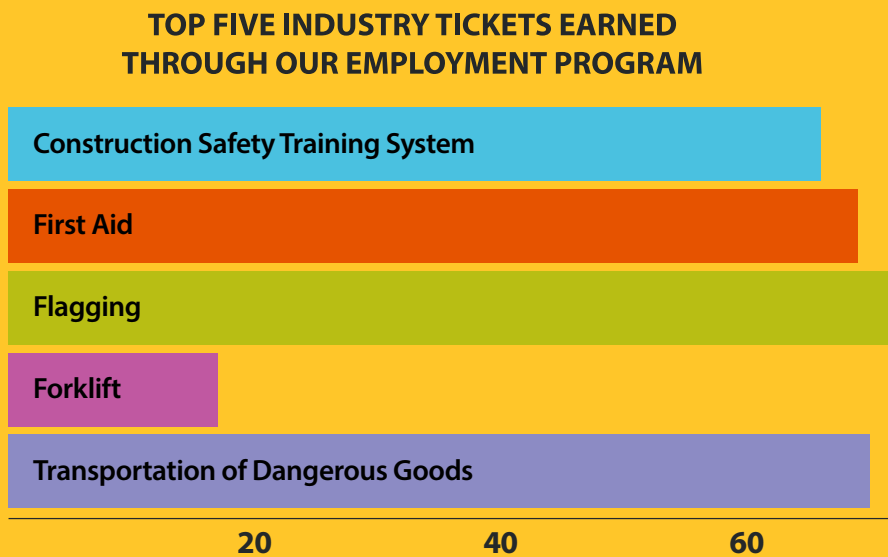
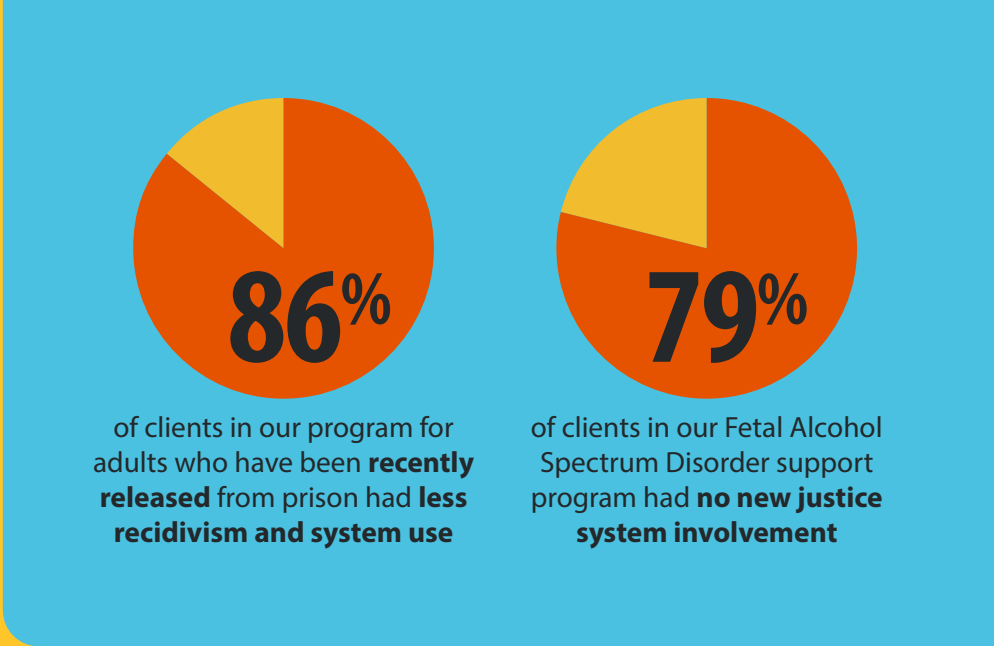
Now 21, Jonah has a new job in construction. "It's the best job I've ever had," he says proudly. He's still battling with mental health issues but he's determined not to let it get in the way. "By focusing on my recovery, I could turn this into a career."

