

ANNUAL REPORT

2019 - 2020











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As a newly graduated and registered Social Worker, beginning my career at the Thorpe Recovery Centre has brought about numerous transitions and incremental learning opportunities. Fairly soon after I began, it became clear to me that Thorpe was enveloped with a fast-paced work and learning dynamic, an inclusive community model and motivated staff and clients.



Consequently, I too fell in suit with the spirited atmosphere and have been running around Thorpe ever since! Though I had studied mental health and addiction in university, working specifically in this field has been extremely enlightening. What I had envisioned my role being as a Social Worker at Thorpe has transformed and brought about many tasks I had not previously thought about supporting individuals with; tasks that without being dealt with can bring about an immense amount of stress, such as finances, legal situations, parenting and custody orders, etc. With that being said, I am now known around the centre as the Wizard of Thorpe-a title I am proud to hold! I express to the clients that although I may not have all the answers they seek, I can sure find someone who does.

Within my role as a Social Worker, I do a lot of "behind-the-scenes" work that may seem miniscule, yet in retrospect can be crucial for a client to be able to focus solely on their recovery during their time with us. I support individuals with tasks such as contacting Parole Officers, Lawyers, Child and Family Services, Income Support, and many other resources and services. Moreover, I provide support with setting up after-care for individuals such as sober living, outpatient counselling, AA/NA/CA/ GA sponsors and whatever else they require assistance with. Providing support with tasks such as these enables clients to put more focus on their learning, healing and recovery. As our current state of the world continues to create barriers to acquire resources and services, I advocate on behalf of all those we serve to ensure they are receiving equal and equitable support.

Though I have only been a part of the Thorpe team for a short time what I have enjoyed the most about working here is the amount of laughter shared between clients and staff. I'm only 24-years-old and I think I already have "smile wrinkles" developing! Being in a work environment such as this one ignites my passion for supporting others even further and reinstates the value of my role and what we as a team offer to individuals and their loved ones.

> Jordan Sharp, RSW, BSW Social Worker

MESSAGE FROM THE BOARD & CEO

Unprecedented. We're tired of reading that word, but it surely is the theme of our past year: an unprecedented surge in funding from the Government of Alberta, an unprecedented economic slump, an unprecedented pandemic that has completely turned our world upside-down. We've accomplished a lot since 2019 and in this report we will do our best to recap our year for you. There certainly were wonderful achievements, and we were met with some inconceivable hardships. We have an incredible, dedicated team who faced each new challenge boldly and with the desire to keep helping others.

Midst the global panic we have been able to find the silver linings. We are now serving more people ensnarled in the opioid epidemic thanks to the recognition and support of the Government of Alberta. This funding, announced in February of 2020, will help hundreds of more Albertans each year and comes as a relief for the years of advocating for more funding. We have been given the opportunity to help at a greater capacity and in a few short weeks, have watched our admissions increase from 4 per week, to 4 per day. We are also proud to be licensed under the new *Mental Health and Addictions Service Providers Act*, which regulates the standard of operations for all residential treatment services in Alberta, ensuring the physical and psychological safety of those we serve is protected. This licensing, combined with our Accreditation, means we are operating in the safest and most efficient way possible.

Throughout these pages you will see how we've been able to serve the community for the past 45 years; we will share with you stories from those who have been with us since the beginning, and those who have joined our family along the way. We also share information on our services, who has accessed our services this past year, and where we plan to go in the upcoming months.

Although we've been able to manage the significant challenges of this year, it is an exciting time to join the Society or the Board of Directors. As a team the Board offers strategic guidance and resources to our CEO, Teressa, who turns our goals into actionable projects. Volunteering on the board is worthwhile and necessary if the Thorpe Recovery Centre is to remain operational. If you're interested and wish to provide a fresh perspective on how Thorpe can help those on their recovery journey, please speak with any one of our board members or contact us at board@thorperecoverycentre.org. We'd love to see you at a future meeting.

