

---

Coverdale Courtwork Society

# Annual Report

*2018*



[www.coverdale.ca](http://www.coverdale.ca)

---

# TABLE OF CONTENTS

- 1** AGENDA
- 2** 2017 AGM MINUTES
- 3** ED & CHAIRPERSON REPORT
- 4** ABOUT US
- 5** PROGRAM DELIVERY
- 6** COURT SUPPORT
- 7** PRISON VISITS
- 8** PROGRAMS
- 9** STATISTICS
- 10** PHONE CALLS
- 11** THE WOMEN WE SERVE
- 12** FINANCIAL OVERVIEW
- 13** OUR TEAM
- 14** CHRISTMAS
- 15** IN THEIR OWN WORDS
- 16** OUR COMMITMENT
- 17** OUR FUNDERS
- 18** FINANCIAL REVIEW
- 19** FIRST VOICE



# AGENDA

- Welcome and introduction of Board Members
  - Adoption of Minutes of 2018 AGM
  - Presentation of Chairperson/ED Report
  - Presentation of Financial Report for 2018
  - Appointment of Accountants
  - Nomination Report
  - New Business
  - Presentations:
    - Dr. Rev. Ida Whitehouse- NSCC Film Project*
    - Screening of Coverdale Promotional Videos*
    - Awards and Recognition*
    - Hanna Garson - Guest Speaker*
    - Marlo Cooley - First Voice Presentation*
    - Ashley Avery and Hilary Murphy- Staff Presentations*
  - Adjournment
-

# 2017 AGM MINUTES

Coverdale Courtwork Society  
 Annual General Meeting Minutes  
 6169 Quinpool Road, Suite 203 Halifax NS  
 Wednesday, May 9th , 2018 3:30pm-5:30pm

---

**In Attendance:** Kathy McKay, Valerie Macdonald, Susan Ashford, Carbo Kwan, Kathy Peach, Jeanette Milley, Ashley Avery

**Regrets:** Ida Whitehouse, Janis Aitken, Leigh MacLean, Maha Raghavan

Recorder: Valerie Macdonald

**Welcomes and Introduction of Board Members – Kathy McKay**

**Adoption of Minutes of 2017 Annual General Meeting**

Correction to minutes: Susan Ashford was present for the 2017 AGM

Motion- Valerie Macdonald, Approved

**Presentation of Chairperson's/Executive Director's Report – Kathy McKay, Jeanette Milley**

The move to Quinpool was noted as a major and welcome achievement

Noted having student increases our ability to document increased stats

Noted the cover of the AGM report was the work of an incarcerated woman

Kathy thanked staff and Board members for their hard work and commitment to Coverdale

**Presentation of Financial Report for 2017 – Kathy Peach**

Motion to approve the financial statements – Kathy Peach, seconded – ValMacdonald

Motion carried

**Appointment of Auditors – Sutherland Watts Accounting Firm Motion by Kathy Peach,**

Seconded by Susan Ashford - Motion carried

**Nomination Report**

Re-appointment of all members and officers of the board.

Moved-Kathy McKay Seconded Kathy Peach Motion carried

Nomination of New members:

Carbo Kwan -member vote- accepted

**New Business**

Kathy McKay announced that this will be her last year as Board Chair. Kathy has been in the position and doing an excellent job for the past number of years.

An amazing spoken word performance, "Opening Doors, Offering Hope" written and performed by our own, Ashley Avery!

**Adjournment – Motion Valerie Macdonald Seconded Kathy MacKay**

---

It is our pleasure to highlight the work of Coverdale Courtwork Society staff and volunteers during 2018.

The core work of Coverdale continues to be the support of women and girls involved, or at risk of being involved in the criminal justice system. This support takes many forms depending on the needs of the women and girls. We encourage you to read the rest of the Annual Report to learn more about the programs we offer.