Jonah is also playing softball and is passionate about making hip-hop music with a positive message. But his ultimate goal is to be able to give back by helping people who are struggling with addiction and incarceration, and to be a human rights advocate for people in prison.

"CJHS has been a trampoline for me," he says. "Life goes up and down. Sometimes I jump off and break my leg, but they always help me back on."



Before Jonah moved into independent housing, he lived at CJHS's Windsor Park, a nine-bedroom house for youth ages 18-24 who are experiencing homelessness and justice system involvement. Here, on a recent visit back to Windsor Park, he cooks lunch for the youth who are currently living there.



of clients **remained housed** in our program for adults experiencing chronic homelessness and criminal involvement



DANNY

A man of many talents

When asked what the most influential thing in his life has been, Danny has one word: boxing.

"I thought I was a tough guy and stepped into the ring. I got humbled really quick," he says. "It made me realize that you can't always approach everything with sheer force — you have to think things through and walk out of there with a lesson and a positive attitude."

And Danny carries that attitude throughout his life, despite everything he's been through.

"As a kid, I harboured a lot of hatred for my old man," Danny says, recalling the drugs and violence. "It was hell, but he did what he could."

By age 11, Danny had been through over 20 different foster homes where he was forced to steal and fight to survive. Yet, "I learned not to take anything for granted, and always respect what you got, and who you got," he says. "Especially who you got."

Danny developed a talent for drawing and, after graduating high school with honours, he received a scholarship for advanced animation. He also started competing heavily in boxing, winning a few championships.

While things were going well for him, Danny started to experience mental health challenges and began to use hard drugs to cope. "I lost everything to this lifestyle," he says.

"Not having anywhere to go after jail — that's where most people crack and go back to what they did before."

In jail, he promised himself that he wouldn't get into a single fight. And he succeeded. "Boxing taught me self-control," he says. While inside, he connected with a Calgary John Howard Society (CJHS) caseworker who helped him plan for his release.

"Not having anywhere to go after jail — that's where most people crack and go back to what they did before," Danny says. "But CJHS gave me someone to talk to and helped me find a place to live."



In addition to housing, Danny also participated in CJHS's employment and literacy programs to work on his resume, learn job skills and get some industry tickets. He got a job as an apprentice iron worker and is excited to be heading to his first site soon.

"I made a really good friend in the employment program who introduced me to the union shop where I'm working now," he says. "This is a turning point in my life. It's not just a job — it's a career."

Danny still meets with his caseworker regularly for support as he continues to reintegrate back into the community. "I'm working on bettering myself, keeping my mind busy," he says. "I've really been enjoying cooking random stuff with my roommate and going to the gym as much as I can."

Danny says the help he has received at CJHS has helped reintegrate into society and adapt after being in jail. "It's much more than just getting industry tickets," he says. "It's meeting new people and making connections with other CJHS staff who are very supportive."

Danny is proud of his mental strength and positive attitude. "When I was a kid, everyone told me I wasn't going to make it," he says. "People will tell you it's easier to quit, but you gotta stay strong. There's no easy way to keep going — you just gotta keep going."



ALANNAH

Your friendly neighbourhood barista

Looking back at different parts of her life, Alannah, now 24, feels like they are completely different lifetimes. "I almost can't relate because I'm not that person anymore," she says.

Alannah was placed into foster care at the age of three and, even from a young age, she felt she wasn't wanted. "It felt like most of the foster parents just kept us around for money," she says.

Alannah was a smart and determined student but was also searching for acceptance. "I'd been in seven different foster homes," she remembers. "I rarely got to see my seven siblings and searched for family in my friends. I wanted to fit in so I let my focus on school drift for something I found to be more important for myself. Which led me to experimenting with drugs and alcohol."

