



SRWC
You have choices

ANNUAL REPORT 2018

A Year of Accomplishments

St. Raphael Wellness Centre
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www.srwc-mb.ca
info@srwc-mb.ca

MESSAGE FROM THE CHAIR & EXECUTIVE DIRECTOR OF SRWC, INC.

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.

Through the combined support of Manitoba Health, Mental Health & Addictions 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 field and focusing on the recovery capital of our participants. Our vision is to ensure the incorporation of the Principles of Recovery in all our programming as well as ensuring that we address the four pillars of the World Health’s Definition of holistic health – namely addressing the physical, mental, spiritual and sexual health needs of our participants.

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** individual’s and families in our community that are experiencing mental health and addiction problems.

Kevin Young - Chair

Colleen Allan, MScM, M.Div. Ex. Dir.

OUR MISSION

To provide a welcoming community non-judgemental 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.
- Recovery involves rejoining and rebuilding life in community

ANNUAL REPORT 2017/2018

EXECUTIVE COMMITTEE

Kevin Young – Chair
Karen Burwash. LLB - Vice Chair
Ben Suryavanski – Treasurer
Glenys Wirch – Clinical Supervisor

BOARD OF DIRECTORS

(Members at Large)

Rt. Hon. E. Schreyer
Lori Nicholson, RN
Les Ulliyot, MD, FCFP
Zenon Lisakowski, RN

STAFF

Colleen Allan, MSc.M. MPM, M.Div. – Executive Director
Candace Smith Executive Administrator
Cindy Demczyszak – Receptionist/Admin. Assistant
Kristofer Reid/Hanna Thiessen– Rehabilitation Counsellor
Noah Star /Chantelle Johnson – Psycho/Education Facilitator
Gord Pratt – Rehabilitation Counsellor
Sherry Tole – Receptionist
Rosetta Troia– Rehabilitation Counselor
Fitzroy Smith BSc. Rehabilitation Counsellor

VOLUNTEER/RECOVERY COACHES

A.Kathleen Sanders (Facilitates Anxiety Sessions)
Keedeem Cummings (assists with the Family Education/Support Program)
Gary Henry (has a position at the AFM)
Darroll Kowalsky – Assists with TAPP and Work Sober Program
Kelly Krawchuk – (Assists with Work Sober Program)
Al Mallett (now working – assists with Work Sober Program)
Kathleen Shelltrude (Coordinator Life Line- Art Exhibit)
Colin Tremblay (Volunteer - facilitates TAPP Program)
Hazel Wittering – (works at AFM, Destiny House) Assists with MCR

PRACTICUM STUDENTS

Christine Burke (U. or M.) Katy Scammel (U. of M.) Hannah Thiessen (Booth)
Dion Gingerich (Providence) James Kalima (Providence)

STAFF TRAINING

SRWC ensures that our staff experience training that is relevant and current to their personal and professional needs. We appreciated the opportunity to have staff attend the AFM Education Courses and other training opportunities that became available. SRWC ensures we have a competent trained staff ,receiving the “state of the art” education and skills, as well as access to a Clinical Supervisor.

Courses

Mental Health First Aid
Youth SU & Gambling
Families & Addiction
Continuum of Recovery
Field Instructor Training
Fundamentals of Addiction
Domestic Violence & Health
Harm Reduction
Understanding Problem Gambling

Workshops

Leadership
Eating Disorders
Cannabis Public Health Forum
Integrating the Forgotten Pillar

Conferences

Recovery Capital
CCSA Issues of S.A.

NETWORKING AND OUTREACH

SRWC regularly networks with a number of Agencies. Having them visit and tour SRWC, providing information and sharing of resources on site, providing staffing for a booth, or coordinating an event such as Recovery Day.

Addictions Foundation of
Manitoba
Alcoholics Anonymous
Aurora Recovery Centre
Awasis Agency of Northern
Manitoba
Cocaine Anonymous
Destiny House

Kathleen Shellrude
The Laurel Centre
Manitoba Harm Reduction
Network
Manitoba Schizophrenia
Society
Marymount
Mood Disorders Association

Ray (Resource Assistance
for Youth, Inc.)
The Red Road Lodge
Refuge Recovery
Sara Riel Inc.
Scott Oake
St. Boniface Street Links /
Morbera House



Statistics and Demographics

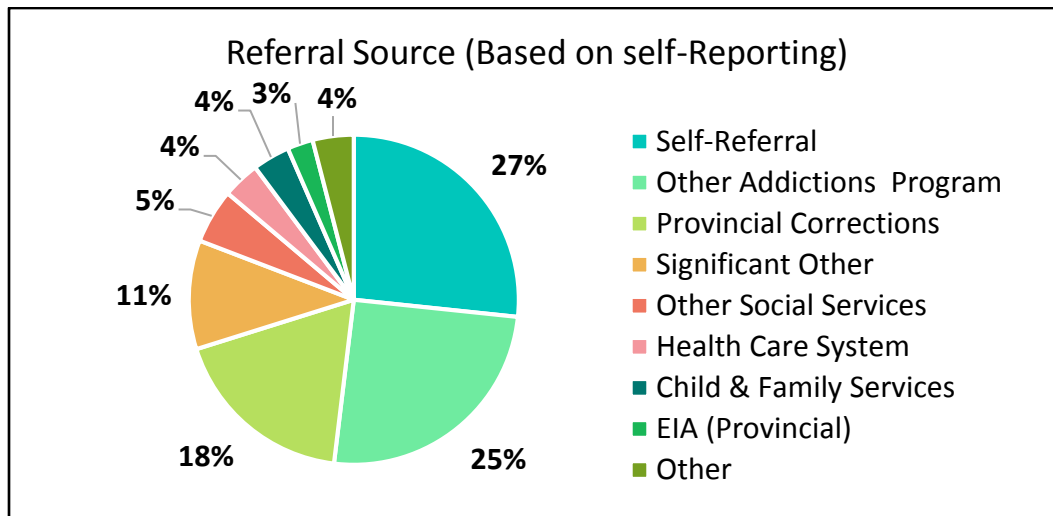
TELEPHONE CONTACT

For the 2017/2018 fiscal year we have kept records of the number of participants who are calling SRWC on our direct line, as well as the number of calls to Participants. The following does not include email enquiries or text messages that we receive or send. This also does not include the emails and calls to and from our participants and counsellors directly.

