



---

## **ANNUAL REPORT**

**2020-2021**

# Who We Are – ATEN

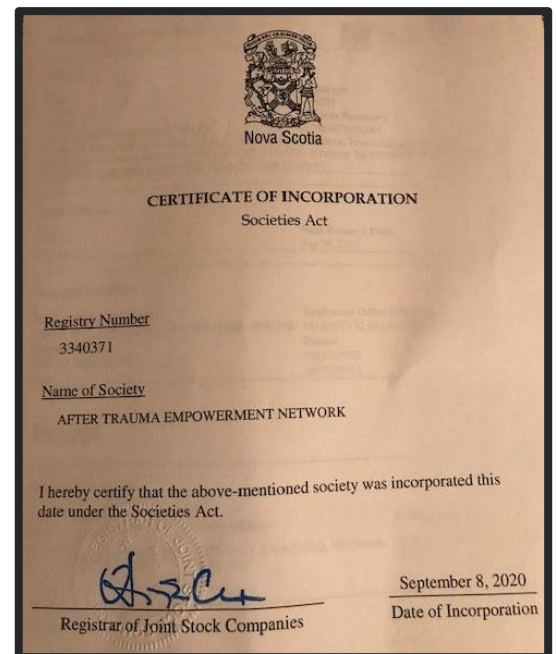
The **After Trauma Empowerment Network (ATEN)** is a community based non-profit organization dedicated to helping empower individuals, families and communities affected by trauma, violence and abuse.

## Who We Serve – Our Mandate

To empower and improve the quality of life of individuals, families and communities affected by trauma by providing trauma-informed counselling, support, intervention, education and resources.

ATEN believes all people have a right to access counselling, support and information regardless of their sex, gender, age, socio-economic status, religion, race, ability – all people deserve to heal. ATEN provides a wide range of professional counselling and support services from trauma counselling, emotional support, education, to wellness counselling.

ATEN services are available, but not limited to, East Hants and surrounding areas.



## What We Do – Services & Programs

- Trauma informed, gender sensitive counselling for individuals and families who have experienced trauma, violence and abuse,
- Counselling, support and information for family and friends of survivors of trauma,
- Ally/Safe space for GLBTTTIQQ+ individuals,
- Counselling and support for GLBTTTIQQ+ individuals,
- Information and referral to other resources and community agencies,
- Court support and accompaniment,
- Police support and accompaniment,
- Forensic exam support and accompaniment,
- Educational workshops and presentations for adults and youth,
- Healthy Youth Relationships Groups at schools and agencies,
- Empowerment group for girls (14-18 years old),
- Peer support group,
- Resource information on various issues relating to trauma, violence, sexuality, relationships, health and wellness.

***ATEN recognizes and honors that we are on Mi'kma'ki,***

***the ancestral and unceded territory of the Mi'kmaw people.***



## Our Vision

To improve the lives, well-being and functioning of individuals, families and communities affected by trauma so we can live in a world where individuals, families and communities affected by trauma live an empowered life to reach their fullest potential.

## Our Story

The After Trauma Empowerment Network (ATEN) was founded by Margaret Mauger and Vida Woodworth in January 2020. ATEN was developed out of a community need and demand for free counselling and support for individuals living with the mental health impact after experiencing trauma. Mauger began providing free counselling and support to individuals in January 2020 on a volunteer basis. Within one year, the number of individuals accessing counselling and support increased by 300%. ATEN was able to attain emergency Covid funding from the Federal Government in January 2021. The rest of the story is unfolding.

## Our Core Values & Guiding Principles

1. **Empowerment** – we work to empower, inspire and support individuals and communities to be self-determining, confident and strong as they live to their fullest potential. This is the defining and fundamental quality of our network, people and work.
2. **Integrity** – we are responsible, accountable and ethical to the people and communities we serve and the partners we work with.
3. **Collaboration** – we create purposeful partnerships and build on already existing resources in the community to best serve the needs of individuals and communities. We believe we must work together to accomplish the greatest result.
4. **Diversity** – we know by embracing and including the uniqueness and diversity of all people and communities that we contribute to the betterment of all people and communities. We promote and implement equitable services, support and resources for all people and communities.
5. **Service** – we strive to provide respectful and professional services, support and resources to the individuals and communities we serve.

## 5 Key Tenets to Our Work

1. Trauma-informed practices.
2. Collaboration – we can't do it alone.
3. Local empowerment equals global empowerment.
4. Make a difference everyday.
5. Live our mission.