Alannah started drinking when she was 11. "At the time, I didn't realize that I was drinking to numb the pain inside of me," she says. As the memories of trauma that she had blocked out resurfaced, she began using harder drugs.

After running away at 15, Alannah lived on the streets for two years where she continued to experience trauma. "I was brainwashed to believe that I deserved this kind of lifestyle," she says. "But it was a means of survival."

While at the Calgary Young Offenders Centre, Alannah connected with a Calgary John Howard Society (CJHS) youth outreach worker, who helped her get into CJHS's housing program for youth who are experiencing homelessness and have had criminal involvement.

At first, Alannah didn't trust anyone and kept up a tough exterior but eventually softened when she discovered the staff genuinely cared about her. "They treated me like family," she says. "They gave me what I needed when I didn't even know what I needed — like food bank visits and going to work-out classes with me, which I never would have done by myself."

As Alannah continued to battle her trauma and resulting addiction, she lost sight of her values. "When you get so deep into your drug use, you become a different person — you become desperate," she says. "I have a lot of remorse for that."

Alannah moved into Berkana House, CJHS's apartment building for women who need support reintegrating into the community after spending time in prison, in October 2018. She's been sober for 14 months, an accomplishment she is rightfully proud of.

While at Berkana, staff connected Alannah to a youth employment centre, where she found a job at a nearby coffee shop. She's been there for eight months and says that it helps her stay sober. "I never thought I could get sober. I know now that I have the power to not use drugs," she says.

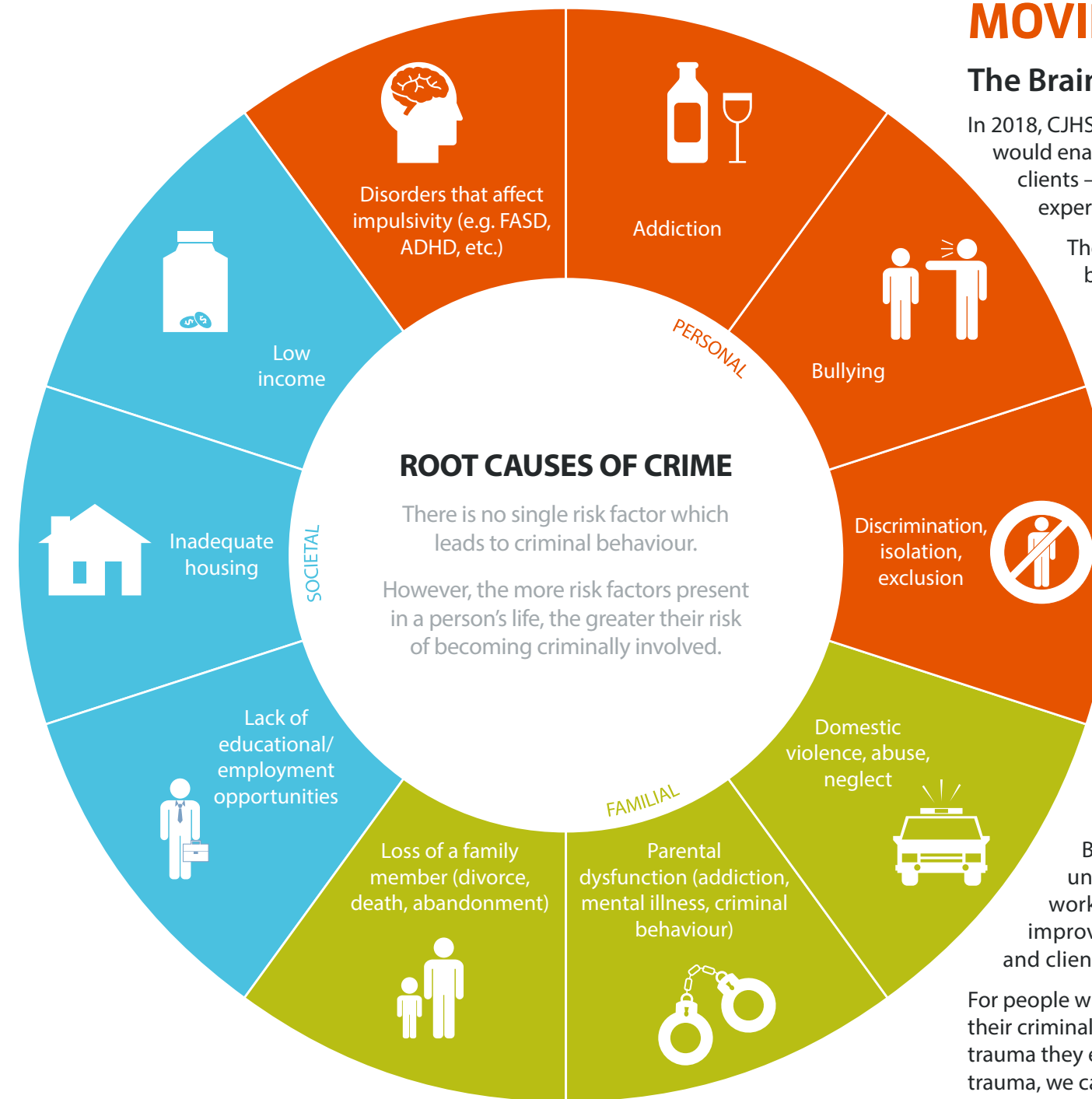
With her welcoming demeanour and genuine empathy for others, Alannah finds that she's "pretty good at customer service" and has been complimented on the positive way she deals with difficult customers.

