



# ANNUAL REPORT 2019-2020

01 April 2019 – 31 March 2020

Tom Jackson  
*Recovery Day  
Winnipeg 2020*

SRWC  
ST. RAPHAEL WELLNESS CENTRE

## OUR MISSION

Our mission is to provide a welcoming, non-judgmental recovery community where individuals, family and friends affected by addictions, are accompanied on their journey towards recovery in mind, body and spirit.

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*Access, and Exploring Options*

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*Women's Continuing Recovery*

**Hardeep Kaur Singh, BSW, RSW**  
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Expectant Mothers*

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## MESSAGE FROM THE CHAIR & EXECUTIVE DIRECTOR

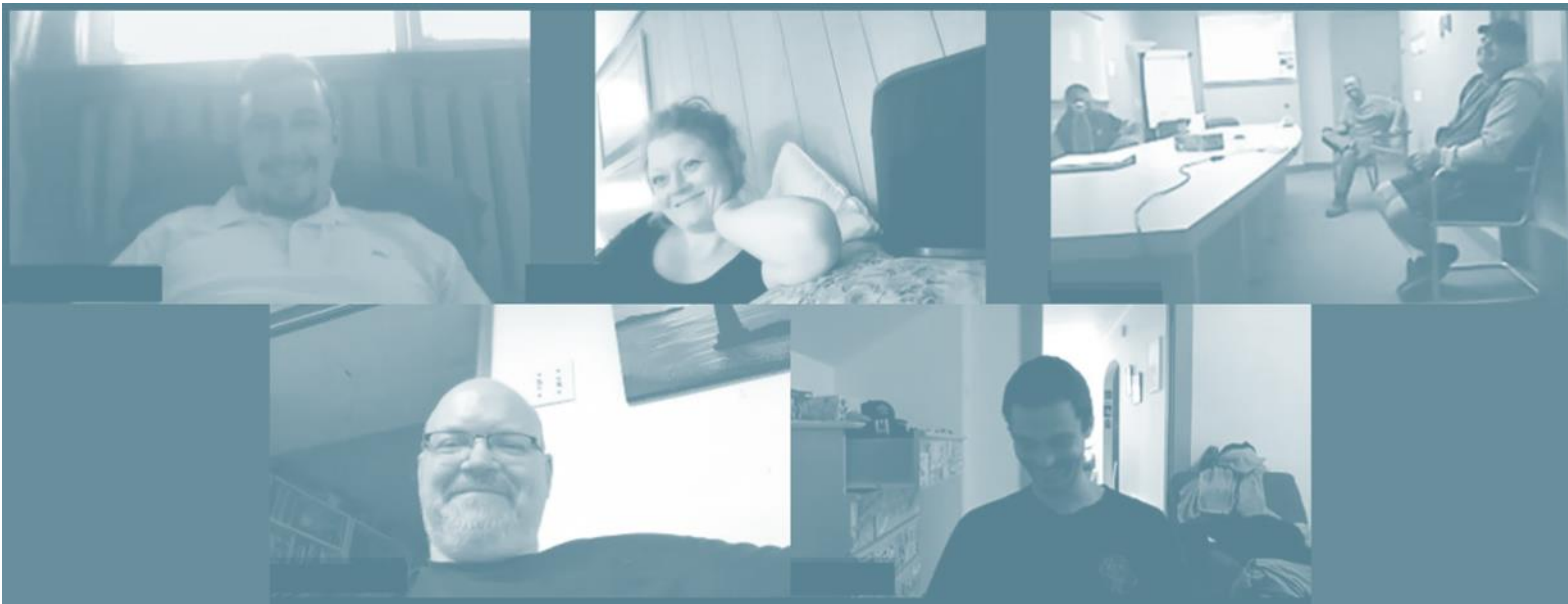
On behalf of the Board of Directors and Staff of St. Raphael Wellness Centre Inc. we welcome you to our first virtual AGM. It is wonderful to experience the support of so many individuals, staff, volunteers, recovery coaches, our alumni, and our current and past participants represented here. This has been a year of challenges for SRWC as it has been for all Manitobans adjusting to the realities of the changing landscape engendered by the Global Pandemic. The need for social distancing, reliance on technology and the wearing of masks, limited by necessity, our ability to provide in person services to all our participants. The emergence of the lockdowns in the spring meant cancelling many events for staff, community, and our participants, including our Second Annual Silver Lining Fundraising Gala, and our third annual Recovery Day.

Despite the challenges and disappointments, SRWC has risen to the challenge. Our committed staff and volunteers continue to provide Zoom counseling, or in-person, or telephone for those without technology. We also continue to provide group counseling using a hybrid of Zoom and in-person attendance. SRWC partnered again with the Aurora Recovery Centre to offer a wonderful virtual experience for Recovery Day, celebrating the courageous men and women in recovery. See page 14 for information and links of you missed the sharing, music, and presenters, featuring Tom Jackson, etc.

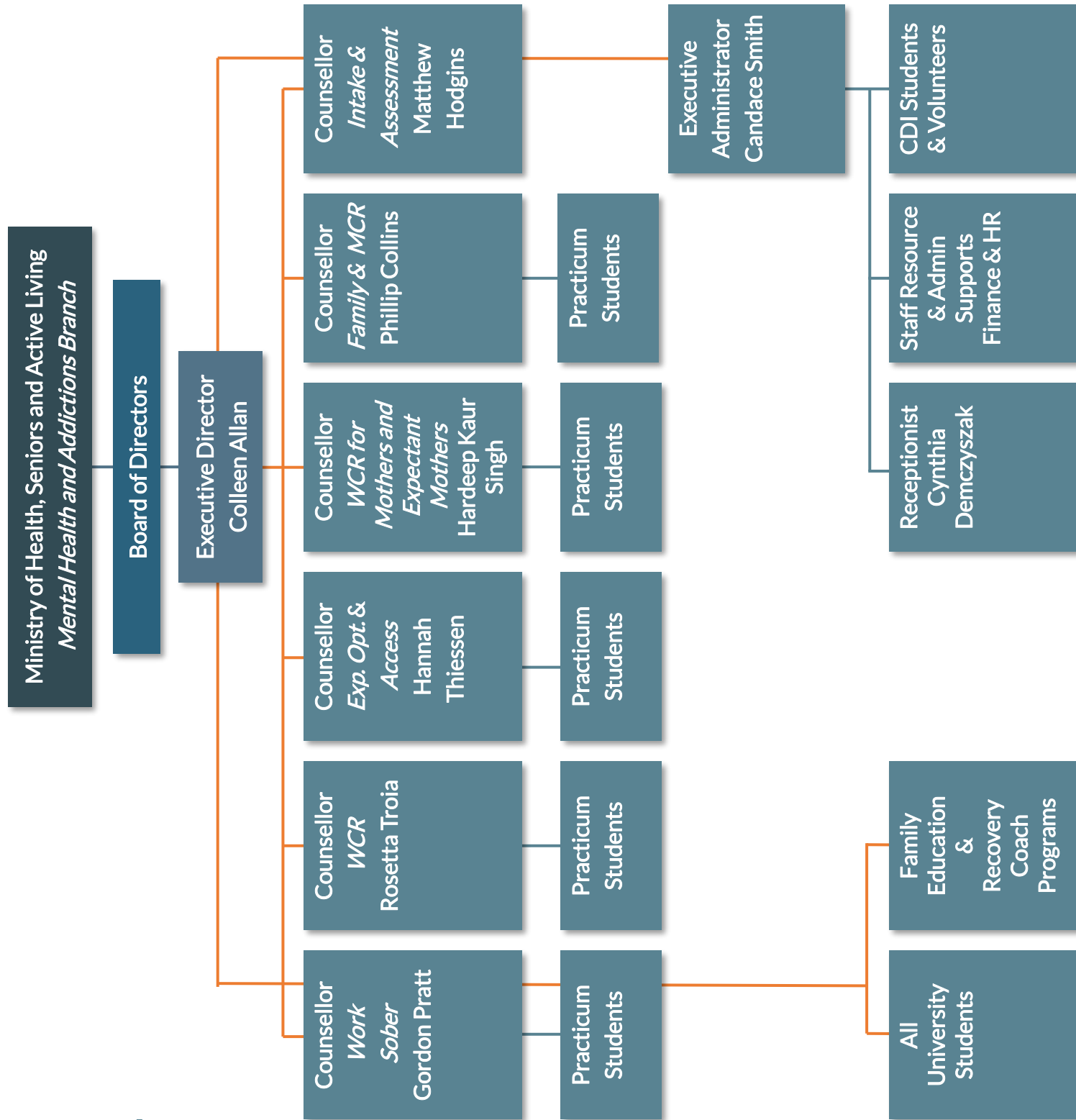
Through the combined support of the Manitoba Health, Healthy Living, Youth and Seniors Branch, our generous committed donors, sponsors, as well as our committed staff and volunteers, we will continue to provide a “welcoming community” for healing and recovery. Thanks to all for supporting and sharing our holistic vision of a “seamless Continuum of Recovery from entry to community integration and beyond.”

