

Annual Report 2018-2019

A Year of Celebration!

SRWC St. Raphael Wellness Centre

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Annual Report

April 01 2018 to March 31 2019

Executive Committee

Karen Burwash, LLB - Chair

Ben Suryavanshi, CFP, CLU, RRC, MA (Econ.) - Treasurer

Board of Directors

Finance Committee:

Ben Suryavanshi

Anish Rathore, Eng. & Technology

Doug Meacham

Human Resource Committee:

Lori Nicholson, RN

A. Kathleen Sanders, Dip. Culinary Arts

Kristine Petrasko, BSC. Pharm; CRE CTE

Members at Large

Rt. Hon. E. Schreyer

G. Les Ulliyot, MD, FCFP, LM

Minahal Asif, Intern

Zenon Lisakowski, RN

Staff

Colleen Allan, MSc.M. MPM, M.Div.

Candace Smith, Adv.BA

Cindy Demczyszak, Cert. Admin.

Cherie Kingerski,

Fitzroy Smith, BA, BSW, RSW

Hannah Thiessen, BSW

Chantelle Johnson, Dip. ACSW

Gordon Pratt, Dip. Min.

Rosetta Troia, ACSW

Executive Director

Executive Administrator

Receptionist/Admin. Assistant

Receptionist/File Clerk

Rehabilitation Counsellor, Access & Exploring Options

Rehabilitation Counsellor, Access & Exploring Options (recent)

Rehabilitation Counsellor, Intake & Assessment

Rehabilitation Counsellor -Men's Continuing Recovery and Work Sober

Rehabilitation Counselor, Women's Continuing Recovery, Advocacy and individual Counselling

Recovery Coaches and Other Volunteers

- Colin Tremblay - Facilitates Emotion Management (formerly TAPP) Program
- Darroll Kovalsky - Assists with Work Sober- Working at Red Road Lodge
- Kelly Krawchuk - Assists with Family Program, Outreach, Work Sober, and Recovery Day
- Andrea Dunning - Assists with Family Support Program/Gala and Recovery Day
- Claudette Fournier - Assists with Family Support Program/Gala and Recovery Day
- Margaret Eschak - Currently attending Robinson College
- Gary Henry - Working at AFM
- Darcy Tkach - Working at Kelburn Recovery Centre
- A. Kathleen Sanders - Board Member SRWC

Practicum Students

From April 2018 to March 2019 SRWC had 10 students. These 5 finished their practicums in the Spring and helped at the Deluca Luncheon in June 2018:

- Hardeep Kaur Singh
- Neil Hussain
- Willy Mukendi
- Mavis Gyawu Mensah
- Chezarae Baggs

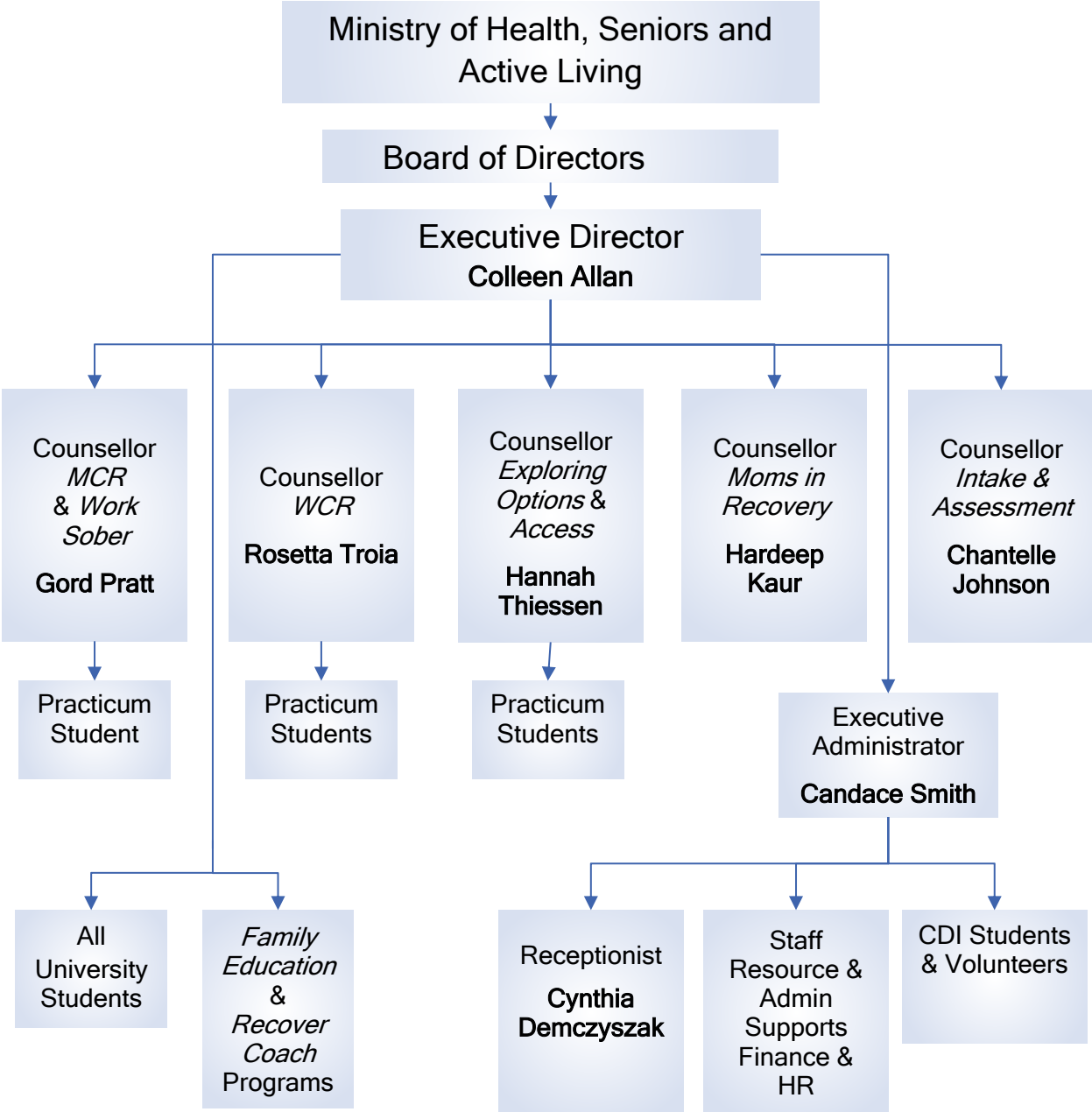
These 5 students began in the Summer/Fall of 2018 and finished in the Spring of 2019:

- Ginger Adams
- Sherri Doerksen
- Sylvia Westcott
- Delaney Killam
- Emily Bagot Sideen



Staff as of September 2018
(left to right) back row: Candace, Fitzroy, Gord, Chantelle, Rosetta; Front row: Sherri, Hannah, Colleen, Cindy

Organizational Chart



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 AGM. It is wonderful to experience the support of so many individuals, staff, volunteers, recovery coaches, and our alumni represented here today. This is a year of celebration for our first annual Silver Lining Gala that was well attended and successful (read more on page 12). SRWC and Aurora Recovery Centre, hosted the second annual Recovery Day at the Forks, and had over 2500 people attend (see page 16).

Through the combined support of Manitoba Health, Healthy Living, Youth & Seniors Branch, and our generous and committed funders and sponsors, as well as our committed staff, volunteers and alumni, we continue to provide a “welcoming community” for healing where individuals, families and friends affected by addictions are accompanied in their journey towards recovery in “mind, body, and spirit.”

The SRWC board and staff, while continuing to provide evidence- based programming for our participants, are actively engaged in researching the gaps in the addiction field and focusing on the recovery capital of our participants. We are currently evaluating all our programming, and a report will be forthcoming in 2020. With funding support from the Winnipeg Foundation and TELUS, we are currently developing a new program entitled “**Moms and Expectant Moms in Recovery**” to meet the specific needs of this vulnerable population. January, 2020 we will be visioning and developing a short- and long-term strategic action planning process and initiative with the SRWC board and staff.

The SRWC Board of Directors, staff and participants, thank our funders, sister agencies and networks for your continued consideration and support for these initiatives, sharing our holistic vision of a “seamless Continuum of Recovery from entry to community integration and beyond” for all individuals and families in our community that are experiencing mental health and addiction problems.

