



Interval Home
LLOYDMINSTER



Annual Report

2023-2024



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About the Organization


The Lloydminster Interval Home Society is an evolving and multi-faceted organization providing all individuals in the communities we serve safety, support, and education through opportunities that empower.

Through our Residential Programming, operating the Emergency Crisis Shelter and Transitional Housing, we are able to provide women and children fleeing violence a safe place to stay, emotional support, safety, planning, case support, clothing, food, and basic necessities.

Through our Social Enterprise, 'For the Interval' Store we provide clothing and household goods to women, children and community members who are in need and starting over. As well, this is a financial revenue stream aimed at supporting our programming that is not government funded.

We also have out Lloydminster Community Youth Centre, a recreation based drop-in centre, that supports youth through safe, welcoming spaces, programming, and hot meals to support their development and growth.

Our Community Outreach Centre aims to provide educational opportunities such as Self - Empowerment, Family Violence Outreach, Strength to Change and Supports for Older Adults for clients outside of the shelter and transitional facilities still needing support.



Messages



Glenn Stang
Board Chair

On behalf of the Board of Directors, welcome to the 2024 Annual General Meeting of the Lloydminster Interval Home Society (LIHS). This gathering is a chance to celebrate our accomplishments and reorganize the Board for the upcoming year.

The past year presented significant challenges for LIHS. The Board approved a deficit budget to ensure we could continue offering essential services such as safe shelter and housing, youth drop-in programs, community outreach, education, and social enterprise. We directed management to streamline strategic priorities and intensified our advocacy efforts with the government to secure additional financial support. Although we haven't yet achieved our desired outcomes, we remain committed to raising awareness alongside other shelters in Alberta and Saskatchewan.

I would like to extend my heartfelt thanks to the management and staff of LIHS for their unwavering dedication and efforts to enhance social enterprise and volunteerism, which are crucial for our long-term sustainability.

I also want to express my gratitude to the Board members for their time and expertise in guiding LIHS's activities. We are continually seeking new members with skills in advocacy, legal matters, and other areas. If you are interested in joining the Board, please reach out to me or Angela.

Lastly, I want to thank our donors. Your generosity minimized an operating deficit last year, allowing LIHS to continue its operations with minimal disruption. We are truly blessed by your support. Thank you.

Messages



Angela Rooks - Trotzuk
CEO

Hello everyone, I am happy to report that we had another wonderful year at the Lloydminster Interval Home Society. The Annual General Meeting is a place to report on our achievements, celebrate community, staff, and volunteers, and to thank our donors. How proud we are to be able to do this.

This year we accomplished many goals such as the growth of our Volunteer Impact Program, where we saw a large increase in volunteers and the number of hours they donate to us. We could not provide the essential services we do without them. We also spent a lot of time planning a new vision for our social enterprises, For the Interval Store and Impact Depot. As we announced earlier in the year, we are excited to be moving back to For the Interval Store. Armed with the learnings we gained from opening Impact Depot, and the long and successful history of For the Interval Store, we are excitedly moving forward. I will be pleased to provide you with an update on our successes next year at this time.

We could not do this work without a team of dedicated and amazingly talented staff. They are the ones that implement the strategy and vision of The Interval Home Society. They are doing the tireless work on the front lines to ensure that what we do day to day is translated into great impact for those we serve. I am immensely proud of the team we have built here at the Lloydminster Interval Home Society. They work hard, work professionally, and work with dedication towards our goals and for the mission of the Society.

Last but certainly not least, I want to thank our donors. You continue to amaze us with your generosity and your longevity; you are the shining stars of our community and we thank you! You are the reason we can provide services to our community's most vulnerable. I am inspired everyday when I come to work. How can I not be? From the great team of Board of Directors to our clients, I am surrounded by hope. Hope for a better future and positive change and hope for an inclusive and safe world for all. Thank you.

Mission & Vision

Mission

Lloydminster Interval Home Society evolves to provide safety, support and education through opportunities that empower all individuals in the communities we serve.

Vision

A Community where all individuals experience safe connections and lifetimes of well-being



Values

Respect

Treating people in a positive and dignified manner.

Integrity

The quality of being honest and having a strong moral principle.

Compassion

The ability to show kindness and willingness to help.

Accountability

Taking responsibility and being authentic in your actions.

Trailblazing

Surrounding our organization with people and resources that enhance and help us beyond our own strengths...making the impossible possible.

Strategic Objectives

Client



Develop and implement best practices that meet clients increasingly complex needs that includes a pathway of care to support client safety.

Growth & Potential



LIHS will enhance, grow and develop human capital to be accountable to our Mission, Vision and Values

Financial



LIHS will increase and diversify sustainable revenue streams.