INTAKES

SRWC conducted 299 participant intake sessions of 1.5 hours each – this included the initial intake and an additional Orientation session for participants with their respective Counsellor prior to entry into group. We do not count those individuals who do not return for the orientation or their respective assigned program.

INTAKE REFERRAL



Referrals have continued to diversify again this year. Since 2012 the majority of referrals have been from other addiction programs with the majority of these referrals from the AFM and Tamarack. Although AFM has continued to be a major source of referrals to our Access and our Women and Men’s Continuing Recovery Programs. This has been changing as more referrals tend to identify themselves as self-referrals. This SRWC believes is the result of more awareness of our Programs through promotional material, attendance at various Conferences and the revamping of our Website. The “**Addictions Help-Line**” has also been responsible for an increase in calls to our Centre for programming.

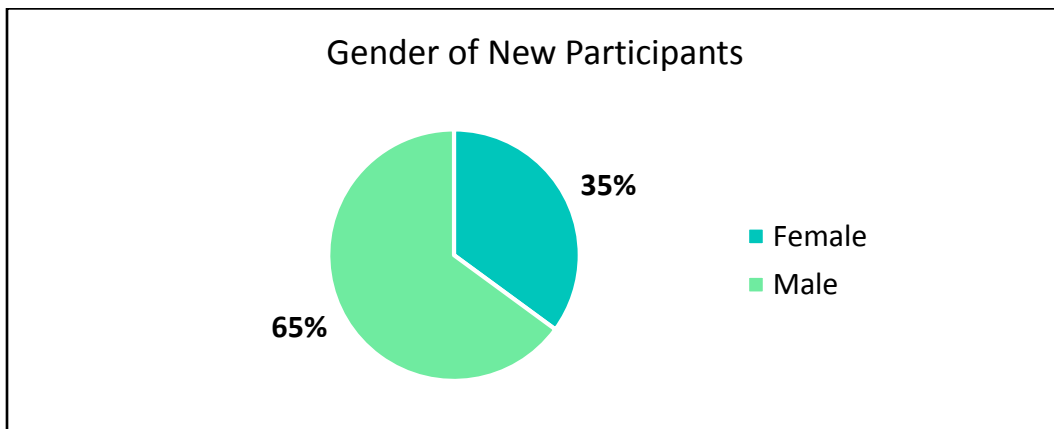
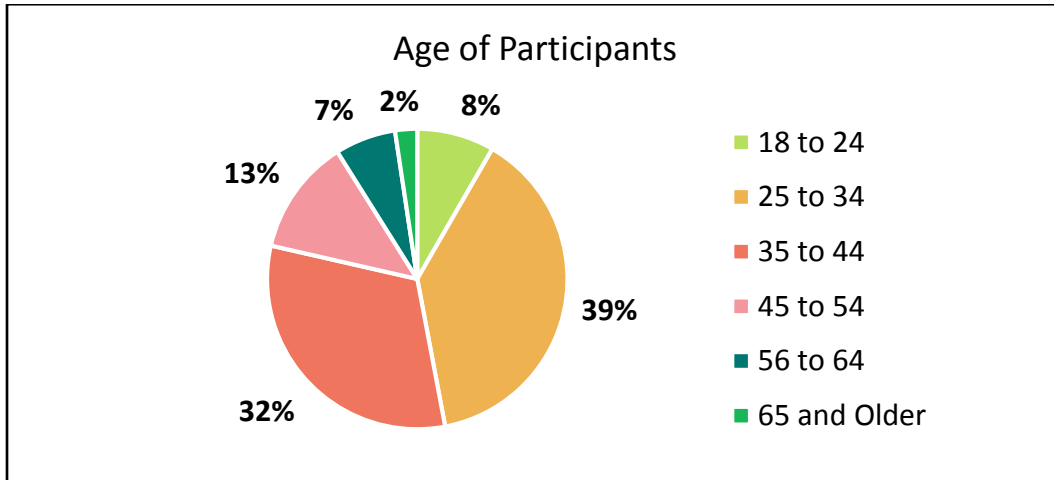
SRWC reviewed the Intake process and found that there were a number of no-shows in participants making an appointment and not showing up for their Intake. This is an ongoing issue in the field as participants change their mind, their situation and consequences they are facing due to their drug and alcohol use has diminished. SRWC has been working with Probation, EI and EIA, CFS, and the AFM to streamline the referral process particularly for mandated participants. We have reduced wait times to just over a week.

In 2017/2018 SRWC has been exploring ways to reduce the wait times between the first intake and their orientation session with their counsellor and entry into group. We now call participants before their first Intake and before their first group session. We have simplified the process and

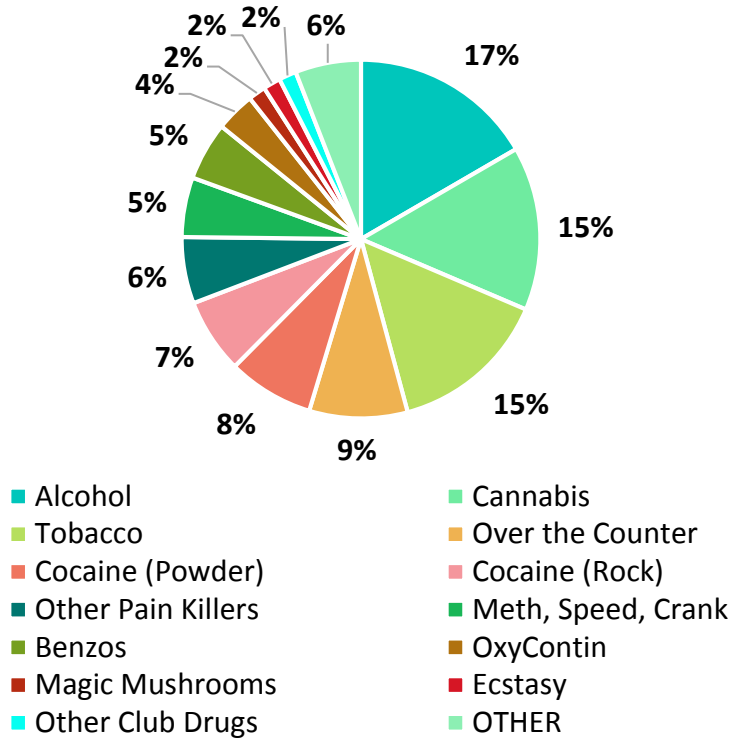
made it a two- step process – Intake – meet with counsellor before their group session and go directly into their group.

