



Annual General Meeting Report 2016



OPENING DOORS, OFFERING HOPE

Coverdale Courtwork Society
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OUR MISSION

To provide guidance and support to women and female youth experiencing the criminal justice system, offering opportunities for healing and change with the goal of crime prevention.

VALUES

*We believe in the inherent worth of all persons and their right to be treated with dignity and respect.
We believe that all persons are capable of healing, growth and change.*

WE ARE COMMITTED TO

Demonstrating integrity, credibility and innovation, offering a continuum of care for women and female youth of our community who turn to Coverdale for help and support.



Coverdale History

Coverdale began in Moncton, NB in 1923 as the Inter-Provincial Home for Young Women by the Anglican, United Baptist, Presbyterian, United and Methodist churches. Located across the river from Moncton in Riverview, NB, on Coverdale Road, it served as a minimum security prison for girls 16 years of age and older who were sentenced to terms of less than three years. Educational and rehabilitative programs were provided to women.

At the time, the only other facility for women was the prison in Kingston, Ontario. The establishment of Coverdale made it possible for women to receive services in a minimum-security facility closer to their homes. For many years the Home was a pioneering venture in working with women in the justice system. Eventually, with the rise of provincial correctional facilities, and the withdrawal of government support, it was no longer possible to continue the work of the Home.

In 1976 it split into two independent associations, one in Saint John, NB and the second in Halifax, NS. Coverdale changed from an institutional-based to a community-based service focusing on intervention and prevention. Now Coverdale plays a pivotal role in the development and implementation of innovative support programs for women.

- A volunteer Board of Directors governs Coverdale and lends their time and expertise to the growth and success of Coverdale. The Board is made up of representatives from the community, the Justice Department and the churches.
- Coverdale has offered its services and programs in Nova Scotia since the 1960's.
- We provide guidance and support to women and girls experiencing the Criminal Justice System, offering them opportunities for healing and change with the goal of crime prevention.
- We aim to increase the availability of community-based, publicly funded, social service, health and educational resources available for marginalized, victimized, criminalized and imprisoned women.
- We believe that all persons are capable of healing, growth and change.

Coverdale Courtwork Society
Annual General Meeting
Thursday May 11, 2017
3:00pm - 5:30pm
Sobeys Community Room - 2651 Windsor St., Halifax NS

AGENDA

- Welcome and introduction of Board Members
- Adoption of Minutes of 2016 Annual General Meeting
- Presentation of Chairperson/ E.D Report
- Presentation of Financial Report for 2016
- Appointment of Auditors
- Nomination Report
- New Business
- Presentations:
- Adjournment

Coverdale Courtwork Society
Annual General Meeting Minutes
Sobeys Community Room – 2651 Windsor St, Halifax
Wednesday, May 18, 2016 3:30pm-5:30pm

In Attendance: Janis Aitken, Marlene Daley, Jeanette Milley, Kathy McKay, Lynn Yetman, Valerie Macdonald, Leigh MacLean, Fred Honsberger, Kathy Peach, Ashley Avery, Brittany Hughes, Ashley L. Avery

Regrets: Janis Wall, Brian Smith, Janet Briggs

Welcomes and Introduction of Board Members

Adoption of Minutes of 2015 Annual General Meeting

- Motion- Kathy, seconded- Valerie

Presentation: Lynn Yetman, ED of Healthy Minds Cooperative

Introduced by Jeanette, Lynn was the first house mother of Holly House and assisted in setting up the Thyme Café so is not new to the area of supporting women involved in the criminal justice system.

Lynn is currently the acting ED of the Healthy Minds Cooperative. The Healthy Minds Cooperative is non-profit for, and by, individuals living with mental health. She spoke of how mental health impacts everyone, day to day and how mental wellbeing has both an environmental, and a genetic basis. Lynn also spoke of the role of stigma and also self stigma as it relates to mental health.

Healthy Minds Cooperative has three levels of focus. The first is citizen and family engagement in developing and making existing and future health services and structures user friendly. The second includes a Wellness and Recovery programmer. The last focus involves their Wellness Navigator, Brad Rowe, who directs individuals to relevant resources in the community and assists them to navigate these systems when needed.

Healthy Minds Cooperative is funded through the Health Authority. It is member led. All of the employees and board members have some level of lived experience either as an individual living with mental health, or is a family member of someone who has experience dealing with mental health.

Healthy Minds Cooperative also addresses workplace mental health. They believe this is extremely important as most individuals spend approximately 60% of their waking hours at work.