Karen Burwash, LLB
Chair of the Board

Colleen Allan, MScM, M.Div.
Executive Director

Our Mission

To provide a welcoming community non-judgmental recovery-oriented community where individuals, family and friends, affected by addictions are accompanied in their journey towards recovery in body, mind and spirit.

Principles of Recovery

- There are many pathways to recovery
- Predicated on screening and assessment procedures which are holistic and global
- Recovery is self-directed and empowering
- Recovery is holistic
- Recovery has cultural dimensions
- Recovery exists on a continuum of improved health and wellness
- Recovery emerges from hope and gratitude
- Recovery involves rejoining and rebuilding life in community
- Recovery involves a process of healing and re-definition
- Recovery is supported by peers, friends and families.

Staff Development

Having success in the growing addiction recovery field often depends on all SRWC team members having the relevant skills, knowledge and competencies for their various roles. These skills also ensure staff are better able to address the needs of all SRWC individual and group participants.

This year, staff development opportunities included:

- “Cannabis and the Workplace” - Gord
- “Methamphetamine: What’s Old is New Again” - Colleen, Candace, Chantelle
- “Canadian Drugs and Substances Strategy Consultation Winnipeg Workshops” - Colleen
- “Engaging Volunteers in Fundraising” - Colleen
- “Walking Through Grief” - Rosetta
- “Aboriginal Health and Wellness Conference - Rosetta, Fitzroy, Chantelle
- “Mental Health First Aid Training” - Cindy, Chantelle, Kristofer, Fitzroy
- “Couples and Family Therapy for Addiction” - Fitzroy
- “Congruence Couples Therapy” - Fitzroy
- “Field Instructor Training” - Fitzroy
- “Harm Reduction; A Framework for Change” - Fitzroy
- “Eating Disorders: From Image to Illness” - Fitzroy
- “Families and Addictions” - Fitzroy

Networking and Outreach

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.

- Gord and Rosetta attend River Pointe and River House on a monthly basis
- May 2/18 - SRWC attended Opioid Discussion at the Met Event Centre
- June 21/18 - MLA Flor Marcellino invited Participant Kelly K from SRWC to address the legislature
- May, 2018 - Colleen and Rosetta attended Resource Fair sponsored by the Winnipeg Chamber
- July 18/18 - Adult and Teen Challenge staff: James Kalima and Tony Shaefer, Formerly known as “Teen Challenge”
- Aug 22/2018 - Tim Storie Self Awareness Presentation
- Sept 5/18 - Jakob Ramos - Photographer came to do SRWC staff photos
- Sept 26/18 - Kim and Sansung Cho - MB Probations CORU (High Risk Offender unit)
- Oct 16 & 17 - Hannah and Fitzroy presented at the Resource Day at Headingly
- Oct 26 - WISE Breakfast at convention Centre
- Nov 14/18 - Headingly Correctional Centre Christian Suderman (U of M student), Kaitlin Young (U of M student) Robert K, Kasali Akili, Dillon Price
- Nov 1/18 - Fitzroy at Stony Mountain Resource Fair
- Nov. 1, Colleen and Hannah attended Willow Place
- Nov 21 - MLA John Reyes - St Norbert Ward and Assistant Cindy

- Nov 26 - MSUAAW Kickoff at Legislative bldg. Par Kelly K is speaking
- Nov 29 - Gord speaking at RAY
- Dec 12/18 - Presentation from Michael Black from CSBT (Group Health Benefits Solutions)
- Jan 4 & 8 - Fitzroy and Rosetta at addressing supervisors and case workers at EIA
- Jan 23/19 - MLA James Teitsma (Radisson) Assistant Belinda Squance, MLA Nic Curry (Kildonan) Assistant Sarah Maher
- Jan 30/19 - Emily - Volunteer Coordinator from Headingley CC. Organizer of the HCC Resource Fair
- Feb 25 - CDRW Reverse Job fair
- Feb 27/19 - Sarah Riel - Danielle - Community Connections Coordinator
- March 7/19 - Esther House Luncheon
- March 27/19 - MLA John Gerrard and Assistant Shandi Strong



Jon Gerrard visit SRWC



SRWC's Candace at RE-ESE



James Teitsma and Nick Curry visit SRWC

SRWC Receives *Employment Diversity Award*

As part of Disability Employment Awareness Month, Manitoba Supported Employment Diversity (MSEN) awards the *Employment Diversity* award to honour and celebrates employers who have created opportunities for job seekers with disabilities.

SRWC was delighted to be receive this award, and to be recognized as a “Champions of Diversity” through demonstrating diverse hiring practices and creating an inclusive workforce.



SRWC has provided training and work experience for individuals with Reaching E-Quality Employment Services (RE-ES) for many years, and is happy to continue this partnership. Reese partners with individuals with physical disabilities and/or health conditions to help find them meaningful work.

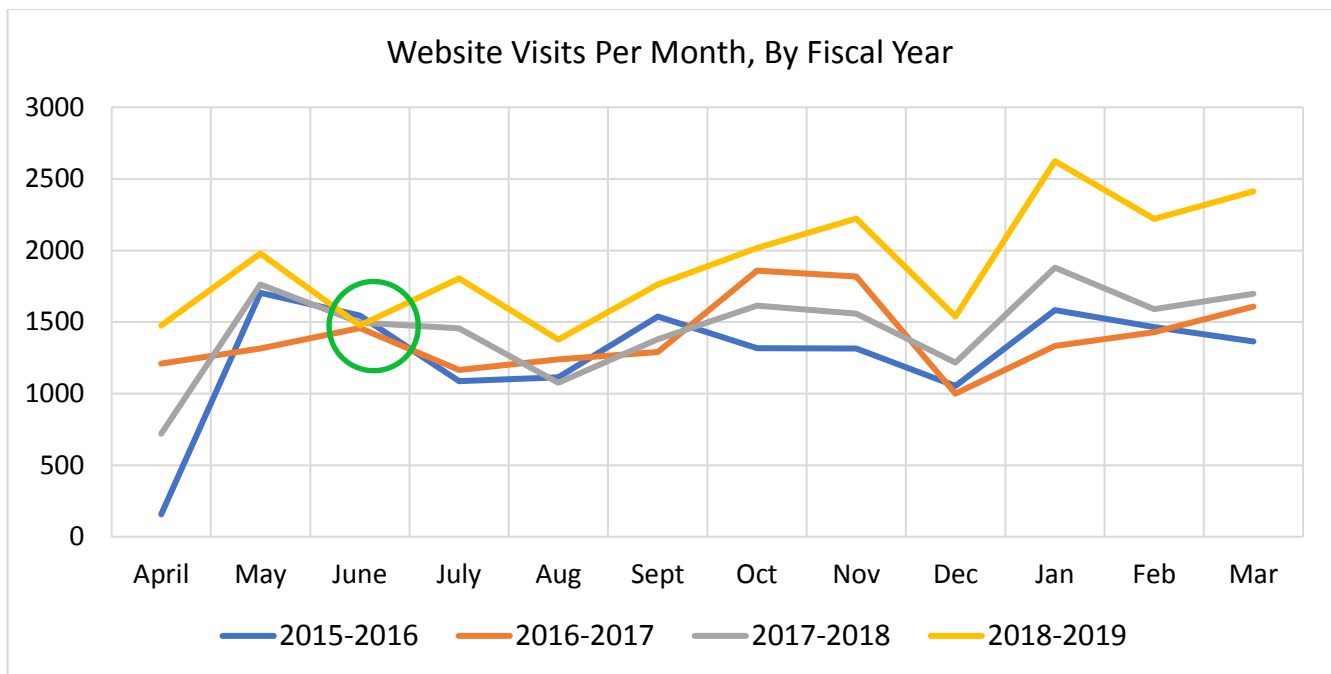
Manitoba’s Disability Employment Awareness Month (DEAM)’s goal is “to celebrate the contributions of individuals with disabilities to our workplaces and communities, and to promote the employment of individuals with disabilities to create a better, more inclusive Manitoba.”