Collaboration




Ensure the LIHS brand resonates and inspires action.

Culture & Structure



Build a positive culture that inspires individual growth and connection between teams.



2023/2024 Program Outcomes



RESIDENTIAL PROGRAMING


Emergency Shelter

The Emergency Shelter is a warm, welcoming, and supportive “home” environment that provides secure, temporary shelter when home is no longer safe. Residents staying at the shelter are offered safety, support, information, and referrals which empowers them to increase their wellbeing and safety.

Ongoing case management assists residents to identify their personal needs, create a plan and work towards meeting goals. As well, we also provide support to meet the unique needs of the families who are staying in the shelter through our Family Support program. The focus of this work is to build on a family strengths and connections between mothers and their children, helping them to move forward as a family.

The Emergency Shelter has had a year full of surprises, changes and many positive outcomes. Our staff has been working hard on ensuring support services are met for our families while also doing an excellent job of keeping our facility in tip top shape. This year our facility has had some difficulties, and we have had to do many repairs, replacements and rebuilds due to flooding. However, in these tough times our building remains a safe space for families to land.

We currently have 12 bedrooms, which can accommodate 33 individuals. This year we have provided temporary shelter for 217 women and 197 children; we also provide crisis support through our 24/7 crisis line and this year we received 2,225 calls. Although we have provided support to numerous individuals, we have turned away 1,196 women and 989 children.



RESIDENTIAL PROGRAMING

Dol-Mar Manor

Our Transitional Housing Program, a 5-unit apartment complex named Dol-Mar Manor, supported 10 women and 18 children/youth during the past year. Longer term support, programming, and security in modestly furnished, independent apartments have allowed clients the opportunity to reach some of their important goals.

While success looks different for everyone, we have had the privilege of supporting women with discovering strengths, gaining confidence and independence, building relationship skills, and enhancing parenting skills. Living and Learning at Dol-Mar Manor has given these women and their children the opportunity to build lives that are meaningful and rewarding for them as they thrive despite past adversity and current challenges.

This year we were able to revamp some of our programming to support women in building positive life skills and strengthen their knowledge and confidence in living a life free from violence. We were able to implement volunteer opportunities through the Interval Store to support in enhancing job skills, resume building, and community involvement. We recently received a grant from RONA that will allow us to complete some much-needed renovations to the units...stay tuned for the results next year!





COMMUNITY PROGRAMS

COMMUNITY PROGRAMS

2024-2025 has been a full and rewarding year for the Community Programs Department. Led by our Director and Team Lead, our Community Program staff have worked very hard to provide a wide range of engaging programs and supportive services to individuals connecting with us through LCYC, the Community Outreach Center and our community programming sessions.

LCYC

At the Lloydminster Community Youth Center, we offer a safe place for youth where they can develop strong relationships, build protective factors and receive social and emotional supports outside of school and family connections.

- 198 days open
- 155 members
- 6053 youth visits
- 4933 meals

There's always something great happening at the Youth Centre!

Youth Outreach Program

- 46 youth participated in the Youth Volunteer Program
- 72 educational activities delivered. Topics: healthy relationships, tobacco reduction, alcohol awareness, education/career development support.
- 19 outreach visits to Lloydminster schools

Youth Mental Health Navigator Program

This new program, designed to provide one-on-one supports to youth looking to connect with additional community services, received funding from Cenovus in April and started supporting youth in August. Our Youth Support Worker supported 17 youth with goal setting, accountability and referrals.

Family Violence Outreach

The LIHS Family Violence Outreach Program empowers women impacted by relationship violence to recognize their strengths, realize their goals and to move forward from the experience of harm and towards more safety and wellbeing. Over the past year, our Outreach Workers have worked with 91 women, providing emotional support, safety planning, DV information, advocacy and supported referrals to a wide range of community supports and services.



COMMUNITY PROGRAMS

Supports For Older Adults Program

We were very happy to receive continued funding for the Supports for Older Adults Program which provides specialized services to older adults who experience harm and abuse in a trusting relationship. The program supported 15 individuals, contributed to community coordination through the LEAP Committee and gave educational presentations at all of the senior facilities in Lloydminster.

COMMUNITY PROGRAMMING GROUP SESSIONS

We currently offer two group programs for community members who are seeking support with the experience of domestic violence.

Our Self-Empowerment for Women Program had a great turnout with 30 women participating in the group sessions this past year. The ten-week and 6-week programs support women to strengthen their resiliency and to make positive changes in their lives through information, self-reflection, group activities and the application of new thinking and healthy strategies. While their journeys are each unique, woman who completed the program consistently reported having more understanding about interpersonal violence, feeling strengthened emotionally/mentally and having an increased ability to recognize and implement positive strategies.