***“Amazingly caring support team. Game changer for anyone who has tried many types of therapy and are feeling lost. Kind, knowledge counselors. Meeting you where you at and accepting you as you come. Great!” (Facebook Review)***

# 2020-2021 – A Year in Review



- Provided counselling, support and services to 117 individuals
- Hosted Nova Scotia Strong Quilt Fundraiser
- Consulted with Nova Scotia Community Health Boards
- Received staff funding for one year from Federal Government
- Received project funding for MAAT (Music & Art After Trauma) from Mental Health Foundation of Nova Scotia
- Received over 330 signatures of support on petition
- Listed as resource on 211 and Canadian Human Trafficking Hotline
- Purchased eight Tablets for lending program with clients facing computer barriers
- Purchased gas cards for clients facing transportation/financial barriers
- Received donations from several community organizations and barriers for Christmas Gift baskets for four youth
- Lobbied government to officially proclaim Trauma Awareness Day on May 20 in Nova Scotia
- Provided counselling and support to individuals affected by the mass shooting in April 2020
- Developed and launched ATEN website
- Created ATEN YouTube channel
- Created ATEN Facebook and Twitter accounts
- Facilitated four presentations/workshops to over 200 people
- Provided tele-counselling and video counselling during Covid shut down times
- Became partner with Shuebnacadie Guardian Pharmacy Bloom Program
- Became a registered non-profit with Registry of Joint Stocks Companies on September 8, 2020
- Facilitated weekly peer support group for women
- Facilitated weekly empowerment group for young girls who have experienced trauma, violence and abuse
- Displayed African Queen Quilt at RBC Elmsdale for African History Month

## Board of Directors

ATEN is governed by a volunteer Board of Directors who represent the diversity of the organization and the people and communities we serve. This is a policy governing Board which is responsible for overseeing the accomplishment of the purpose and mandate of ATEN. The Board has written bylaws, committee terms of reference, and roles and responsibilities.

Vida Woodworth – Chairperson

Kate Matthews – Secretary

Lynne Smith – Treasurer

Margaret Mauger

Ruth Mitchell

Glynn Irving



# Nova Scotia Strong



On April 19<sup>th</sup> and 20<sup>th</sup>, 2020 an unimaginable tragedy occurred in our province – 23 individuals were murdered by a lone gunman. This event deeply affected every corner of Nova Scotia and beyond. In addition to providing counselling and support to individuals affected by this event, co-founder Margaret Mauger designed and hand-quilted a Nova Scotia Strong quilt and donated it to ATEN as a fundraising item. Several local organizations participated and showed their support by selling tickets.

Over \$3100.00 was raised for ATEN operational expenses.

The draw was held on December 12 and the winner was Susan Harvey.

***“Truro has experienced an extreme amount of trauma through this covid 19 pandemic. We have experienced a missing child, a mass shooting, Black Lives Matter Movement and now the situation with our First Nations community. WE ALL HAVE BEEN SEVERLY IMPACTED. After care through trauma is necessary and greatly needed in east hands and surrounding area.” (Petition supporter)***

# Counselling & Support

The vital aftercare, one-on-one counselling therapy is the most crucial and most accessed service offered by ATEN. Operating through a client-centered, trauma-informed lens it is in the counselling sessions where individual survivors and families begin to heal in a safe, non-judgemental and empowering space. The counselling and support services are utilized by individual survivors, their family and friends, and other community partners. Each individual who receives counselling and support are unique and at different points in their lives and healing journey. While each person's aftercare needs vary some commonly explored topics in counselling include understanding the dynamics and impact of trauma; establishing support networks; learning coping strategies for stress, triggers and flashbacks; practicing self-care and compassion; emotional recognition and regulation; boundaries; grief and loss; and healthy relationships. This past year **117** individuals accessed individual counselling and support

services. **85%** of ATEN clients have experienced sexualized violence and abuse, including **6** individuals who have been trafficked and sexually exploited. Majority of trauma survivors who access counselling services identified as female, followed by males and non-gender and transgender individuals. The age range for individuals accessing counselling and support is **14-76** years old with majority of clients in the **30-45** age range. There is a significant number of youth and seniors accessing ATEN services, resources and support.



