



ANNUAL REPORT 2022

We're Open!

*A Successful Year One
Completed.*



LI-BER-T House respectfully acknowledges that we are located on unceded traditional Kanien'kehá:ka territory and we honour the traditional lands of the Haudenosaunee Confederacy, Huron/Wendat, Abenaki, and Anishinaabeg and Kanien'kehá:ka.

As part of the calls to Action put forth by the Truth and Reconciliation Commission, we are committed to addressing and remedying injustices caused by colonization by providing culturally safe spaces for Indigenous women and supporting them on their healing journey.



Contents

About Us - 04

Executive Director's Report - 05

Housing & Consultation Programs – 06

Year One Milestones – 07

Testimonials - 08

How to Get Involved - 09

Thank You to our Financial Contributors - 10

Financial Review & Statement - 11

Leadership Team – 13

Contact Us - 14



About Us

LI-BER-T House is a registered charitable organization committed to helping women in recovery find their rightful and productive place in society.

From grassroots and peer-to-peer initiatives to our first brick and mortar facility, LI-BER-T House is building better communities.

Mission

To help alleviate poverty and homelessness, LI-BER-T House provides a safe housing alternative for women transitioning into society after the completion of an addiction treatment program (rehab) and seeks to empower them to become self-sufficient through learning, leadership, companionship and service.

Why this is important

There are no facilities presently operating in Quebec offering the services available at LI-BER-T House for women recovering from addiction. The rate of successfully maintaining recovery from addiction is 50% and up, with aftercare and reintegration programming (services offered at LI-BER-T House) and below 5% without this type of support, making LI-BER-T House a vital component in improving women's chances of overcoming the dangerous lifestyle that accompanies addiction.



Executive Director & President's Report

LI-BER-T House experienced a major turning point in 2022. Because of the dedication and perseverance of our team, we officially opened our doors. Our first resident arrived in March of 2022 and the strategies, business plans and action plans formulated by our leadership group were finally put to the test. It was quickly realized that practical reality can differ from theory, and we have learned much about adapting and adjusting course to ensure optimal functionality for staff and residents alike. As of this writing, 7 of the 10 women admitted to LI-BER-T House from March to December of 2022 are now settled in their personal long-term living spaces; 5 of them are employed full time with adequate wages.

We are pleased to announce that we have hired an additional staff member to join our executive director, our very own Shanna Mahon, a community worker/assistant caseworker who has a BAC in psychology from Concordia University and is presently completing her University certificate in Mental Health and Addiction.

In addition to our internal planned programs, we have ongoing support from Concordia University which allows us to host 2 interns each semester. Our relationship with Concordia has been a springboard for various projects and activities, beginning in the classroom and ending onsite at LI-BER-T House. We are part of research and hands on learning for students who are aiming to work in the community sector, mainly with women. As well, TransformArt has volunteered their time by-weekly to host Mindful Art sessions for our participants, something that is very relevant to the healing process. Pointe-Claire sports and leisure department has also allocated complimentary passes for our residents so they can participate in physical activities without worrying about their limited budget.

Our networking and new resources have enabled us to provide the individual counselling, around the clock staffing, and psychological support and services the women need to stabilize their respective situations, achieve their goals, and reintegrate safely. Our program provides our clients with opportunities to make healthy and positive lifestyle changes: physically, mentally, nutrition-wise, and in their career/school path. They learn how to do these things in a safe and sober home for women, run by women. Residents navigate life's ups and downs while staying at LI-BER-T House, with access to resources that are essential in delivering long term success. Examples of these resources upon arrival are: psychologists provided by Bell's Let's Talk, addiction counselors, life coaches and mentors who are recovered addicts/alcoholics. Indigenous created and run organizations like Native Montreal, Onen'tó:kon Healing Lodge and Projet Autochtone du Quebec, interact with our Indigenous clients to ensure access to cultural activities and support.