...  
Chair of the Board

*Colleen Allan*  
Colleen Allan, MScM, M.Div.  
Executive Director



# ORGANIZATIONAL CHART



# THANK YOU!

SRWC wishes to give a special shout out to the **MOFFAT FAMILY**, who through the **WINNIPEG FOUNDATION** has graciously donated **\$766,050**, over the next three years. This will fund our *Family, Women's Continuing Recovery for Mothers and Expectant Mothers, Work Sober, and Exploring Options* programs. It will also provide a foundation for our *Community Education and Outreach* Program.

With their generous donation, SRWC will be able to continue to provide this support and programming for individuals and families in their recovery journey!



## NETWORKING AND OUTREACH

to provide a welcoming, non-judgmental recovery To continue building the recovery network, SRWC regularly invites individuals and organization to meet the staff, tour the agency, learn about SRWC philosophy and services This is also an excellent opportunity to explore possible collaborations that could benefit SRWC participants.

### NETWORKING

#### Organization

AFM MOST Program  
Board Connect  
Care Portal  
John Howard Society

MP Kevin Lamoureux  
RAAM Clinic staff

Red River College

Salvation Army Anchorage Program  
Sara Riel staff

#### Visitors

Dan Lavallee  
Sarah Chan  
Lisa  
Tal Stimpson, Ansu Daramy,  
Jessica Bradley and Sharon  
Schjefte

Ryan Menard and Jeff  
Schmidt  
Angela Chotka and Sue  
D'Costa  
Kristen Burridge  
Danielle Lester and David  
Stewart

### OUTREACH

#### Organization

Sara Riel  
Headingley Resource Fair  
Rochelle Squires at Manitoba Legislature  
Ben Fry at AFM  
City Hall Mayor's Luncheon  
Sara Riel Resource Fair  
Headingley Resource Fair  
Stony Mountain  
MSUAAW Kickoff at Legislature  
MSUAAW Wrap up at Thunderbird House  
Millennium Library Resource Day  
Esther House Luncheon

#### Visited by

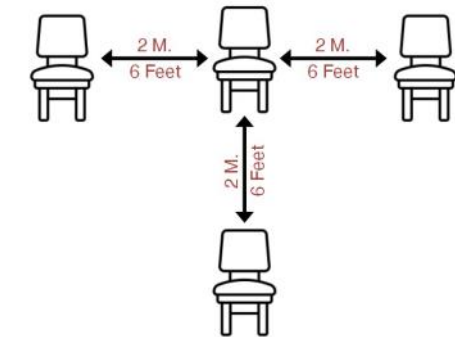
Colleen and Gord  
Hannah And Greta  
Colleen  
Colleen  
All Staff  
Hannah, Chantelle and Phil  
Chantelle and Hannah  
Chantelle, Phil and Leah  
All  
Greta and Chantelle  
Chantelle  
Candace

## RECEPTION

This year we have been averaging about 35 -40 incoming calls a day and about 15 outgoing calls a day.

The year of COVID has changed things for all of us. To keep people safe, we ensure everyone coming onto the floor disinfects their hands, and has their temperature taken and recorded. We limit the number of people in the reception area, which can be challenging as not everyone understands why the person who accompanied them is not allowed to sit in the reception area and wait for them.

### Physical Distancing in Effect



Posted signs has not reduced walk-ins. We have had to deal with more people coming in under the influence. At times it has been a real challenge to get them to leave, so much so that Reception had to call for assistance from other staff.

We use COVID screening question when booking intakes, and callers are told, if they feel sick a day or two before their appointment, to re-schedule. This has made more work as it means having to re-enter the same information 2-4 times in 4 different locations for each re-schedule.

Knowledge of SRWC has grown—we have a lawyer referring people on a regular basis, social workers from St. Boniface Hospital, and more doctors and psychiatrists referring people. More individuals are Googling “Help with addictions” and choosing to contact SRWC.

Before, most callers wanted to book an intake. This year, more calls are for information, and more time is being spent gaining the callers’ trust. This is needed to pre-screen for mental health or other issues. We also weigh their COVID risk due to life situation such as their job, or recent release from jail.

This year we have seen an older age bracket of intakes, and we have also noticed more alcohol/driving issues. There has also been more people opening up about suicide; these calls were forwarded to councilors or the intake worker. We had a few cases of participants being assaulted, and the police were contacted.

## INTAKE AND ASSESSMENT

We have completed 316 intakes within the 2019-2020 fiscal year. Our comprehensive intake process, obtains information on the effect substance use has had on the context of their lives. Interpersonal relationships, employment, physical and mental health, as well as potential interactions with any medications an individual is taking.

The majority of participants are self-referred, the justice system, Child and Family Services, physicians, the Addiction Network, as well as those who are waitlisted for other services, or those who have recently completed residential treatment. We ensure our Participant's basic needs are met. If they are struggling financially, if they are recently out of custody, we will collaborate to build goals that promote independent living. We then connect them with resources within our community.

We use the *Columbia Suicide Severity Rating Scale (C-SSRS)* to assess suicidal ideation. Participants who are mild risk are invited to reach out to SRWC in times of crisis, as well as being provided with information on after hours support. Participants who are moderate to high risk are offered daily, weekly, or monthly wellness checks via telephone. We use the *University of Rhode Island Change Assessment Scale (URICA)* to determine the Stage of Change our participants to ensure they are offered a place in the program(s) that are best suited for their recovery needs. We also use a Recovery Capital Questionnaire that ascertains the recovery supports that participants may require on their path to recovery.

Participants evaluate their learning and recovery needs throughout their program of recovery. When they complete their program of recovery they assess the achievement of their recovery goals as well as the services they have received from SRWC. This provides SRWC and the participant the opportunity to evaluate their overall experience from the time they enter SRWC to the completion of their program. This also provides SRWC information to continue to monitor our services from the participants, perspective, ensuring we are meeting the recovery needs of our participants.