We were pleased to end the year with a balanced financial statement. This is due to the decreased costs of our office space and a vacant staff position for while a replacement was hired. We continue to explore potential grants to increase our funding base.

This year included staff changes. Ashley Avery resigned as the Women and Youth Services Coordinator. We were lucky to have Hilary Murphy join the team in this position. Hilary settled into her role very quickly and is passionate about the work we do.

Jeanette Milley resigned at the end of 2018. Jeanette has had an extensive career working with marginalized women. She was the Executive Director of Coverdale for 5 years and during this time, she provided exceptional service to women while bringing stability to the organization and offering strong support to the board. We were thrilled when Ashley Avery accepted the position of Executive Director in 2019. She has an ambitious vision for Coverdale and we look forward to reporting on new initiatives in the next Annual Report.

We had several new, committed members join the board in 2018. This has allowed the board to begin to move forward. Board work focused on three priorities: 1. Fund Raising 2. Public Relations 3. Policy Development. We look forward to sharing the results of this work in the next Annual Report. Our Annual General Meeting will feature the launch of the video project.

In 2018, we formalized our relationship with Corrections Services Canada (CSC). This provided us with funding to regularly visit women at the Nova Institution for Women.

Kathy McKay, the current Board Chair, will finish her term at the Annual General Meeting.

The work of Coverdale would not be possible without the financial support of our funders and donors. We also thank our incredibly dedicated staff, board members, students and volunteers. We are continually grounded and humbled by the strength and courage of the women and girls we serve.

