



Regina
Transition
House

ANNUAL REPORT 2020-2021



COVID PANDEMIC: IMPACTS ON CLIENT AND SERVICE DELIVERY

IMPACTS ON WOMEN AND THEIR FAMILIES:

- COVID measures such as isolation measures-- staying in household bubbles, limiting contact with outside organizations—such as church, school, group gatherings, limiting contact with family who do not live in the family household, working from home, have further isolated women who are in domestic violent relationships. Violent Partners have used these health measures as leverage to increase the isolation of their intimate partners. The result has been an increase of Domestic Violence incidents and more severe injury as women are unable to leave the home as readily due to the health safety measures.

COVID PANDEMIC: IMPACTS ON CLIENT AND SERVICE DELIVERY

- The rates of domestic violence in homes has increased since the pandemic began. Saskatchewan has the highest rate of domestic violence in Canada for a third year, with Manitoba with the second rate of domestic violence.
- 519 per 100,000 population; another noted statistic, there will be 35 incidents of violence in the home before the police are called.
- As a shelter, we have felt the impact of the pandemic and the health restrictions as our overall numbers had dropped from 327 to 197 women and children. We noted we had more single women coming through our shelter, than women with children. There were 93 single women who stayed at our shelter and 32 women with children. The number of children for this year was 68, which is a drop from the previous year of 164.

YEARLY SNAP SHOT

OF PROGRAMS AND SERVICES

**719 people
called our CRISIS
LINE—a drop of
556 calls from
the previous
year**

**193 women
and children
stayed at the
shelter—a drop
of 134 from
previous year**

**Average of 17
active clients**

Outreach

**GROUP
ATTENDANCE:
VIRTUAL-172
IN PERSON-68**

***FROM MARCH 2020 TO MARCH 2021**

COVID PANDEMIC: IMPACTS ON SERVICE DELIVERY

- The pandemic forced an examination of how we delivered services to clients both in shelter and services to women who are out in the community.
- We had to implement all of the Health Safety Measures that were prescribed by Saskatchewan Health Authority. Development of Policy, Procedures and protocols were implemented from PPE, proper sanitization, mask wearing to social distancing measures.
- Our shelter implemented a strategy of running our shelter at 80% capacity by only utilizing 5 rooms and 2 hotel rooms to help with spacing issues with a total of 21 clients (women and children) spread out between the two facilities. We wanted to ensure that women and their children had somewhere safe to stay, where they are not isolated due to Health Safety Measures.

CREATIVITY AND INNOVATION

Outreach Services:

Virtual Groups: Facebook groups for women, children, and teens.

Door Drops: help with food security, drop off of activities for women and children to help with social isolation, general welfare check ins.

Emergent Outreach: this service was developed to support women who are waiting for shelter or are just needing support and help with planning.



STRATEGIC PLAN

- This year we met as a team Board and Staff to develop a new strategic plan for the next 3 years.
- The new board members, current board members and the management team spent a full Saturday together with a facilitator to develop a new plan to give some new areas to focus on and explore. It was a great way to build team and for new board members to become acquainted with the work that we do at Transition House.



Regina Transition House

Strategic Plan

April 2021 – March 2024

Mission:

Regina Transition House serves the needs of women and children through the provision of safe transitional shelter and support services to promote community well-being.

Vision:

Women and children live violence and abuse free.

Heart(s) Values:

- ♥ Honesty – Open communication among staff and between staff and clients, which is the basis for strong relationships.
- ♥ Empowerment – The ability to advocate for oneself that creates independence, resourcefulness and self-awareness.
- ♥ Acceptance – Providing consistent services in a safe and inclusive environment that is free of judgement.
- ♥ Respect – Through the provision of an inclusive environment, a personal sense of worth is fostered for clients and staff.
- ♥ Teamwork – Working relationships that allow for education, support and consensus decision making with clients and with each other.
- ♥ Safety – The provision of an environment free of emotional, physical, psychological and spiritual harm for all.

Strategic Areas:

Respond to the evolving needs of our emerging and diverse clientele.

- ♥ Enhance partnerships, both existing and new, to improve services and coordinate efforts in the community.
- ♥ Strengthen services for marginalized communities.
- ♥ Expand program options.

Foster community engagement.

- ♥ Enhance marketing and awareness efforts.
- ♥ Advocate to close service gaps.

Foster a strong and inclusive environment.

- ♥ Invest in the development of staff and board members.
- ♥ Develop a plan focused on retention and operational efficiencies.
- ♥ Develop a technology plan.

Ensure long-term financial sustainability.

- ♥ Enhance funding.
- ♥ Build capacity to effectively measure and report on outcomes.
- ♥ Adopt environmentally sustainable practices and policies.

CLIENT FEEDBACK

I will never forget the kindness and respect that was shown to me during my stay. I truly wasn't expecting it. I had no idea what I was getting into, but I can honestly say it is hard to leave. I felt safe here and well taken care of. The support workers didn't pressure me at all and I was able to speak with them when I needed to. Thank you so much for everything you have all done for me, I will never, ever, forget it. Thank you. May 7, 2020

I enjoyed my stay here very much! and I'm very grateful for everyone that was placed in my path. The transition house was truly a blessing for me! February 11, 2021

I really like my stay at the Regina Transition House. The workers made me really feel like home here, but I do have a few favorite workers who always knew how to make me feel better,.... I do recommend this women safe shelter to anyone who is struggling from abuse or violence. I would like to say thank you very much for everything you did for me. I am so truly gonna miss the staff but also gonna miss the clients and children that I met in here. October 25, 2020



LOVE AND SUPPORT FROM OUR COMMUNITY

A big shout out to:

Soup Sisters—as operations shut down in Regina, they brought soup in from Edmonton to help continue our soup supply to help offset food security issues.

Wanda Lyons—helped with weekly baking for our Outreach group

Lorraine from Angels for Warmth—weekly baking and cloth masks for our clients

Lorraine's Daughter, Bobbie—made children's cloth masks with fun children's fabrics to encourage them to wear the masks.

Cheryl Andrist, Trinity Lutheran Church, Estevan—for their donation of quilts

To all of the anonymous donors who came to our door with masks, money, clothing, quilts, food, we thank you all for your generous support throughout this trying time.

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