



Envision  
COUNSELLING & SUPPORT CENTRE INC.



2023  
AGM



report booklet

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*"Just because no one else can  
heal or do your inner work  
for you, doesn't mean you  
can, should, or need to do it  
alone."*

*-Fred Rogers*

”



## our vision:

*We envision being an inclusive leader, providing professional facilities and staff that deliver innovative and diverse programming to all individuals in the communities in Southeast Saskatchewan.*

## our mission:

*We will encourage and support healthy choices in individuals, families and communities in Southeast Saskatchewan by offering innovative programming and diverse counselling and support services.*

## traditional lands acknowledgement:



*We acknowledge that we meet today as part of Envision Counselling & Support Centre, which has offices on Treaty 2 and Treaty 4 territories. These are the traditional territories of the Cree (Nehiyawak), Saulteaux (Nahkawe), Nakota, Dakota, Lakota, and the Métis.*

*We respect and honour the Indigenous communities whose land we are on. We also acknowledge the harms of the past, and commit to moving forward in the spirit of reconciliation and collaboration.*



# AGENDA & TABLE OF contents

1. Call to Order
2. Welcome/Land Acknowledgements/Introductions
3. Adoption of Agenda
4. Approval of the June 2022 AGM Minutes
5. Auditor's Report -**MNP**- *displayed electronically*  
*\*A digital copy of the 2022-2023 Audited Financial Statement is available upon request\**
6. Funding Representatives
7. Envision Reports
  - a) *Executive Director Report*
  - b) *Assistant Executive Director Report*
  - c) *Chairperson Report*
  - d) *Treasurer Report*
  - e) *Nominating Committee Report*
  - f) *Statistics Overview*
8. Envision Board of Directors
9. Board Nominations
  - a) *Re-Election of Board Members*
  - b) *Nomination of New Board Member*
  - c) *Executive Nominations*
  - d) *Board Member Retirement*
10. New Business
  - a) *Nomination of Auditors for Next Fiscal Year (2023-2024)*
  - b) *Envision Family Intervention Rapid Support Team Presentation*
11. Adjournment



# EXECUTIVE DIRECTOR report



**Lynda Rideout**  
Executive Director

Looking back at how far Envision Counselling and Support Centre has come in these past few years is simply amazing, and I am both humbled and honoured to be part of the leadership team moving us forward as we move closer to our 30th year.

Once again, partnerships throughout the Southeast corner, and the province of Saskatchewan as a whole, continue to allow us the opportunity to focus on the goals set out for us in our current strategic plan. This spring we held focus groups in all four of the communities our offices are located in, and had the opportunity to meet with our partners as well as members of the communities. As a result, we were able to gain great insight into the post-pandemic needs that the individuals and families who reside within our service delivery area are facing. This fall we will be delving into the creation of our next strategic plan, and I am truly excited to see what is in store for Envision. It is our vision that all individuals have the skills and ability to thrive in a healthy environment. From prevention to intensive counselling and support, the mandate of all of our programming ensure we are working towards meeting the outcome of improving interpersonal relationships.



As reflected in our 2022-2023 agency statistics, over the past year all areas of our programming were in higher demand than ever before. Our services, ranging from the Prevention Education to our front line Counselling and Family Support services, hit record numbers. This is a direct reflection of the needs in our communities, and our team did not hesitate to rise up to meet the challenge, doing so with grace and humility.

We are incredibly thankful for the support we receive from our government funders: Saskatchewan Ministry of Justice - Integrated Justice Services, Saskatchewan Ministry of Social Services, Saskatchewan Ministry of Health, and Justice Canada. A special thank you goes to the United Ways of Estevan and Regina for their ongoing program support. We are incredibly appreciative of the support shown to us by our Agency Sponsors and ongoing community donors - your investment in Envision continues to make our services both viable and sustainable.