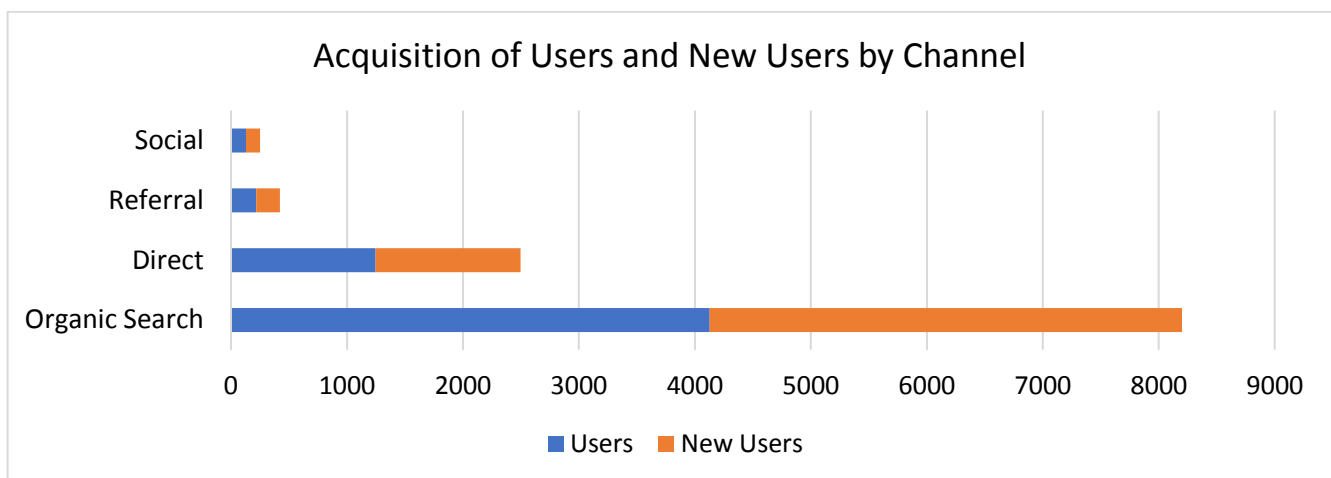
Marketing and Internet

Website

Over the past few years SRWC has been revising and updating the website, and connected SRWC with social media. The graph below compares the past 4 fiscal years (April 2015 is when stat tracking started, to reflect the first major re-design). 2018-2019 has had more visitors every month than any previous year. There is a clear pattern to the visits throughout the year, with highs and lows happening in close to the same month each year. Interestingly, the month of June has consistently had a very similar number of visits every year.



The 4 top channels are shown below, with Organic Search being by far the biggest source of both returning and new visitors.



Of the search engines people used, **97%** used **Google**, 2% Bing, 1% Yahoo, Duckduckgo or Ask.

The top keyword people used to search us were:

- [Not available from search engine] 4,034 Users
- st raphael wellness centre 15 Users
- st raphael wellness centre winnipeg 7 Users
- st. raphael wellness centre 6 Users
- 225 vaughan street winnipeg 2 Users
- st raphael winnipeg 3 Users
- st. raphael wellness centre winnipeg 3 Users
- tribute to a love one 2 Users
- tributes to loved ones 2 Users
- [Other] 74 Users

UPDATE: Since the end of the fiscal year in March, website visits to date have been:

	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
2019	3,113	2,307	1,922	2,098	2,385	2,570	1,918	1,773	864

Facebook

@SRWC225

SRWC has a page on Facebook, with the intention of directing users to the website. Most posts are links back to srwc-mb.ca.

Facebook tracking data is only available monthly, so there is no history to compare at this time.

Other

The website and Facebook are the primary outlets, but SRWC also have a presence in other social media streams:

- Flickr <https://www.flickr.com/photos/171283587@N06/>
- YouTube https://www.youtube.com/channel/UCI2D5tEyl_rC9RU29v47sdw
- Instagram https://www.instagram.com/srwc_mb/
- LinkedIn <https://www.linkedin.com/company/29217213/>

Events

2019 First Annual Silver Lining Gala (April)

The Silver Lining Gala was an enormous success!

The evening was led by the captivating Randy Parker, the MC, featured the talented jazz combo of Phil Collins, Aaron Shore, and Luc Guenette, and was topped off by the hilarious and encouraging Big Daddy Tazz.

There was a wide selection of tremendous silent auction prizes. The evening included the heart-wrenching stories of 5 SRWC Participants on how substance use had affected their lives, and where they are in recovery today.

In the finale, the hilarious and thought-provoking Big Daddy Tazz wrapped up the evening with lots of laughter and encouragement.

Special guests included:

- Mr. Greg Nesbitt, MLA for Riding Mountain, Exec. Assist. to the Hon. Cameron Freisen, Minister of Health.
- Mr. Wab Kinew, (MLA Ft. Rouge, Leader of the NDP, and Leader of the Official Opposition
- Ms. Shandi Strong, acting as designate for Mr. Dougald Fontaine, (MLA St. Boniface - Leader of the Liberal Party)
- The Hon. Cathy Cox (MLA for River East - Minister of Sports, culture and Heritage)
- Mr. James Teitsma (MLA for Radisson)
- Mr. Jon Reyes (MLA for St. Norbert and Waverley)
- Ms. Joy Sul, Mayor of St. Andrews
- Mr. Guiseppe Ganci--Coordinator, Recovery Capital Conferences across Canada
- Mr. and Mrs. Rodell and Jennifer Bautista
- Mr. Rey Anderson
- Mr. Alan Leslie Ford



SRWC Thanks all of its very special, very supportive sponsors for the gala!

Gold Sponsors
Johnston Group
Vickar Automotive Group

Entertainment Sponsor
Aurora Recovery Centre

Silver Sponsors
Ben Suryavanshi and IG Wealth Management
Randall Plumbing & Heating Ltd.
The Meacham Family

Bronze Sponsors
Hill Sokalski Walsh LLP
Kristine Petrasko
Tacium Vincent & Associates

Annual Silver Lining Gala



Guests



Guests



Randy Parker



Guest and Volunteer



Wab Kinew



“Big Daddy” Tazz



Jon Reyes, Cathy Cox, Colleen Alllan, James Teitsma, Greg Nesbitt



Guests and Volunteers

2019 Annual BBQ Picnic-in-the-Park (August)

SRWC has been hosting the friends and family community BBQ for participants and staff for over 7 years. This is an important event for many of the Participants as it one of the times they are able to socialize in a safe, sober setting.

This was a day filled with great food, games, activities and prizes!

It was a gorgeous day in the sun to come together and celebrate the joy in recovery. For many, the highlight of the festivities was an introductory hula lesson lead by Eddie Miller from Manitoba Training. Eddie is fun, inclusive and very knowledgeable! He has over 20 years of full-time experience in the Dance, Fitness, Martial Arts and the Entertainment Industries. Eddie was also on the Recovery Day planning committee, and organized the family and fitness activities on Recovery Day at the Forks.



SRWC's Annual BBQ!

St. Raphael Wellness Centre
ADDICTIONS
EDUCATION - COUNSELLING
SKILL DEVELOPMENT - SUPPORT

Dedicated to effective,
evidence based
Programming & Treatment Models
in Addictions

Thurs, Aug 22, 2019, 12 to 3 PM

- **Join us** for a fun, free afternoon of BBQ lunch and activities.
- **For all** current and past participants, staff, volunteers, students, and families.
- **If you need a ride,** meet here at **10:30.**
- **Sign up today** at the Reception Desk.

Annual BBQ Picnic-in-the-Park



Pars at the picnic



Hula Lessons



Eddie and John



Staff and Family at the BBQ



Pars and Families enjoying the BBQ



Staff and Participant Hula Lessons



Hula Dancing



Brian and Candace



Staff and Family at the BBQ

2ND Annual Recovery Day Winnipeg (September)

Recovery Day Winnipeg 2019 was an amazing success!

Around 2500-3000 people came to Recovery Day Winnipeg on this beautiful Saturday at the Forks!

Last year, SRWC was instrumental in supporting the grassroots movement to create a Recovery Day celebration to Winnipeg. This year, co-hosted with Aurora Recovery Centre and in conjunction with the Recovery Capital Conference of Canada, SRWC presented the 2nd annual celebration 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.

Headliner **Mackenzie Phillips**, star of Orange is the New Black, famous for her role in the original One Day at a Time, and for her involvement the Netflix re-boot of the same series. “Mack” shared her own battle with substance use disorder, and how it has shaped her work as a counselor and advocate for recovery.

Kids and families had a blast at the Kids Zone, with bouncy castles, playing games, light saber battles, dancing, circus workshops, and even a photo-op with some well-known superheroes! Celebrating with families in a safe, substance-free environment can be an important part of re-build trust in the family while individuals are starting or maintaining recovery.