Thorpe has many things to celebrate this year, but what we are proudest of is that Thorpe Recovery Centre continues to provide safe, quality services and we intend to do so as long as addiction is impacting families. We wish to thank all of our donors, community partners, and staff for continuing to believe in what we do and for not giving up in the face of adversity.

May you all remain in good health.

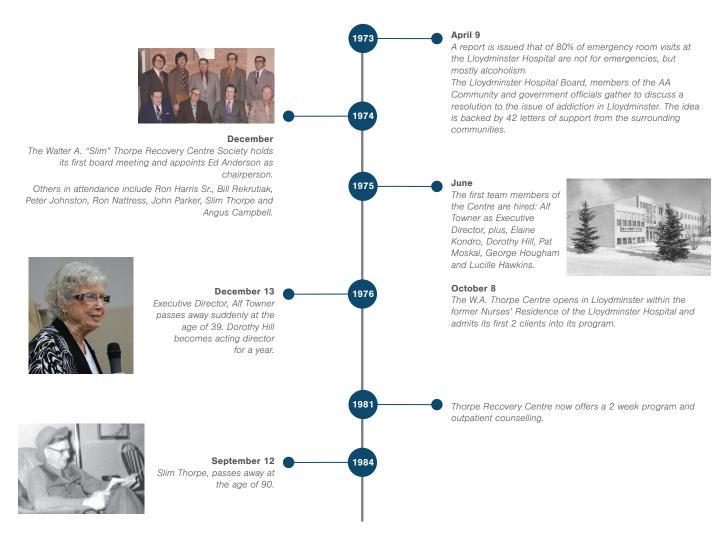
Sincerely,

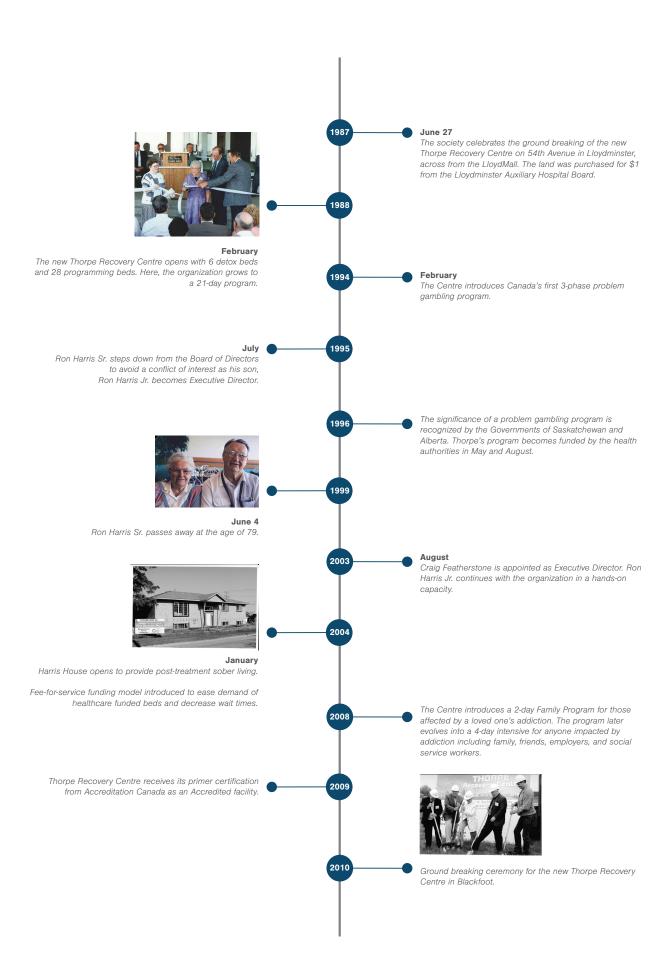
Tom Lysyk, Board Chairperson Teressa Krueckl Chief Executive Officer