**KATHY MCKAY**  
Board Chair

**ASHLEY AVERY**  
Executive Director

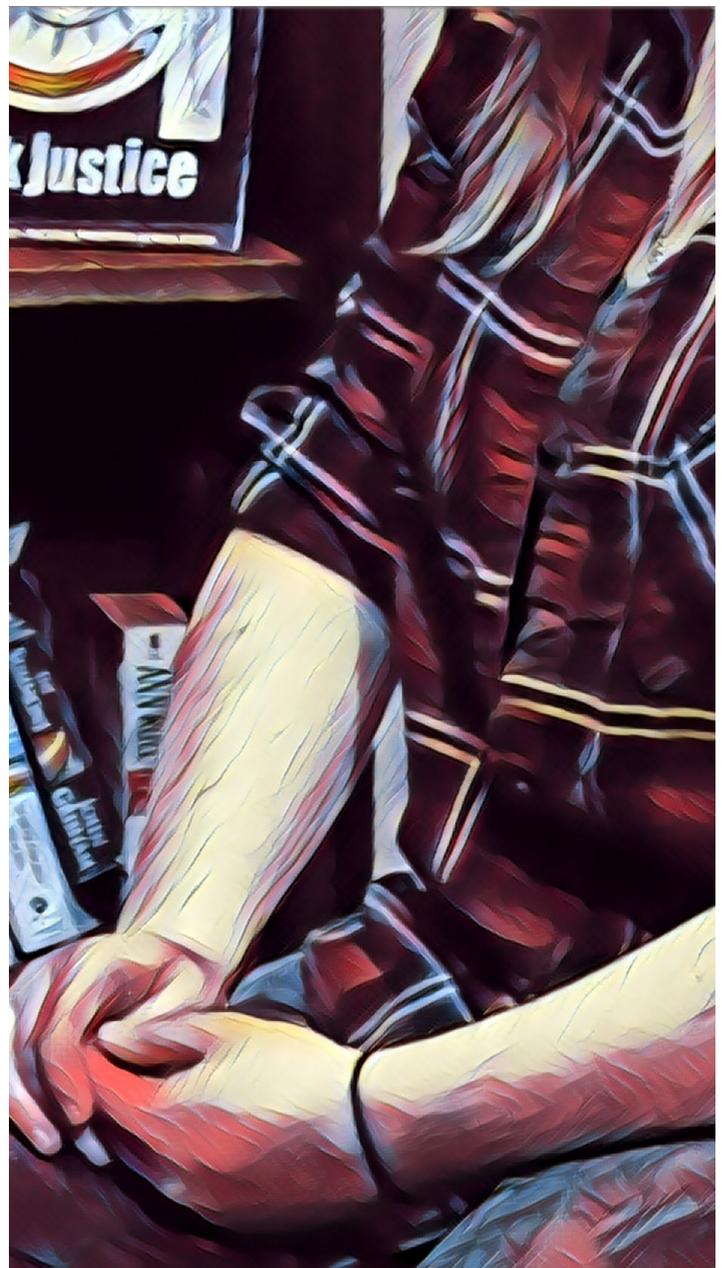
---

# ABOUT US

Coverdale Courtwork Society provides support and services to women and girls who are involved, and those at-risk of becoming involved in the criminal justice system in the HRM and surrounding areas. Through programming, prison visits, court accompaniment, youth workshops and resource navigation, Coverdale is able to work alongside women and girls experiencing the impacts of marginalization, institutionalization, victimization and criminalization. Our over-all goal is to reduce risk factors, support incarcerated women, foster successful prison to community transitions, empower girls, work to break the legacy of crime, and impact systemic barriers that marginalize women while promoting dignity, equity & opportunity.

## KEY OBJECTIVES

- To provide a continuum of care that acknowledges and addresses the needs of women and youth
- To contact women and youth experiencing the justice system
- To be present at the courts each day (Halifax/Dartmouth/Mental Health/Youth)
- To visit the federal and provincial institutions, providing counselling, programs, information and assistance in release planning
- To promote self-esteem, self-awareness and inner strength for personal healing, growth and change
- To act as a link between the women, youth and the community through advocacy and referral services
- To lower the incidence of crime involvement through innovation, education and prevention programs and initiatives



# PROGRAM DELIVERY

**5**

ON SITE COURT SUPPORT  
**DAILY**

BEYOND TRAUMA PROGRAM  
**4 X YEARLY**

UNDERSTANDING ANGER  
**4 X YEARLY**

SELF ADVOCACY  
**2 X YEARLY**

VOICES PROGRAM FOR GIRLS  
**6 X YEARLY**

ONE ON ONE CLIENT SUPPORT  
**AS REQUESTED**

ONE ON ONE RELAPSE PREVENTION SUPPORT  
**AS REQUESTED**

BURNSIDE JAIL VISITS  
**2 X MONTHLY**

FEDERAL PRISON VISITS  
**2 X MONTHLY**

COMMUNITY EDUCATION PRESENTATIONS  
**8-10 PER YEAR**

---

# COURT SUPPORT



A trained court support worker attends provincial courts in both Halifax and Dartmouth each day to offer support to women, girls and their families as they navigate the court process. Some of the benefits of this service include:

- Provides a single point of entry to the multitude of legal and court services available to clients
- Will assist women to explore their options, providing as much information as needed so that the client can make the best choice for herself and family
- Assists clients to connect with legal advice, duty counsel, court workers, Crown Prosecutors, and police as needed.
- Provides information about navigating the legal/court system.
- Accompanies clients to legal and court appointments.
- Gives referrals to appropriate legal assistance.
- Assists clients with applications, connect with process servers, and file documents.
- Ensures client's non-legal needs are also met.

*From time to time, we are asked to offer help to women who are victims of crime. These women face problems in court similar to accused women, namely lack of information and emotional support. We also provide support to women navigating Family Court, Supreme Court and all wellness courts including Mental Health and Domestic Violence Court.*

# PRISON VISITS



A staff person visits the Central Nova Scotia Correctional Facility once per week and the Nova Institute for Women, monthly. Any woman incarcerated at these facilities are invited to visit with a worker during these times. Some of the benefits of this service include:

- Assists with on-site community reintegration support and pre-release planning
  - Establishes supportive and influential relationships with prisoners during their period of incarceration
  - Provides emotional support from a non-judgmental and empathetic worker who is there to listen and respond with kindness and compassion
  - Assists prisoners to navigate conflicts and submit concerns and complaints in the most appropriate and effective way available
  - Works with prisoners to establish release plans including securing housing options, employment leads and community support systems
  - Attends court dates while women are incarcerated and debriefs afterwards
  - Liaises between women and their lawyers, family members and professional staff
  - Advocates for prisoners when concerns are voiced
  - Offers one on one counselling and group programming in the facility
-

# PROGRAMS



## Healing Trauma

This is a gender-responsive and trauma-informed program that applies a variety of therapeutic interventions and explores the process of trauma, power and abuse, triggers, grounding and self-soothing and the connection between substance abuse and trauma

## Understanding Anger

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.

## Empowering Beliefs

Women will be introduced to skills that will assist them in identifying achievable goals, identifying resources that will support these goals, developing a motivational strategy, reframing life patterns, strengthening positive self-talk and increasing assertive behaviours.

## F.I.R.S.T (Facilitating Individual Rehabilitation & Successful Transition)

Often when the institution has successfully reintegrated women into the community there follows a very critical time frame when women need additional support to maintain their status in the community. This is where our First Contact Personal Plan plays a beneficial role.

## VOICES (Program for Youth)

The purpose of the Voices program is to encourage girls to seek and celebrate their "true selves" by giving them a safe space, encouragement, structure and support to embrace their important journey of self-discovery. This program adopts a strengths-based approach that enables girls to identify their power as individuals and as females.

# STATISTICS

## 550

### WOMEN ASSISTED THROUGH COURT PROCESS

Information | Accompaniment | Legal Referrals  
Application Assistance | Non-Legal Needs Assistance | Emotional Support

## 299

### WOMEN SUPPORTED IN THE COMMUNITY

Individual Counselling | Release Support | Resource Navigation | Community Referrals | Housing | Advocacy | Personal Care Items | Christmas Sponsorship

## 266

### WOMEN VISITED IN PRISON

Information | Advocacy | Counselling | Release Plans | Workshops | Conflict Navigation

## 122

### WOMEN & GIRLS IN WORKSHOPS

Understanding Anger | Healing Trauma | VOICES | Relapse Prevention | Release Planning | F.I.R.S.T | Self-Advocacy | Empowering Beliefs