Thank you to our Board of Directors. It was a year of tremendous growth for our Board, and I have valued your continued guidance and oversight of Envision and myself personally, as I have learned the ropes in this new role. We are saying farewell to Board Member/Treasurer Lana Perrault as her six-year term ends. Thank you Lana for your dedication to Envision in so many roles over the years, your knowledge and presence will be missed at our meetings, however, we remain hopeful to work with you in the future in some capacity.

As I sat down to write this report, as also, I find myself struck with how incredibly proud I am of our team. Each area of programming within our agency has a unique way of supporting the others for the betterment of our communities and our organization as a whole. From our front line staff that work directly with our community members, to our admin team that do the background work to keep everything running so smoothly. Thank you to each and every one of you, you are all a cog in Envision's wheel, as we work towards enhancing the lives of those in our communities. A special thank you to our leadership team: Laura Melle, our Assistant Executive Director; Debbie Slater, our Administration Supervisor; Kandyce Meile, our Family Support Program Coordinator; and Edna Franks, our Counselling Programs Coordinator; as well as to the rest of our admin team. I see the energy, effort, heart and soul you put into your work daily, and it is greatly appreciated! I will forever be grateful to be a leader of such a committed, enthusiastic, dedicated group of individuals who live to serve others.

*Respectfully Submitted,*  
**Lynda Rideout,**  
*Executive Director*



# ASSISTANT EXECUTIVE DIRECTOR report



**Laura Melle**  
Assistant Executive Director

As I sit and reflect over this past year, I am amazed, yet not surprised to see where we are at today as an organization and a leader in the sector. I see each and every one of our team members making great strides toward our mission and vision each day. I'm incredibly grateful to play a small part in leading such a wonderful organization and staff of truly incredible individuals.

April 1st started off the year with a bang as we were successful in hiring three new Counsellors for our newest program, the Family Intervention Rapid Support Team (FIRST). Finding our feet with this program has been challenging at times however, extremely inspiring. In this field, we understand that we must remain adaptable in order to meet the needs and breakdown the barriers people are faced with. The FIRST program is doing just that. It has forced us out of our comfort zone in changing the way we provide counselling and support services. Shifting from reactionary, incident-driven responses towards prevention and reducing risk factors for violence is the heart of this program. With many of our Counsellors holding a waitlist this year, prevention work is likely to be beneficial in reducing the need for referrals to ongoing counselling.

Another big change to our counselling programs this year was our Children Exposed to Violence (CEV) program moving from the Estevan to our Weyburn office. We are thrilled to have our CEV Counsellor now able travel to other offices when there is need to do so.



We are finally starting to feel like we have regained some normalcy following COVID-19 and have been able to provide a number of in person workshops within the Southeast. FIRST and IVA hosted a very successful Women's Empowerment Group in Weyburn as well as a Teen Counselling Group for CEV participants in Estevan. The level of healing, participation and connection that took place within the groups was validation for the Counsellors and motivation moving into future group counselling opportunities already being planned.

We have been working hard towards completing tasks on our current strategic plan. Focus groups were held in each home office community. The partnerships that were formed and enhanced as a result of these groups is what I found to be the most powerful and beneficial to the work that we do. Our community partners continue to be important to us, as no single agency or service provider has all the information, resources or expertise they need to respond effectively to the complex social issues facing many individuals and families. This proves why our newest partnership with the Community Hub Table in the Southeast is also going to have huge benefits in the communities we serve. I believe Envision has great value to bring to this table. We continue to build and enhance our working relationships with Pheasant Rump First Nation and Ocean Man First Nation Reservations. In doing so, Lynda and I have had several opportunities to sit and engage in often times hard but necessary conversations, while keeping Truth and Reconciliation in mind. Additionally, This year I was approved to sit on the Board of Directors for the Sexual Assault Services of Saskatchewan (SASS). I am honoured to have the opportunity to represent Envision in this capacity.