AGE RANGE OF PARTICIPANTS

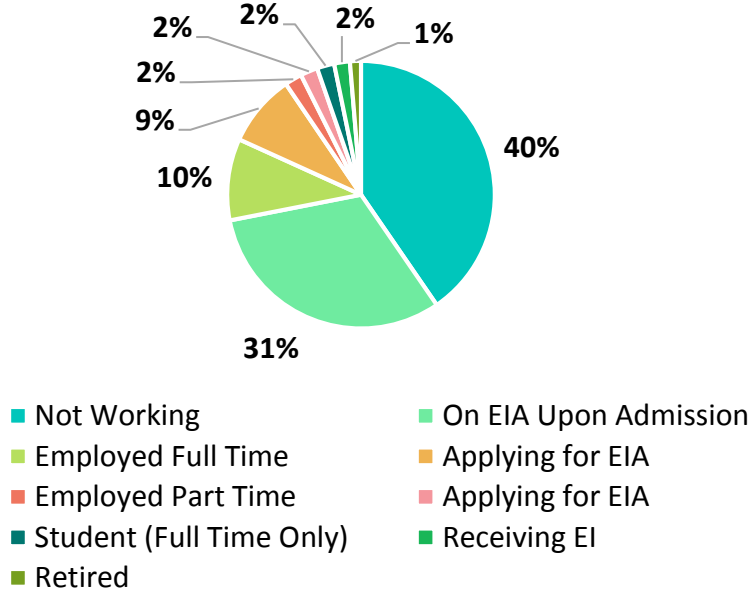
The majority of our participants both male and female are between the ages of 18 and 44. This does tend to fluctuate between the male and female participants from year to year, but overall remains stable.

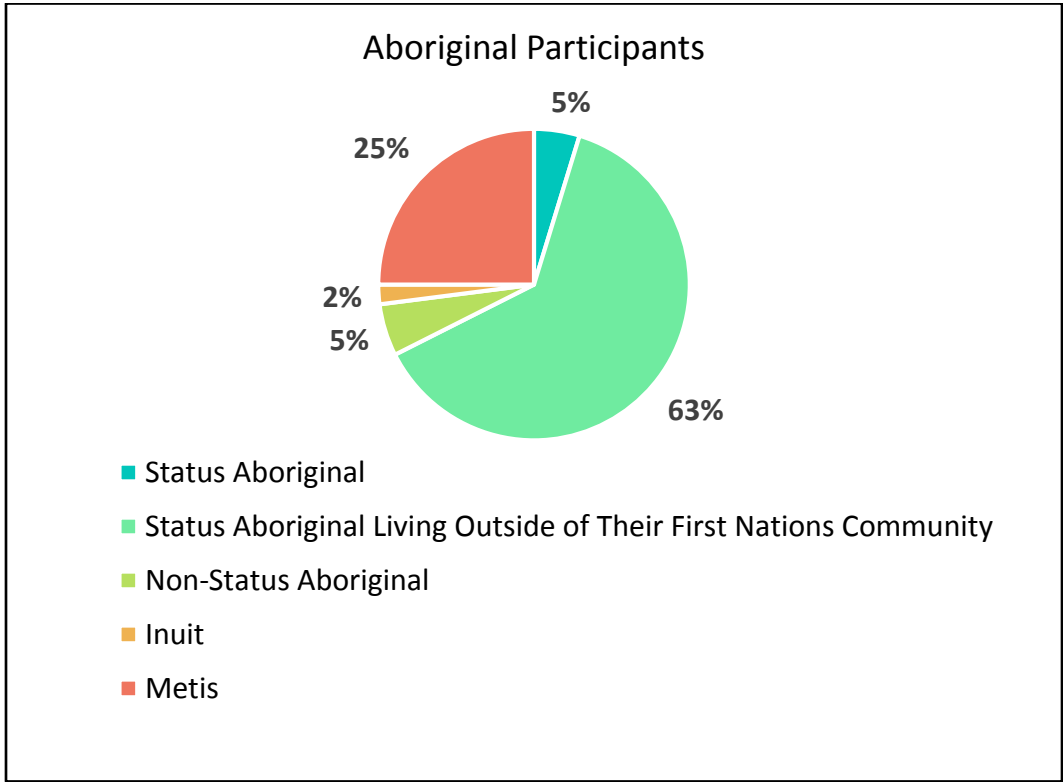
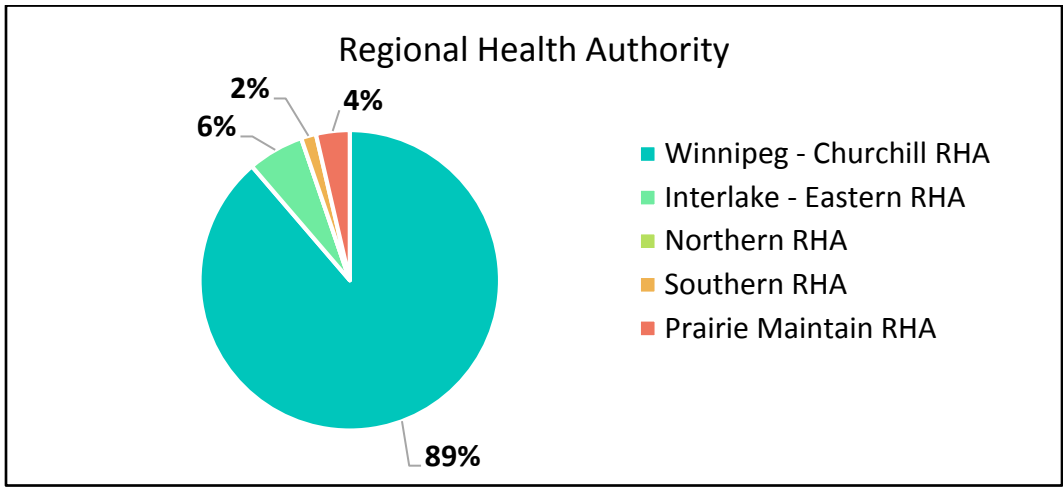