## Looking Toward the Future



- Continue empowering survivors of trauma, violence and abuse to live life to their fullest potential,
- Continue supporting and working with families and communities affected by trauma,
- Continue hosting weekly MAAT (Music & Art After Trauma) sessions,
- Continue to provide education to raise awareness about trauma, violence and abuse,
- Relocate office space to accommodate additional staff, volunteers and group work,
- Develop educational resources (hard copy and electronic),
- Continue working to improve access and services for underserved, marginalized individuals,
- Promote and provide trauma-informed practices presentations/workshops
- Host Mental Health First Aid training for community members,
- Begin to develop a Peer Support Network for people affected by trauma,
- Establish partnership with Acadia University to provide a Practicum Placement to a Masters student,
- Host auction fundraiser in Fall 2021
- Host our first Kindfulness Calendar fundraiser for 2022,
- Continue to host empowerment groups as needed,
- Continue to build community connections and collaborative partnerships,

# Message from ATEN Co-founder



Welcome to ATEN!

My name is Margaret Mauger and I am a Co-founder of the After Trauma Empowerment Network (ATEN). ATEN is a non-profit organization I began operating on a volunteer basis in January 2020, in response to receiving numerous calls and emails from individuals looking for counselling who had experienced trauma, sexualized violence and abuse, and currently living with the mental health impact. Many of these individuals did not have insurance or benefits and could not afford private counselling therapy. Some had been on the provincial Mental Health waitlist for months. Within a few weeks the number of individuals looking for and accessing counselling doubled. By the end of 2020 over 65 individuals accessed our services and support. Requests for counselling continues to increase substantially, an additional therapist is badly needed.

First, I am sincerely honoured and privileged to serve and do the work I do with survivors, individuals, youth, families, and communities affected by trauma, violence and abuse. I am wholeheartedly dedicated and committed to ATEN's mandate in helping empower all survivors of trauma to live life to their fullest potential. I am repeatedly inspired by the courage, strength and hope of the survivors of trauma I serve at ATEN.

I am extremely grateful to all the supporters of ATEN, in all capacities, who have given their time, energy and financial support. I am especially thankful for the emergency Covid-19 funding ATEN received from the Federal Government as well as the Project MAAT funding received from the Mental Health Foundation of Nova Scotia.

In closing, 2020-2021 has been a phenomenal year and has provided me with immense learning, growth and fulfillment both personally and professionally. I am excited and optimistic about ATEN's future work and involvement with government and community partners, youth groups and the courageous individuals who access services and support at ATEN. I eagerly look forward to the upcoming year and all the rewards, challenges and growth it may bring.

With deepest gratitude,

Margaret Mauger

Co-founder & Registered Counselling Therapist

***“When Margaret began the After Trauma Empowerment Network (ATEN), I knew that once again, she would be carving a path forward with her clarity of vision and dedication to helping those in need. I look forward with excitement to seeing all of the ways that Margaret continues to bring hope, empowerment, and healing to the lives of so many individuals, while helping our province become a safer and more caring home to everyone in it.” (ATEN Supporter)***