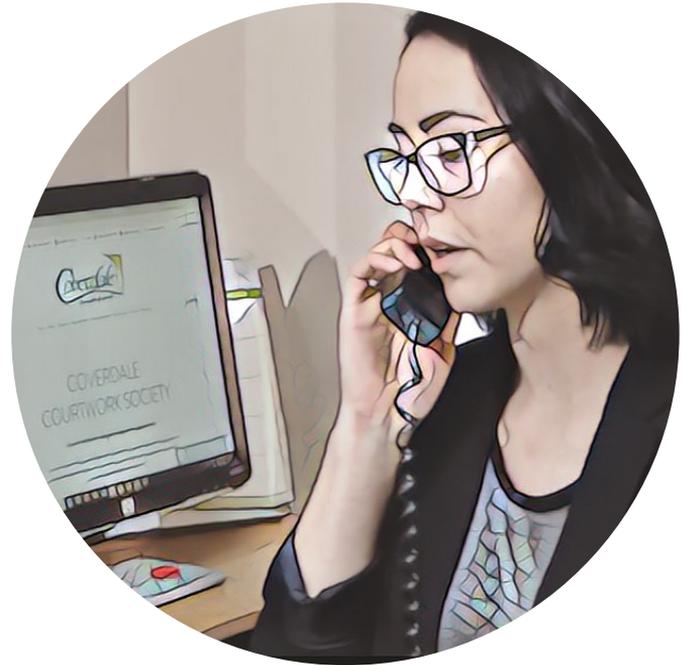


# PHONE CALLS

10

730

COURT SUPPORT



238

COUNSELLING

248

WORKSHOPS

265

PRISON



387

PROFESSIONALS

1868

TOTAL PHONE CALLS

---

# THE WOMEN WE SERVE

11

*Women as a group are under-represented as prisoners and most of the offences they commit are non-violent in nature. On average, more than half the women coming into court are charged with theft under 5000 (mainly shoplifting). Other offences are fraud, offences involving alcohol or drugs, creating a disturbance, common assault, and administration of justice violations (e.g. failure to appear in court, breach of probation, etc.).*

There are women from all lifestyles entering the court system, but the majority are living in poverty, unemployed or earning marginal wages; they have a low level of education and low self-esteem. A significant percentage suffers from emotional, physical and sexual abuse.

