

Throughout the Years There's Always Been Hope

ANNUAL REPORT
2020/2021



INTERVAL HOUSE
OF HAMILTON

Saving and changing lives every day

35 YEARS OF HOPE

OUR COMMUNITY PROGRAMS



Jared's Place
Legal Advocacy & Resource Centre for Women

MentorAction
Partnering & Inspiring Generations of New Professionals to Lead Women

www.intervalhousehamilton.org



*Violence-free lives
for all women, children
and communities.*

“My children and I are so thankful to Interval House of Hamilton for giving us the protection we thought we could not find. This place **helped us to see that there is HOPE to continue our life,** that we can make a pretty life here in Canada.”

– Client



CELEBRATING 35 YEARS OF HOPE

Honouring the victorious women and their courageous children,
our champion sponsors and allies, and our frontline heroes.

35 YEARS OF HOPE

WE ARE INTERVAL HOUSE OF HAMILTON

For the past 35 years we have been working to provide women and children in our community with the support, resources, and care they need when they have experienced abuse, violence or human trafficking. Join us as we honour true champions in the community — those victorious women and their courageous children, our sponsors and allies, and the heroes who work on our front lines and provide these valuable services to those in need, each and every day.

WE ARE **HONOURED** TO BE ABLE TO PROVIDE OUR SERVICES IN OUR COMMUNITY.

MAKING AN IMPACT EVERY YEAR, EVERY DAY

for 35 years!

100%

Before the COVID-19 pandemic, our emergency shelter was almost always over 100% capacity.

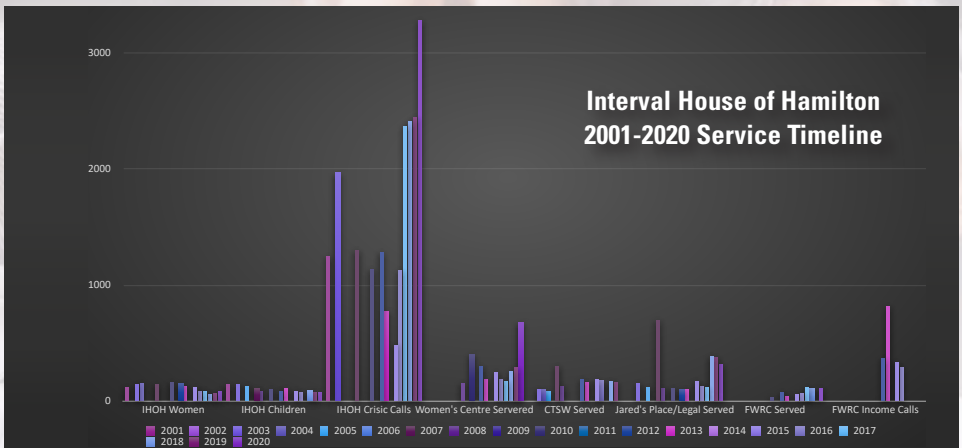
365

The number of days per year we provide support to women and children.

UNMEASURABLE

The number of lives impacted by the countless volunteers, supporters, donors, sponsors.

We hope you will join us in celebrating our history, our future goals, and the many women and children we have had the honour to work with over the years.



**AFTER ALL THESE YEARS,
OUR COMMITMENT IS STEADFAST**



Our Mission:

Violence free lives for all women, children and communities.

Our Vision:

IHOH will be an innovative leader providing compassionate care and sustainable, high-integrated services in our quest for violence free lives for women, children and communities.

Innovative Leaders:

Through harnessing knowledge, research and experience on emerging organizational practices; gender based violence against women and service delivery models will be a catalyst of change that will lead the organization towards reaching its vision and practicing its values everyday.

Compassionate Care:

Ensures and maintains an organizational environment that demonstrates consistent implementation of our values:
Health & Safety, Responsible and Professional Service, Empowerment, Diversity, Anti-Racism/Anti-Oppression, Effective & Responsive Communication, Confidentiality and Privacy with staff, volunteers, clients and community stakeholders

Sustainable:

Will have continuous and consistent evaluation, development and execution of practices that effectively use resources, collect data on quality and effectiveness of organizational/ operational practices and services; and a plan to meet the immediate and future development and operational needs of the organization.