## GUIDING PRINCIPLES OF RECOVERY



There are **many pathways** to recovery



Recovery emerges from **hope and gratitude**



Recovery involves rejoining and rebuilding **life in community**



Recovery exists on a **continuum** of improved **health and wellness**



Recovery is supported by **peers, friends and families**



Recovery involves a process of **healing and re-definition**



Based on **screening and assessment** procedures, which are **holistic and global**



Recovery is **self-directed and empowering**



Recovery has **cultural dimensions**



**Recovery is holistic**

# DIGITAL MARKETING AND SOCIAL MEDIA



### TOP REFERRERS BY SESSION

Source	Sessions
m.facebook.com	261
gov.mb.ca	148
mbaddictionhelp.ca	109
straphaelcentre.ca	88
facebook.com	85
ca.search.yahoo.com	24
l.facebook.com	21
l.instagram.com	19
baidu.com	15
yellowpages.ca	14

We use social media to drive visitors to the website, so we are happy to see [Facebook](#) hold spots 1, 5, 7, and [Instagram](#) in spot 8. Spots 2 and 3, [gov.mb.ca](#) and [mbaddictionhelp.ca](#) is traffic flowing from the Addiction Help Line, and are usually individuals looking for addiction help. [Yahoo Search](#) and [Baidu](#) results are visitors looking for SRWC specifically.

### TOP SOURCE CITIES BY SESSION

City	Sessions
Winnipeg	4,691
(not set)	924
Toronto	466
Calgary	341
Chicago	315
Vancouver	142
Boardman	116

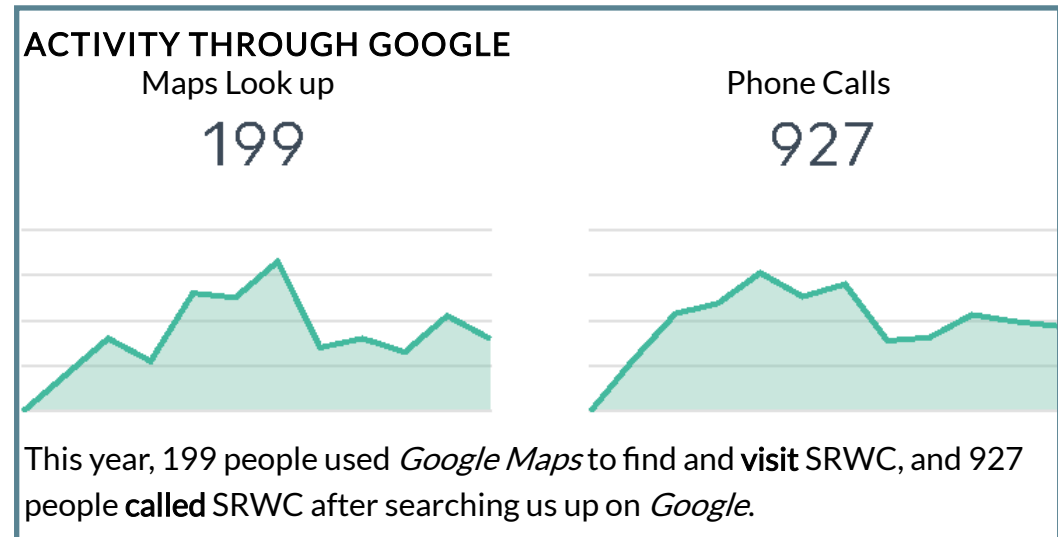
There is a surprising variety of locations where visitors are coming from.



### TOP POSTS BY ENGAGED FB USERS BY SESSION

Post	Interactions
https://srwc-mb.ca/3-speakers-everyone-in-recovery-sh...	57
Greta met with CTV this morning and discussed some of ...	51
Saturday the 14th is the day WINNIPEG celebrates recove...	30
Remember SRWC can work with you from the early stag...	29
Greta talks to CTV news about Recovery Day and how Su...	28
"You can't just address homelessness. You can't just adr...	26
Pictures from the Silver Lining Gala are here! (id: 207243...	26
Recovery Capital Conference of Canada in Winnipeg last...	24
Photos from our annual picnic and BBQ. This year it incl...	23
https://ottawacitizen.com/news/politics/after-lengthy-d...	21

Using social media to drive traffic to our website: These are the FB-link-to-SRWC posts that had the **most interaction** (like, comment, share or click).



# 3<sup>RD</sup> ANNUAL RECOVERY DAY WINNIPEG

Recovery Day Winnipeg 2020 was a huge success!

In the face of a global pandemic, the team managed to create an online event with a fantastic online reach. The event had close to 2000 views online and gave a major boost to our online presence.

This year we continued our partnership with Aurora Recovery Centre to create a completely new concept of how Recovery Day Winnipeg (RDW) could be celebrated in the middle of a pandemic. With the help of The Village Idiots (a local film crew), we were able to share music, laughter, and stories of hope and love. Our goal was to:

- Celebrate recovery in mental health issues, substance use, and addiction.
- Help end the stigma around mental health and substance use.
- Support & offer hope and understanding to individuals and families still affected by mental health issues and substance use.

Our headliner was Tom Jackson, a veteran of the entertainment industry and philanthropist who's annual Huron Carol show has raised millions in support of those in need. Tom shared his journey of recovery from substance abuse, as well as his gift of hope and love for those who are still struggling.



The event was hosted by the incredible Jon Ljungberg (Breakfast Television, CTV, Comedian, Cartoonist), who's wit and energy brought life to the show. Jon also shared his story of recovery as a part of the event and shared a vision of hope.

Up and coming local artists The Keen and The Kind opened RDW with a wonderful little set of acoustic folk, jazz music. They were a wonderful contribution from the local music scene. They were followed by local musician, producer, and sound engineer Dana

"Rusty" Matyas (The Sheepdogs, The Weakerthans, and Imaginary Cities) who had an incredible story of recovery. Rusty had a powerful near death

experience, and his story gave hope to those who may feel like there is nothing left for them.



Two of the biggest highlights from the event were the stories (and music) of Fresh IE and Rod Pederson.

Fresh IE is a Grammy nominated local Winnipeg Rapper, producer, and speaker, who uses his story of

recovery to inspire inner city youth to seek sobriety and a better life. Fresh IE also provided many highlights of entertainment

throughout the event. Rod Pederson is a hall of fame broadcaster and spent 20 years as the voice of the Saskatchewan



Roughriders. Rod shared a story of how he lost almost everything and how he managed to overcome the struggles of mental health and addiction problems.

The RDW team overcame a number of unusual obstacles in an unprecedented year to accomplish this online RDW event. While there were many struggles, there is hope to



make an even bigger live event in 2021, and to increase our online presence with the help of The Village Idiots.