The Fit Zone featured different types of yoga, acro-yoga, boxing, boot camp, Zumba and hula! This was a great chance for participants to explore joyful movement, and finding different ways to move their bodies. Physical health is often strongly connected to mental and spiritual health, which are all pillars of healthy, long-term recovery.

Tom McGouran of 94.3 FM The Drive hosted the event, and all the performers on the CN Main Stage. Performances included dancer **Shea Anderson**, and featured a lineup of local heavy rock bands, including **Dead Ringer**, **Life of Consequence**, **Dizzy Mystics**, **Helfreya**, and **Undead Miscreant**. Many of these performers also had their own recovery stories of hope and encouragement to share.

Headliner **Madchild** brought his unique hip-hop voice to get the crowd jumping!

Speakers at the event shared their stories of recovery. Often heartbreaking, always encouraging. It's not uncommon for individuals take several tries before building up long-term recovery time, so it's always encouraging to hear from those who are there today, and what message of hope they have for all of us.

Speakers were Robbie Grant, Kelly Krawchuk, Erik Light, Jonny Meikle, Dave Nokinsky, Angela Taylor, and Greta Waples.

RECOVERY DAY WINNIPEG

Celebrate Recovery!

- FITZONE!
- LIGHTSABER BATTLES
- YOGA HULA
- BOXING
- TABATA
- ZUMBA **FREE!**
- ACRO-YOGA
- BOOTCAMP & MORE!



SATURDAY SEPT 14, 2019 11:00 AM - 5:00 PM
CN STAGE THE FORKS

RECOVERYDAYWPG.COM



SRWC AURORA
Recovery & Wellness Centre and RECOVERY CENTRE present

RECOVERY DAY WINNIPEG

Celebrate Recovery!

Saturday Sept 14, 2019 11:00 AM - 5:00 PM
CN Stage The Forks Featuring Mackenzie Phillips

- Family Fun Zone *Free!*
- Adventure Zone
- Indigenous Program
- Vendors Village
- Inspirational Speakers
- Food Trucks
- Community Resources
- Local Bands



Orange is the New Black and One Day at a Time actress, New York Times bestselling author, Counselor, and Advocate.



Featuring
Madchild **Dead Ringer**
Helfreya **Life of Consequence**
Dizzy Mystics **Undead Miscreant**

Online: recoverydaywpg.com
 Facebook/Twitter: @DayWinnipeg
 Instagram: @recoverydaywpg
 Email: recovers@snic-mb.ca

In collaboration with Recovery Capital Conference of Canada Friday Sept. 13, 2019

recoverycapitalconference.com

RECOVERY CAPITAL CONFERENCE OF CANADA
MANITOBA
 SEPTEMBER 13, 2019
 RBC CONVENTION CENTRE



Use this link for a 20% discount on RCC of Canada tickets, courtesy of SRWC: bit.ly/RCCColacount



PROGRAM SUBJECT TO CHANGE

RECOVERY DAY WINNIPEG

Celebrate Recovery!

- KIDSZONE!
- FACE PAINTING
- CIRCUS SKILLS
- INFLATABLE BOUNCERS
- MARTIAL ARTS
- DANCE **FREE!**
- GAMES
- WORKSHOPS & MORE!



SATURDAY SEPT 14, 2019 11:00 AM - 5:00 PM
CN STAGE THE FORKS

RECOVERYDAYWPG.COM



2nd Annual Recovery Day



Mackenzie Phillips



Madchild



Brandi Vezina



Elder blessing the event



Robbie G



Throat Singer Nikki K.



Kelly K



Mackenzie and Colleen



Recovery Day Celebration



KidsFest



Hula Dancers

Mayor's Reception

Mayor Brian Bowman invited guests from SRWC, Aurora Recovery Centre, and the recovery community to attend a lunch reception in recognition of Recovery Day.

Mayor Bowman, Colleen Allan and Ian Rabb each spoke about the role of recovery in the lives of individuals living with substance use disorder, addiction, and other mental health issues.



Recovery Week Celebrations included:

- Mayoral Lunch Reception Sept 12 2019
- Recovery Capital Conference Sept 13 2019
- 2nd Annual Recovery Day Winnipeg Sept 14 2019



RC Committee with Mayor Bowman



Colleen Allan

Sharing Ideas

REPORTS

Reception Report

Public Relations and First Impressions!

Reception has been averaging about 30 inbound calls per day and 15 outbound calls daily.

We have noticed an increase in walk-ins in 2019 wanting to book intake appointments. We have also noticed more people bring friends or family with them to book an appointment, some of whom end up booking appointments for themselves. In addition, addiction workers are accompanying their clients for an office tour, which often results in booking an intake appointment for that client.

SRWC has seen an increase in people who drop in frequently. These are people desperate for help with their addiction but cannot meet the 12 or 48-hour sobriety period required to complete an intake and assessment. For these folks, we will go the extra mile to do what we can to assist them, which could mean advising them on how to get shelter for the night, how to get into detox, referring them to the RAAM clinic or to the nearest pharmacy.

On Mondays, Tuesdays and Thursdays SRWC can have as many as **60** Participants coming through the office.

Reception has had to increase security measures to ensure the safety of our workers. By starting up a conversation, asking probing questions and listening to the conversations going on in the reception area, we can then advise our staff if an additional person is required to sit in on the appointment.

SRWC has implemented a fee recovery system that has resulted in more people paying for their intakes and their weekly and monthly group fees. This system helps to provide a sense of responsibility among our participants and improves program attendance.

Cindy Demczyszak
Receptionist & Administrative Assistant

Cherie Kingerski
Receptionist

Intake & Case Management Report

The 2019 fiscal year has been busy with intakes and technical issues with our HIFIs data base system. Amongst our intakes, we have had numerous 'No Show' in regards to participants not attending group after an intake. Through looking at the data provided by HIFI's we have noticed this increase may be related to those struggling with crystal methamphetamine. Are participants have a variety of different drugs of choice, although marijuana would be the most commonly used substance. The second drug of choice is alcohol. Over the fiscal year, SRWC had 415 intakes. The majority of our intakes were self-referral from the internet, word of mouth or referred by other treatment agencies.

SRWC had many opportunities for outreach to different organizational events. Our Men's Continuing Recovery counselor has monthly presentations at River Pointe AFM residential treatment facility. A couple of our students have had the opportunity to join in the outreach events. SRWC was able to attend a few resource fairs at Headingley, Stony Mountain, Millennium Library and our Recovery Day event. We are continuing to reach those in need through these events and meet some of our future participants. Our name is even getting out in the community through the staff development that we have done this year. Myself and two other students had the opportunity to attend 'Trauma Informed Care with Co-Dependent Relationship' through RE: ACT. We met their participants and others in attendance who were interested in the services that SRWC offers.

Chantelle Johnson, Dip. ACSW
Intake Counsellor and Case Management



Family Program & Support Group

Family members and friends are often in the best position to intervene with individuals who are experiencing substance use, gambling and/or mental health disorders as well as support in their recovery. However, those who are living with, or affected by a significant other's addiction problems and issues may themselves experience significant physical, emotional, social and spiritual stress. SRWC believes that providing family support is an integral part of our mandate. Statistics indicate that there are more dissolutions of relationships after an individual is clean and sober than when they are actively using.

A unique feature of SRWC's Family Programming is the diversity of the participants - Parents with Adult Children who are addicted, those dealing with an addicted individual in a personal relationship, Individuals who are recovered, that either want to explore their family of origin dynamics, as well as those who are recovered, but are in a relationship with an addicted partner. The sharing of recovered participants experiences in explaining the addictive process is most helpful to parents and those participants dealing with an addicted partner.

Family Counselling and support is integral to our programming because we believe that:

- 1) In supporting families, we are in effect supporting the person affected by an addiction
- 2) Family, members also move throughout their own journey of recovery, and that this process often parallels the journey of the individual experiencing addiction and/or co-occurring disorders.
- 3) Family members are highly motivated not only to understand. Intervene, and support members experiencing addiction, but also to participate in the in the recovery process and restoring their relationship.
- 4) Family members also require information, skills and strategies in order to deal with addiction, addiction related issues and to develop healthy relationships.

Education

Participants are encouraged to examine their own behaviours in response to the dynamics of addiction on the family system and participate in skill practice sessions that enables them to change responses that are ineffective in dealing with the affected individual. Information and skill development sessions may include the following topics (as per a consensus of need by participants - integrated with their recovery goals.