Highly Integrated

To continuously develop effective internal and external integrated process, systems and relationships that will reduce barriers, cost and improve the ease of system advocacy navigation for clients, staff, volunteers and stakeholders

BOARD OF DIRECTORS

Board of Directors (2020/2021)

President

Peter Bieling

Vice-President

Neil Jones

Treasurer

Karen Vandenbeukel

Secretary

Angela Slade

Directors

Dr. William Harper

Vanessa Vrbanic

Mark MacDiarmid

Leah Hogan

Krista Schmid

Pankaj Kasturi

Board of Directors (2021/2022)

President

Neil Jones

Treasurer

Dr. Will Harper

Secretary

Leah Hogan

Directors

Mark MacDiarmid

Krista Schmid

Pankaj Kasturi

Maureen MacDonald

Dr. Mag Gardner

Sarah Edwards

Carolyn Rankin-Boutin

Thank you to our Board of Directors for sharing their time and expertise. We thank **Peter Bieling, Angela Slade, Karen Vandenbeukel** and **Vanessa Vrbanic** for their years of service.

THE NUMBERS OVER THE YEARS

FEMICIDE STATISTICS

780+ As of 2019 we know of more than 780 Femicides **over the past 30 years in Ontario.**

29% In 2015, the most recent year for which official data was available, **females accounted for approximately three in 10 (or 29%) of homicide victims in Canada.**

90% In 2020 a total of **160 women and girls were killed in Canada;** where the accused was identified, 90% were male.

50% Where the relationship with the accused was reported in the media (64%), one half involved male accused who **were current or former partners (50%),** and 26% involved family members of the primary victim.

FEMICIDE & MASS KILLINGS IN CANADA

DECEMBER 6, 1989 – a lone, white male, armed with a gun, entered Montreal’s École Polytechnique and carried out his mission to kill women because they were women and, in his view, feminists for whom he expressed his hatred. He left 14 women dead and another 14 women and men injured before killing himself. It took 30 years before the “Montreal Massacre” was finally recognized for what it was – an anti-feminist attack and a mass femicide.

ON APRIL 23, 2018 – a man self-identified as an Incel (involuntary celibate) killed 8 women & 2 men and injured 16 others in the “Toronto Van Attack.”

LATER IN 2018 – an 18-year-old woman and a 10-year-old girl were killed and another 13 injured in the Danforth shootings in Toronto. Police later found evidence of the perpetrator’s preoccupation with killing fantasies and misogynistic Incel groups.

APRIL 18-19, 2020 – A lone, white male, armed with guns, terrorized residences of Portapique, Nova Scotia and surrounding communities, leaving 13 women and 9 men dead in his wake. The killer, wearing a police uniform and driving a replica police car, was subsequently killed by police.

DID YOU KNOW? Every 11 days a woman or child is killed by a man known to them. 1 in 3 women in Canada will experience intimate partner violence in their lifetime. This number is much higher for women of colour and Indigenous women.

AWARENESS

MARCH **March 8 is International Women’s Day.** This is a global day of recognition celebrating the cultural, political, and socioeconomic achievements of women.

MAY **May is Sexual Assault Awareness Month.** This month raises awareness about the issue of sexual assault, its roots and devastating consequences and is a focus on societal change to end gender-based violence.

NOVEMBER **November is Woman Abuse Prevention Month** — a societal call to action to eradicate violence against women and children. Wednesday, November 25 is also the beginning of **16 Days of Activism against Gender-Based Violence** which spans until December 10, the **International Day for the Elimination of Violence Against Women.**

PRESIDENT'S REPORT

"A little light seems to be breaking through but on behalf of the board I want to start by looking back and thanking all the staff, volunteers, management, stakeholders and partners who've helped us to weather Covid-19."