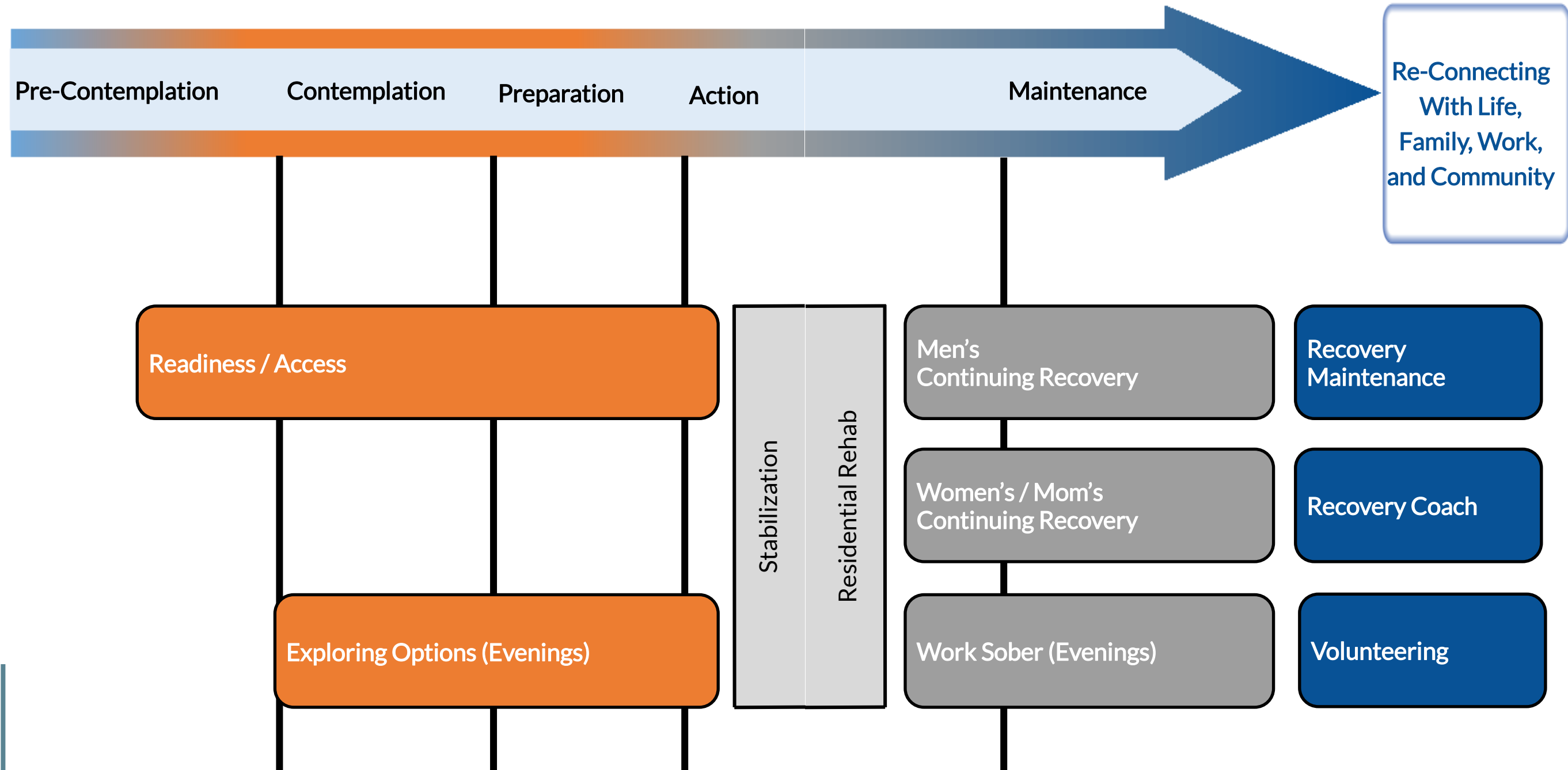
Missed it?  
Watch here:  
[Facebook.com/watch](https://www.facebook.com/watch)



# THE RECOVERY JOURNEY

When individuals make significant changes in their life, they travel through counselling, support, and education at every stage. Here is the programs

5 Stages of Change. **SRWC's programs** are uniquely designed to provide match up with the different stages of change:



# ACCESS AND EXPLORING OPTIONS

## OVERVIEW

The Access and Exploring Option groups are unique in that the participants are normally in the early stages of their recovery from addiction. SRWC has a policy requiring participants to be at least 12 hours sober from alcohol and 48 hours clean from hard drugs. SRWC recognizes it can be a challenge for many participants, to just to get up in the morning, and come to group. We know how hard sobriety is for some individuals so as counselors we do our best to support them and congratulate them on their successes.

We have many participants, who before they start group, are worried and anxious about sharing in a group setting. After one session, they share how comfortable they felt, and that they plan to continue attending. Participants not only learn from their counselors, and the material provided, but also from others in the groups. Being able to relate to others who have similar struggles and talk openly about them, and begin to address them is critical to their recovery journey.

## ACCESS

Many of the participants who attend this group are more willing to admit they do have a problem and need support. Many of them are awaiting a place in a residential or non-residential program. Many also after completing a residential treatment, return to continue participating in a SRWC continuing recovery group.

The average # of participants who attended in the 2029/2020 fiscal year: 50

## EXPLORING OPTIONS

Many participants who choose to enter this group are unable to attend during the day due to childcare issues, are employed or have shift work, or attending school or university. Some are mandated by probations services, and do not connect their using patterns to the consequences they are now facing. Some opt for residential treatment while others may transfer to a continuing recovery program. Others may opt for a Harm Reduction plan rather than Abstinence.

In this position, there is also 1:1 counselling for participants who have anxiety sharing in a group setting. Additionally, they are more likely to want it to stay anonymous that they are attending treatment for an addiction.

Average # of participants who attended in the 2019/2020: 40

## Session Topics:

As many participants are still struggling to avoid slips and relapses, we discuss what they can incorporate into their lives to maintain their sobriety. These may include Coping Strategies, Triggers to Use, Self-Care Options, Healthy Support Networks and Developing a Healthier Sense of self-Worth. Other topics include Grief and Loss, Forgiveness for Self and Others, Emotions, Relationships, and Goal Setting. Emotional Management is the most widely favored as many participants often do not have any other safe place to share about their emotions. Challenging emotions such as sadness and anger tend to be common triggers for relapse, so we often discuss how we can deal with these in healthy ways.

## IN THEIR OWN WORDS

- “[What I liked about SRWC is] the experience of sharing not only with main counselors, but with others in the room. We mostly all have the same difficulties and addictions. It is fun and educational at the same time!”
- “[What I liked about SRWC is] the wide variety of material covered revolving around addictions and the fact they let us have our own personal input.”



## WOMEN'S CONTINUING RECOVERY GROUP

Women who have completed a recovery program often require the education, tools, support and advocacy to assist them in maintaining their recovery. Most important is the opportunity to gain self confidence to empower them to advocate for themselves. Women experiencing addiction and mental health issues face almost insurmountable barriers to maintain their recovery. They are given the tools and information to navigate a new and often confusing landscape. The women who access the SRWC Continuing Recovery Group have completed a residential, or non-residential treatment program and have maintained their sobriety for 30 days or more, and are asking the question "How do I now live clean and sober."

SRWC offers ongoing group sessions three mornings a week, individual and couples counselling as well as ensuring they have transportation, advocating for them with their employer, Child and Family Services, Probation, Employment Assistance, and continue to provide ongoing support that is needed for them to start reconnecting to a life of sobriety.

Group sessions include, but are not limited to topics such as: Self - Who am I? Self Esteem, Sexuality, Relationships, Stigma and racism, Spirituality. We also incorporate regularly required topics such as relapse prevention, the importance of routine, budgeting, nutrition, mindfulness, as well and how to stay safe and sober during the pandemic, and the importance of joy in recovery.

Over the course of the past year there have been many different reasons to celebrate. We had a Mother's Day Celebration, baby showers for two of the ladies who had children while being a part of our group, we celebrated, a self love Valentines Day by having a special day with lunch at a restaurant, and chocolate and roses! We celebrated sober birthdays, went on field trips to the park to practice mindfulness, visited the legislative building and wrote, rehearsed and performed skits. We had pizza parties and potlucks to learn celebrate life and joy in recovery.