Reported Drug Use on Intake Within Past 12 Months

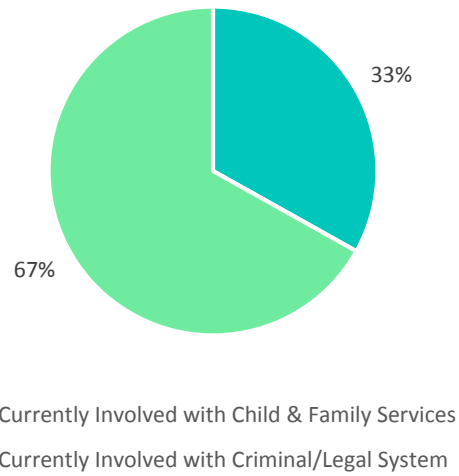


Client Income Status on Admission

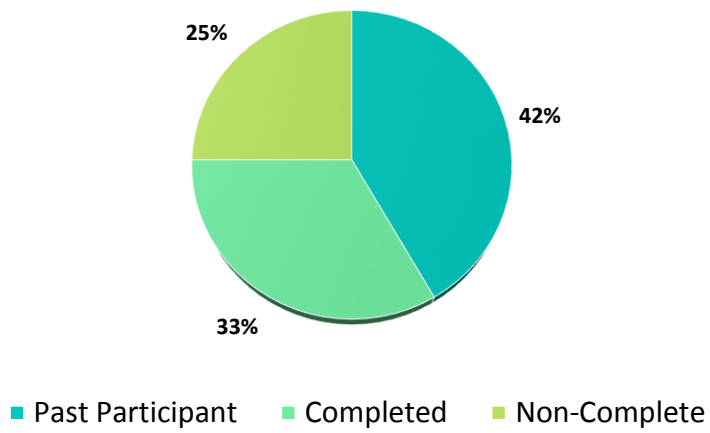




Participants Involved With Other Systems

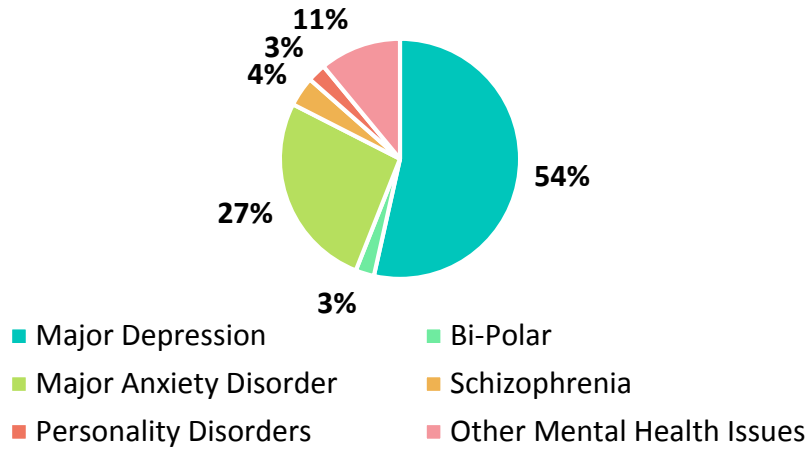


Drug Treatment Court

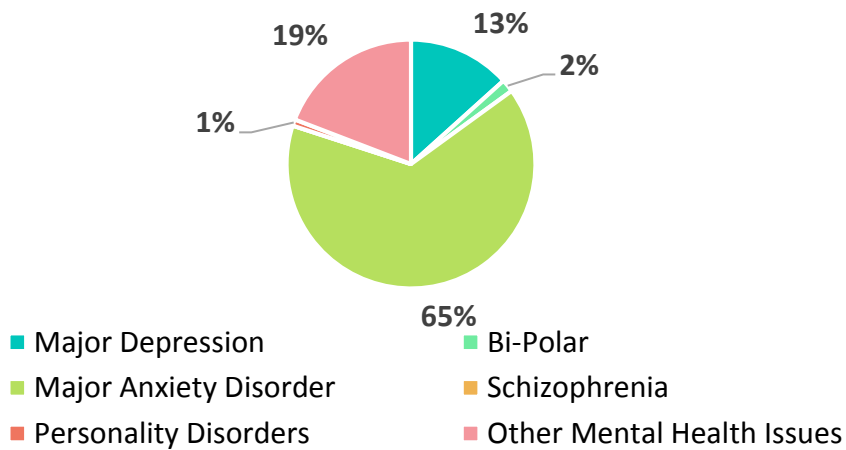


MENTAL HEALTH ISSUES

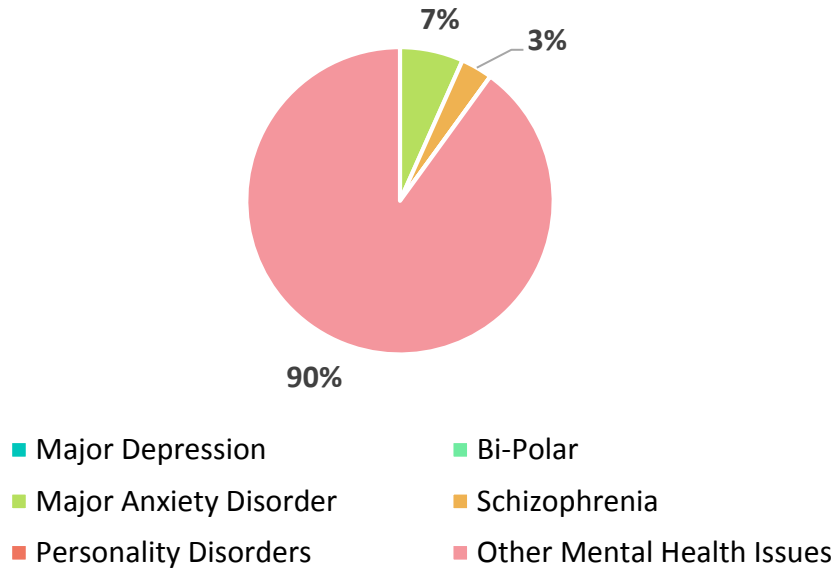
Participants With Diagnosed or Reported Mental Health Issues - **PRIMARY**