– PETER BIELING

What a testing and trying year it has been, and perhaps the end is in sight. A little light seems to be breaking through but on behalf of the board I want to start by looking back and thanking all the staff, volunteers, management, stakeholders and partners who've helped us to weather COVID-19! We have managed to continue to provide our services throughout the pandemic, kept everyone as safe as possible by following all the (changing!) advice, and we hope emerge as a stronger organization. Indeed, we will be celebrating our 35th anniversary this year and are deservedly proud of our reputation and the work we've done.

As ever we are profoundly thankful to the Ministry of Community and Social Services, Ontario Trillium Foundation, Ontario Women's Directorate and the City of Hamilton for financially supporting our programs. COVID-19 has made our world less financially stable, so it's important to thank our many corporate and individual donors who

were so generous under difficult circumstances. At this time last year, I wrote that financial uncertainty is something we were worried about as a board. I'm pleased to say that things look very stable and sustainable right now—highly important because 35 years of operations makes you think about the long run and what we'll need in the future to grow and provide our critical services to women.

So, thank you again to the management, staff, and volunteers of Interval House. I know I speak for the whole board when I congratulate you for the work you've all done under the really difficult professional and personal circumstances — you're all heroes.



PETER BIELING
President, Board of Directors

**"Volunteers do not necessarily have the time;
they just have the heart."**

- Elizabeth Andrew

EXECUTIVE DIRECTOR'S REPORT

"As we move through our 35th year, I'm hopeful there will come a time when services like IHOH will no longer be needed and that all women, children and communities will be free from abuse and violence."

– NANCY SMITH

At Interval House of Hamilton, 2021 marks 35 years in providing service to women with or without children. This significant benchmark is a time to reflect on those 35 years at Interval House of Hamilton. I first want to thank the thousands of women who have accessed our services over the years. The tremendous

courage of women who have entrusted our staff with her experience of abuse, violence, human trafficking has been a demonstration of bravery.

Interval House of Hamilton was started as an emergency shelter. Through the years in operation, research and best practice, we grew as an organization to meet

the needs of women and their children so we could meet the diverse complexities of families with more than just a bed. The issues of gender-based violence continued and the identification of increased risk was the driving force for specialized services. Legal advocacy, outreach support, as well as system navigation in our urban centre, rural and suburban areas in Hamilton were needed.

Gender-based violence is not created by women yet good men were historically excluded. At Interval House of Hamilton – we changed that. Good men were included on our Board of Directors, MentorAction was formed, and Be More Than A Bystander enabled partnerships with elite sports teams. The inclusion of men in ending gender-based violence is required, not to lead but to align with our mandate. For 35 years

Interval House of Hamilton has been a leader and this commitment has been unwavering.

The evolution of our organization was guided over the years by the members of our Board of Directors and staff. Countless hours of dedication and steadfast commitment of staff and volunteers who stepped up supported the mandate of our agency – Violence-free lives for women, children and communities. THANK YOU

There is a cost to providing service and I want to sincerely thank our funders and donors. Thank you to the Ministry of Community, Children and Social Services, the City of Hamilton, the Hamilton Community Foundation, and the citizens of our community. We could not do this work without you.

2020 and 2021 propelled us into managing two pandemics. Gender-based violence and COVID-19. While both continue to rage on, many believe the COVID-19 pandemic will end allowing us to live a life that is safe. For years we have had the solution of ending gender-based violence, and it will take the effort of everyone, not through a vaccine but morals, values, words and actions every day. As we move through our 35th year, I'm hopeful there will come a time when services like IHOH will no longer be needed and that all women, children and communities will be free from abuse and violence.

This past October, Linda Chu retired after 17 years and sadly she passed away in April 2021. Linda's kindness and compassion for others will always be fondly remembered.

NANCY SMITH
Executive Director



Susan Lloyd, Director of Finance and Operations



35 YEARS MEASURED NOT IN MINUTES – BUT

1973 – Ontario's first women's shelter was opened

1983 – Interval House of Hamilton-Wentworth becomes incorporated and worked out of Central Presbyterian Church

1977 – Ontario Association of Interval and Transition Houses (OAITH) was founded

1987 – Margaret Corbett & Gwen Davidson, Executive Director

1990 – Interval House of Hamilton initiates Legal Advocate program the first Legal Advocate Support program in Ontario

1986 – IHOH opens a shelter (King St. East) as a 20-bed advocacy-based shelter for abused women and children / Judith Moses, Executive Director

1996 - The Provincial Government announces \$2.59 million in capital funding to build a new shelter. Hamilton Health Sciences donates land at the Chedoke site on the West Mountain.