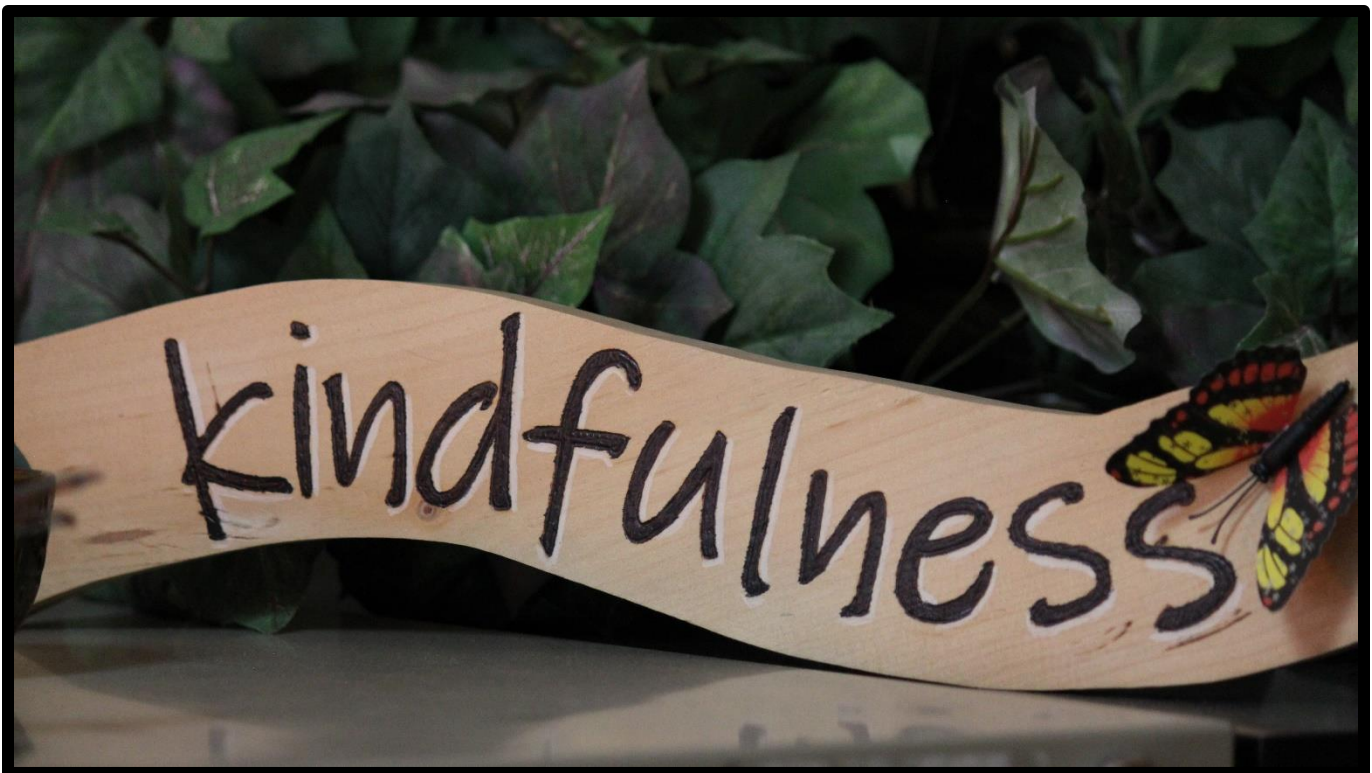


# Extending Our Heartfelt Thanks & Gratitude

The operation of ATEN would not be possible without the assistance and support of many individuals on many different levels.

- Government of Canada and Women and Gender Equality Canada for providing emergency funding with the Safer & Stronger grants.
- Mental Health Foundation of Nova Scotia for providing full funding for Project MAAT (Music & Art After Trauma). We are thrilled to present this program in the new fiscal year.
- community partners, locally and across the province, for their collaboration, partnership and support throughout the year.
- the generous volunteers who donate their time and energy to help support the work of ATEN. Special mention to Darrell Mauger, Glenn MacDonnell and Brian Bower for their technical guidance for Project MAAT.
- the volunteers who develop resources for ATEN (Kate Matthews, Kierra Thomas, Rosalie Robinson).
- the organizations and individuals who sold tickets for our Nova Scotia Strong quilt fundraiser (Milford Esso, Coldstream Clear, All Good Things Thrift Shop, Martin's Rite Stop, Rose Delong) and to the community members who purchased tickets.
- the generous local businesses who gave donations for our Christmas Baskets (The Source Elmsdale, Milford Foodland, Shubenacadie Guardian, Stewiacke Subway, Stewiacke KFC, All Good Things Thrift Shop, and Enfield Family Dental).
- the media and news coverage by reporters (CBC Radio and Television, The Hub Now, The Laker) who helped to raise awareness about ATEN and trauma.
- to the courageous survivors and individuals who come forward to share their story and continue to inspire, motivate and fuel ATEN with their courage and strength.

Without all of this support, ATEN would not be able to offer this distinct and much-needed service and community resource.





# After Trauma Empowerment Network

## Income Statement

April 1, 2020 - March 31, 2021

### REVENUE

Canadian Women's Association Grant	\$ 73,180.00**
Fundraising	3,138.66
Donations	<u>1,050.00</u>

### TOTAL REVENUE

**\$ 77,368.66**

### EXPENSES

#### Personnel

Wages & Salaries	\$ 20,316.00
------------------	--------------

#### Operational Expenses

Rent	2,305.00
Office supplies/equipment	2,665.00
Gas Gift Cards (for clients)	2,000.00
Tablets (for clients)	1,850.00
Phone & Internet	687.26
Bank fees	<u>52.22</u>

### TOTAL EXPENSES

**\$ 31,070.48**

---

\*\* Grant amount for period October 2020 - September 2021.