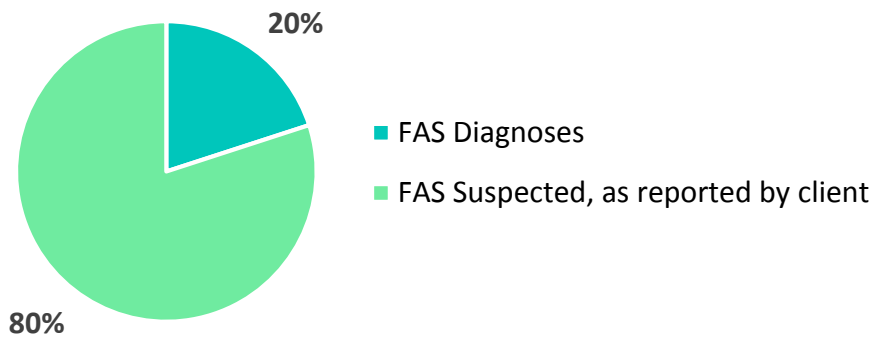
Participants With Diagnosed or Reported Mental Health Issues - **SECONDARY**



Participants With Diagnosed or Reported Mental Health Issues - **TERTIARY**

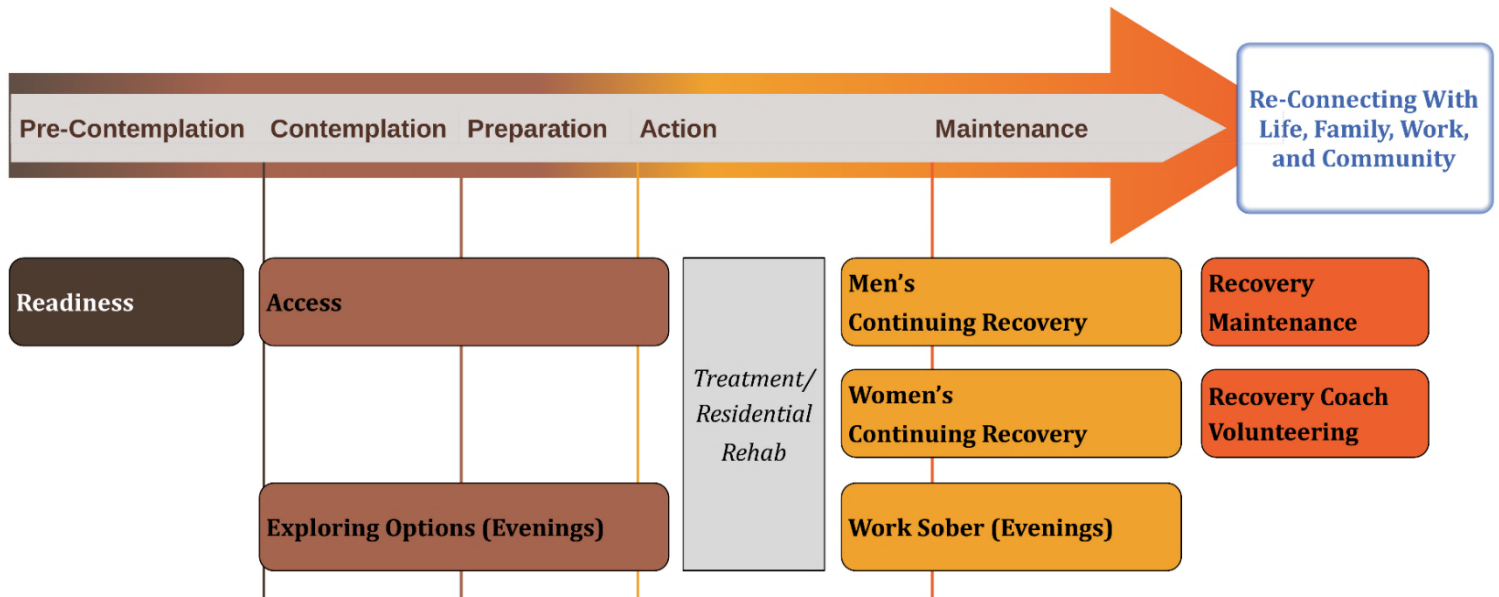


Suspected **FAS**



HOW THE PROGRAMS FIT

SRWC's Continuum of Recovery Model means we work with individuals at every stage of recovery. When individuals make a significant change in their lives, they journey through the 5 Stages of Change. SRWC's programs are intended to provide counselling, support, and education at every stage. Here is how our programs match up with the different stages of change.





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Day Programming Pre-Treatment

Readiness/Access

The Readiness/Access Program is a co-ed program, conducted three times per week for 2.5 hours, and suited for participants who are in the pre-contemplation or contemplation stage of change. Participants are either mandated to attend to address their drug and alcohol/gambling problems and are unable to access the rehabilitation program of their choice in timely fashion or are making a decision to change their alcohol and drug use patterns of use.

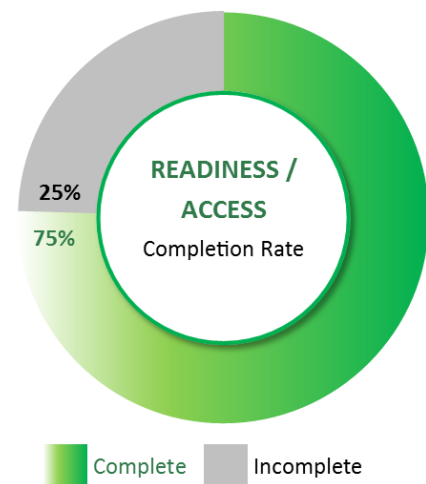
GOALS OF THE ACCESS PROGRAM IS TO PROVIDE:

- **A safe/supportive environment** while awaiting access to an addiction organization/program for an assessment or space in a program.
- **Individual and group support** for emotional/mental health issues which may act as triggers as they arise.
- A **forum** for discussion and behavioural rehearsal aimed at high-risk situations they may encounter.
- **Advocacy support** in addressing situational needs such as child-care, housing, social assistance, medical, financial and employment/employer concerns.