In the 2019/2020 fiscal year thirty-eight (38) women graduated. In February and March, due to COVID-19, and distancing restrictions, we held a hybrid of Zoom and in-person group and individual telephone counselling sessions. Unfortunately, many of the women did not have the technology to connect, and were reluctant to utilize transportation, due to their fears of contracting the virus. On the other hand many women who had graduated, contacted the counselors for Zoom and individual support to maintain their sobriety. There were relapses, suicide attempts, and tragically two completions. Many in abusive situations and unsafe housing situations. We continue to support the women through the continuing crises engendered by COVID-19.

Despite the issues, lockdowns, social distancing, many of the women have gone back to school, reunited with their families and found employment, and two have become involved in our Recovery Coach Training to give back to their community in hope and gratitude. This training unfortunately needed to be suspended due to COVID-19, but will begin again as soon as restrictions are lifted in the spring of 2021.

### IN THEIR OWN WORDS

- "SRWC was there when I needed them most!!!"
- "Amazing and caring people, whom I will always love. Especially Rosetta. She's a lifesaver. One in a million!🙏🏻"
- "SRWC ...helped me help myself!!!"
- "When I was at my lowest point in life, and heavily into my addiction SRWC made it very clear that they had my back, and encouraged me to believe in myself. This was the support I needed most." "Thanks to the committed staff, and the programs SRWC offered me, I am celebrating nine (9) months of Sobriety. My daughter's and I are beyond thankful"
- "SRWC saved my life. I now have ten months of sobriety and have become eligible for a liver transplant and have two possible donors."

## WOMEN'S CONTINUING RECOVERY FOR MOTHERS AND EXPECTANT MOTHERS

Recovering from addiction is challenging on its own, and when you throw in the role of being a mother and take on tremendous responsibilities, it may seem like an impossible challenge. In the beginning we offered the Women's Continuing Recovery Program, which was open to all women, but as we became more known in the community for the successful program, we were overwhelmed by trying to work with single women and mother's in recovery. We noticed that the time and work it took us to advocate for women so they could see their children or work towards being reunified was overwhelming. We decided it was time to develop a new program which was specific to working with mom's and mom's to be; this way we had more time to dedicate to all of our women. After our new program was born, we had positive responses and support from the community.

Adjusting to parenting while in recovery is challenging under normal circumstances, let alone in the midst of a global pandemic. During this pandemic we noticed a lot of women are struggling with depression, or being trapped in domestic abuse relationships during this lockdown with minimal support. We have moms being isolated at home because their children are doing remote learning. So, being at home which children 24x7 has greatly impacted women and their mental health. Many mom's are struggling with child visitations cancelations or switches because of the city wide restrictions which has just added to their stressors. To help our women we have started virtual support groups which run three times a week for two hours a day. The women in our group have been extremely grateful for group and that their able to have an outside connection.

### TOPICS THAT HAVE BEEN COVERED IN GROUP:

- Building a supportive community with other moms who are healing
- Emotions in parenting, role- playing
- Boundaries with family members/ children
- Stress and self- care in parenting
- Relapse prevention
- Bonding with child

- Self-esteem- to understand messages from ourselves, as parents and others affect the ways in which we see ourselves.
- Sexism, racism and stigma
- Spirituality

### FIELD TRIPS AND CELEBRATIONS:

- An elder did a presentation
- Boston pizza lunch celebration
- Indoor picnic lunches
- Celebrations of sober birthdays
- Baby showers
- Joy in recovery celebration days full of games, food and stories

### KEY SUCCESSES:

- Three participants have received housing
- One participant was reunified with her daughter
- One participant was reunified with her son and had her file closed with CFS November 2020, and now is moving forward with reunification with her daughter
- Two participants had healthy babies
- One participant started visits with her children, starting reunification with her daughter
- A participant has started school to finish her grade 12, she is also in the process of getting a new job and working on getting a pardon
- One participant went into detox, graduated and continued group again

### IN THEIR OWN WORDS

- "If it wasn't for this group, I would go crazy and probably back to using during this lockdown."
- "I am extremely grateful that I have learned techniques to help me stay grounded."
- "I went to many other programs and I found my healing through this one."

## MEN'S CONTINUING RECOVERY

### OVERVIEW

Men's Continuing Recovery (MCR) group is a continuing recovery group for men who have at least a month of stable sobriety, and who are looking for additional support in managing their recovery. Group sessions are held three times a week for 2-hour sessions, and 1-to-1 counselling, and advocacy is available as needed.

This psycho-educational program is influenced by the Cognitive Behavioural Therapy (CBT) model. Participants learn which unhealthy coping aids may have played a role in the development of their Substance Use Disorder (SUD), and how healthy thinking patterns could replace them.

MCR focuses on helping each other to understand the tools that they can use to help strengthen their recovery and how to avoid hazardous situations that may put them at risk. There has been a focus on recognition of healthy and unhealthy patterns and behaviours, the building of recovery capital, and practical exercises to ground and center themselves. The biggest goal is to achieve a healthier approach to dealing with life on life's terms.

### KEY TOPICS INCLUDED

- Recovery Capital, Overcoming Stress and Stressors, Assertive Communication and Boundaries
- Tools for Coping with Cravings
- Goal Setting
- Beliefs and Attitudes
- Joy in Recovery
- Working Through Grief and Loss

### SUCSESSES

- Several Pars went on to find work in the midst of a pandemic
- Several Pars completed requirements with CFS and have been reunited or are in the process of reuniting with their children
- In the midst of an unprecedented addiction crisis the group has had a 75% completion rate
- One Par overcame a traumatic brain injury and several comas to complete the course. He was an inspiration to the other group members



# WORK SOBER

## OVERVIEW

This program is for individuals who have some stable sobriety, and are looking for additional support to strengthen their current skills. It is intended for adults who may be busy working or attending school. The 2-hour group sessions are held twice a week in the evening.

We are the only charitable addiction-recovery agency to offer a complete program serving individuals at this stage of recovery.

The program uses Recovery Capital principles to offer the knowledge and skills needed to build a life that makes it easier to not use alcohol or other drugs. It employs Adult Learning precepts to keep Participants engaged, and capitalizes not only on program content, but on the learned experience of its members.

While many of our participants also belong to 12-step programs like AA, NA, etc. participants find that Work Sober compliments their 12 Step-Program. Work Sober assists them in developing skills and understanding the physical and psychological stresses and issues they are experiencing staying sober, while also returning to work, school, family, and their community.

## 5 Foundations of the WS Program

### Compassion

Making difficult changes is always easier in the presence of empathy and compassion. We model compassion for self and others, and participants practice first not judging others, then not judging themselves. We practice acceptance as one of the tools of letting go of past pain and shame, which allows space for future healing.

### Strength Based Recovery Capital

We help individuals understand what strengths, skills, knowledge, and other resources they already have that have helped them, and will continue to help them, stay sober. This is a long-term exercise in self-awareness and reduces the likely of returning to using.

## New Life in Recovery

Sobriety isn't just stopping using alcohol or other drugs. It's building a new life that makes it easier to not use. For example, if an individual's substance use was helping them deal with stress, what new, healthier ways can they instead manage that anxiety?

## Self Advocacy

While we have advocated for Participants, including in legal matters, insurance agencies, MPI, CFS, and Probation, etc, it is always our abiding goal for Participants to have the confidence, communication skills, and knowledge to advocate for themselves. We have seen many of our participants empowered in addressing and resolving issues they are facing and taking responsibility and control of their lives and recovery journey.