Once these programs are adopted by residents, they continue to make healthy decisions every day and are better prepared to stay on their new journey when they transition into long-term housing. To facilitate this, LI-BER-T House relies on Programme de logements subventionnés (PSL). In collaboration with the Office municipal d'habitation de Montréal (OMHM), PSL is a rent supplement program which helps low-income households live in private-sector rental dwellings or dwellings belonging to housing cooperatives or non-profit organizations, and to pay a rent similar to that for low-rental housing, i.e., rent equal to 25% of their income. We have partnered with Old Brewery Mission to make this possible for clients who fit the criteria. In 2022, 70% of our clients reintegrated safely into their own apartments, 5 of them in affordable, government subsidized apartments. They remain sober today.

In closing, this has been an exceptional year unlike any we've lived thus far and we are extremely thankful to all of our board members, employees, interns, funders, volunteers, and partners, including Andy's House Treatment Center who have been indispensable with their experience, wisdom, and overall support since the very beginning of our housing endeavor. The outpouring of support from our donors, longstanding and new, has been supremely powerful in allowing us to offer additional services and to continue providing a safe space for women on their healing journey.

Wishing you the best of health and a safe and successful year,



Liane Berry
Executive Director



Danielle Lee
President, Board of Directors



Housing & Consultation Programs

How it Works

LI-BER-T House services are available to women who have no safe housing alternative after completing a substance abuse treatment program. At the same time, we offer external consultation services to women who have a safe place to live but wish to reinforce their sobriety with a reintegration plan geared specifically to their needs. LI-BER-T House serves women who are ready to change their lifestyles and patterns, and to become independent and self-sufficient members of our society.

Each client is eligible for up to six months of housing (or more, if needed) as long as they remain abstinent from drugs/alcohol, pay their monthly stipend and actively participate in back to work/back to school programs.

Services Provided

LI-BER-T House offers relapse prevention counselling, mental health counselling, mentoring, community resource support and tailored services and programs to meet the specific needs of each client.

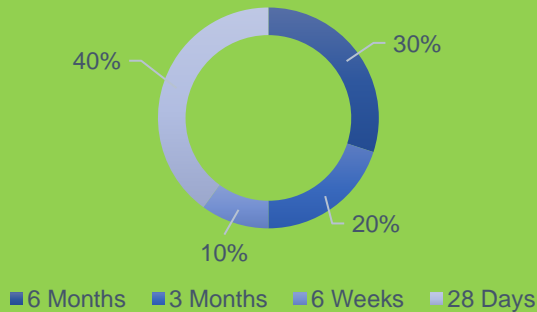
The Empowering Individual 6 Step program is an important tool:

- Step 1 - Personal Development: financial stability, budget, physical/mental health, exercise, clothing, action plan;
- Step 2 - Vocational Development: back to work/school program;
- Step 3 - Substance Abuse Prevention: regular drug testing, counseling and psychological support using proven relapse prevention methods;
- Step 4 - Inter-personal Skills: participation in groups, social settings, extra-curricular activities;
- Step 5 - Community Involvement: volunteer work, employment, housing;
- Step 6 - Independent Living: moving on, after care, follow up.

Year One – How it Went

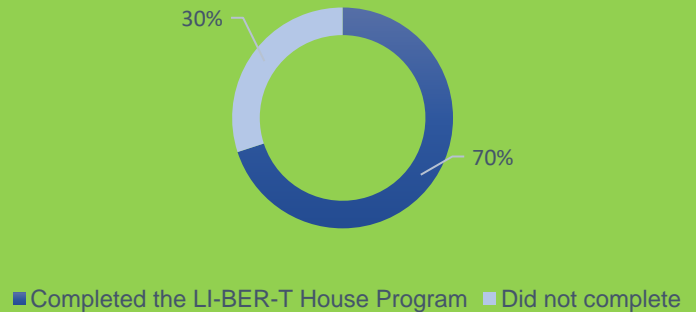
Our clients came from many different types of rehabilitation programs:

Types of Prior Programs



How our clients did in the first year of LI-BER-T House:

Results at LI-BER-T House:



Major Milestones in 2022

- Our Indigenous board member helped create our Land Acknowledgement
- Administration created our Ethics Policy and Donor Recognition Program
- Psychologist meets each client when they arrive and throughout their stay with LI-BER-T House
- Clarified our Vision, Mission and Values in Clear and Aligned workshop through SHIFT
- Inventoried and solidified our by-laws
- Onboarded a community worker to assist our executive director/addiction counsellor
- Hosted 4 Concordia Interns
- Held Mindful Art by-weekly
- Secured Sports and Leisure complimentary passes from City of Pointe-Claire
- Built relationships with many different organizations
- Signed agreements with Old Brewery Mission and Projet Autochtone du Québec, for reciprocal services
- Attained employment and long-term housing for 70% of our clients
- Increased our revenue to meet the increased budget of an open, transitional, sober-living house

Testimonials

“My experience being in rehab was like existing within a nice little bubble, then I’m thrown back into reality which is overwhelming and it’s like all of a sudden, the bubble bursts. What does a drug addict do when they’re overwhelmed? Use drugs of course! Things changed for me when I met Liane. She offered me unconditional support and was there for me when I felt like using. The type of aftercare she offers is the support drug addicts require. Rehab is a starting place but aftercare is the maintenance program every addict needs to succeed in the long term.” Tamara

“The hope when I entered treatment was to learn how to live. It sounds simple but it isn’t. After leaving my first treatment center my hopes vanished. With no support, I felt completely alone and quickly realized my inability to cope with basic life situations. I relapsed within a few weeks and lived destructively for another 10 years. Thankfully, I re-entered treatment and this time it was different. It was a program that strongly encouraged community support as well as a transition period after leaving the facility. Rather than being sent out into society on my own, I was given the opportunity to re-integrate at my own pace with support along the way. I am extremely fortunate to be living a productive life and providing a healthy and stable home for my children.” Dom

“I entered a treatment centre for drugs and alcohol in late 2021; hopelessly addicted, homeless, and had lost custody of my young daughter. When I learned that LI-BER-T House was a possibility after completing rehab treatment, I was able to relax and focus on my recovery. My experience with LI-BER-T House was, and continues to be, absolutely vital in my rehabilitation. They’ve not only provided the structure, security, and support I needed in a safe living environment, but Liane also helped me get connected to the resources I needed to find a job, an apartment of my own, and ultimately gain independence as a clean and sober woman. I now hold a steady, full-time job, and have recently moved to a larger apartment to make room for my daughter who I now have partial custody of again! LI-BER-T House made the transition from treatment to independent life not only possible, but incredibly meaningful. Liane continues to be an advocate in my life and I’ll always be grateful to her and LI-BER-T House.” Kacee



How to Get Involved

Community & Corporate Partnerships

LI-BER-T House welcomes corporate sponsorship and financial contributions. There are a number of ways that corporate and community partners can help:

- Corporate & private foundation financial sponsorship
- Marketing, media and promotion & printing products
- Building maintenance supplies & furniture
- Gift donations for fundraising events
- Female & household products

Volunteers

Volunteers are vital to the ongoing success of LI-BER-T House. If you have a specialization or skill that fits our organization or would like to help in any way, please reach out to us.



Thank You!

Without the support of our financial contributors, it would not have been possible to enter our second phase of development and solidify our first location for LI-BER-T House. We thank you for your generosity.

Financial Partnerships

- Bell Canada – Bell Let's Talk
- Chamandy Foundation
- Community Foundations Canada / Fondation Grand Montréal
- Eric T. Webster Foundation
- Fiducie Jacqueline Lallemand
- Gregory Kelley, Liberal MNA St-Jacques District
- Hockey Helps the Homeless
- HOGG Family Foundation
- Holt Foundation
- Hylcan Foundation
- J. A. DeSève Foundation



Fondation J.A. DeSève

Thank you as well to the financial contributors and private citizens who wished to remain anonymous.

Community Partnerships

Thank you to the following community organizations and individuals. Their financial contributions, expertise, guidance, and mentorship have made the world of difference.