## Demographics of women involved in justice system

90%



Have survived  
trauma & violence

70%



Are Mothers

30%



Are experiencing  
homelessness

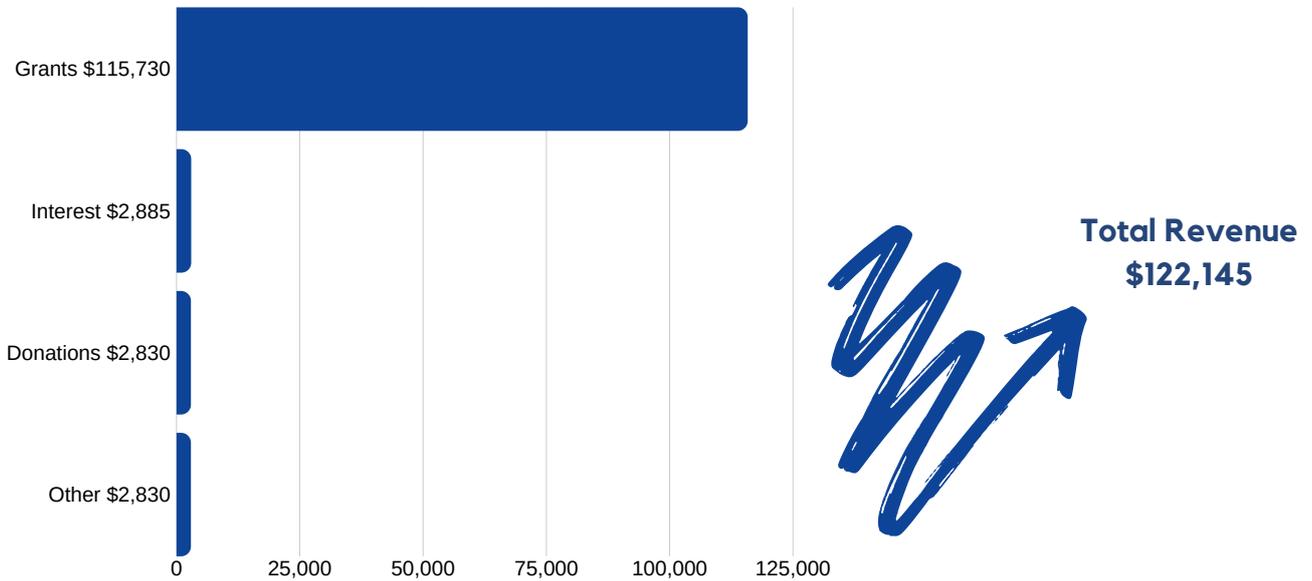
90%



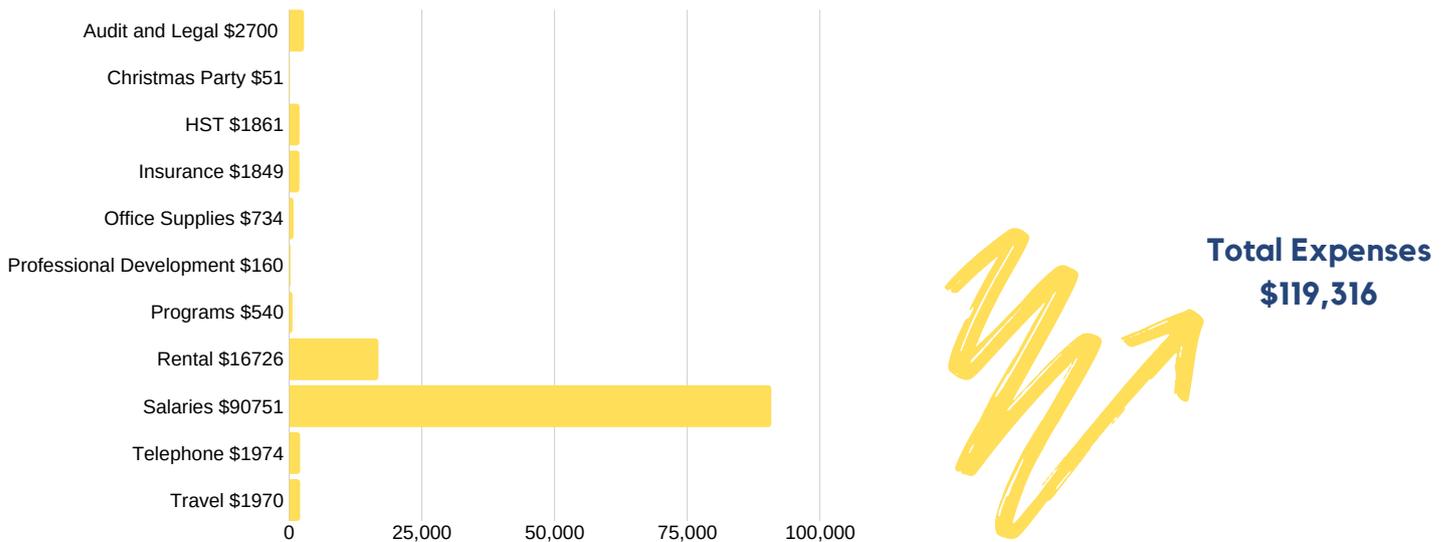
Have no post  
secondary  
education

African Nova Scotians and Indigenous people represent about two and four per cent of the population, respectively, but are over-represented in the province's jail system. About 16 % of youth sentenced to a youth correctional facility are African Nova Scotian. The proportion of Indigenous adults in custody is about 9 times higher than their representation in the adult population (3%).

## Revenues



## Expenses



# OUR TEAM

## Staff

Ashley Avery -Executive Director

Hilary Murphy -Women & Youth Services Coordinator

Kathy Peach -Bookkeeper

*Jeanette Milley retired as Executive Director of Coverdale in December 2018. Jeanette is a dedicated and caring woman who touched countless lives over her many years of service in the community. We wish her all the very best in her retirement and extend a heartfelt thank you to her for the wonderful contributions that she made to this work.*

## 2018 Board of Directors

Kathy McKay -Chairperson

Valerie MacDonald -Vice-Chairperson

Janis Aiken

Leigh MacLean

Susan Ashford

Rev. Dr. Ida Armstrong-Whitehouse

Maha Raghavan

Carbo Kwan

Brittany Sutherland -Secretary

Anna Sodofsky



## New Members for 2019

Ashley L. Avery

Angela Simmonds

Angelina Simmonds

Brenda Matheson



## Student Placement

Michelle Chimenti, BSW



30 women were provided with Christmas support



Many church groups including St. Agnes collected gifts and personal care products to fill our Christmas bags



The Halifax Shoe Box Project provided 35 boxes filled with gifts

The Holiday season is an exciting time in the Coverdale office. It represents a time of giving, and of receiving. A time where community comes together and provides for women and families whose lives are affected by poverty, incarceration, and other difficult circumstances. This year was no exception. Through donations that came from the many churches and community groups that support the work that we do, we were able to offer gifts to so many who would have otherwise gone without. Our annual Holiday Party at the Coverdale office was a lovely gathering enjoyed by many service users, staff and volunteers.