## AA Plus

The feedback from many Participants who attend AA (NA, CA, etc.) as well as Work Sober is that this program offers content "above and beyond" and compliments what they learn in the 12-step programs. Skills like self-awareness, assertive communication, time and financial management, and they refer to Work Sober as "It is like AA "Plus".

## IN THEIR OWN WORDS

- "Thank you for being so accommodating during these challenging times. Being able to meet virtually has fundamentally helped my recovery. My family and I are so thankful for that."
- "[Today's lesson...] gave me practical steps towards achieving forgiveness, helped me understand what the impact of invalidating others emotions, and inspired me to explore spirituality through the female perspective"



# FAMILY INFORMATION PROGRAM

## OVERVIEW

Our Family members are often the first ones to feel the impact of addiction on others. When an individual finds themselves struggling with substance use disorder, gambling and/or mental health problems, it is most often the family that has to deal with the crisis that ensues. SRWC believes that providing support to family members is an integral part of helping people to heal. Statistics indicate that there are more dissolutions of relationships after an individual is clean and sober than when they are actively using.

A unique part of the Family program at SRWC is that we include individuals who are in recovery themselves. These individuals are often able to provide a perspective that the family members don't get to see. This perspective often leads to a deeper understanding of how family members can help the person with the problem and heal their family. The sharing of recovered participants' experiences in explaining the addictive process is most helpful to parents and those participants dealing with an addicted partner.

It is our belief that when you support the family you are providing support for the person affected by addiction. It is also important to recognize that family members themselves have their own journey of recovery that needs to be recognized, and that by providing a safe space in which to make this journey we are aiding in the healing of the whole family. Family members want to help their loved ones, but they often lack the information and skills necessary to do so in a healthy way. Our goal is to provide the necessary education and give them the tools and individual support to turn this desire into a reality.

## EDUCATION

Our Participants are taken on a journey with the Family program that allows them to examine and learn from the patterns of behaviour that exist within their family. We look at both the behaviours of the individual

affected by addiction, and the members of the family that are reacting to the individual and which allows them to see and understand what they can change to create a healthier dynamic. Our sessions are focused around topics including Healthy Relationships, Communication and Boundaries, Gender Differences in Addiction, Coping Skills for Stress, Dealing with Grief and Loss, Self-Care, Emotional Management, Dealing With Crisis and Emergencies.

## ADVOCACY

There are times when we have to help families deal with the external systems that are adding to the stress in their lives. This can involve advocacy work and information on legal rights of parents and grandparents in regards to the legal system or CFS. It can also involve identifying resources and organizations that can help family members get help for specific problems outside of addiction. We also connect family members to other individuals and previous graduates that have been through similar circumstances and can provide new perspectives on their problems.

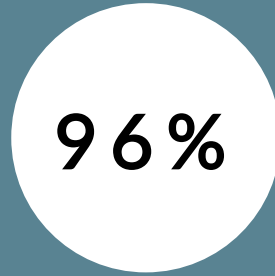
## DISTINCTIVES

- Focusing on compassion rather than tough love
- Diversity of each member coming from different places
- Having a recovered person share their experiences – understanding from an addict's perspective
- Module content – where we have material on the issues and tools to refer back to
- The non-judgmental, safe welcoming atmosphere

## IN THEIR OWN WORDS

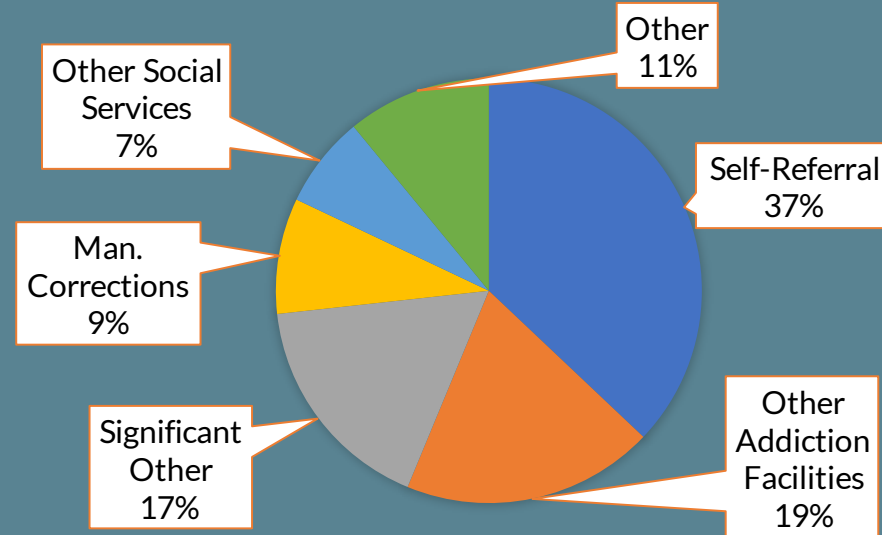
- The realization that is “not my fault”
- “To be able to laugh again”
- “To learn to not enable my son and allow him to experience the consequences of his use”
- “To find joy in my life again”
- “To enjoy time with my son again”

Avg. **successful completion** rate , all programs



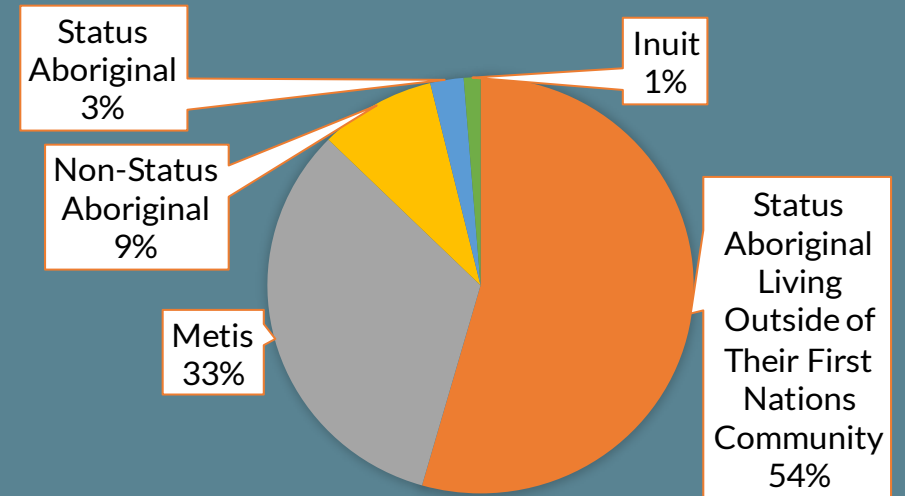
of new intakes came from. **Winnipeg - Churchill RHA**. The remaining **4%** were from Interlake - Eastern, Prairie Mountain, and Southern

REFERRAL SOURCES, ALL INTAKES



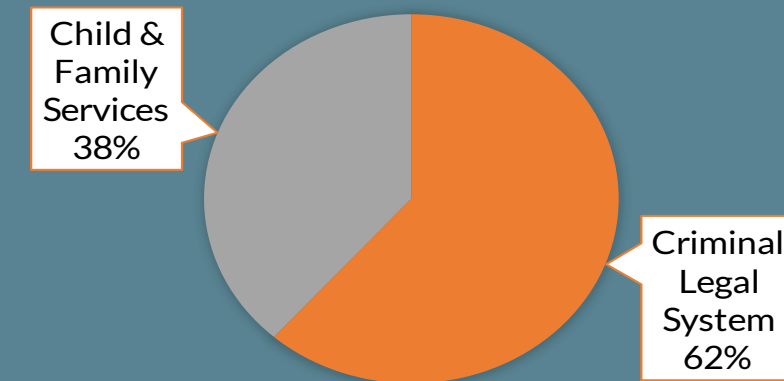
Referrals have continued to diversify again this year. Although the majority of referrals in past years have been from **other addiction programs**, this year the number of **Self Referrals** is now **50%** of all referrals. The **Addictions-Help Line** may be responsible for an increase in calls to our Centre for programming. However, when accessing our Centre, they identify as **Self Referred**. SRWC also believes this is also due to more awareness of our programs through the media, our website, and our promotional materials. There has also been an increase of referrals from **Family/Significant Other**.