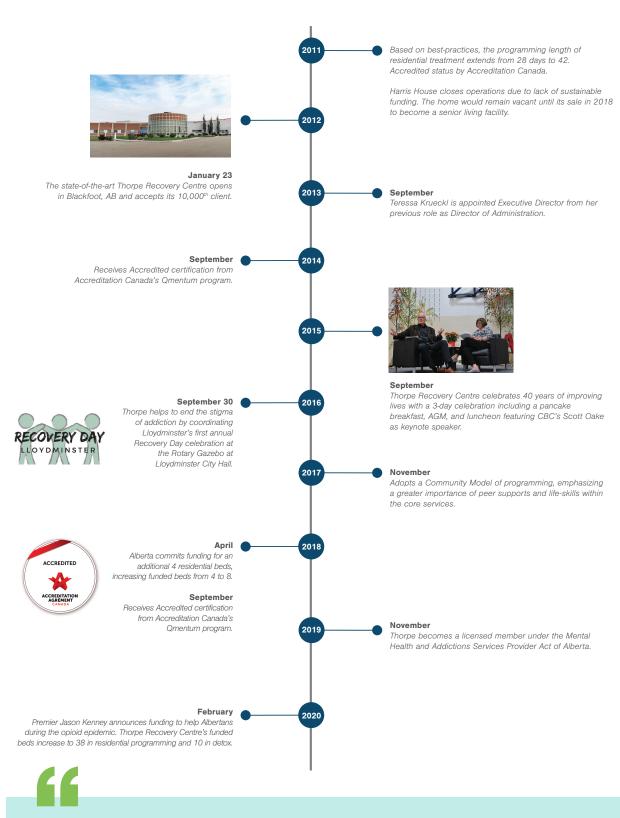
CELEBRATING 45 YEARS



OUR HISTORY IN BRIEF







I have learned a lot about myself in the 10 day detox program. Definitely opened the door to my recovery. I enjoyed every minute of this program.

Medically Supported Detox Client, 2019

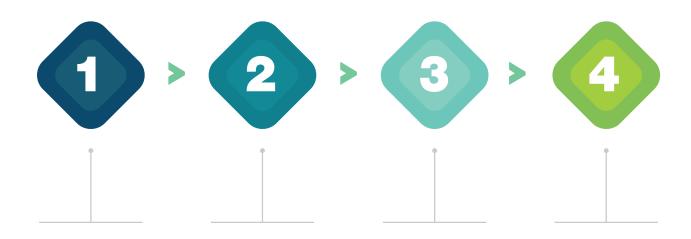
OUR CORE SERVICES

WHAT IS A COMMUNITY SUPPORT MODEL?

The community support model creates an agency of connectedness that you can rely on throughout your journey. You will learn how to reach out for help, and use your personal experience and talents to extend a helping hand to others.

Connection is the opposite of addiction, which is why we work within the integrated community setting. Our community model includes frequent meetings of Thorpe Team Members and those we serve to celebrate each other's successes, address safety concerns, and hold each other accountable. Peer mentors are elected to be leaders within the group and assist those who are new to the programming. We also encourage processing information and assignments in groups to foster connections. Altogether this improves your ability to communicate effectively, become accountable, and build healthy relationships with others.

Our on-site programming includes individualized treatment plans based on the individual's needs. From there, appropriate readings, activities and groups are assigned to encourage one's personal development and growth. Health and wellness is an integral part of the recovery process. Individuals are expected to participate in recreation and other activities that improve well-being to the best of their ability.



INQUIRY

Congratulations on taking the first step!

DETOX

Medically Supported Detox (7-10 days)

PROGRAM

Transitional
Assessment Process
and Residential Program
(42 - 90 days)

CONTINUING CARE

3+ months

MEDICALLY SUPPORTED DETOX

- 7-10 days
- For those who have an active chemical dependency to drugs and/or alcohol.
- Holistic withdrawal mitigation strategies that are tailored to each person's needs and may include:
 - Opioid agonist therapy (OAT)
 - Over-the-counter medication
 - Social support
 - Homeopathic remedies (Epsom salt baths, meditation, etc.)
- Group setting with peer support.
- Integration into the larger community for greater recovery support.