Alannah's coworkers have a hard time imagining that she used to live on the streets. "I like the fact that I'm shedding the image of who I once was."

Although she graduated the Berkana House program in January 2019, Alannah still goes back to visit, as part of a new outreach program that was developed for former residents. Staff say she is resilient and determined unlike any other youth they've known.

"I really appreciate the emotional support I get from staff," she says. "It's helped me grow as a person."

"I like the fact that I'm shedding the image of who I once was."



MOVING FORWARD

The Brain Story

In 2018, CJHS embarked on a journey of change that would enable us to better serve our justice-involved clients — the overwhelming majority of whom experienced trauma as children.

The Alberta Family Wellness Initiative (created by the Palix Foundation) has been guiding this journey over the past year, as our staff are trained through The Brain Story certification, where neuroscience shows how trauma, including Adverse Childhood Experiences can change the way a person's brain is wired. Adverse childhood experiences are negative, stressful, traumatizing events that occur during childhood which can lead to negative physical and mental health outcomes in adulthood.

With the help of brain science, CJHS is adapting our practices to include new, evidence-based frameworks, such as Trauma-Informed Services. This will ensure that staff are better able to understand the people we serve, and provide them with quality care that is consistent across the agency.

Brain science has given us a better understanding of the youth and adults we work with, and is helping us to enhance and improve our services so they are more effective and client-centred.

For people who have been involved in the justice system, their criminal behaviour can often be traced back to trauma they experienced as a child. By addressing their trauma, we can be more intentional in how we work

with clients so that we reduce their risk of breaking the law, making the community safer for everyone.

Natural Supports Practice Framework

CJHS has been using the Natural Supports Practice Framework (NSPF) to work with youth for many years. Natural supports are non-professional relationships in one's life — family members, friends, chosen family, etc. Evidence has shown that, when professionals include natural supports in a youth's support plan, the youth is more likely to succeed.

Recognizing the value of NSPF, CJHS is working on adapting a version for our adult clients. This framework will be used for organizational change, as it will be integrated into all aspects of our agency through various training sessions.