Healthy Minds Cooperative is always looking to partner with other agencies in the community.

Lynn closed her presentation with a hilarious comedy skit she had previously performed at a comedy night, Stand Up for Mental Health, with a number of members and staff at Healthy Minds.

Presentation of Chairperson's Report – Kathy McKay

Presentation of Executive Director's Report – Jeanette Milley

- adopted- Valerie, seconded- Janis

Presentation of Financial Report for 2015 – Kathy Peach

- Adopted- Fred, seconded – Janis

Appointment of Auditors – Kathy McKay, Kathy Peach

- Held over until some more estimates come in.

Nomination Report

- Re-appointment of all members and officers of the board with the exception of
 - Janet Briggs who will be stepping down but would be interested in becoming a member at large to assist with projects
 - Deacon Brian Smith who has been transferred to Springhill
- Nomination of New members:
 - Susan Ashford – probation officer
 - Claire S – lawyer

The board will also seek another candidate to fill the Catholic representative space.

Adopted by Kathy, seconded by Fred

First Voice Report

New Business

- An amazing spoken word performance, “The Table” written and performed by our own, Ashley Avery!

Adjournment – Valerie Macdonald

Board Chairperson and Executive Director's Report

As we come together for our 2017 Annual General Meeting, Coverdale is extremely excited about the prospects and opportunities that lay ahead. We are happily looking forward to relocating to our new offices at Quinpool Centre as of July 1st. It is a smaller space but certainly has ample room to house our energy and enthusiasm!

As a value-driven organization with a focus on helping women, making connections with people is our primary focus. This is the core of community development. We continue to seek out strategic partnerships that will help us improve the services we deliver. Coverdale's core values and the goals behind our programs and services echo a recipe for success and enable us to change the lives of women for the better through programming and support.

We offer a wide range of programs and services in response to the needs of women and girls experiencing the justice system. We reach out to assist and empower women and girls by providing a safe environment where women can share their experiences, address issues and celebrate achievements. In 2016 we served 366 women navigating the court system and 318 women and girls through our community workshops and one-on-one support, with overall contacts of 2,648. In 2015 we served 322 women in the court system, 258 women in the community with overall contacts of 2,023. These are notable and increasing statistics that reflect our need in the community. Our numerous programs and services are highlighted in our Coverdale Primer.

We are unwavering on finding ways to deliver more services with limited resources, with significant focus on improving the experience of the women and girls we serve. Our strategic directions commit us to flexible and adaptive service delivery, increased communication channels, strong and strategic partnerships, maintenance of passionate, skilled and capable staff and continued leadership in supports and services for women and girls. Evaluation, tracking of data and reporting the results of our services is paramount. This data reflects not only the work that we do, but more importantly it emphasises the greater need in our community.

Financial sustainability is always a primary concern for not-for-profit agencies. Despite funding cuts Coverdale has kept the flame burning. However our financial situation has been greatly impacted over the past few years. We have attempted to balance the books through various fundraising efforts but this has proven not to be a solution. Expenses have increased while overall funding grants have decreased. We have demonstrated great resourcefulness, surviving each cut and getting by on a shoestring budget. *There of course will come an end to this adaptability; so continues the battle as we diligently work to meet our goal of securing adequate and sustainable funding sources.*

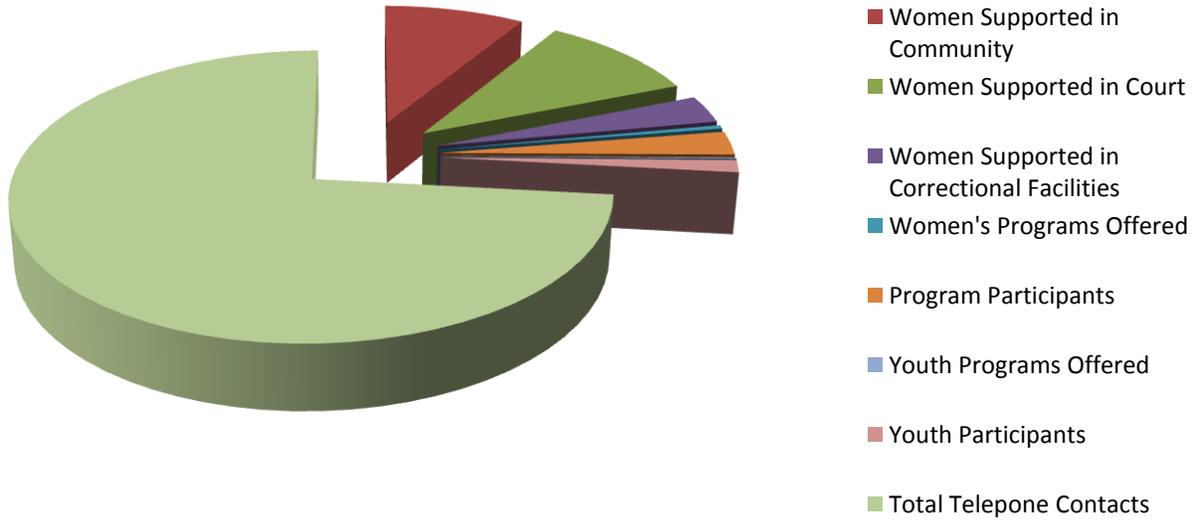
In recent years Coverdale has embarked upon the necessary task of redefining its governance, services, structures, updating our by-laws and developing and implementing a comprehensive strategic plan. This is a solid mapping of our intention to provide a stable and responsible direction for Coverdale as we navigate the road ahead; and prepare our society to effectively meet any future challenges that may come our way.