RESIDENTIAL TREATMENT

- 42 90 days
- For those who struggle with use of alcohol, drugs, gambling and/or sex.
- Group and individualized therapies
- Peer support
- Holistic wellness program

CONTINUING CARE

- 3 months included for all Residential Alumni
 - Additional participation in program highly recommended.
- Post-treatment online peer-support group
- Integral to long-term recovery







I volunteer with the TRC to be able to serve with gratitude by giving back to the Centre that helped me when I was in need. This truly keeps it real for me, knowing the difference the TRC can make in so many lives, and at the same time being able to work with awesome people who care! The TRC is a life changer in so many ways! God Bless the TRC!

> **Randy Schenker Board Member**

OUR SUPPORT PROGRAMS

The family support programs are for anyone who is affected by addiction; It does not have to be a direct family member. We highly encourage friends, partners, employers, and social service workers to attend to gain a better understanding of the disease of addiction and build their own toolkit to cope with the affects of the disease. When you attend the Family Intensive or the Children's Program, you're attending for yourself, not for the one in active addiction or recovery.

Check our Facebook page or Website for more information and session dates.

FAMILY INTENSIVE

- For adults impacted by addiction: employers, partners, siblings, friends, adult children
- Skills gained include:
 - Setting boundaries
 - Effective communication
 - An understanding of addiction and the family
 - Understanding codependency
 - Coping and self-care strategies
 - Personal recovery plan

THORPKINS CHILDREN'S PROGRAM

- For youth aged 7-12 who are impacted by addiction
- Age-appropriate activities to understand the disease and gain the skills to take care of their social, emotional, and physical well-being.
- Skills gained include:
 - An understanding of addiction and the family
 - · Coping and self-care strategies
 - · Building healthy relationships
 - Effective communication
- Children will work with a safe adult to develop their own recovery plan.



I got exactly what I came for, to take a good hard look at the underlying issues & reasons of my addiction. It was not easy (at times) real growth quite often isn't. My counsellor challenged me and wouldn't let me take the easy way out and I am much better for it.

Thorpe Alumni, 2020



I have chosen to come back and reboot my recovery after a brief relapse. This is my safe place. I enjoyed my time in recovery here. My therapist was helpful and informative. This is community based on a family/connected environment. I will come back in the future if I ever feel I am in need because I've refreshed my motivation and zeal for recovery living!

Thorpe Alumni, 2020

THE LIVES YOU'VE CHANGED

PARTICIPANT NUMBERS

July 1, 2019 - June 30, 2020

Family Intensive	29
Medically Supported Detox	247
Residential Addiction Treatment	227
Continuing Care Online Group	82

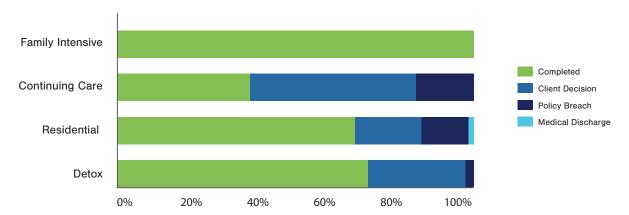
I volunteer because the Thorpe Centre has had a positive impact in my life. I grew up in an alcoholic home and prior to becoming of legal age, I was also on my way to alcoholism. Sobriety came to me through my "higher power", Jesus C.

The Thorpe Centre helped me deal with my own issues long after I became sober. This freedom was refreshing.

Volunteering, I am client focussed. I want all Thorpe clients to experience an abundant life without addictions. I get a strong sense that the Board, Management and Excellent Staff also want the same, abundant life without addictions.