"It is really great to know that there is a program dedicated to women helping women. Especially for those who haven't had much guidance or support in their lives".

"I liked that it was taught by somebody who has or has gone through similar issues with anger. It shows that it works. I like that it reminded me that anger is not who I am, and that I am a strong intelligent woman."

"Coverdale is a place where there is no judgement. Which is something that is hard to come by when you have been convicted of a crime."

"I am so grateful I met you. You came into my life when I needed a shoulder, strength and a listening ear. Throughout my court stuff you're still here and for that i'm grateful".

# OUR COMMITMENT

# 16

We believe in the inherent worth of all persons and their rights to be treated with dignity and respect. We believe that all persons are capable of healing, growth and change. We are committed to integrity, credibility and innovation in offering a continuum of care for women and youth of our community, who turn to Coverdale for help and support.

## DIGNITY

Something we often hear from the women and youth that we work with is how much they appreciate acceptance from our staff and volunteers, no matter what their pasts might entail. At Coverdale, dignity is a basic human right. It's rooted in all our programs and for some of our service users it's the first step towards believing in their own ability to create a brighter future.

## EQUITY

Is the cornerstone upon which Coverdale's gender-focused programs and services are built. By recognizing and respecting women's differences and needs, we help women and youth embrace opportunities for positive change.

## OPPORTUNITY

Changing your life for the better requires will, determination and opportunity. Coverdale's initiatives help create opportunity for the women and girls we serve while focusing on self-determination and the inherent skills and strengths that women and youth have.



Law Foundation of Nova Scotia

Halifax Youth Foundation

Nova Scotia Health Authority

Mental Health Foundation

The Presbyterian Church of Canada

Women's Inter Church Council

Department of Justice (NS)

Corrections Services Canada

Anglican Diocese of Nova Scotia and PEI

At. David Presbyterian Church

United Church Mission Grant

Sisters of Charity

The Flemming Charitable Foundation

First Baptist Amherst

Canada Post Community Foundation

Halifax Assistance Fund

many  
thanks

## 'Hard Time' – Burnside Blues

Hickory dickory dock  
 Hard time is wasted gawking at the clock  
 Offisewer! Offisewer!  
 What did I do? Never mind . . .  
 I know this game is rigged against me & never  
 you . . .

Kitchen workers! Kitchen workers!  
 Muffled cracks in the air . . .  
 Cheap labour . . . in the line . . .  
 Crusty pots . . . nets in our hair

Blue pants, blue shirts  
 Orange sporks, orange shoes  
 I ain't in the mood for your whiney shit  
 I gots my own jailhouse sore-back blues

The nice one . . . the mean one . . . the sneaky  
 C. O.

Eeny meeny miny moe  
 Some of you . . . gots to go

You claim the SODDI defence . . .  
 For your pages of crime . . .  
 The judge . . . The jury . . . didn't believe you  
 You're doing prison time

Body shackles . . . ankle shackles  
 Keep me in chained bind . . .  
 Yeah . . . you gots my body on loan  
 But you will never incarcerate my mind

Hickory dickory dock  
 Hard Time wasted . . . gawking at the clock

-Gaidheal McIntyre



We acknowledge that we are in Mi'kma'ki, the ancestral and unceded territory of the Mi'kmaq People.

Coverdale Courtwork Society  
6169 Quinpool Rd Suite 203  
Halifax, NS  
B3L 4P8

Phone 902-422-6417  
Email [coverdale@eastlink.ca](mailto:coverdale@eastlink.ca)  
Facebook @CoverdaleCourtwork  
Twitter @CoverdaleHFX

[www.coverdale.ca](http://www.coverdale.ca)