With the commitment and support of a strong and dedicated Board of Directors, staff, volunteers, donors, funders and community partners, we are able to confidently encourage and promote positive change in the lives of the women and girls we serve.....Thank you!

Respectfully submitted,

Kathy McKay & Jeanette Milley

Coverdale Statistics 2016



Legend 2016

Women Supported in Community	318
Women Supported in Court	366
Women Supported in Correctional Facilities	114
Workshops Facilitated	15
Workshop Participants	97
Youth Workshops Facilitated	4
Youth Workshop Participants	50
Total Telephone Contacts	2648

Work Plan

Program	Timeframe
On-site court support	Daily
Beyond Trauma Program	4 x yearly
Understanding Anger	4 x yearly
Self-Advocacy Workshop	2 x yearly
Voices Program for girls	Up to 6 programs yearly (with schools)
One on One Client Support	As requested
One on One Addiction Prevention Support	As requested
Correctional Centre Visits	2 x month
Nova Institution Visits	1 x month
Community Education (presentations and forums)	as requested (8-10 per year)
Volunteer Recruitment	On-going
Organizational Fund raising events	Approximately 2 per year

What we do:

- **Support women navigating the court system.**

Coverdale is present in Halifax and Dartmouth courts on a daily basis. We support women during the court procedure and assist them with completing any follow-up actions that are necessary. Often women are dealing with many additional outside issues and having a support person present eases the process and encourages them to stay connected to our resources.

- **Visit the Nova Scotia Central Correction Facility and Nova Institution for Women**

Our Women's Services coordinator, Ashley Avery, visits the Nova Scotia Central Correction Facility twice a month and will be visiting Nova Institution for Women once monthly as of January 2017. This gives the women an opportunity to meet with our liaison and make plans to use Coverdale resources upon their release. We become part of a pre-release plan that will encourage women to use our programs and services to facilitate a successful reintegration into the community.

- **One-on-one support including relapse prevention support**

Coverdale provides a safe and welcoming environment for women; a place where they can receive the programs and services that meet their needs and address the issues and barriers they face on a daily basis. Our relapse prevention program is specific to women who are involved in the criminal justice system.

- **Personal Development Workshops (*Beyond Trauma, Understanding Anger, Voices*)**

Understanding Anger Workshop: this is a 10- hour workshop that encourages women to identify anger as a potential force for change. The course material encourages women to recognize and acknowledge their feelings of anger. The program material investigates where these feelings come from and provides coping tools and techniques that enable women to deal with anger in a constructive way.

Healing Trauma Workshop: This is a 4-session trauma intervention program designed for women and girls who have experienced and/or witnessed trauma and abuse. The session topics include: the process and effects of trauma, recognizing power and abuse, fostering healthy relationships with a strong emphasis on grounding skills. This is a workshop developed by Stephanie Covington PhD., a renowned international expert in the trauma field. We were fortunate to have been trained by Dr. Covington when she came to the Halifax area.

The Voices Program: is presented in collaboration with the Schools Plus program. The main goal of the program is to reach "at risk" female youth. We provide a safe place for these young women to discuss their feelings, learn about being supported and supporting others, and to build confidence and encourage her to make the best choices for herself and her future.

In their own words.....

