

**2013-14**  
ANNUAL  
REPORT



 **Southdown**  
Healthy Leaders  
for a Healthy Church





## CEO Report:

As I begin this, my first Annual Report for Southdown, I am reminded of the well-known New Year's Eve song, *Auld Lange Syne*. This may sound strange, but just as that magical tune reminds us of the letting go of the year past and welcoming in the new, we here at Southdown have spent this past year doing just that. As we began this fiscal year, we hosted the members of Accreditation Canada who conducted an external review of services and practices as a residential facility. We were excited to receive Accreditation with Exemplary Standing. The pride and care of the staff, Board members, our partners in auxiliary services and all our stakeholders is represented in this exemplary commendation.

Our December move from the Aurora property to Holland Landing was the culmination of a great deal of preparation and planning on the part of staff and members of the Board. Looking back over this phase of the year, I could best characterize the time as *Letting go and Letting God lead us on*. We held many rituals for this phase of the transition from a prayer service marking the significance of various parts of the property and facilities, to a beautiful closing Liturgy commemorating the moving of the Chapel stained glass windows. We successfully completed the facility move over a weekend, allowing our regular programming to take place without disruption.

As I moved into the CEO position in January, we bid farewell to Miriam Ukeritis, CSJ and expressed our gratitude for her leadership during these past years of visioning our future. We are reaping the benefits of her service throughout those years. As we wished Miriam Godspeed, we welcomed our new Continuing Care Coordinator, Judith Smith, RSM who began in February. By this time, we were well on our way to seeing the later stages of our transition time. Each month finds us more settled into our new space. The grounds and the facility are ideal for our healing community.

Our joint collaborative venture with St. Luke's Institute—Critical Personnel Issues conference in March and April—was well received and gave us an opportunity to show our facility to those who attended the Toronto site. This was a valuable endeavour shared by both Institutes which provided opportunity for us to address the needs of those who seek our services and learn more about how we can continue to be of service.

Now, that we are settled into the new space, we look forward to the coming year with a new energy for our ministry and mission. We will be welcoming a Spiritual Director, Barry Lynch, CFC in September with Elaine Dombi, SSJ moving into fulltime role in addictions. In addition, I look forward to continuing to meet with each of you throughout the year whether at conferences or at meetings. Serving you is both an honour and a privilege. May the grace of God be with each of you as we continue to live out our vision of Healthy Leaders for a Healthy Church.

Dorothy Heiderscheit, OSF, MSW, ACSW, RSW  
CEO Southdown

## Education and Outreach Report

### In 2013-14 our staff:

- presented on the following topics: Developing Individual and Community Resilience; Addictions; Personality Disorders; Forming A Healthy Sexual Identity; Navigating Age-related Cognitive Diseases; Leading Through Life Transitions; Wellness, Personal Care, and Countering Demoralization; Managing Stress and Exam Anxiety; Adolescent Development.
- provided workshops and consultation to various dioceses and communities across North America.
- participated in the national meetings of: International Counseling Centers for Religious and Clergy (ICCRC), Philadelphia; Leadership Conference of Women Religious (LCWR), Orlando; Conference of Major Superiors of Men (CMSM), Nashville; Guest House Leadership Conference, Naperville.
- presented at the 74th Annual Convention of the Canadian Psychological Association, Vancouver.
- organized together with St. Luke Institute, the 10th Conference for Leaders in Dioceses and Religious Institutes on Critical Personnel Issues. Our staff presented in both conference locations: Toronto and Washington, DC.

We have also distributed over 16,000 copies of Covenant newsletter which featured articles written by Southdown staff. Our new web site reached almost 1000 new visitors.

## Services

### 14-week Residential Program:

- Integrated program designed to encourage residents to focus on treatment goals identified at assessment, work to address the identified issues, and plan with their diocese or congregation for a smooth transition to post-residence life.

### 18-month Continuing Care Program:

- Follow-up and support program for departing residents to help them continue the healing process.

### Clinical and Candidate Assessments:

- Clinical assessments for individuals experiencing significant stress, whether from personal problems or some difficulty in ministry, Community or relationships.
- Candidate assessments designed for those who are considering entry into religious life.

### Consultation and Education:

- Our professional staff are available across Canada and internationally, for consultations as well as facilitation, training, presentations, workshops, and team building activities.

### Outpatient Services



## Message From the Board Chair

I am pleased to report that the past year has been a very positive and successful one in all dimensions for the Southdown Institute. The number of men and women seeking treatment and/or assessments at Southdown has been very strong and is a response to the high quality of care being provided.

In October the Governance and HR Committee of the Board concluded a rigorous eight-month global search for a new CEO and Dorothy Heiderscheit assumed this position on January 1st, 2014. Dorothy Heiderscheit, OSF is a member of the Sisters of St. Francis of Dubuque, Iowa. She holds her Masters in Social Work from Tulane University, New Orleans, LA and a BSN from Marycrest College in Davenport, IA. She is a member of the Academy of Certified Social Workers (ACSW) in the USA, and is licensed both as an Independent Social Worker (LISW) in Iowa, and as a Registered Social Worker (RSW) in Ontario, Canada. Her previous ministry experiences include the Office of Family Ministry with Catholic Charities of Jackson, MS, Board membership and Chairperson for the State Board of Mental Health of Mississippi, Clinical Practice for Religious and Clergy in the Tri-State area of Dubuque, IA, and eight years of Congregational leadership with the Dubuque Franciscans. In her most recent position prior to assuming the CEO role, Sr. Dorothy was the Continuing Care Coordinator at Southdown.