- Concordia University
SHIFT Center for Social Transformation and Internship Program
- West Island Community Shares

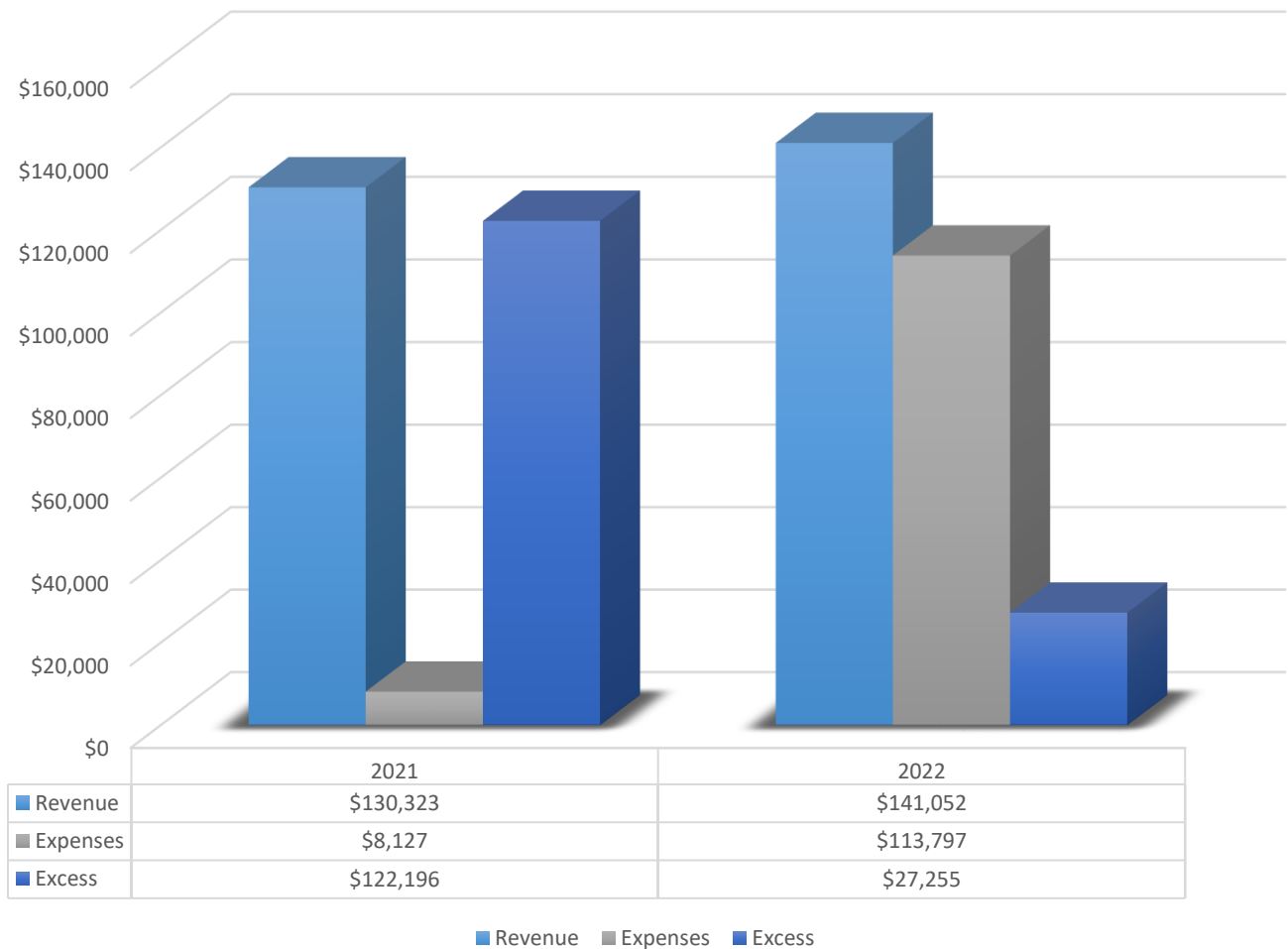


Financial Review

With 2022 being the first year of operation of LI-BER-T House. The finances certainly look different than 2021.