.....I came to Coverdale in 2014 after finding myself in a very bad situation and unsure of where to turn. My children were apprehended by CPS because of an abusive relationship that I was involved in. I needed help to rebuild my life so that I could regain custody of my kids and better support them. I felt that my voice was not being heard in the family court and that those representing me did not care for or about me. Fast forward to 2016. My children are back in my custody and my file with CPS has been closed. It has been such a difficult journey over these past few years. Coverdale has really been there for me, through the darkest and brightest moments. Having someone to sit next to me in the court room, someone who listened and really heard me, was so helpful. I have never felt judged by the staff at Coverdale and just want to say thank you, from the bottom of my heart, for being there for me. - Coverdale client

.....Coverdale represents the best of what our society has to offer. They travel in a circle others would not walk. They help those others who have been thrown away. They are a wonderful organization.. And I can't say enough about the dedication Donna Jakeman has for the women. She is always available and has the time to stop and talk. Many of the women here, would not do as well if it were not for the people of Coverdale. I myself have had this experience first hand.

No matter where I may go in the future. I know that I will always carry a small piece of my heart for Coverdale. And I hope that they continue to receive support that they so badly need. We are a throw away society. And we have thrown away people. Coverdale is the presence of humanity. And without them I would be one of those women who was thrown away. Coverdale Client

...You took a poor lost soul and helped her connect to the strength she was born with.

...If you ever have any doubt where you wonder what you are doing or why you are doing it or if it is effective, remember the women of this family...for you not only helped my daughter but our whole family and we thank Coverdale for that.

...Coverdale, besides all the legal information they provide, gave me comfort and I needed that too.

...They informed me of my rights and got me legal aid. They were with me every step of the way explaining everything so I understand it.

...What was so significant to me was she (Coverdale Courtworker) was my strength when I didn't have it.

...She (Coverdale Counsellor) inspires me to be a better person and to believe in myself when others have made me question my own sanity.



LIST OF 2016 - 2017 BOARD MEMBERS

Chairperson – Kathy McKay

Vice-Chairperson – Valerie Macdonald

Member – Fred Honsberger

Member – Janis Aitken

Member – Leigh MacLean

Member – Susan Ashford

Member – Claire Sykora

Nominating Committee Report

The following names are presented for re-appointment to the Management Team for the 2017/2018 year:

Kathy McKay, Valerie Macdonald, Janis Aitken, Leigh MacLean, Susan Ashford, Claire Sykora

The following names are presented as new members for the Board of Directors for the 2017/2018 year: N/A

The following names are presented as the slate of officers for the 2017/2018 year:

Chairperson: Kathy McKay

Vice Chairperson: Valerie Macdonald

Secretary: Leigh MacLean

Treasurer: TBA

DID YOU KNOW

- Did you know our logo for Coverdale depicts ‘An Open Door’
- Coverdale is a unique not-for-profit and is the only organization that provides direct service
for women navigating the court system in Nova Scotia.
- Coverdale has been granted standing before the bar by the judiciary.
- Coverdale is contacted by more than 2000 women each year and provides supports and services to over 500 women and girls annually.
- Youth accessing the criminal justice system are only 12-18 years of age.
- 60% of our clients are mothers.
- Coverdale makes presentations to schools and community groups to encourage and promote education, prevention and intervention as deterrents to criminal involvement
- It can cost up to \$250,000 to send one woman to jail for one year.
- 72% of criminalized women live below the poverty line.
- 92% commit non-violent property offences such as fraud, shoplifting and prostitution.
- 80% of Coverdale clients initially present with their first criminal offense.
- 92% of women & girls involved in the criminal justice system have witnessed or experienced trauma!
- Nearly 8 in 10 female prisoners with compromised mental health reported physical, sexual and/or emotional abuse.



We believe in the inherent worth of all persons and their right to be treated with dignity and respect. We believe that all persons are capable of healing, growth, and change.

We extend a sincere thank you to the following funding bodies for their continued recognition of the work that we do. Your financial contributions are essential to the quality and delivery of our programs and services.

Atlantic Baptist Women
Community Health Boards
Convention of Atlantic Baptist Churches
Diocese of N.S. and P.E.I.- Anglican
Halifax Youth Foundation
Law Foundation of Nova Scotia
Nova Scotia Department of Justice
Presbyterian Church of Saint David
Presbyterian Synod of Atlantic Canada
Sisters of Charity
The Flemming Foundation
The Maritime Conference - The United Church of Canada
Seeds of Hope - United Church Foundation
Women's Inter Church Council

*Thank
you*