For both Envision and myself as a whole, the 22-23 fiscal year provided many opportunities for growth and learning. We pride ourselves on being a trauma informed agency and this year we have continued our focus on such. Everyone on our team plays an important role in contributing towards our offices promoting a culture of safety, empowerment, and healing especially for our clients but also for each other. We are all exposed to vicarious trauma in the work that we do. Our team atmosphere and supportive work environment is what I believe to be the greatest benefit of working for this organization. Something I will strive to ensure remains at the top of the priority list each and every year. Throughout the busy-ness of each day, it is not said enough just how hardworking, dedicated and passionate our team is. I see you, our communities see you, and our funders see you. Never doubt the impact you are making each day that you show up. I hold much gratitude to everyone who contributes effort into making Envision counselling & Support Centre Inc. the client centered agency that exists today.

*Respectfully Submitted,*  
**Laura Melle,**  
*Assistant Executive Director*





# CHAIRPERSON report



**Ann Favreau**  
Chairperson

What an amazing year we have had at Envision Counseling and Support Centre as we continue to work towards our goals and celebrate our accomplishments on the way to achieving delivering on the needs of our communities. Over the past year our board worked with Lynda Rideout as interim executive director to ensure plans for succession on the board and management to ensure strength in our organization over the years to come. In this regard we are pleased to report that we have hired Lynda as the permanent executive director to lead our staff confidently into the future. Lynda did a great job in stepping in and managing during the unexpected transition of the position, we are confident that she is up to the task and brings many talents to lead and motivate. A big thank you to Lynda and to the staff and management of Envision for their strength, knowledge, skills and dedication in making the past year a success.

We also focused on succession for our Board of Directors. Our board had many vacancies and we served with seven members for a period of time. The board identified areas of expertise that would be advantageous on our board, so the nomination committee worked diligently to ensure we engaged competent directors fill gaps in our knowledge and experience and to strengthen our compliment. In that regard we are pleased to welcome David Wakefield from Kenosee/Weyburn, Brian Fornwald from Lampman, Barb Wright from Estevan, Teresa Lafoy from Weyburn and Trevor Tessier from Weyburn.

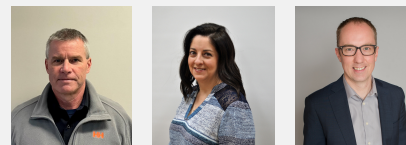
Over the past year the board has been working towards projects on our strategic plan including working on updating our policies to ensure we strengthen the strategic oversight of the organization. We have focused on exploring the opportunities in our area including a needs assessment to ensure we are enhancing the support provided to those in need. We also focused on cyber security preparedness and risk mitigation in a worst-case scenario. Over the coming year we will work with a consultant to ensure our strategic plan is relevant in our communities providing the service required.

A big thank you to our funders who make opportunities happen. A huge thank you to the Ministry of Social Services and the Ministry of Justice as well as the numerous individuals and organizations who have donated to Envision. The generosity of individuals and funders is key to our success.

*Respectfully Submitted,*  
**Ann Favreau,**  
Chairperson



# TREASURER report



FINANCE/AUDIT/RISK COMMITTEE MEMBERS INCLUDE BRENT VAN DE SYPE, LANA PERRAULT, AND SEAN PURDUE.



**Sean Purdue**  
Treasurer

The 2022/2023 fiscal year marked my first as Treasurer of Envision Counseling & Support Centre. While we all know about the important role Envision plays in Southeast Saskatchewan, I have gained an appreciation of the financial complexities of this great organization. We have 13 distinct programs, each with their own budget to develop and manage. As a whole, Envision's operating budget for the 2022/2023 fiscal year was more than \$2 million. Not surprisingly, most of our annual budget is spent on our most valuable resource – our staff. With more than 50 full time and part time employees, Envision devoted more than \$1.6 million to compensation and benefits over the past fiscal year.

The office spaces occupied in Estevan, Carlyle and Oxbow are leased, while Envision owns the building located at 120 3rd St S in Weyburn. The Weyburn property underwent a long overdue facelift during this fiscal period, with over \$60,000 spent repairing and refreshing the exterior of the building.