1992 – Linda Graff, Executive Director

1994 – Joyce Killin, Executive Director

1995 – MCCSS funds Community Transitional Support Workers



“Interval House helped to **save my life**, now it is time for me to help others.”

– Client

IN HEARTBEATS

– Joan Lowery Nixon

Saving and changing lives



April 1999 - The new shelter opens as the first and only Mountain shelter

June 1998 - Interval House of Hamilton holds a ground-breaking ceremony for the new shelter

November 3, 2006 - Celebrated 20th anniversary at Sheraton Banquet Keynote Speaker: Denise Brown, sister of the late Nicole Brown Simpson

1997 – Hope Haven Women's Program merges with Interval House to provide additional counseling

June 2002 – Patty Jensen, Interim Executive Director, Clare Freeman, Executive Director
• Dofasco Supports: Real Choices Second Stage House

November 2006 - New funding is obtained for a clinical counselling program

- Pilot Project with Hamilton Children's Aid and Catholic Children's Aid Society established to provide clinical consulting when violence against women and child welfare intersect to provide services to women with children
- Research: McMaster Health Grant led by Dr. Harriett MacMillan students If, when and how to ask the questions: assessing, screening approaches to identifying women abuse in health care settings & Ontario Women's Directorate Grant
- Dr. H. MacMillan, Freeman, Wather – Developing and testing evidence based violence against women education in Ontario Health sector



"It felt like a home. Thanks to all the staff for being there for me throughout my stay. I wouldn't have changed a thing."

Always there for you!



2007 – Ministry of Attorney General Grant: Diversity training & peer support program for immigrant and refugee women – in partnership with SISO

- MCCSS provides additional funding for counselling
- Hosted Immigrant/Refugee Community and Domestic Violence Conference
- Hosted Second Closet: GLBTQ and Domestic Violence Conference

June 2007-2009 - Executive Director, Chair of the Provincial Domestic Advisory Council of Ontario Released: Transforming our Communities Recommendations

- Development of Best Practice Protocol for Flamborough and Ancaster

2011 – Male leader Think Tank

2010 - Opening of Jared's Place

March-April 2009 - Osidacz Inquest (Jared) Recommendations Released

June 2008 – Presented at 1st World Shelter Conference in Edmonton – Stages of Change

- Ontario Association of Children's Aid Societies Practice guide developed – Critical Connections – to improve interventions with women intersecting with VAW and child welfare organizations

2009 - Flamborough Women's Resource Centre opens in Waterdown

April 2009 - Women's Centre of Hamilton amalgamated with Interval House of Hamilton and opens at new location



“Interval House was very human. I always felt like a person, not a number or one of the many clients. Staff was sensitive, helpful and understanding. I was very comfortable here and met other women in the same situation with women whom I will stay in touch for support.

Thanks for being there for me.”

– Client

“Thank you for making me
feel good about myself again.”

– Client

2012 - Ontario Shelter
Research Project

- 2015** - Nancy Smith, Executive Director
- IHOH, presented at the 3rd World Shelter conference in the Netherlands on Engaging Men in Ending Gender-Based Violence.
 - Hosted MentorAction conference: The Inclusion of Male Allies in Ending Gender-Based Violence

2016 - Purchased the rights of Be More Than A Bystander program and brought this work to Hamilton. Our first partnership was with The Hamilton Bulldogs

November 4th, 2012 - Celebrated
25th anniversary, Keynote
Speaker: Dr. Mohit Bhandari

2013 - Funding received through
Ontario Trillium Foundation to establish
MentorAction, a group of male leaders
in our community to “stand up and speak
out” on the issues of gender-based
violence and violence against women

2016 - Interval House of
Hamilton 30th Anniversary
Gala held in recognition of
30 years



“Thank you for keeping us safe.
We can tell **you care.**”

– Client

“You treated me with so much
respect I’ll be **forever grateful.**”

– Client

2017 - Hamilton Chamber of Commerce Not-for-Profit Outstanding Business Achievement Award

2017 - Nancy Smith, Executive Director, IHOH, received the YWCA's Woman of Distinction Award for Community Leadership


2018 - Nancy Smith, Executive Director, was honoured by the Hamilton Tiger-Cats as a Hamilton Hero.