> **Dick Vokins Board Member**

Those We Serve Discharge Dispositions July 1, 2019 - June 30, 2020



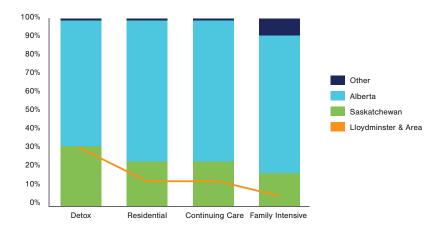


The program was FANTASTIC! I really feel I took everything I could from this experience. It met my expectations and much more. Thank you very much! I'll Never forget and believe in this partial Creed from the Junior Chamber of Commerce (Jaycees) and why I volunteer. Service to Humanity is the BEST work of Life!!

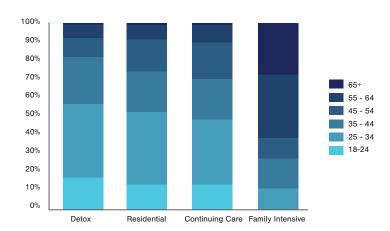
Thorpe Alumni, 2020

Paul Richer Board Vice-Chairperson

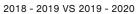
Those We Serve Province of Residence July 1, 2019 - June 30, 2020

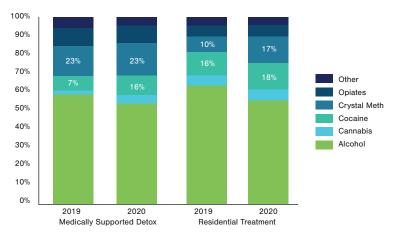


Those We Serve Age at Intake July 1, 2019 - June 30, 2020



Those We Serve Drug of Choice





THOSE WE SERVE:

DEMOGRAPHICS

Data collected from medically supported residential treatment from July 1, 2019 to June 30, 2020

CATEGORY	DETOX	RESIDENTIAL	CONTINUING CARE	CATEGORY	DETOX	RESIDENTIAL	CONTINUING CARE
SEX				AGE AT FIRST USE			
Male	55%	62%	55%	Under 10	6%	5%	
Female	45%	38%	45%	10 - 14	25%	26%	
REFERRED BY				15 - 19	28%	36%	
Self/Family	52%	22%		20 - 24	17%	14%	
MH Professional	40%	55%		25 - 29	17%	9%	
Employer	7%	19%		30 - 34	6%	5%	
Other	1%	5%		35+	7%	5%	
FAMILY HISTORY OF ADDICTION			EDUCATION				
Yes	77%	74%		Undisclosed	1%	1%	1%
EMPLOYMENT				Grade 1 - 9	9%	5%	2%
Employed	28%	42%	54%	Grade 10 - 12	57%	21%	47%
Unemployed	68%	53%	43%	Some Post Secondary	23%	38%	49%
Retired	1%	1%	1%	Post Secondary	9%	15%	21%
Student	2%	3%	2%				
Undisclosed	2%	5%	7%				



I have never completed anything in my life before until now. I learned so much at Thorpe about myself and how to communicate in healthy ways with other individuals. Thank you! Wish I could stay forever!

Thorpe Alumni, 2020



I have learned a lot about myself in the 10 day detox program. Definitely opened the door to my recovery. I enjoyed every minute of this program.

Medically Supported Detox Client, 2019

I thank you so very much for your kindness & patience. All staff are excellent and very knowledgeable. I am truly grateful for all of you.

Medically Supported Detox Client, 2020

20/20 VISION

STRATEGIC

OUR MISSION

Who are we?

A leading, community-based organization that provides strength, hope and healing through programming and supports to those affected by addiction and mental health concerns.

OUR VALUES

What are our core beliefs?

- Accountability - 6. 6. 4. 6.

Integrity Communication Respect Safety

OUR COMPETITIVE ADVANTAGE

How will we win?

People Expertise

Strategic Priorities

We are a large facility that has maintained its grass-roots feel.

Masters-level therapists with specialties in family, trauma, grief, sex addiction, gambling, and chemical dependency.

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Client & Family Centered Care რ

How will we play?