The program is flexible and fluid to allow participants to address their immediate physical and mental health issues which can jeopardize their ability to access or complete a program of recovery, such as inter-personal conflict situations. The Access program provides Individual and group support; education on the physical and psychological effects of alcohol and drugs, withdrawal symptoms, receive encouragement to continue to pursue a program of recovery, and meditation and mindful techniques to reduce stress, and the craving to use. SRWC also assists those to access an AA group if they choose.

PARTICIPANT COMMENT:

“I have been attending Access for six months and have learned practiced, practiced and continue to grow and change. One of the big challenges for myself has been changing my perspective from all or nothing, to a more realistic view of continuing to do the best I can and accept the ups and downs. The continuing guidance from Access has been positive and supportive. Learning assertive communication has been really helpful in my relationships. It has helped me feel more confident to set boundaries and feel heard with better outcomes.”



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Day Programming Post-Treatment

Continuing Recovery

CONTINUING RECOVERY PROGRAMS

Many clients leaving an intensive Day or Residential Treatment Program are vulnerable lapsing into their formal pattern of use if they are not actively engaged in a continuing recovery program. Research indicated that continuity of monitoring and support is a critical component of a recovery program. A smooth, seamless transition from one stage of recovery to another is a critical part of overall recovery plan.

SRWC daytime continuing recovery programs are gender-specific, meeting three days per week for 2.5 hours. They are predicated on the belief that in order for the participant to maintain and sustain long-term recovery, individuals must be assisted with knowledge and skills to manage their recovery process. Participants are referred by a variety of residential, non-residential addiction programs, when they have completed their respective treatment programs. When a participant in the Access Program is attending regularly and has 30 days continuous sobriety, and on the wait list for a residential program for more than six – seven weeks, they are re-assessed and can, if they choose enter SRWC's Continuing Recovery Program. This is particularly true for the men attending the Access Program as their benefits would expire before they were able to enter a residential treatment program.

GOALS OF THE CONTINUING RECOVERY PROGRAMS ARE TO:

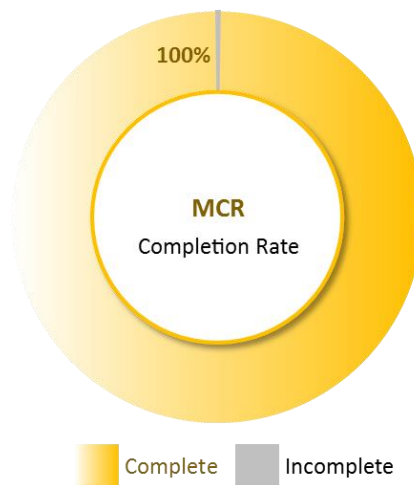
- 1) **Create a safe, structured, therapeutic environment** conducive of the healing process.
- 2) **Provide participants with the knowledge and skills** to manage their recovery needs.
- 3) **Focus on the Preparation and Action Stages of Change** that includes Relapse Prevention Strategies.
- 4) **Provide re-entry and integration supports** for their recovery into their respective communities.
- 5) **Connect them to community organizations** and programs in their respective communities to enable them to become involved in volunteer work in their community.
- 6) **Provide Couples Counselling**
- 7) **Provide advocacy and peer facilitation/support** through the SRWC Recovery Coach and Peer Facilitation/Support Programs

The majority of treatment programs provide an overview of addiction related information and education. The Continuous Recovery Program would provide a review only of the physical and psychological effects of alcohol and drugs, focusing on the medium to long term effects, as well as identifying the processes of the Preparation, Action and Maintenance Stages of Change. The program would also continue to assist participants to identify the continuing impact of their previous use and behaviour in their respective interpersonal relationships.

Men's Continuing Recovery

The men's Continuing Recovery Program is conducted three times per week for 2.5 hours per week. The average length of stay in the Men's Continuing Recovery program is around three months, although this is based on individual need and some may stay longer. Most individuals need to return to work or seek employment. The majority of referrals are from Addiction Agencies, from the Justice System such as probation, parole and John Howard Society, and employers. It has been found that a mix of mediums has a lasting effect on learning. Education/skill development sessions include:

Emotional Intelligence; Relapse Prevention; Budgeting, Dealing with Grief, Guilt, and Shame. Educational videos by Doctor Gabor Mate have been viewed regularly. These videos discuss and illustrate the effect of drugs and/or alcohol on the brain and body, and how other organs are affected by drug and alcohol consumption. Participants deal with potential triggers and high-risk situations. developing relapse prevention plans to handle the ongoing issues and situations they face on a daily basis, evaluating the effectiveness of their relapse prevention plan with group support. Simulations of their issues are shared in order to rehearse the situations they face in a safe, supportive environment, receiving feedback and modifying their plan where appropriate.

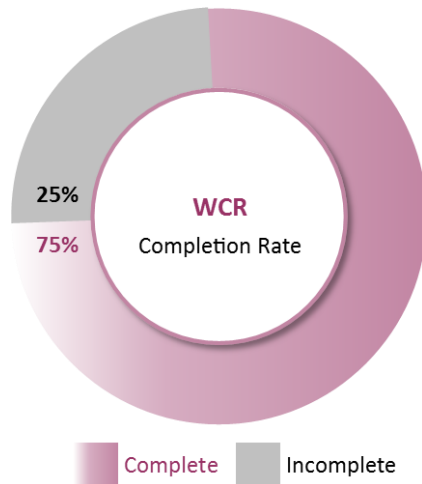


PARTICIPANTS COMMENTS

- *"I learned positive ways to deal with the triggers in my life, and the effects that alcohol has had on my body and my life. The skills learned were actually beneficial and ones I can apply to my daily routine."*
- *"I have found answers that I have been searching for thirty years for". "I am able to leave John Howard and return home with my family."*
- *"This is actually the best program I have ever been in, and I have been in a lot."*
- *"The skills and tools that I learned in my groups have helped me to come to terms with how addiction is affecting me and my child. Since graduating I no longer have an open CFS file, I am going back to school and am now chairing NA meetings on my own."*
- *"I know with certainty that SRWC helped save my life."*
- *I am no longer on probation for the first time in my adult life."*
- *"My children are back from CFS and when my girlfriend had a baby boy, I was able to be there for his birth."*
- *"I have completed my Grade 12 education and recently opened a restaurant with my family."*
- *"I enjoy the set-up of this program better than other treatment programs I have attended in the past."*