Our operations are primarily funded through a variety of government programs, but we also rely on fundraising, sponsorships and donations from businesses and residents of the communities we serve. If you have provided financial support during this fiscal period or in the past, we would like to extend a heartfelt Thank You. Your generosity does not go unnoticed and we value the relationships we have developed in the communities we serve.

*Respectfully Submitted,*  
**Sean Purdue,**  
*Treasurer*



# NOMINATING COMMITTEE report



NOMINATING COMMITTEE MEMBERS INCLUDE AIMEE HARALSON (CHAIR), ROBERTA DEROSIER, SARAH SATRE, & BRENT VANDESYPE



**Aimee Haralson**  
Nominating Committee Chair

I am so pleased to share with everybody that the Nominating Committee had a very dynamic committee members this year consisting of Roberta De Rosier, Brent Van DeSype and Sarah Satre. Our committee meetings were held mostly via zoom this year.

The Nominating Committee is one of the most important Board Committees because the Board performs the most essential duties of the organization they serve. The Board bears the responsibility for providing oversight and strategic planning for the organization with the necessary due diligence.

The Nominating Committee's Mission is to actively recruit new board members and to plan for the succession of retiring board members. The committee works towards composing a diverse board with necessary skills to serve the organization.

At last year's AGM we said goodbye to Tana Cugnet and welcomed as our new chair Ann Favreu to the Board. We were also happy to have Sarah Satre join us in 2022. This June 2023 AGM, we are sad to bid our farewell to our secretary Lana Perrault, whose dedication is exceptional and has been a rock to this board. We are sending her our wishes of gratitude and best of luck. Lana you will be missed. At the same time, we are also glad to welcome our new members to the board Barb Wright, Teresa Lafoy, David Wakefield, Brian Fornwald and Naomi Berg.

We look forward to working together in 2023/2024! We, the Nominating Committee will seek to continue assessing our boards needs, performs our duties with a commitment to security and confidentiality and to constantly find ways to improve our processes for Board recruitment and retention.

