

Annual Report

2022-2023



MEN'S THERAPY CENTRE
SUPPORTING SURVIVORS OF TRAUMA

The Men's Therapy Centre acknowledges that we work on the unceded traditional lands of the Lekwungen and W̱SÁNEĆ peoples and we commit to being allies in healing inter-generational trauma caused by colonization.

About The Men's Therapy Centre Society

Our Vision

Men* who experience trauma thrive in a community that understands and empowers them to lead fulfilling lives.

Our Mission

To provide psychological and practical support to facilitate healing for men, sixteen years and older who experience the effects of trauma.

Our Values

Trust: we create safe space that reassures and affirms men through their trauma recovery.

Inclusive: we reduce barriers and provide equitable therapy services for men who have experienced trauma.

Compassion: we care for and understand the needs of men, who are survivors of trauma, with empathy and without judgement.

* Any subsequent use of "men" includes Cis, Masculine-Identifying, Gay, Bi-Sexual, Transgender, Non-Binary, 2 Spirit, Queer, Gender Fluid +

Governance and Operations Report

Over the last year our top priority was to find growth solutions to meet the increasing mental health needs of our community. This meant stepping into new and strategic activities that would facilitate that growth in a healthy way while managing limited resources to implement these new structures. Despite this year's trials and tribulations, we are confident that our plan for the way forward will lead to a stronger foundation for our operations and more opportunities for our community to receive high quality mental health support.

Like many other non-profits both the economic and social impact of COVID-19 continues to have consequences in our efforts to serve the ever-increasing community need for support. MTC did encounter some serious financial challenges at the end of the year, but we were able to secure a short-term solution while simultaneously opening new and important doorways that may benefit our organization for years to come.

A huge thank you to the Ministry of Mental Health and Addictions, our Board of Directors, our staff team, our community partners, and our clients for coming together to support our organization during a challenging time. There are many positive outcomes that came from our efforts to grow, and we are confident in our success for the current fiscal year. - *Nick Sandor, Executive Director*

No One Left Behind Report

This year was quite successful for No One Left Behind. The program continues to experience full enrollment and we also continue to find new funding opportunities to provide mental health services for community members who need affordability options. As one program participant suggests "affordable good quality mental health care is something that needs to be fought for".

This year the program supported 103 participants (54 more than the previous year) and completed over 858 therapy sessions (508 more than the previous year). We look forward to continuing to offer this program in future years to ensure that all community members have access to high quality mental health services.

Report from Our Victim Services Coordinator

The Men's Therapy Centre's Victim Service program exists as the first point of contact with support within the organization, conducting all intakes, and determining a form of care plan for the client moving forward. Often times, this means allocation to in-house counsellors or groups, but it can also include ongoing emotional support, and "victim service" specific work, like supporting clients reporting recent or historic crimes to police, working with them through the court process, as well as connecting them with funding to allow them to access counselling, transportation, medical cost coverage, and many more potentially high barrier needs. Number of people supported: 359 - *Marco Sciascia, Victim Services Coordinator*

Report from Our Clinical Coordinator

- The Student Supervision & Case Consultation program weaves together care and mentorship within two core pillars of our teaching & learning initiatives:
 - Case consultation exists to support staff wellbeing & competency through debrief, contact, and emotional support around the traumatic experience shared by our clients. Staff are exposed & initiated to practices, communication strategies, skills, resources, and frameworks to enhance client care and depth of trauma work.
 - Student supervision prioritizes the mentorship, guidance, and teaching of foundational counselling skills, practices, and support frameworks to meet the standards of care and competency required to excel as trauma therapists. Practicum runs for 1-year and involves weekly supervision, recording of client sessions, and monthly teach-ins.
 - Total # of People Supported:
 - Staff: 14 (168 Sessions)
 - Students: 2 (72 Sessions + Practicum Orientation (3 days))
- *Efré Laurence Divina, Clinical Coordinator*

Report from Our Groups Coordinator

The Men's Trauma Group has been altered to meet the suggestions and needs of past and current members. It is a drop-in support group for men that have experienced trauma, facilitated by 2 peer support men and our groups coordinator. This group was started in September 2022 and continues to meet weekly. Thus far we have had 42 meetings. The number of people that may attend an evening meeting ranges from 2 to 12. Eight of the members, who were there the first day, still attend the group. We have added 5 more current

members. Over the length of the group, 8 other men joined the group but have not continued their attendance. – *Cheryl Bedard, Groups Coordinator*

Report from Our Civil Forfeiture Program Coordinator

Youth Trauma Counselling Program

We are both proud and sad to announce that this will be the sixth and final year of the Youth Trauma Counselling Program at the Men's Therapy Centre. Our mandate continues to be to deliver expert clinical counselling support to male identified youth, aged 16-30, who have experienced trauma and are involved in the criminal justice system. It is our belief that in offering this support, we have helped to address the root causes of criminal behaviour and improve the safety of our community. – *Simon Russell, Program Coordinator*

Client testimonial excerpts on their experience of counselling:

"It was really good for personal growth; it helped me take a step back and look at certain things in my life with a different view... It was helpful having someone there who wasn't biased."

"It was eye opening. Sometimes I'm unable to point out things about myself. (My counsellor) helped me talk through what was going on, shedding light to my situation and that sometimes I wasn't thinking about the other side."

Department of National Defence Report

It was an honor to work alongside the Department of National Defence and the Sexual Misconduct Resource Centre to support military survivors of sexual assault over the past 3 years. We are confident that we were able to improve the mental health of program participants. Feedback from clinicians suggested that participants learned skills to better cope with the impact of sexualized violence, felt seen and heard in their perspective as survivors, and programming connected participants to other supports in the community that will help them to cope with the future impact of trauma. Furthermore, MTC gained a much better understanding of the distinct barriers that military members face when trying to access mental health support. These experiences will help us to be better prepared for these unique challenges when we work with military members in the future.

A HUGE THANK YOU TO ALL OF OUR FUNDERS

You make the work we do possible and provide important support for men who could otherwise not afford to access mental health support.



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Thank you to our amazing staff, practicum students and community partners. We are grateful for the amazing work that all of you do to support men in our community.

Most of all, thank you to the men that access our services for having the courage to reach out and ask for help!