Operational Excellence

Strategic Priorities

Through a strategic marketing graphic design and plan, we will reach our target areas and prove we are an industry leader. We will continue to advocate for additional funding for treatment and provide family support services to improve the health of the community.

Thorpe Recovery Centre 2017 - 2020

STRATEGIC PRIORITIES (3 Year), Company Goals (1 Year), Actions (90 Days)

Financial Success

Strategic Priorities

How was this goal met? Did we meet this goal?

- AHS annual funding increase by \$2.2M
 - SoberSeptember Campaigns Cost-saving tactics for

YES!

1. Increase Revenue by 25%

Customer Success

Strategic Priorities

expenditures

overcoming addiction and mental health concerns.

Fogether we improve lives through

What is our goal? **OUR VISION**

How do we measure success? **OUR MEASURABLES**

How was this goal met?

Did we meet this goal?

- Increase in people served

Increase in society members Decrease in staff tumover Increase in giving revenue Decrease in safety incidents

Structured Recreation Plan

Therapeutic Garden Children's Program

YES!

Expand Programming by

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programming options.

offering three new

OUR IMPLEMENTATION How do we hold ourselves

Regular board meetings Financial Statements

Community Lunch & Learns

How was this goal met?

Did we meet this goal?

- Quality Improvement Reports
 - Annual Report / AGM

Pathways to Mental Health

Project Sunrise Steering

Committee Committee

YES!

Society, Alumni, Staff and the Community through three new initiatives.

Engage TRC Board,

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Recovery Day

Accreditation Canada Survey MHSPA Licensing

How was this goal met? Did we meet this goal?

- Capacity building training Improved staffing model
- Community Meetings
- Client & Family Handbook

YES!

4. Uphold Safety as a Priority.

Revised Infection Prevention & Control Strategies Revised Admissions Process

PLAN

QUALITY IMPROVEMENT INITIATIVES 2019 - 2020

OUR RESPONSE TO COVID-19

The advent of March 2020 brought with it a host of challenges as we faced our first global pandemic in decades. As a congregate-living facility, and essential service, we at Thorpe are dedicated to continuing to provide our services while keeping our team and those we serve healthy and safe. With the guidance of Alberta's Ministry of Health's orders and innovation from our team, we have been able to achieve the safe distancing requirements and still run a slightly modified, yet effective, program. The first few weeks of the pandemic saw frequent adjustments to ensure compliance and wellness for all. Groups became smaller, but remained connected through the building with the help of webcams. We also used technology to connect to support group meetings in the community. Connection is the opposite of addiction, so it was our goal to ensure everyone remained in touch with their home and recovery communities.

The pandemic presented us with the opportunity to revise our own infection prevention and control protocols to be safe-guarded against external threats. Although the restrictions for the general public have been adjusted, we as an organization are remaining stringent on our protocols. We do not anticipate regulations to ease until the new year.

We are very grateful for the support from the community to aid in our mission to help others during the pandemic. We received generous amounts of handmade masks and ear-saver bands that helped to keep our team and clients comfortable.



Overall I really enjoyed my experience here as it helped me a lot also for aftercare & sober living when I leave.

Thorpe Alumni, 2020

ALBERTA FUNDED BED INCREASE

In February of 2020, Alberta's Premier Jason Kenney announced the province's significant commitment to recovery programming. This included an annual commitment of up to \$2.2M for the Thorpe Recovery Centre which allows us to help an additional 575 people each year. This increase in funding came into effect at the start of the COVID-19 Pandemic, so it took a while to see the beds fill, but, once admissions were rolling, we quickly went from 9 to 20 to nearly 40 clients in Residential Programming at a single time. This has not been seen in the history of this building, and we are so happy to help more people on their recovery journey!

From this funding, we were able to increase our team to include the new roles of a Registered Psychiatric Nurse, a Social Worker, and a Recreation Therapist, and additional roles in Nursing,



Community Support, Counselling, and Custodial. These roles have been long-awaited to improve our client's recovery experience.