*Respectfully Submitted,*  
**Aimee Haralson,**  
*Nominating Committee Chair*



# BOARD OF directors



**Lana Perrault**  
September 2017  
(Retiring)



**Ann Favreau**  
October 2018



**Sean Perdue**  
June 2021



**Aimee Haralson**  
July 2019



**Brent Van De Sype**  
June 2021



**Roberta DeRosier**  
October 2020



**Sarah Satre**  
June 2021



**David Wakefield**  
October 2023



**Brian Fornwald**  
March 2023



**Teresa LaFoy**  
March 2023



**Barb Wright**  
March 2023

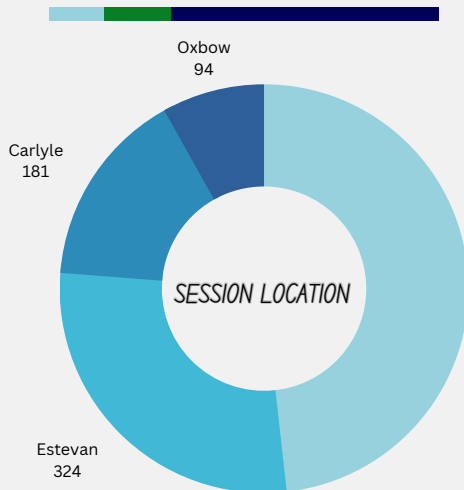


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*STATISTICS  
OVERVIEW  
AND  
AGENCY  
HIGHLIGHTS*



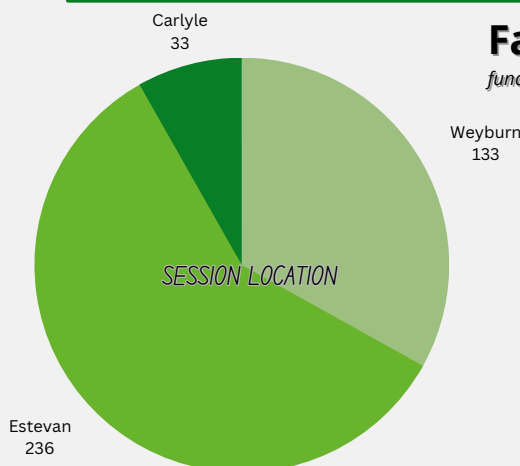
# STATISTICS overview



## Interpersonal Violence and Abuse Program

*funded by Saskatchewan Ministry of Justice*

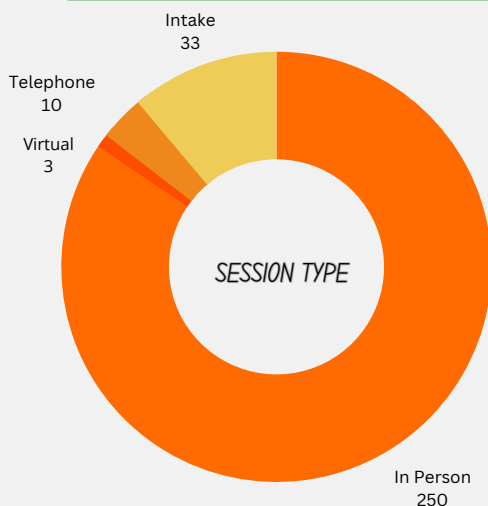
- 201 total referrals
- 366 total active cases
- 1157 total sessions provided



## Family Intervention Rapid Support Team

*funded by Saskatchewan Ministry of Justice*

- 80 total referrals
- 80 total active cases
- 402 total sessions provided



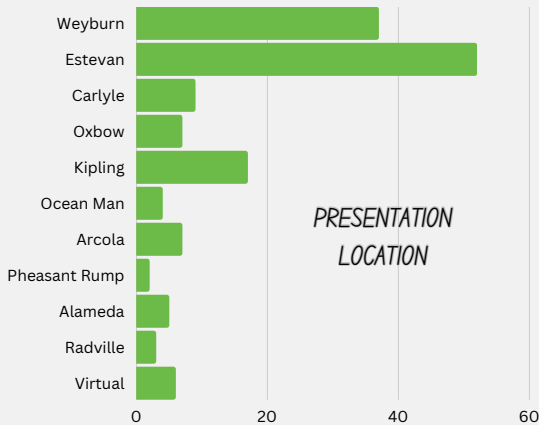
## Children Exposed to Violence Program

*funded by Saskatchewan Ministry of Justice*

- 46 total referrals
- 84 total active cases
- 296 total sessions provided



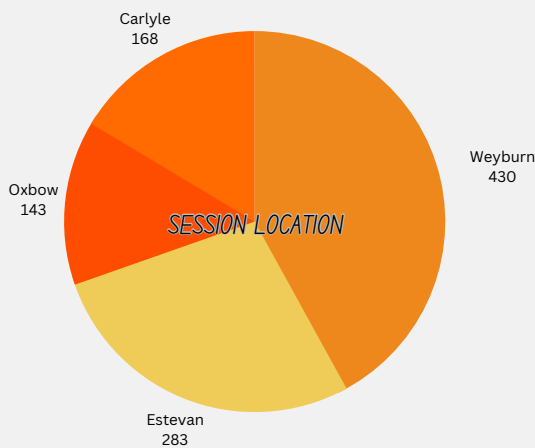
# STATISTICS overview



## Rural Outreach Awareness Measures

*funded by Justice Canada and Law Foundation*

- 149 total presentations facilitated in schools
- reached 1419 students
- 22 total groups and workshops facilitated
- 23 information displays set up