ABORIGINAL CLIENTS, ALL INTAKES



There has been a reduction in the number of aboriginal clients from **68%** to **50%** of our clientele. It is of note that the number of clients accessing our centre this year is also reduced from due to the lockdown in the spring due to COVID-19.

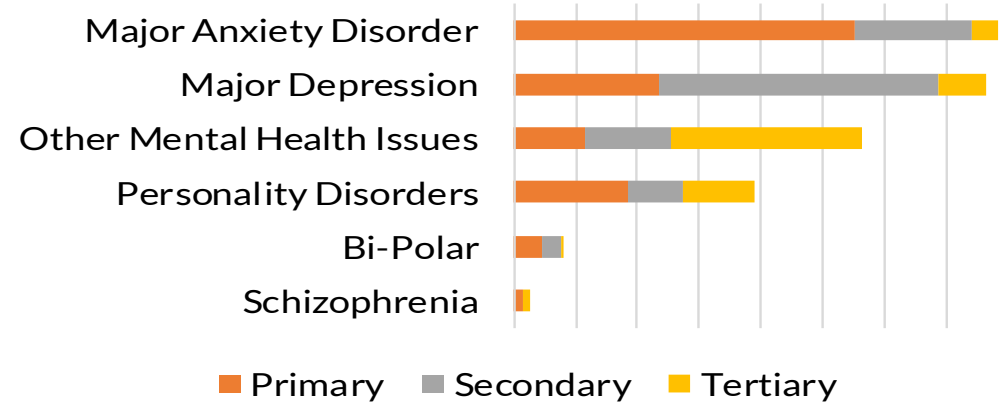
CLIENT INVOLVEMENT WITH OTHER SYSTEMS, ALL INTAKES



The majority of our clientele are referred by the **Justice System** and **Child and Family Services**. There has been a slight increase in referrals from family physicians, as well as psychologists and psychiatrists.

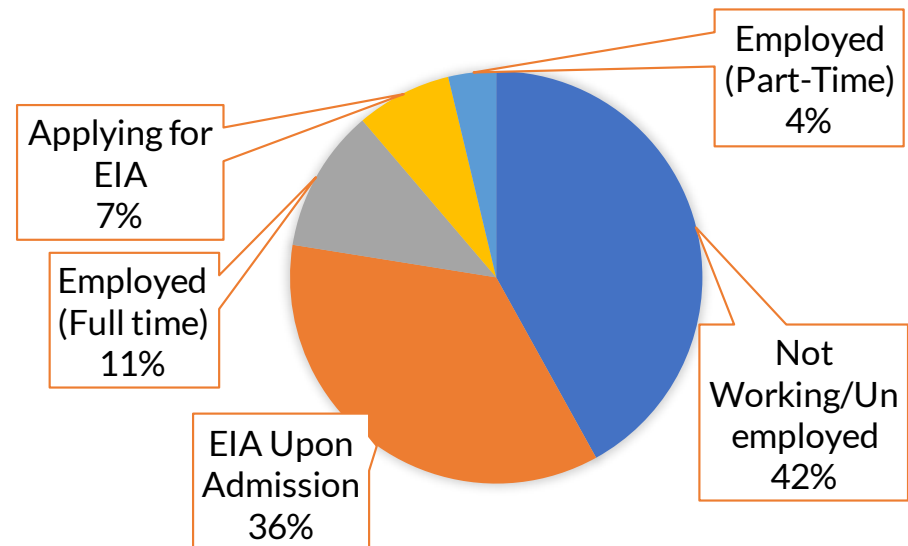


### NUMBER OF CLIENTS DIAGNOSED OR REPORTING MENTAL HEALTH ISSUES



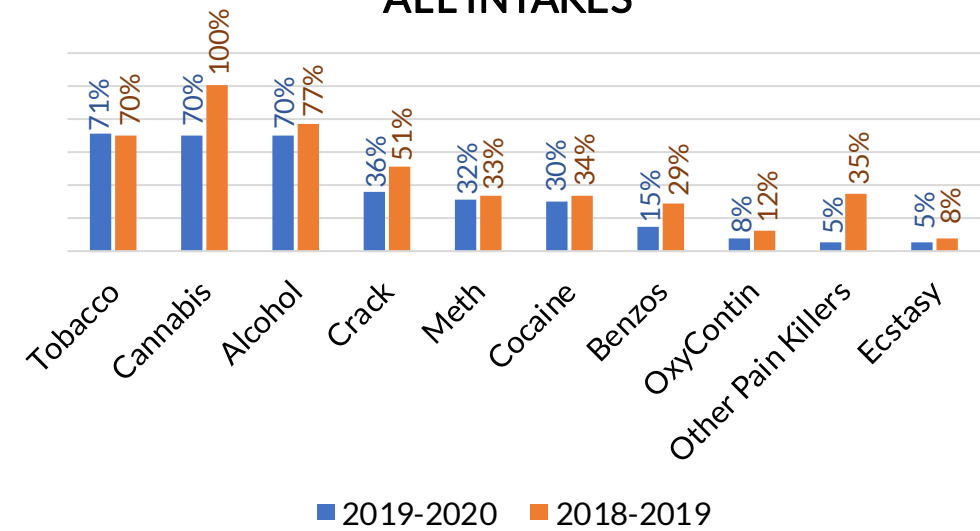
Major Anxiety Disorder and Depression continue to be the primary and secondary, mental health disorders identified by our clients.

### INCOME SOURCE, ALL INTAKES



The majority of our clients tend to be either unemployed, receiving Unemployment Assistance, or applying for Employment Assistance on admission.

### TOP 10 DRUGS USED IN PREVIOUS YEAR, ALL INTAKES



In 2018/2019 there was a considerable spike in marijuana as a drug of choice as it was legalized. This year it drops down to 70% as less people have continued using it, and bringing it in line with the other legal drugs alcohol and tobacco which have also been in the 70% range since 2018.

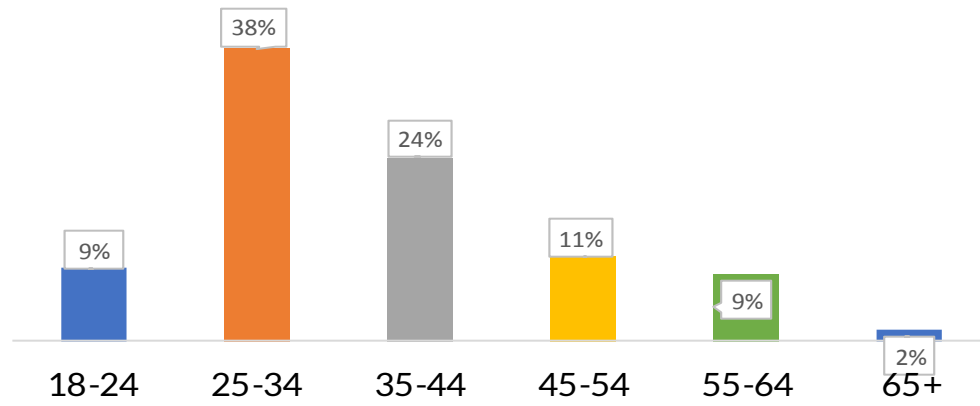
In 2018/2019 (and the first part of the year) meth and crack were the drugs of choice. In the latter part of the year 1/4 one quarter of our participants are using opioids.