Women's Continuing Recovery

On average, the length of stay in the Women's Recovery Program is six - nine months. Participants are referred from Child and Family Services, other residential and non-residential addiction programs, probations, as well as transitional and sober living facilities, and Employment Assistance as well as the Health Care System. Women attending SRWC programs tend to have a number of physical, psychological and mental health programs such as depression, bi-polar and anxiety disorders, PTSD, and helping professionals involved with their care. Education/skill development sessions include:



Safety, PTSD – Taking Back Your Power, Detaching from Emotional Pain, When Substances Control You, Asking for Help, Self-Care, Honesty, Compassion, Recovery Thinking, Commitment, Creating Meaning, Setting Boundaries in Relationships, Self- Nurturing, Healing from Anger, Successful Relationship Addiction, Spirituality, self-esteem, Recovery, Healthy Relationships, Decision making, Topics such as financial management, parenting, literacy, job skills and nutrition, assists participants to lead a healthy, balanced lifestyle.

PARTICIPANTS COMMENTS

- I have been sober for 19 months because of attending WCR
- Being in the group helped me feel good about myself and my two boys
- I am, happier now than I have ever been and have the awesome resources and information that is provided to me
- I have started taking care of legal things with the help of my counsellor
- Since attending SRWC I have gone back to church and restored relationships
- I am going to be baptized.
- I have hope for my life
- I am volunteering and soon will be sober long enough to work.
- I am helping others stay sober
- I am going to be starting school
- I have goals for my life and am slowly getting my licence back



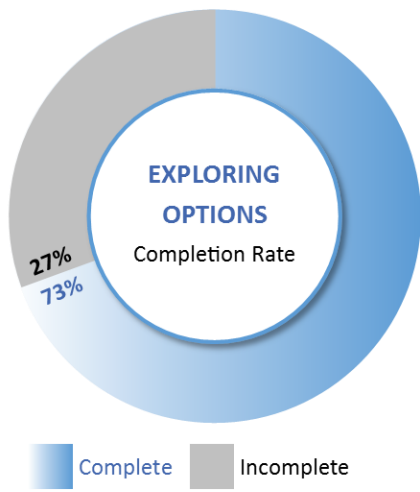
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Evening Programs Pre-Treatment

Exploring Options

Exploring Options group





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Evening Programs Post-Treatment

Work Sober

WHAT WE DO

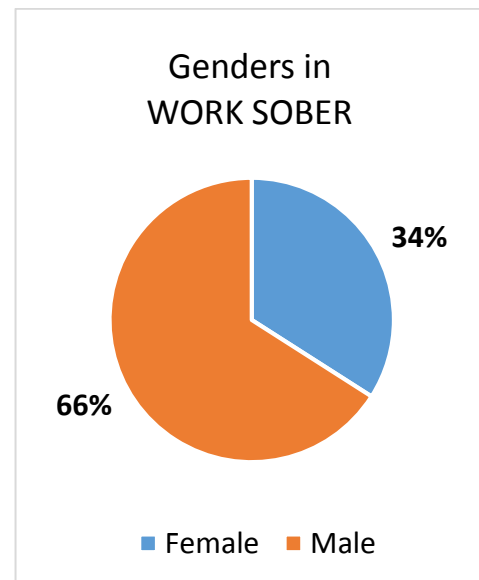
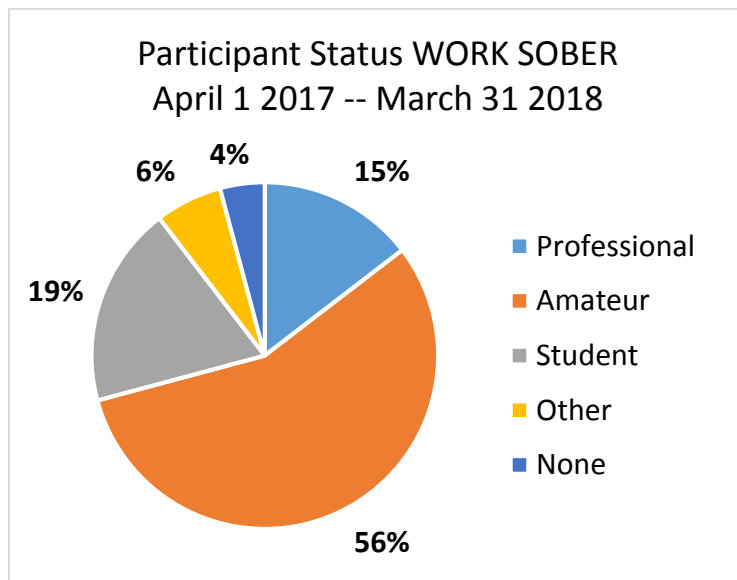
Work Sober is an evening, non-12-step community-based psycho-educational co-ed group program for adults in the action or maintenance stage of change. Individuals meet twice a week for 2-hour group counselling/training sessions, and receive 1:1 counselling with the group facilitator when needed. Work Sober program meets the needs of individuals who are **Returning to work** after being on disability related to Substance Use Disorder, **Staying at work** (or school) while making the life changes that help sustain recovery, or **Moving from unemployment to employment** as part of their holistic recovery.

Based heavily on a Cognitive Behavioural Therapy (CBT) model, participants are challenged to think differently than the ways that may have led them to use substances as a coping tool in the first place. We teach knowing the difference between things that are in their control and things that are not; how to change what they can, and how to think differently about what they cannot. This ability to change our cognitive behaviour has proven to be a powerful tool in reducing stress, building/strengthening relationships, reducing resentments, increasing self value and planning, as well as sustaining a healthier overall recovery.

Participants in the Work Sober group learn to listen and build empathy within the group, and are encouraged to be responsible for extra learning outside of the group.