2018 - research with Luke's Place on legal system barriers

2017 - McMaster Athletic joined in partnership with Be More Than A Bystander program followed by The Hamilton Tiger-Cats announcing their partnership as well as the Hamilton TiCat Cheerleaders

2018 – Organization name changed to Interval House of Hamilton
• Flamborough Chamber of Commerce Not-for-Profit Outstanding Business Achievement Award





2019 - Executive Director was the representative for OAITH (Ontario Association of Interval and Transition Houses) at the Grey Cup in Calgary.

- Nancy Smith, was honoured with Women Who Rock award with Empower Strategy Group

2020 - Research participation in Safe at Home, St. Michael's Hospital

- Safe Communities project with City of Hamilton
- Associate member of NAMEN, global male engagement

2020 - Interval House of Hamilton was honoured with the Hamilton Chamber of Commerce 2019 Outstanding Business Achievement Awards for Accessibility.

2021 – Forge FC and SportHamilton joined in partnership with Be More Than A Bystander program

- Launch of MentorAction's new website
- Launch of Steel City Allies
- Canadian Women's Foundation grant: Rural Outreach and System Navigation
- Office of Women's Issues grant: Training and Employment Supports



“I was very happy that I had a warm, **safe place** to stay.”

– Client

Honoured to mark 35 years in service.

SHELTER PROGRAM REPORT



In 1986 Interval House of Hamilton opened its doors as a non-profit 12-bed emergency crisis shelter that would serve women, 16 years and older, with or without children who were fleeing relationship violence/abuse. It was a small house on King Street East in Hamilton that provided safety and security for the woman and children but would not have allowed for social distancing. Today with the pandemic, extra precautions are needed in a congregate setting that allows for physical distancing to add to the safety of women and children so they may live free of abuse, violence and contagion.

Since opening the new shelter location in 1998, Interval House of Hamilton is a large 22-bed facility and continues to offer shelter services to survivors and their children and victims of human trafficking. The global pandemic has led to a trying year. Our services and workers being deemed essential enabled our doors to remain open and we were able to continue to support women and children fleeing abuse/violence.

We are still able to offer women who are fleeing abuse safe space as well as support on our crisis line 24-7.

Now, more than ever, we must stand by survivors and ensure there is a safe place to go if they are experiencing abuse. By leaving abuse behind and choosing to seek a new life, women have demonstrated remarkable courage, strength, and resilience, and they deserve the highest care, safety, support and respect. We are honoured to be here for women and their children.

Thank you to our frontline heroes for their unwavering dedication to their/our profession.

**Renee Kowalchuk,
Manager of Residential
Services**





SHELTER PROGRAMS BY THE NUMBERS

22

MCCSS
Beds



4

Overflow
Beds



90

Women
Served



83

Children
Served



85 WOMEN

Referred to another shelter
due to **overcapacity**

676

Children's
Programs



3282

Crisis Calls



2830

Safety Plans



1095

Meals
Prepared



118

Grocery
Shops



24-7

We are still able to
offer women who
are fleeing abuse
safe space as well
as support on our
crisis line

OUR WORK WITH HAMILTON CHILDREN'S AID SOCIETY

For many years we have partnered to work with Hamilton CAS to support women who have experienced abuse. This collaborative work enhances a woman's experience and allows for best outcomes in keeping herself and her children safe. Completing a formal danger assessment with a women presented challenges when meeting virtually.