The move into our new state-of-the art facility last December went smoothly. Located on 37 acres of property just north of Toronto, the new building designed by Montgomery Sisam Architects received High Commendation from the International Academy for Health and Design during the 10th Design & Health World Congress & Exhibition awards presentation on July 12, 2014. More importantly however, the feedback from our residents and our staff has been extremely positive.

The remaining organizational fine-tuning that was necessary in order to make the shorter-term fourteen-week treatment model the success that it has become, is virtually completed. In October the Southdown Institute received *Accreditation with Exemplary Standing* from Accreditation Canada. This is the highest level of accreditation possible.

The Board would like to acknowledge and thank the terrific staff of the Southdown Institute for their significant role in the organization's success. They continue to excel at what they do year after year and have shown tremendous resiliency as the organization has transformed itself in recent years. In addition and very importantly, we would like to recognize and thank all of our volunteers, our donors, referring organizations and partners, as well as the Emmanuel Convalescent Foundation whose on-going support is vital to the continued success of the organization.

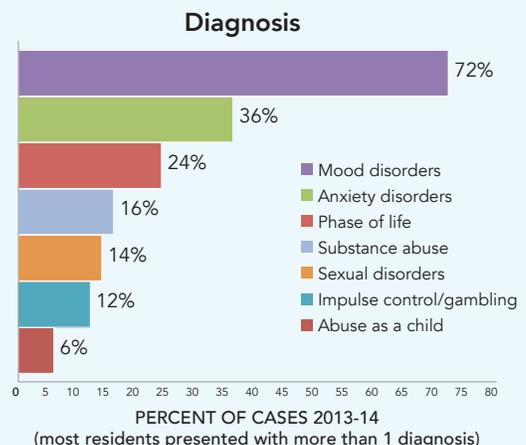
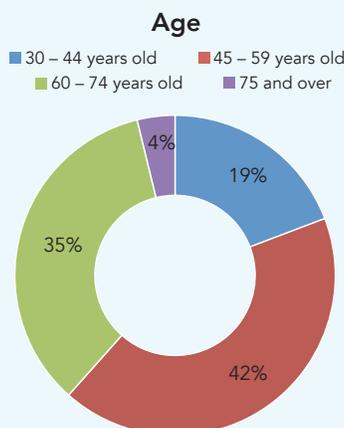
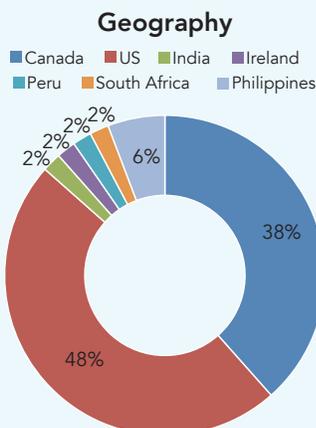
Since 1966, our interdisciplinary team of staff and professionals has helped those who minister find healing and wholeness. Through this process the Institute has provided significant support to numerous religious communities and dioceses. The Southdown Institute continues to be very well positioned to pursue its Vision of *Healthy Leaders for a Healthy Church*.

Kevin E. Yousie, Board Chair

## Last Year at a Glance

In addition to 20 residents at the beginning of the 2013-14 fiscal year we welcomed another 52 residents (39 men and 13 women) to the Southdown community. The average daily resident census was at 14.6 and the average length of stay (excluding Assessments Plus) was about 14 weeks. Our staff provided 70 Clinical Assessments and 9 Candidate Assessments. Through the Connections workshops, which are part of our Continuing Care Program, we welcomed 75 former residents who received additional support contributing to their healing process.

## Our Residents



## About Southdown

The Southdown Institute is an accredited 22 bed residential treatment centre dedicated to serving clergy and vowed religious. We are located in a pastoral setting north of Toronto. Southdown offers comprehensive clinical and candidate assessments, a 14-week Residential Program, a Continuing Care Program for those who have been in residency, outpatient psychological services, and consultation, education and outreach. The resident population typically consists of persons experiencing such issues as mood disorders, depression, anxiety, interpersonal conflicts, sexual problems, as well as a range of addictions (chemical and process).

The best of psychological science and practice are integrated with the wisdom of the Catholic spiritual tradition through the efforts of an interdisciplinary team of professionals. Our team includes licensed psychologists, psychiatrist, addictions counsellor, spiritual directors, nursing staff, nutritionist, fitness and pottery instructors.

Southdown is committed to assisting the Church in providing healthy leaders for healthy ministry fulfilling the desire of Jesus that all "might have life and have it to the full." (John 10:10)

## Governance

The Southdown Institute is a registered, non-profit charitable organization governed by a Board of Directors who generously offer their time and expertise to advance Southdown's mission. A second not-for-profit charitable organization, the Emmanuel Convalescent Foundation exists to provide financial assistance in support of the mission. We are deeply indebted to each of these men and women.

## The Southdown Institute - Board of Directors

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Patrick Crowley  
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Sr. Veronica O'Reilly, CSJ  
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Dorothy Heiderscheit, OSF (*CEO*)  
Joseph Forhan (*CAO, Secretary/Treasurer*)

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Jennifer Irwin  
Thomas G. McCarthy  
J. Mark O'Regan  
Kevin Yousie (*Ex-Officio*)  
Dorothy Heiderscheit, OSF  
(*Ex-Officio*)  
Joseph Forhan (*Secretary/Treasurer*)



Photo by: Shai Gil



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Awarded with  
**Exemplary Standing**  
by Accreditation  
Canada

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