WHO PARTICIPATED

Between April 1 2017 and March 31 2018, more than 70% of new individuals joining the group were currently working. Most Participants (56%) were working full time in a non-professional role, many were working in a professional capacity (15%) or continuing their education (19%). The remainder were on disability, retired or other leaves of absence (6%) and a very few were not employed or in school at all (4%)



SUCCESS FOR EMPLOYEES

Most of our participants are working, which helps recovery by providing regular income, structure of routine, sense of responsibility, and helps keep them busy. On the other hand, the work environment or culture may cause increased stress or invoke triggers related to old using patterns. Every individual who was working when they joined the group stayed at their job. So the additional support of this program helps them deal with those work stresses.

- A man who was on disability to recovery from Substance Dependence. After trying a few other places, he committed to SRWC because he felt accepted and listened to. As part of the Work Sober program, we were able to coach him on being his own advocate so that when he did return to work, he could help his employer determine what facets of a return-to-work-agreement would be beneficial to his recovery journey, and which might put his recovery more at risk. The employee successfully navigated the RTW, and has every reason to be a long-term productive and happy worker.



SUCCESS FOR FAMILIES

Many of our women and some of our men were involved with CFS. In almost every case, after they have successfully completed this program, they were seen using healthier coping skills, and are returning to/continuing to providing a caring, safe home for their family.

- A man who was separated from his wife and kids found it very hard to follow the directives of the order he had been placed under. Here, he learned how to accept his situation without creating the addiction stress from “wishing things could be different.” With this, and with the motivation from his counsellor and the group, he was able to follow the restrictions of the temporary order, and returning to his family with new communication and anger management skills.



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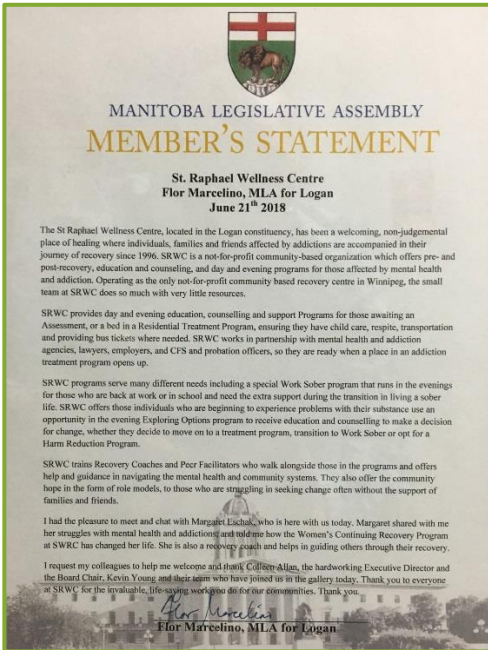
Special Events and Activities

Recognitions from the Community

SRWC received several awards this year.

Member's Statement

SRWC was honoured to have **MLA Flor Marcelino** give a statement to the Legislative Assembly, in support of the work we do. Our executive director, participants and some board members were there to accept the commendation!



(L-R) SRWC Board Treasurer, Ben Suryavanshi; SRWC Board Chair, Kevin Young, SRWC Executive Director, Colleen Allan; MLA for Logan, Flor Marcelino; SRWC Recovery Coach, Margaret E., SRWC Board Secretary, Karen Burwash

REESE Star Employer Award

SRWC received the **Star Employer** award from Reaching E-Quality Employment Services (REES)

SRWC has provided a training and work experience, with REES, for individuals with physical disabilities and/or health conditions. SRWC has been working with REES employees for several years, and we are happy to continue this partnership!



Star Employer Award

REESE Awards Presentations Night

Accepting the award

Recovery Day

This was Winnipeg's first every Recovery Day.



Attentive listeners learning from speakers and presenters at Recovery Day



Emotional friends and family shared their support for individuals in recovery.



Recovery Day presenters included some who had never purposefully raised awareness of their services before, including Winnipeg's Cocaine Anonymous group



Heart breaking stories of substance use, addiction, loss and grief. But also with a foundation hope.



Organizers celebrating a job well done.



Throat singer sharing her story and traditional art.



Modern dance expressing the pain of loss and hope of recovery



Visitors learning about some of Winnipeg recovery supports.

Picnic

SRWC's annual recovery community picnic in Kildonan Park.



Family fun, food and games



The women's group loves getting together.



Participants and their families coming together to enjoy the sun, BBQ and games. A great chance to experience sober socializing.



Staff and volunteers enjoy the picnic too.

Medicine Walk

Indigenous teachings consider plants and animals to be our oldest teachers—living beings that offer us gifts and lessons, if we take the time to hear their voices. SRWC led a walk at Cook's Creek Manitoba to look for traditional medicine plants.

The participants found a lot of value in the field trip, sharing their appreciation for having **time outdoors to re-connect with the natural world**. The group discussed the experience of feeling **grounded** to the earth and the roots, and how Aboriginal Elders recommend time in the wilderness for individuals seeking **healing and restoration**.



Beautiful scenery, visiting wilderness



Dogs love nature too



Collecting sweetgrass



Enjoying the picnic



Fitzroy BBQing



Chantelle teaching

Art Show

With artist and past participant Kathleen Shellrude, SRWC organized the Life Support juried art show and sale. This event was created to memorialize those lost to addictions, raise awareness of recovery and SRWC, and raise funds through art sales for SRWC. We invited 22 artists to display their work at The Edge Gallery and Urban Art Centre. Originally scheduled for Feb 23-25, The Edge offered to **extend** the show to March 2. In all, we displayed 96 pieces plus 5 performance pieces.



Paintings



Performance Artist



Multi Media Pieces



SRWC, Host



Kathleen and her mom



Gallery Visitors



Artists on Opening Night

Celebrations

For all of our groups, Participants find it valuable to celebrate together, from individual recovery success to holidays to baby showers—building community helps strengthen recovery.



Participant baby shower



Baby shower decor



Baby shower with baby!



Baby shower prep



Valentine's day

Holiday Party

The annual holiday part for our particiants and ther familes is another important time of fellowship and community building, providing a safe and sober space to elebrate and joy the holidays together.



Participants, Families, Volunteers and Staff enjoy community and good food at the annual holiday party.