181

Women
Served



269

Children
Served



181

Safety Plans



10 Total number of **Danger Assessments** completed

6 6 of the 10 indicating **extreme danger**

400+

Total number of
phone calls



COMMUNITY PROGRAMS REPORT

When we reflect on past years, we envision years when our doors were open. Women and children accessed our space and were welcomed with a smile. Women connected with other women in group settings or attended in-person counselling. There was safety and security when passing through our doors for support.

Fast forward to now, the COVID-19 pandemic has jeopardized our sense of safety and ability to feel totally secure in a space with others. Despite this, staff at **Women's Centre of Hamilton**, **Jared's Place** and **Flamborough Women's Resource Centre** have shown their commitment, passion, and dedication

to the women and children in our community fighting two pandemics, gender-based violence and COVID-19. **Staff have built a virtual bridge to reach woman and children experiencing isolation caused by these pandemics to assist women in their efforts to provide safety and shelter for themselves and their families.**

Navigating these challenging times has been difficult and overwhelming and yet the women we work with and our team in community programs have shown their resilience, compassion, and courage in their work against gender-based violence and creating a violence-free community for all. Thank you to our frontline heroes!

Liza Ritchie, Manager of Community Programs



COMMUNITY PROGRAMS

BY THE NUMBERS

678

Unique Women
were served



245

Women
received VAW
counselling

264

Safety
Plans



98%

of women surveyed reported an increased awareness of the cycle of violence and a better understanding of personal safety



117

Unique women
served by
FWRC

321

Women received
legal advocacy,
support and
navigation by
Jared's Place

84

Group
Sessions



DIRECTOR OF PROGRAMS & SERVICES

Programs must continually grow, adapt, and respond to effectively support the changing needs of women and children experiencing violence and abuse. Over the last 35 years, services have been expanded and developed to respond to gender-based violence along the continuum. From developing prevention strategies to

supporting survivors, Interval House of Hamilton continues to advocate for violence-free living and safer communities.

**Sue Taylor,
Director of Programs
and Services**



EVENT & VOLUNTEER REPORT

For years at Interval House of Hamilton we have held events to raise money to offset our funding shortfall and to raise awareness. Working together and having members from our community join us in events to meet these two objectives has been amazing. The number of events held over the years has increased to meet our increased funding needs. **Events have also brought us together in a show of support to women and their children – we stand with you.**

The years 2020 and 2021 presented us with new challenges ultimately reshaping or cancelling our events and our volunteer programs. The COVID-19 pandemic put a halt to many things and required we

do things differently. IHOH is deemed an essential service, yet we had to cancel the inclusion of our dedicated volunteers. We look forward to the day our volunteers can return as they enhance our programs, services, and events. THANK YOU.

I want to thank our funders and donors for continuing to help us meet our substantial fundraising target.

We cannot do this work alone. We thank our marketing and media partners for their expertise and ongoing commitment in supporting our work.



Jodi Hunt, Executive Assistant
Stephanie Zordan, Event & Volunteer Coordinator





"THE SMALLEST ACT OF KINDNESS IS WORTH MORE THAN THE GRANDEST INTENTION."

– Oscar Wilde

Visit www.intervalhousehamilton.org to keep updated on our virtual events, as well as our upcoming in-person events.

MENTORACTION REPORT



MentorAction

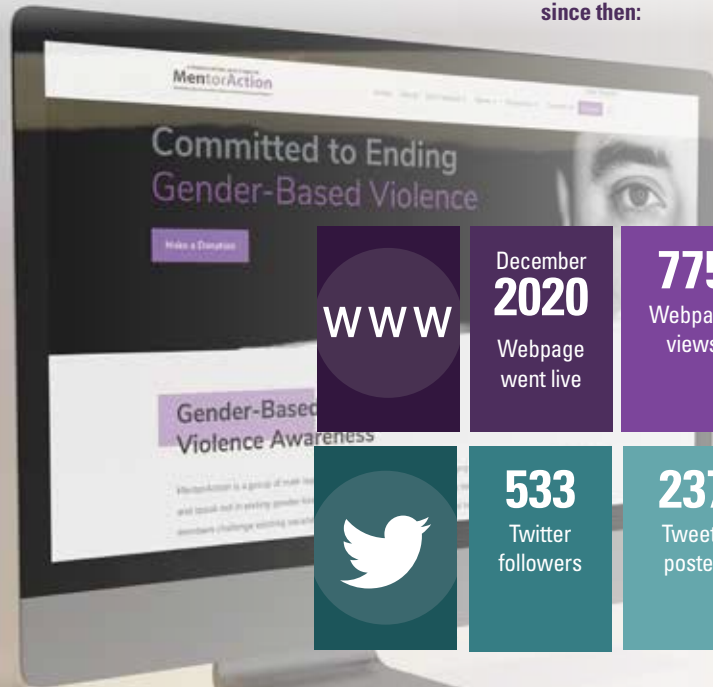
Mentoring a New Generation of Men to End Gender-based Violence