- Healthy Relationships
- Boundaries
- Enabling behaviours
- Dynamics of Addiction/Co-occurring Disorders on Family System
- Gender Differences in Addiction
- Stages and processes of change
- Stress and Emotional Management -
- Dealing with Grief and Loss
- Managing Self-Care

- Dealing with Crisis and Emergencies
- Skill development and practice in effective interpersonal communication.

Advocacy

As many parents and significant others affected by addiction and/or co-occurring disorders are often not aware of the resources available to them. SRWC provides information and assists by:

- Educating parents, grandparents and family members on their legal rights and parents/grandparents of minors and adult children experiencing addiction (in concert with a legal resource)
- Assisting participants to identify their healing needs and linking them with the appropriate helping professionals and agencies.
- Identifying the organizations, agencies and programs that might be on benefit in assisting their adult children to recover should they choose to enter a program of their choice.

Benefits of the Program

- How it is different from other programs - i.e. focusing on Compassion rather than tough love
- Diversity of each member coming from different places
- Helpful to have 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-judgemental, safe welcoming atmosphere
- 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 get our life back



Family Program graduates, and their Daughter in recovery



Recovery Coach Training Program

PURPOSE

The purpose of the Volunteer Recovery Coach Program is to allow those in Recovery, or who have a heart for those suffering from addiction and/or mental health issues to give back in hope and gratitude.

Recovery Coaches:

- Promote Recovery by assisting individuals to overcome barriers and obstacles in their journey towards recovery.
- Serve as a strength-based guide and mentor for individuals seeking treatment or in recovery.
- Works to expand the variety of recovery support structures within the community the Recovery Coach serves.
- Have the ability to intervene in high-risk situations, lapses or setbacks from escalating to a full relapse and assist the individual to evaluate their recovery plan and the support they need to continue their recovery journey.
- Facilitate or co-facilitates evening support groups
- Provides regular feedback, encouragement and support to individuals and family members.
- Encourages the individual to participate in culturally appropriate support programs and traditional ceremonies to assist with recovery.

The program covers, education sessions on mental health and addiction, helping skills, family dynamics, facilitation and group skills. Total 160 hours.

The Recovery Coach Program has an important side benefit to those involved as it encourages those who are in recovery, and out of the workforce to gain confidence and enhance their self-esteem. A number of individuals who have completed the Recovery Coach Program are employed within the addiction and mental health fields, engaged in higher education or certificate programs, or working in their chosen field of employment. In 2018/2019 there have been **15 individuals graduating** from the program.



Recovery Coach talking with Mayor Bowman

Get Sober (Pre-Treatment)



Access

Access:

This is a group geared towards people who are in the pre-contemplative to contemplative stages of their recovery. A lot of the participants are still learning how to manage triggers and cravings in healthier ways.

Exploring Options:

The participants in this group are in similar stages and cover the same topics as those in the Access group. However, as this is an evening group, some of the participants are working as well.

Successes:

There have been multiple successes in the groups. One participant will be having her daughter returned to her care next month and another participant has already had her two children returned to her. Some of the participants have shared that they are using harm reduction by reducing the frequency and volume of usage or drinking over time. This is an effective approach to recovery as it helps people who want to wean themselves off substances gradually as opposed to all at once.

Other Counselling:

Additional counselling includes individual and couples counseling, which allows participants who struggle with social anxiety to delve more deeply into the issues they are facing. The couples counselling is beneficial as it allows both parties to speak to and listen to each other and where the counselor can observe and offer helpful feedback.

Statements by group participants:

- “There are other people who are in the same boat as I am”
- “SRWC is welcoming, supportive and understanding of my situation. I enjoy coming here”
- “I felt very welcomed (at my) first Access meeting by the counsellors and the group”
- “(I like) the open-minded exchange of ideas and thoughts”



Exploring Options

Completion Rate



Exploring Options

Completion Rate



Readiness/Access

Stay Sober (Post-Treatment)



Women's Continuing Recovery

The 2019 year for the Women's' Continuing Recovery Group has been one with many things to celebrate. The women in this group are resilient, smart, determined and funny.

Most participants that have graduated from group continue to attend part time in order to have continued support in their journey of recovery.

This year SRWC has advocated for reunification on behalf of five mothers. With the hard work of these participants and the support of their facilitators all reunifications have been successful. MLA Jon Gerrard wrote a letter on behalf of one participant and Facilitator and was an integral part of our participant having her voice heard and getting her son back.



Celebrations

- Three of our moms have had babies and although there were birth alerts on file, none of the children were apprehended at birth and the mothers continue to live a healthy and sober life.
- One Participant will be giving birth to her daughter in December and another Participant in January. Both have had birth alerts removed from their file.
- Two participants have gone back to work full time.
- One participant is attending college fulltime in the Community Services Worker program at Robertson College.
- One participant has started University and is attending class full time.
- One participant who was incarcerated and in transitional housing was granted early parole and was able to move back home to live closer to her family.
- One participant has entered a detox and residential treatment program and will be returning to our group when she has completed the program.
- One participant is starting residential treatment December 19th 2019 and will be returning to our group upon completion of the program.
- SRWC advocated on behalf of two participants to for acceptance into Manitoba housing. Both have now moved in.

The participants in our group have benefited and have seen an improvement in both their mental health and physical health. The participants often speak about an important part of healing and recovery in sobriety is giving back. For this reason, our WCR Participants helped SRWC prepare for as well as volunteered at the Silver lining Gala in April and Recovery Day Winnipeg in September. They also went to the legislative building for the start of Addictions Awareness week to represent SRWC.



Mothers in Recovery Program

Mothers in Recovery Program

Specialized recovery support for women with (or expecting) children.

For more information, please call 204-956-6600

SRWC's Mothers in Recovery Program assists women who are recovering from substance use issues. We offer:

- Group and individual counselling in a non-judgmental, supportive environment.
- Whole-health recovery support to reduce stress and encourage healthy connections and bonding.
- Help in navigating systems such as EIA, housing, return to work, CFS.

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This program is dedicated to providing a safe, understanding, judgement-free platform for Moms and Moms to be in recovery. Many women experience the fear, shame, guilt and judgement that comes with being a mother or expectant mother with addiction and mental health issues. Our specialized programming offers support, resources, and assistance in navigating the CFS, EIA and Judicial Systems. Our program is designed to address the context of their lives, giving them the tools, encouragement and empowerment to balance their recovery and parental responsibilities and the reunification of families.

Planned Topics

- Trauma
- Family Violence
- Mental Health Issues - i.e. Depression
- Boundaries/Discipline
- Relapse Prevention - Triggers
- Stress Management
- Self Reflection
- Parenting styles and skills
- Anger Management
- Self Development
- Communication
- Trust Issues and Bonding
- Time Management and Daily Routine
- Self-Care
- Budgeting and Nutrition

Planned Activities

- Fitness opportunities at the YWCA
- Picnics
- Holiday Celebrations
- Monthly Activities with Children
- Sweat Lodge Experience
- Nature Walks
- Art Gallery
- Human Rights Museum
- Women's Events at M. Legislature
- Baby Showers - Celebrations
- Medicine Wheel Teaching
- Giving Back - Siloam Mission, etc.
- Volunteering at Recovery Day
- Life Skills



Men's Continuing Recovery

Men's Continuing Recovery (MCR) group is a stay-sober 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 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 which more helpful thinking patterns could replace them.

The group learns together to understand the differences between what they can control, and what they can't. The ability to accept what they can't change can be a powerful tool in reducing stress, building/strengthening relationships, reducing resentments, increasing self-value, as well as sustaining a healthier overall recovery.

Completion Rate



MCR

Good News

- Several Pars received help with resumes and other job-finding tools and were able to find work they found value in. Most of them moved to the Work Sober group at that time.
- The Par who was able to successfully complete the program and returned to a job he loved, which being away from was his major stressor.
- Several Pars who had their children returned or were granted longer visiting time while the Par was involved with MCR
- 2 Participants who maintained long enough stable sobriety to qualify for training as Recovery Coaches.