The Strength to Change Men's Program had 11 participants in the 2023-2024 year. This program is vital in supporting men, who use abusive behaviors in relationships, to change their thinking and behavior to an abuse-free approach. Within a respectful, supportive environment, participants explore and learn healthy relationship skills that support an abuse-free lifestyle.

It truly does take courage and strength to change! Many of the individuals who complete the 16 program sessions identify that they not only have more knowledge about intimate partner violence and healthy relationship skills, but they often see themselves as making positive changes and being more aware of how their thinking and behavior affects themselves and others.

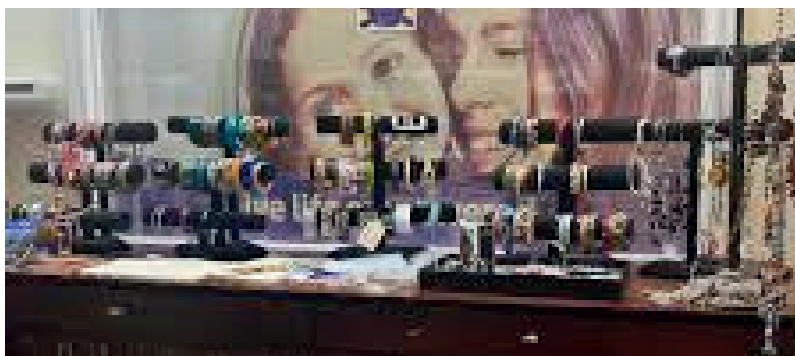
2023/2024 Social Enterprise



What another exciting year at For the Interval Home and Impact Depot. Our community has continued to support us with donations to our programs, and with very dedicated shopping habits and we couldn't thank you more!

We started the year off with a strong focus on increasing volunteer numbers specifically for For the Interval Store and Impact Depot. Of course, the community of Lloydminster and surrounding area came out to support us once again. As noted in the volunteer report, we saw a substantial increase in volunteer hours. We consider the recruitment of more volunteers as a great success – Thank You!

We also had the opportunity to do an operational review on the functioning, including looking at processes and systems, of Impact Depot. What we found was there was an opportunity to create some efficiencies in our operations and the decision was made to consolidate operations with For the Interval Store. Essentially, we are going back home – back to our original location with some positive learnings from our experience with Impact Depot. You will see in 2024/2025 a exciting grand re-opening of For the Interval Store with a new look and new name. We are very excited with what this year has to offer us.





2023/2024 Volunteer Impact Program Report




New name, same great impact!

Volunteers are a rich and important part of LIHS and have been right from the early days of our organization. Their contributions of time, treasures and talent have helped LIHS to grow, prosper and meet the needs of countless individuals over the years. With this in mind, we've created a name that better describes the incredible value and importance of volunteer contributions to our organizations and community, the "Volunteer Impact Program"

Another important step we took this year was to create a dedicated role to support volunteers and build our volunteer program. Since instituting the Volunteer Impact Team Lead role in January 2024, we've experienced significant growth in volunteer recruitment and an amazing increase in volunteer hours over January 1 to March 31, 2024! In fact, volunteers have given 2,488 hours of time to LIHS in the last year. That is more than one full-time employee!

All of this has been due to the very generous people who volunteer their time and abilities. Some individuals have supported us over many years with on going dedication and some are newer friends of LIHS. Many wonderful groups from businesses, schools and organizations have come together to lend their help and time to us as well.

To all of you we want to extend a heartfelt thank you. We so appreciate all you do!



Donate Today



780-808-5282



donations@lloydintervalhome.com



intervalhome.org



SCAN ME



Your donation today does something amazing, you help change the course of a family experiencing violence...

“At first, it was controlling behavior. The years passed, and it morphed into threats, verbal abuse and manipulation. She was hardly allowed to leave home, and he knew just about every text she sent, every call she made and every dollar she spent. Ten years into their marriage, he started hitting her. She said one night she thought he was going to kill her. Having a safe place in the community is imperative. LIHS is somewhere to turn when it seems everyone else has deserted you; somewhere you can go to be protected and receive all the resources you and your children need to heal.”

You have given us the ability to evolve to provide safety, support and education through opportunities that empower all individuals in the communities we serve.

Thank you! Thank you for helping us make a difference in our communities!

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Thank You Funders & Donors

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Amy Roper

Angela Rooks-Trotzuk

Anonymous

Ashley Nogue

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Lloydminster Dairy Queen

Lloydminster Plumbing & Heating

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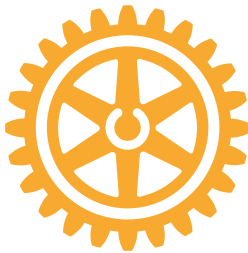




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