IT ALL STARTED WITH A SURVEY...

In 2011, Interval House of Hamilton successfully received grant money from The Status of Women Canada to develop a two-year project focused on improving community safety. Through community feedback, surveys and focus groups it was clear the community felt male-identified allies had a role to play in helping to end gender-based violence.

From presenting at the 3rd World Shelter Conference in the Netherlands in 2015 to partnering with Hamilton's elite sport teams, MentorAction has continued to challenge existing societal norms that perpetuate gender-based violence and seek to build a community that is safe and violence-free.

Redesigned webpage went live December 2020, since then:



WWW

December 2020
Webpage went live

775
Webpage views

188
People joined the Steel City Allies and took their online pledge to end GBV

533
Twitter followers

237
Tweets posted

157,981
Impressions
798%
Increase in profile visits

www.mentoraction.org
Become a Steel City Ally



Become a Steel City Ally
mentoraction.org

BE MORE THAN A BYSTANDER.
Together, we can end gender-based violence.
#firststepfirstchange

Stand Up and Speak Out Against **Gender-Based Violence.**

MANY THANKS TO OUR PROUD PARTNERS:



Thank you

For 35 years, and this year more than ever, our frontline workers, volunteers and members of the community have pulled together to continue to support Interval House of Hamilton.

THANK YOU for your continued support and hard work.

SOME KIND WORDS FROM OUR COMMUNITY, STAFF & VOLUNTEERS

“The agency is very **efficient** and **professional.**”

Interval House staff and its organization **are dedicated and committed to the women they served** and this makes me proud to be a volunteer with them.”

“We are committed to the **highest standards** of cleanliness and safety while going green.”



“Together we designed a garden for women and children and tie bands of courage around trees to symbolize and **recognize women and children** we have worked with.”



“We are an agency that is committed to **continuous improvement** in both service delivery and prevention initiatives.”

“I had the opportunity to work with incredible women whose **dedication in eliminating violence against women is unending.**”

THANK YOU TO OUR INCREDIBLE DONORS

We are sincerely thankful and proud of our **donors**. This past year has presented many challenges and through our donors' generosity, we were able to keep our doors open. For enhanced privacy and confidentiality reasons we are unable to list our donors this year (cyber issues).

PLEASE KNOW THAT IN OUR HEARTS WE ARE MORE THANKFUL THAN EVER.



BUILDING A BETTER FUTURE

As we reflect on our past 35 years, we are, as always, committed to saving and changing lives of women and children. As we move forward, we ask everyone to share the vision of a safer community and make the promise

to end gender-based violence – every day. We invite you to take the pledge and take action to promote gender-equality and healthy relationships.





Together, we can make an impact.

Interval House
 Thank you for supporting Interval House of Hamilton as we save and change the lives of women and children who have experienced abuse, violence or human trafficking.
 intervalhousehamilton.org
 905-...

Domestic violence is a community issue that affects us all. I will speak up to raise awareness and break the silence surrounding dating and domestic violence.

Join us in changing and saving lives.
 Visit www.intervalhousehamilton.org

Your support truly does change and save lives.



35 YEARS OF

HOPE *and* HEROES

Honouring the victorious women and their courageous children, our champion sponsors and allies, and our frontline heroes.



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