## Family Intervention Program

*funded by Saskatchewan Ministry of Social Services*

- 296 total referrals
- 446 total active cases
- 1044 total sessions provided

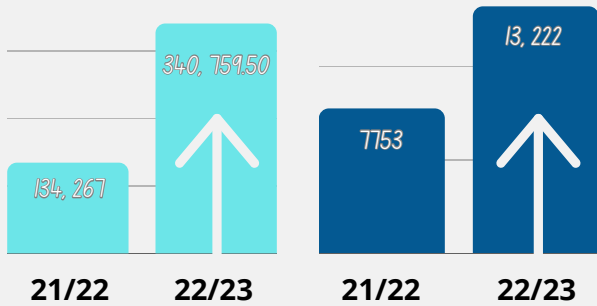
## Family Support/Diversion

*funded by Saskatchewan Ministry of Social Services*

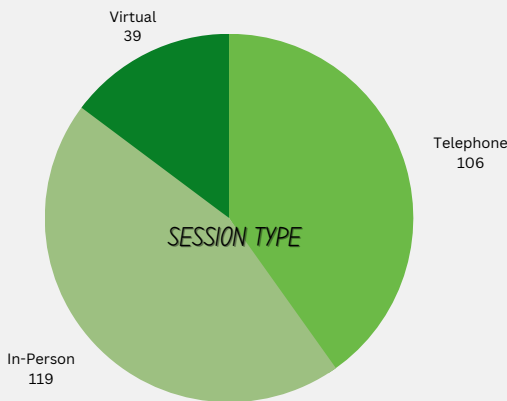
- 6 employee recruitment drives held which resulted in hiring 11 additional support staff.
- 23 total contracts supporting youth ages 6-18
- partnered with cognitive disability strategy to support youth with disabilities

TOTAL KM DRIVEN

TOTAL # OF CONTRACT HOURS



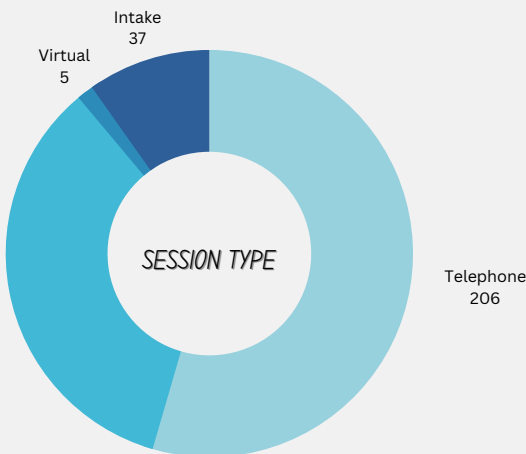
# STATISTICS overview



## Rapid Access Counselling

*funded by Family Service Saskatchewan*

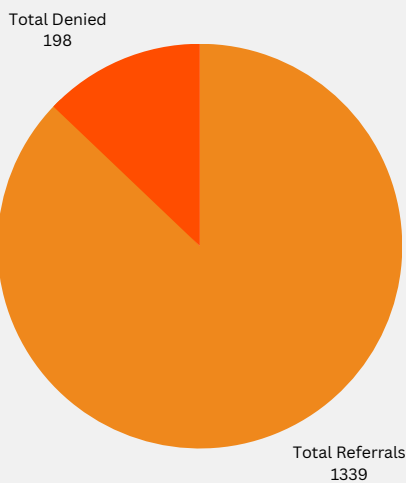
- 389 total sessions offered
- 263 individuals supported
- 264 total sessions provided



## Bridging the Distance

*funded by the Community Initiatives Fund*

- 48 total referrals
- 82 total active cases
- 378 total sessions provided



## Intake

*funded by the Canadian Women's Foundation Grant*

- 187 total web submissions
- 61 total crisis/call outs
- 1339 total referrals





# CLIENT testimonials

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“At Envision, I felt safe, calm and secure telling my story and struggles. I am happy that I made this connection.”

“I’m not sure where I would be today without Envision. I sought out support because I was at my very lowest. Life was throwing me curveballs that I just couldn’t handle on my own. I reached out and was put through to a counsellor to match my needs almost immediately. Envision is something that I recommend to anyone who’s experienced grief, trauma, anxiety, depression, suicidal thoughts, etc. I have referred many people and will continue to do so as I believe that an investment in mental health is absolutely necessary to thrive and be successful in this wild world we call life. I am who I am today because of the support I received.”