We opened the year strong with \$130,801, then raised and collected \$141,052, finishing 2022 with a surplus of \$27,255.

Operations Overview 2022 vs 2021



Financial Statement

OPERATIONS

For the year ending December 31, 2022

	2022	2021
	\$	\$
REVENUE		
Donations	133,180	130,323
Rent collected	7,834	-
Miscellaneous	38	-
	141,052	130,323
EXPENSES		
Salaries and employee benefits	57,127	-
Program cost	7,404	-
Consultants	5,779	5,127
Advertising and promotion	-	586
Professional fees	747	500
Rent	33,000	1,375
Utilities	2,319	-
Office	1,702	474
Insurance	4,607	-
Memberships	200	-
Interest and bank charges	35	65
Miscellaneous	877	-
	113,797	8,127
EXCESS OF REVENUE OVER EXPENSES	27,255	122,196

CHANGES IN NET ASSETS

For the year ending December 31, 2022

	2022	2021
	\$	\$
OPENING BALANCE	130,801	8,605
Excess of revenue over expenses	27,255	122,196
ENDING BALANCE	158,056	130,801

Leadership Team

Executive Director



Liane Berry is the driving force behind LI-BER-T House. She is an award-winning community leader, celebrated author, recovering drug addict, and rehabilitated former repeat criminal who has been completely abstinent beginning May 1st, 2014. Since that time, she has been active in recovery circles helping countless women stay clean and sober and is a sought-after motivational speaker. Until December 2021, Liane was employed at the Portage Treatment Center in Montreal as a substance abuse counselor. Please visit her website lianeberry.ca if you'd like to learn more.

Board of Directors



Danielle Lee, President

has been working in the Event Marketing industry for the past 10 years with experience in sales, recruiting, HR, training and staff development. One of Danielle's passions is volunteering for the non-profit organization Animatch.



Victoria LeBlanc, Secretary

is a writer, curator and artist with over 35 years experience in communications and administration in cultural, government and education sectors. She also has extensive experience in the non-profit sector and has served on the Board of Directors of several organizations.



Pierre Collins, Treasurer

Pierre Collins is currently Director, Investments for the Lucie et André Chagnon Foundation, one of Canada's largest private foundations. He has prior experience in business development, client service and manager research in the offering of various investment products and consulting services. In addition, He is a CPA and is both a CFA Charterholder and CAIA Charterholder. He is also a member of the Lakeshore General Hospital Foundation Investment Committee, and is a past Board Member of Volunteer West Island and Hestia House.



Anthony Di Staulo, Director

is a Montreal based lawyer. As a member of the Québec Bar since 2016, Anthony has worked in many different legal domains including Civil Law, Family Law, Corporate Law, Criminal Law and Transport Law. Anthony has been recognized for competent research and detailed opinion drafting in line with the best practices of the legal profession.



Marla Newhook, Director

Marla has dedicated most of her life to community work from a volunteer to Executive Director and has worked in the non-profit sector for more than 20 years. She currently works at Batshaw Youth and Family Centres as the Indigenous Consultant, helping Indigenous families and children navigate life's challenges. Her proudest accomplishment is her two children.



Sean Berry, Director

is an executive management leader with a unique combination of business experience and expertise in the fields of Customer Service, B2B Services and Non-Profit Management. Sean has an extensive volunteering background and has served on numerous Boards and committees. He is currently President at the Electric Boating Association of Canada.



Susan Doherty, Director

is currently Director of Marketing and Product Development in the building products industry with over 21 years of progressive experience. Susan's focus on community has led her to volunteer opportunities with organizations such as Hockey Helps the Homeless and Scouts Canada.

CONTACT US

LI-BER-T House
Pointe-Claire, QC
T: 514.662.2047
contact@libert.ca

Visit our website at: www.libert.ca

 Maison LI-BER-T House
 Maison LI-BER-T House

Opening Hours: Please call or email for an appointment

Registered Canadian Charity Number:
711631911 RR 0001