Crack dropped, benzos dropped, painkillers dropped, but meth, cocaine and ecstasy stayed close to the same.

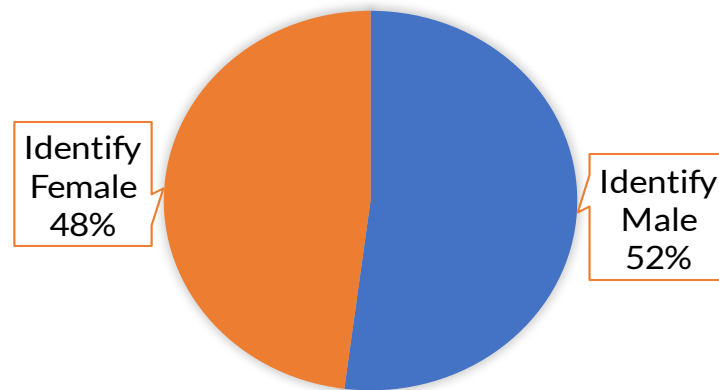
In 1029-2020, individuals at intake reported using less of almost every drug compared to the previous period. Only tobacco and salvia (not shown) reported an increase.



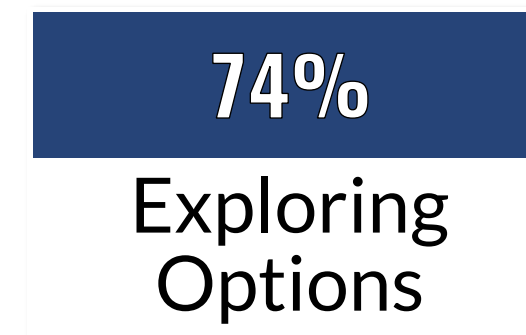
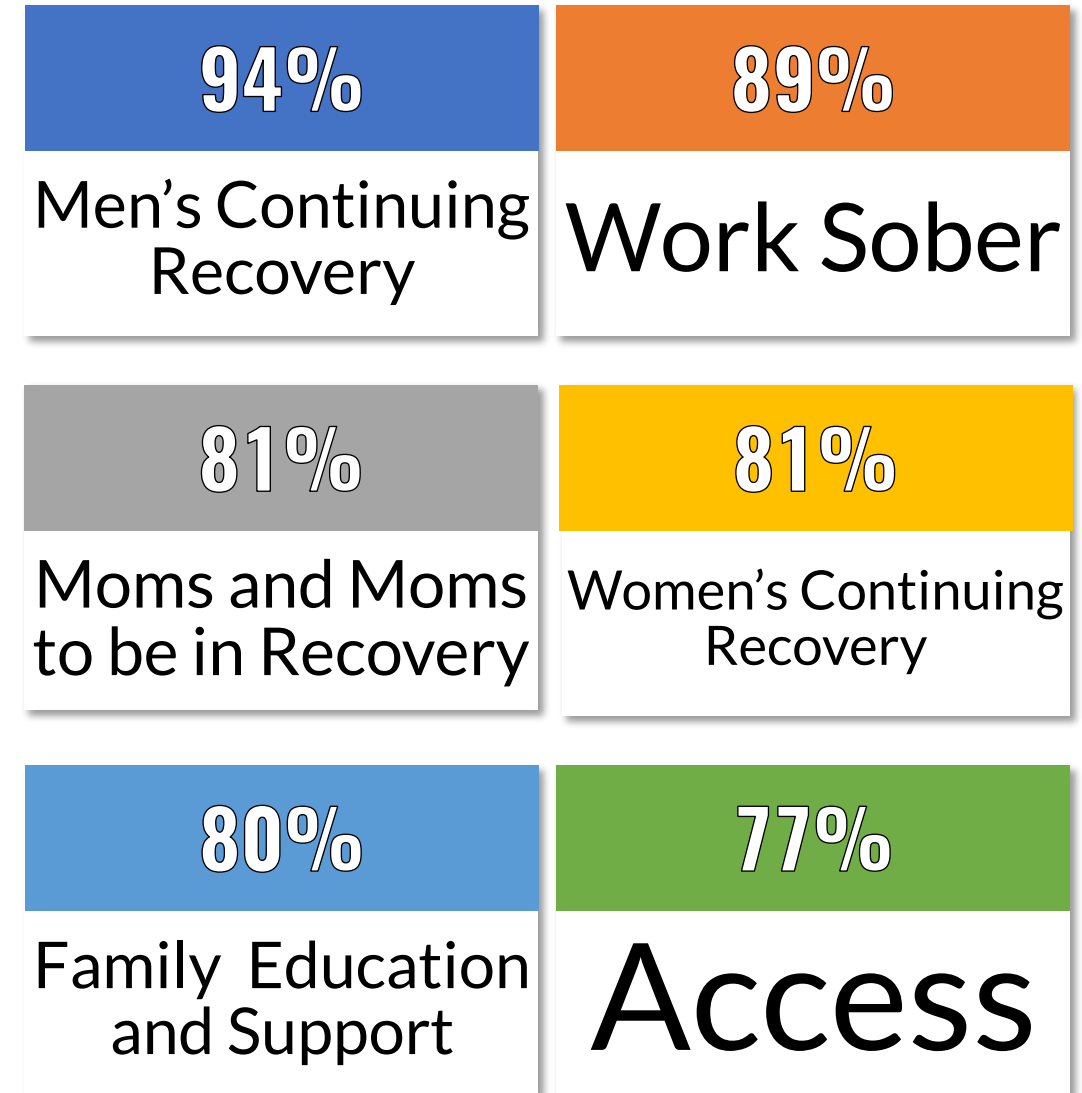
NUMBER OF CLIENTS BY AGE GROUP, ALL INTAKES



GENDER IDENTITY, ALL INTAKES



SUCCESSFUL COMPLETION RATES



27

Number of intakes considering self-inflicted violence, approx. **10%** of all intakes.

93%

Number of clients with suicidal ideation who **did not** attempt suicide.

2

Number of Participants who died by suicide. Approx. **7%** of individuals with suicidal ideation.

16

Number of intakes also in **Drug Treatment Court**.

We have found that working with participants who have had suicidal ideation did not complete suicide. We have had two completions, but many threats and health checks to ensure they are alright. There also have been overdoses – particularly since they have been an increase in Opioid use.

SRWC has been working with **Drug Court** to ensure those with mental health and addiction problems are receiving assistance from both agencies. Forming teams and working with their physicians, psychiatrists, counsellors and trauma specialists has been helpful to ensure an overall treatment plan where everyone is on the same page.

32%

How many people had **stable housing** when they left SRWC.

27%

How many people reported **no substance use** when they left SRWC.

23%

How many people were **employed** when they left SRWC.

5%

How many people reported **less substance use** when they left SRWC.

5%

How many people were **in school** when they left SRWC.

5%

How many people were **volunteering somewhere** when they left SRWC.

5%

How many people on to a **continuing recovery program** at SRWC.





Your Pathway  
to Hope and  
Healing Since  
1996!