“I appreciate your support and guidance through one of the most trying times I’ve ever been through. I continue to use the tools and skills you’ve taught me as they’ve proven to be of great help.”



# AGENCY highlights



*Envision supported 1447 active clients in 2022-2023.*

*Envision staff drove 116, 071 total KMS in 2022-2023.*

*Envision staff provided 3293 total sessions in 2022-2023.*

*Envision staff saw 163 return clients 2022-2023.*

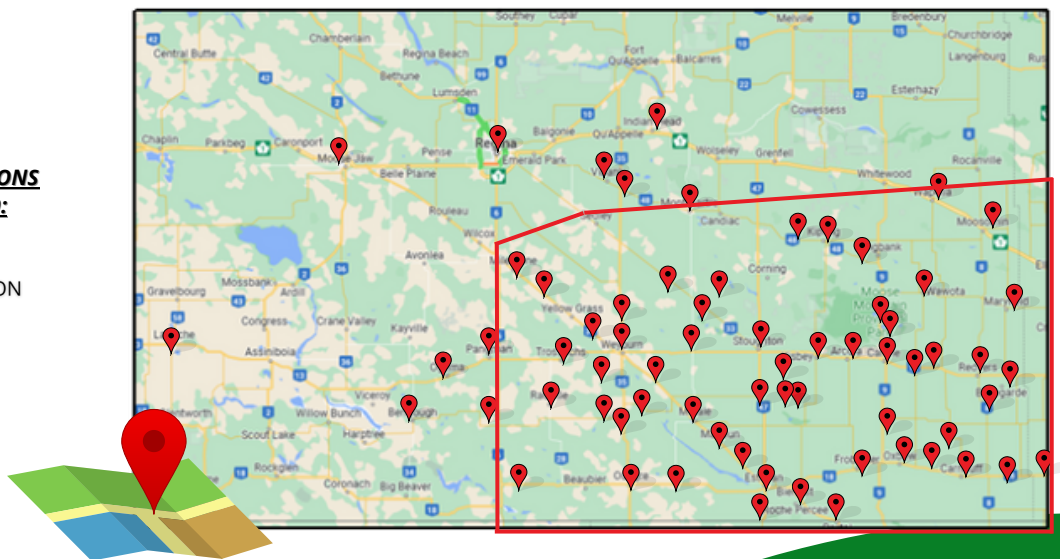
*Envision provided services to individuals in 69 towns and cities in 2022-2023.*

**Envision’s geographical area spans approximately 28,700 square kilometers, with a total population in excess of 50,000 individuals.**

**OTHER LOCATIONS SUPPORTED:**



-  SASKATOON
-  WATSON
-  YORKTON





Envision receives funding from the Ministry of Justice, Ministry of Social Services, United Way of Estevan, United Way Regina, and the community.

Donations from private groups, organizations, corporations or individuals are gratefully accepted to assist Envision in serving communities in Southeast Saskatchewan.



We appreciate monthly sponsorship or one-time donations. Donate now through CanadaHelps, which processes secure, online donations on behalf of Canada's 80,000+ registered charitable organizations. Each donation of \$25 or more will receive an official electronic tax receipt emailed within minutes of making a donation. For any questions you may have regarding CanadaHelps please see their FAQs or visit the CanadaHelps website.



[www.canadahelps.org/en/charities/envision-counselling-and-support-centre](http://www.canadahelps.org/en/charities/envision-counselling-and-support-centre)



THANK YOU!

*Exploring your options and supporting your decisions.*



**Envision**  
COUNSELLING & SUPPORT CENTRE INC.

Envision is a non-profit, community-based organization governed by a volunteer Board of Directors from Southeast Saskatchewan.

Envision helps individuals, families and couples embrace healthy choices to feel empowered, by providing therapeutic counselling, support, in-home services, groups, workshops and education.

# Thank You

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We do not subscribe to call display. Collect calls accepted.



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FIND US ON:    

Website:  
[www.envisioncounsellingcentre.com](http://www.envisioncounsellingcentre.com)