This framework puts clients at the forefront — seeing them as the experts in their own lives, while professionals (e.g. caseworkers) are the support. Staff will teach clients stronger skills (e.g. boundaries) to use in their personal relationships. Staff will also connect with a client's natural supports to assist them in fostering these relationships. This will reduce the dependency on professionals and make room for new clients so more individuals can be supported in moving away from criminal involvement.

Principles of the Natural Supports Practice Framework

- 1. Connection first* — connection to natural supports is treated with the same urgency as food, shelter and clothing
- 2. Seek out and scooch over* — actively seek out natural supports and create space for them to contribute
- 3. Doing with, not for* — we respect the autonomy of individuals and their natural supports
- 4. Social emotional learning* — we support individuals to build and maintain meaningful relationships
- 5. A harm reduction approach to relationships* — we cultivate a more realistic approach to risk management and safety

THANK YOU TO OUR GENEROUS DONORS AND FUNDERS!

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Every effort has been made to ensure the above list is accurate. If we have missed you, please accept our sincerest apologies and contact Megan Eichhorn, Communications Advisor, at megan.eichhorn@cjhs.ca or 403-450-3409.

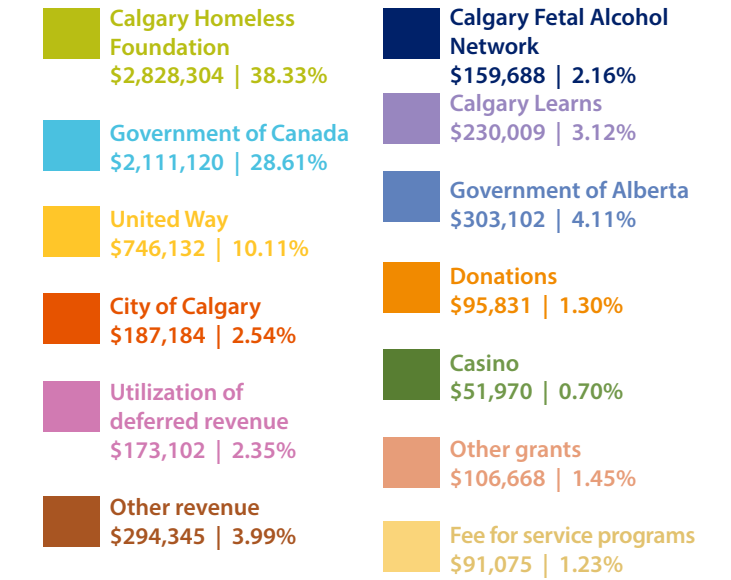
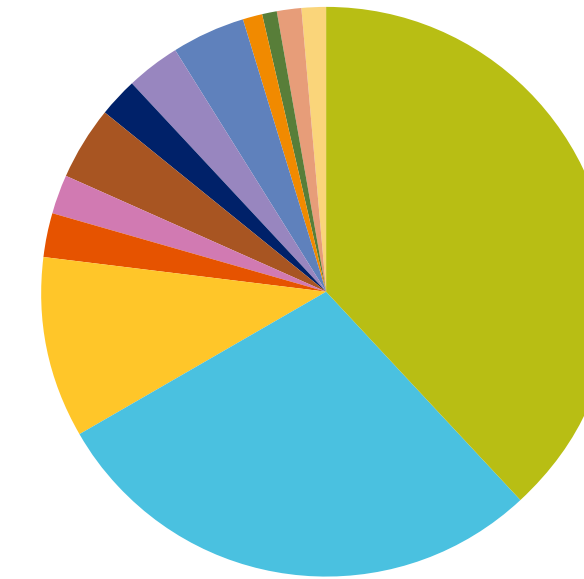
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FINANCIAL STATEMENT

Overall, financial results remain consistent year over year with an operating surplus of \$173,000 for the 2018 year.