Some of the key topics:

- Realistic and Effective Goal Setting
- Managing Cravings
- Beliefs and Attitudes
- Creating New Self-Care Rituals
- Practicing Mindfulness
- Forgiving Self and Others
- Anger and Other Difficult Emotions
- Assertive Communication
- Understanding and Keeping Boundaries
- Spirituality in Recovery
- VAK Learning Styles
- Illusions of Immunity (The 4 Icebergs)

In Their Own Words

- "I have learned to appreciate the everyday successes that I am achieving" -MN
- "I have learned to make more of an effort to forgive people I'm harbouring resentments towards" -NF
- "I liked learning about meditation and the body scan, and I can do that every day." -GA
- "When I feel stressed now, I practice SOBER breathing—Stop, Observe, Behave, Expand, Respond." -ZR



Work Sober



Individuals who have left their job to get sober were able to attend day time programs, but when they returned to work, they didn't have access to the same degree of support. The Work Sober program was created to fill that gap. It has also proven helpful for individuals in school full time.

While having steady employment or schooling is often a cornerstone of healthy recovery, it doesn't solve everything, and in fact frequently comes with its own challenges. Employed individuals in recovery have had to deal with the stigma of both having an addiction, and being off work for disability. They often have to face a workplace that promotes drinking, either as a part of the socializing culture, or as part of the job itself.

Almost every individual in recovery who has participated in this program has shared examples of time when work-related situations were creating stress, or resentments. Both of which need to be managed differently in order to increase their chances of staying sober. You will see this reflected in the sample topics list below. This year, this group also went through the full TAPP for Men program content.

Good News

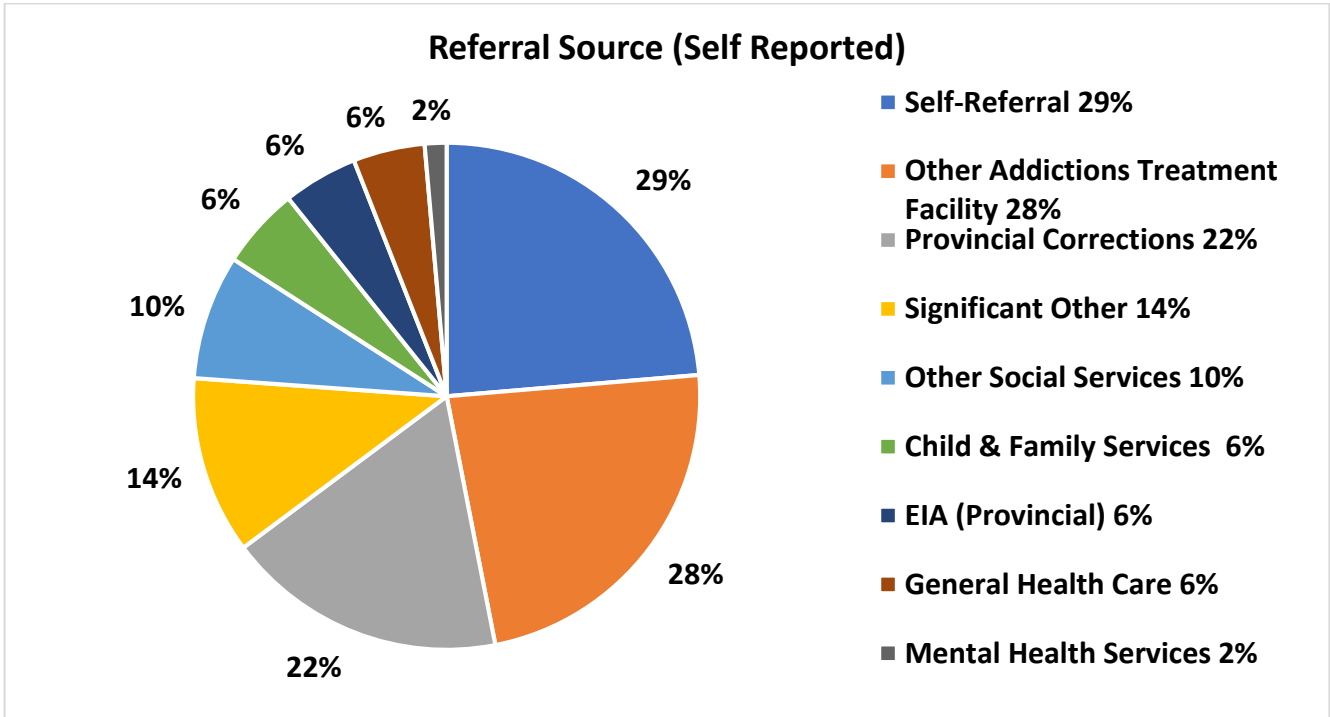
- Several Pars who had their children returned or were granted longer visiting time while the Par was involved with SRWC
- Par who successfully returned to his job now holds info sessions at work on addiction and mental health issues.
- The Par who was able to restore a lot of their relationship with their father, while managing both their recovery and their business.
- Par who did not return to their job in the casinos which had previously held too many unmanageable triggers.
- Par would have slipped once, but their dealer told them to go away. The par says they thank God for this, and have never been that close to slipping since.

Some topics include:

- Being Resilient to Stress
- Managing Cravings
- Isolation vs. Healthy Supports
- Healthy Relationships
- Grief & Loss in Recovery
- Relapse Prevention Slide: Slip, Lapse, Relapse
- Overcoming Perfectionism
- The Science of Willpower
- Cultivating Joy in Recovery
- Self Esteem: The Model
- Self Esteem: Core Values
- Self Esteem: Challenging Unhelpful Thinking

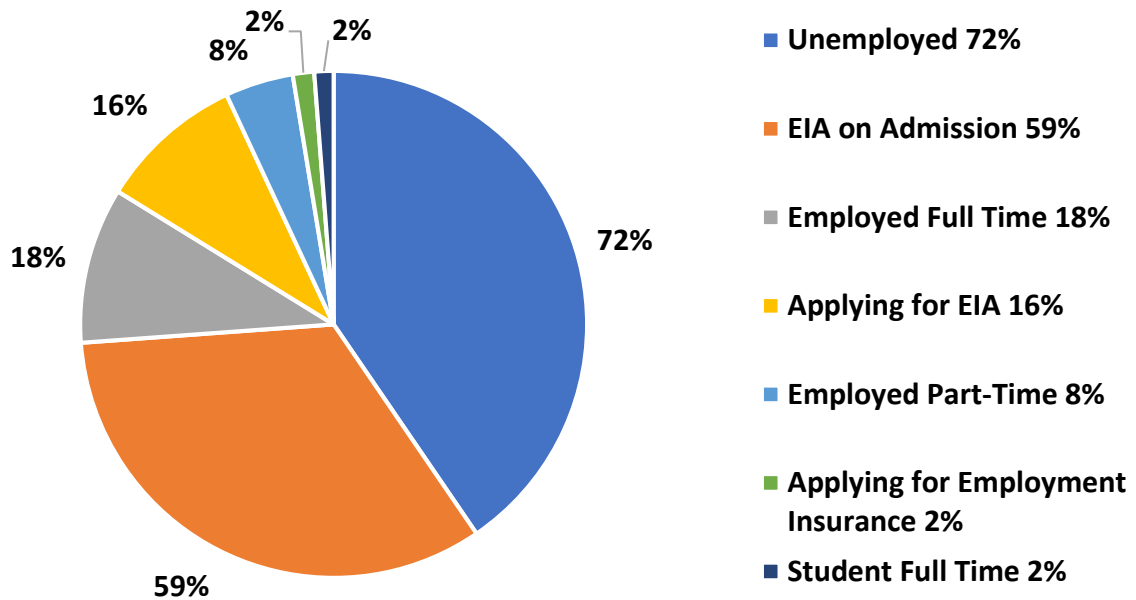
In Their Own Words

- "I learned how to avoid losing my shit." -NR
- "I now know to focus on activities what will help me build my new identity in recovery: Reading, planning meals, eating healthier." -CH
- "I am dealing better with my emotions. I'm a lot less angry and dangerous to myself or others." -CM

