



Nov. 22, 2010

News Release

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## **Situation bleak - Calgarians are still experiencing the effects of the recession**

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Calgary, AB – Nov. 22, 2010 New Calgary Counselling Centre research results show Calgarians are still feeling the effects of the recession and many do not have a plan to deal with the changes they are experiencing.

For the past three years starting in 2008, Calgary Counselling Centre has conducted four economic surveys to better understand how Calgary Counselling Centre clients, friends and partners are impacted by changing economic conditions.

“Although reports might suggest the economy is rebounding, people are telling us a different story,” says Robbie Babins-Wagner, CEO, Calgary Counselling Centre. “For those respondents affected by the economic downturn, the range of impacts cut across a number of different spheres including clients’ home life, employment and personal well-being. What stood out for us was the increase in family violence in people’s home life and their indication that their situation is worse than last year.”

The most recent data is from 2010 survey, includes the following:

- The majority (46 percent) of respondents indicates (compared to 2009) their current economic situation is worse; 36 percent said their situation stayed the same.
- 29 percent of respondents indicate they don’t have a plan to deal with the changes they are experiencing.
- A dramatically greater proportion of respondents indicate increased family violence (include new incidents) taking place in 2010 – 7 percent, compared to 2 percent in 2009 and 4 percent in 2008.
- 28 percent of respondents report losing a job – compared to 25 percent in 2008 and 27 percent in 2009.
- In terms of the emotional impacts of the economic crisis, the majority of respondents report increases in stress (67 percent). The highest number of respondents (26 percent) yet report feelings of hopelessness.
- A growing number of respondents (18 percent) report they are not coping well with the economic downturn.

“The consistency of survey responses suggests Calgary Counselling Centre clients, friends and partners have been impacted by the changing economic conditions in varying degrees,” say Babins-Wagner. “These personal and family level impacts were also reflected in the open-ended responses, particularly in regards to feelings stress and uncertainly.”

Calgary Counselling Centre client requests confirm the survey results. The Centre continues to respond to a record number of requests for service. In 2010, we have new all-time records for the majority of the year so far.

“Many of our clients report issues with stress and anxiety,” says Babins-Wagner. “They are seeking help for relationships, work related concerns; they also report job loss and concerns about unhealthy coping mechanisms.”

We will continue to track the impacts of the economic downturn throughout the year, so as to better our understanding of current, as well as lasting effects on individual Calgarians. Calgarians are encouraged to participate in the latest edition of this survey: <http://www.surveymonkey.com/s/32779LL>

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**For more information about the study, or to arrange an interview, please contact:**

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To view the full report, visit [www.calgarycounselling.com/pdf/economic\\_survey\\_results\\_2010.pdf](http://www.calgarycounselling.com/pdf/economic_survey_results_2010.pdf)

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### **Background:**

Calgary Counselling Centre strives to understand the personal, social and environmental context impacting Calgarians. Through this work, we are able to serve our clients and adjust our programming to suit southern Alberta's citizens effectively.

In 2008, Calgary Counselling Centre conducted an Economic Survey to better understand how Calgarians were impacted the changing economic conditions. Four surveys have been conducted between 2008 and 2010, to gain further knowledge on the impacts Calgarians were currently experiencing.

The surveys were repeated cross-sectional surveys, rather than follow-up surveys with the same sample of respondents.

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### **Calgary Counselling Centre is**

A registered charitable organization and the leading research and knowledge-based counselling facility in Canada. Since 1962, the Centre has been committed to providing compassionate, professional and affordable counselling services that help build better lives for Calgarians through positive outcomes. The Centre is a recognized leader in the treatment of family violence, depression, self esteem and eating disorders. Through its ongoing research and education programs, Calgary Counselling Centre strives to meet the changing needs of our community.

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