Revenue for the year ended December 31, 2018

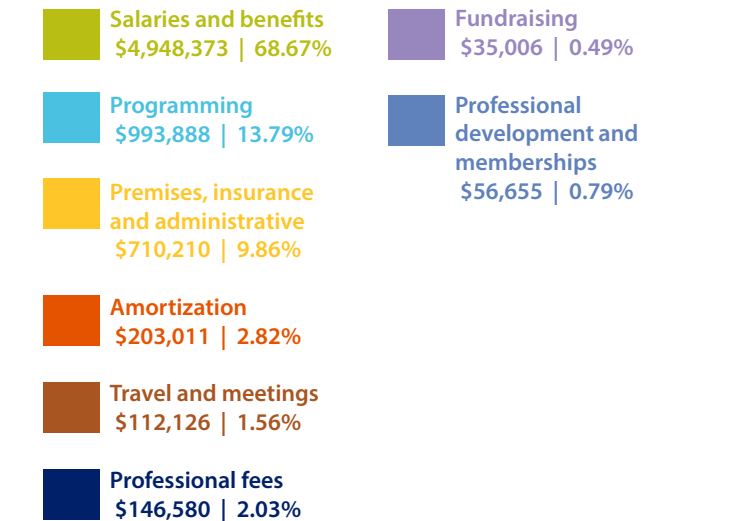
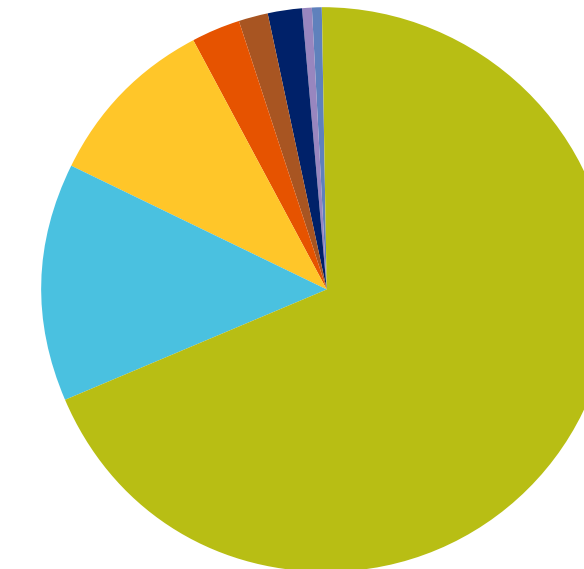
Revenue has decreased by about 5.5 per cent from 2017. This is the net impact of various program changes which occurred over the year. Not reflected in the summary data are receipts of new funding for capital acquisitions. These amounts are significant in the year contributing to the construction of our new building.



Expenses for the year ended December 31, 2018

Overall, expenses have decreased by about 4.3 per cent from 2017, mostly due to programming changes. CJHS has achieved some savings resulting from efficiencies in a number of cost areas.

Not reflected in the summary data is the repayment of debt and monies utilized for acquisition of capital assets, including the construction of our new building, and purchase of land and building operated as Berkana House.





The story behind “Absence of Evil” by Calvin O’Brien

Calvin O’Brien, a local Calgary artist, painted “Absence of Evil” in memory of three friends — Colin, Joseph and Zack — who he lost to the opioid crisis.

Colin was also a client at CJHS and, at the suggestion of Colin’s mother, Calvin submitted the painting to

the Ignite Opioid Awareness Project, CJHS’s art-based initiative to reduce the stigma of addiction, which ran from May-December 2018.

“I looked up to Colin,” Calvin says of his friend, who lived with his family for a few months when they were teenagers. “He was a positive male role model in my life.”

Calvin adds that he’s always been fascinated with the concept of “see no evil, hear no evil, speak no evil” and wanted to adopt it to memorialize his friends.

“They were like family,” he says.

Visit @bigupperz on Instagram to see more of Calvin’s artwork.



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#1000 - 4502 Builders Road SE
Calgary, AB T2G 4C6

403-266-4566
info@cjhs.ca

www.CJHS.ca