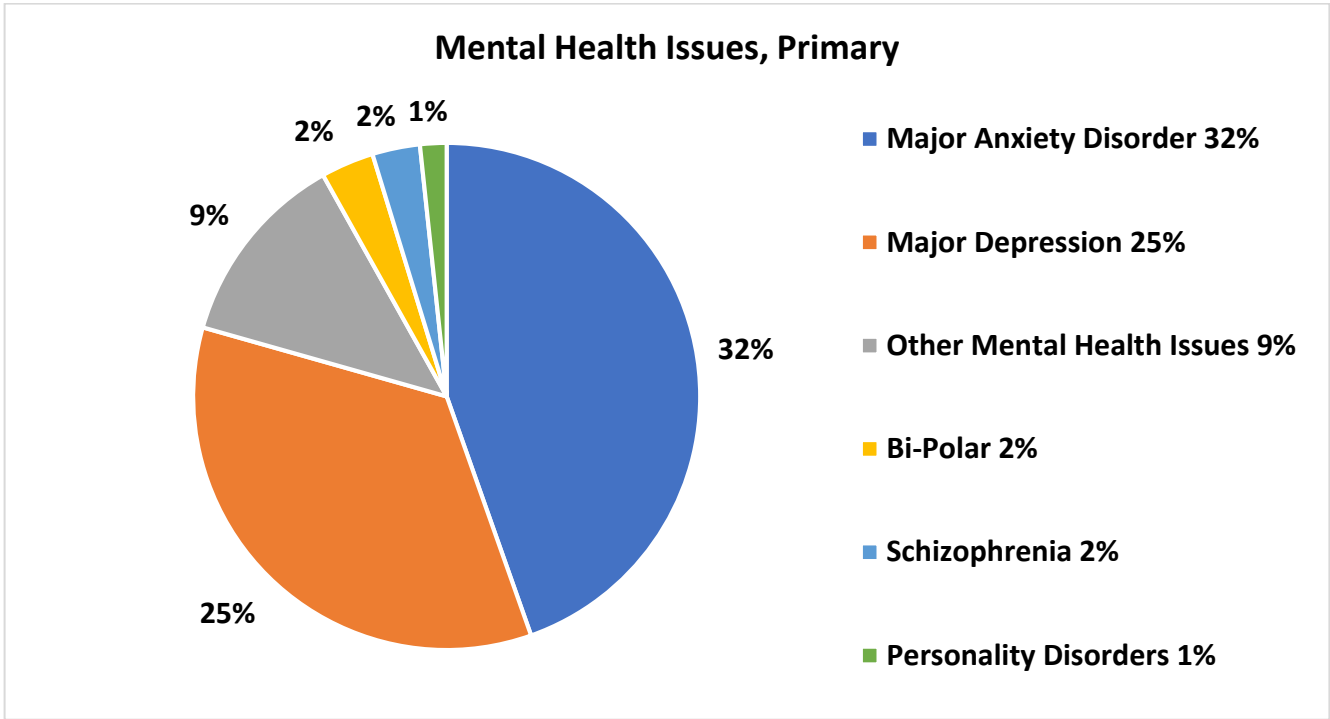


Referrals have continued to diversify again this year. Although the majority of referrals have been from other addiction programs, we have seen an increase of self referrals as well as an increase of 50% of Family/Significant other referrals. SRWC believes this is due to more awareness of our programs through promotional material, attendance at Conferences, and revamping of our website. The Addictions Help-Line has also been responsible for an increase in calls to our Centre for programming. However, the calls from the Help-Line are also responsible for the number of no shows on intake, as often the crisis which precipitated the call had dissipated or the individual returned to their former use pattern.

Client Income Status at Intake (Clients may have more than one.)

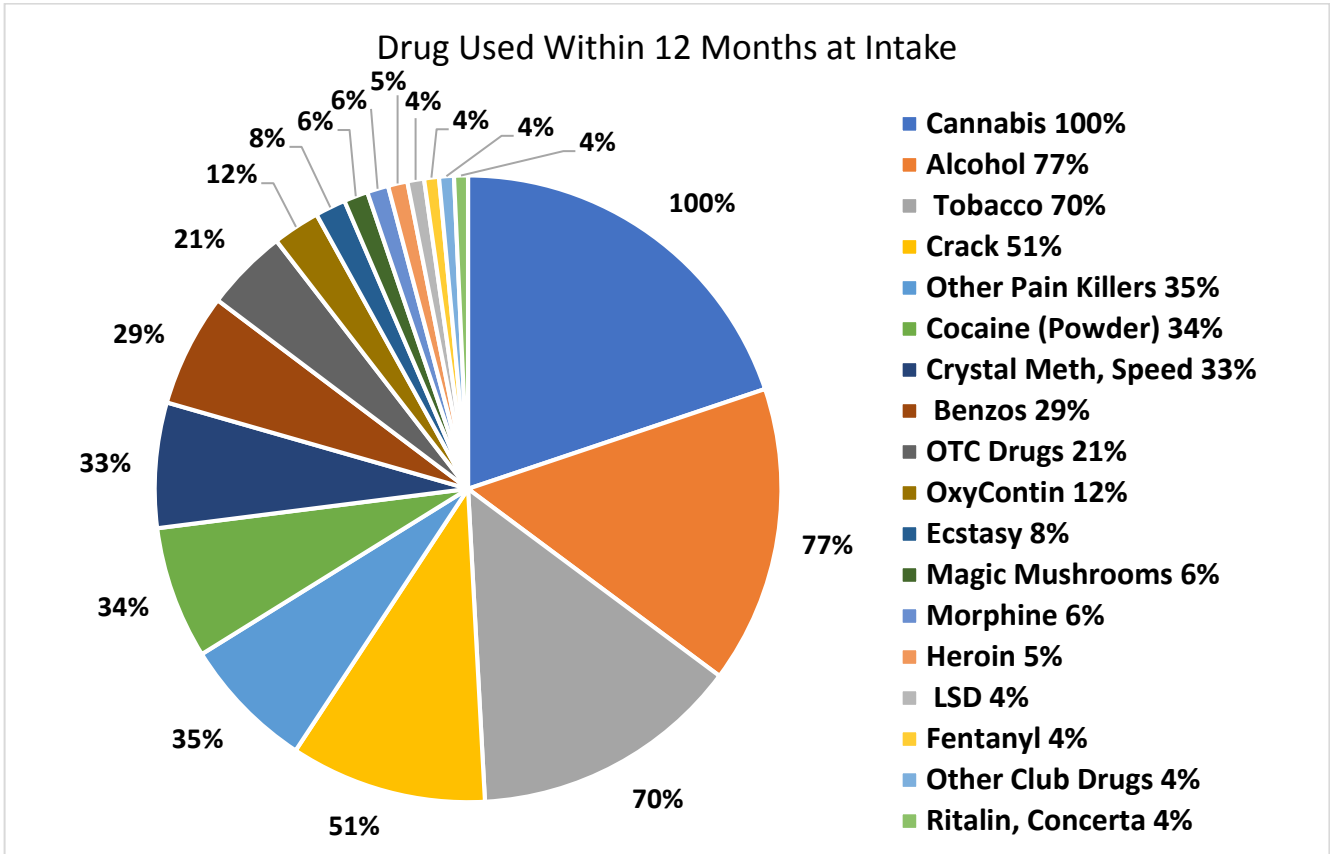


As indicated the majority of our clients are either unemployed, receiving Employment Assistance on admission, in the process of applying for Employment Assistance, or applying for Employment Insurance. However we also had an increase in the number of clients who were either employed full or part-time.

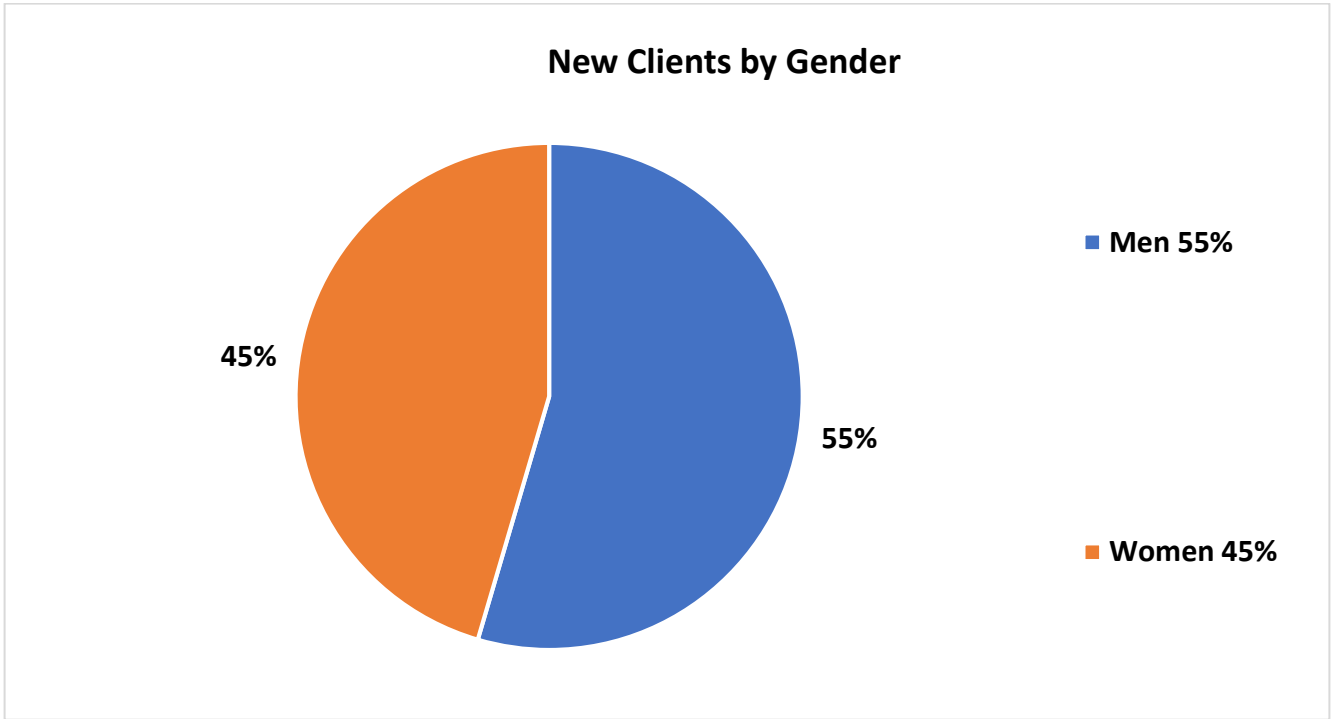


** 77% of new clients disclosed co-occurring mental health issues. This chart shows the primary mental health issues as a percentage of the 415 intakes.*

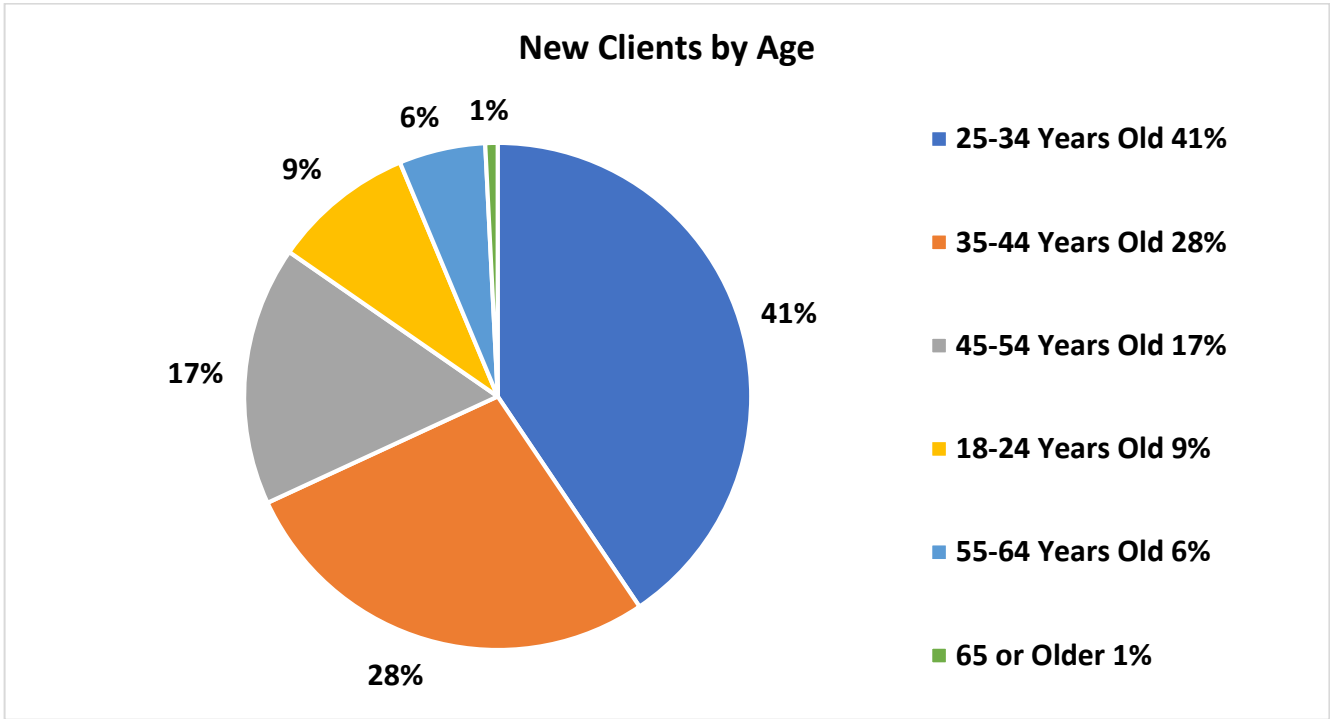
Major Anxiety Disorder and Depression continue to be the **primary** and **secondary** mental health disorders of our clientele. Three percent of our clients were either identified as being medically diagnosed or suspected of suffering from FASD. Twelve percent of our clients also indicated that they had suicidal ideation upon Intake and Assessment.



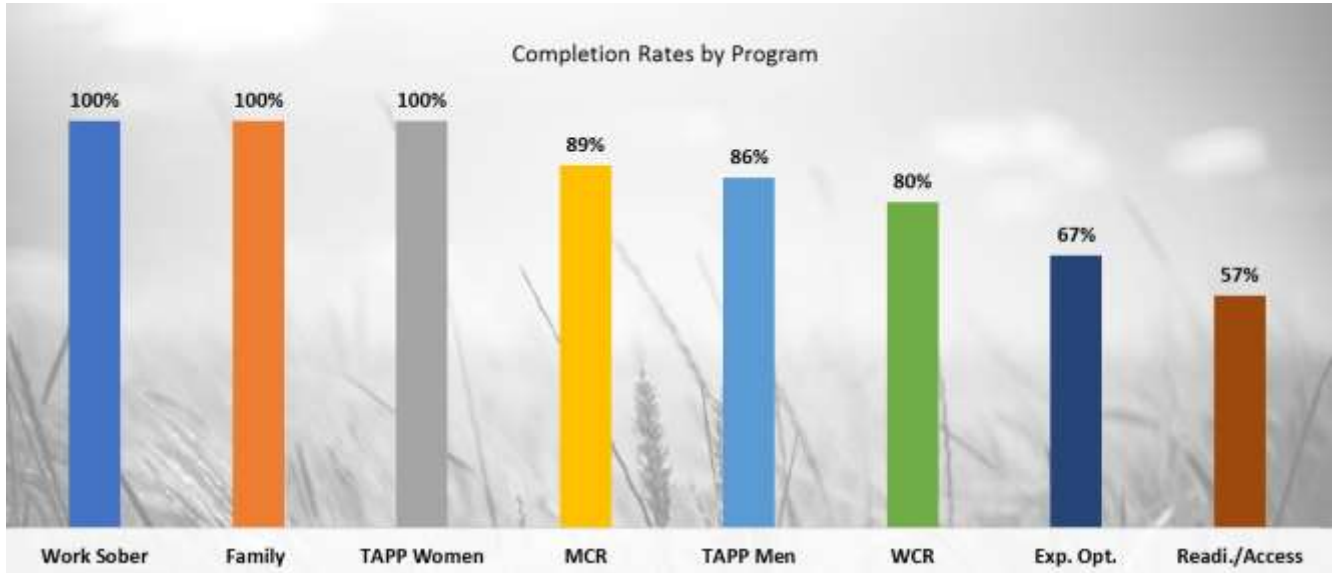
All of our clients in 2018/2019 indicated they had used Cannabis followed by Alcohol, Crack Cocaine, Cocaine (Powder), Crystal Meth, and Benzodiazepines. **Note:** On Intake Opioid use as well as Fentanyl and Oxycontin appear to be replaced by the increase in Meth as their primary drug of choice.



The majority of our new and repeat clients for all our pre and post programs continue to be men 24 to 34 years old, followed by men 35 to 45 years of age.



As noted, the average of New Clients are 25 - 44 years of age, with the majority being in the 25-34 year age bracket.



As one would expect the completion rates for our Work Sober, Family, Men's and Women's Continuing Recovery as well as Women's TAPP have the highest rates of completion. Many of the women attending our programs are unable to continue if they have received custody of their children as there is often no respite for them to continue as well