Premier Jason Kenney, Centre, with L-R, Leslie Big Bull, Executive Director, Sunrise Healing Lodge, Devin Rued-Fraser, Training and Marketing Director Sunrise Healing Lodge, Teressa Krueckl, Chief Executive Officer, Thorpe Recovery Centre, Jason Luan, Associate Minister of Mental Health and Addiction and Stacey Petersen, Executive Director, Fresh Start Recovery Centre as he announced details of new publicly funded treatment spaces in the province in Calgary on Saturday, February 1, 2020.

DARREN MAKOWICHUK / Postmedia

RECOVERY ISOLATION SUPPORT

In June 2020, we received the good news that we received a grant from the United Way as part of the Federal Emergency Community Support Fund to help vulnerable populations during COVID-19. This funding allows our Alumni to connect remotely with their peer group to support each other in recovery. The group will run July 2020 to March 2021 at no-cost to Alumni and is open to those who are in need of connection.



GROWING CHANGE

It seemed like a dream that would never become a reality, but we are closer to the completion of our Serenity Garden. East of the building, the garden will provide wandering pathways, areas for small and large group gatherings, places to sit and reflect, and a wide array of flowers, shrubs, and trees. Our goal is to expand the garden and walking paths across the green, and create a robust, multi-purpose space. We certainly look forward to daily strolls in the garden and want to thank everyone who has donated their time, services, or materials to this project so far.



3D Rendering of our Serenity Garden

CAPACITY BUILDING TRAINING

Since September 2018, we have been investing in our team through a variety of capacity building training opportunities. Partially funded by the Alberta Community Initiatives Program—Operating Funding Grant, we were able to facilitate training sessions with all levels of our team in the areas of leadership, coaching, creative thinking and problem solving. From this, we have observed a decrease in staff turnover and an increase in overall morale.



ADMISSIONS PROCESS IMPROVED

In 2019 we welcomed Joanne Taylor to our Admissions team as our long time admissions extraordinaire, Faye Diacon, prepared to retire after 22 years of service. Joanne is now joined by Megan Fraser and together they field requests to access our treatment programming. To help improve the admission process, our admissions packages are now available for download on our website at www.thorperecoverycentre.org/admissions. It is to be noted that in order to be eligible for a Saskatchewan funded bed, the application must be accompanied by a referral from a mental health professional or a physician. Those accessing an Alberta

funded bed may self-refer, but it is highly encouraged that individuals speak with a mental health professional for support. We also have a selection of fee-for-service beds available in both detox and residential programming for self or corporate referrals. Should you have any questions regarding fees, funded bed availability, or wait times, please contact our team at admissions@thorperecoverycentre.org or toll-free at 1-877-875-8890.



My journey at Thorpe started in the fall of 2016 when I entered their program of recovery, with the professional help and encouragement of everyone at Thorpe. Fifty-two days later I left a changed man and 4 years later, I took a position of Community Support Worker at the facility. What I enjoy most about working at Thorpe is the opportunity to give back to the program that I hold dearly to my heart. Meeting new people and working with all the staff is an incredible experience and a lot of fun! It can be difficult at times to see the clients come and go as I just get to know them and then they are off again on their journey!

I value the program Thorpe offers the most as I know from personal experience, what it has done for me, and what it can do for so many people who find themselves in similar situations to mine. Every time I walk into the building I am overwhelmed with gratitude for what Thorpe stands for and am very fortunate to have the opportunity to work here. I have to smile every time I see the counsellors and staff that are still here during my time as a client. Who would have guessed that in 4 years of sobriety I would be working at the very same facility that saved my life!

Bill Husband

Community Support Worker



RECOVERY-FOCUSSED ROLES

This year we are so excited to introduce two new roles to our team: Recreation Therapist and Social Worker. Living a healthy lifestyle is integral to long-term recovery. Our Recreation Therapist helps those we serve develop an understanding of how a variety of activities will promote their wellness. Although fitness is important, we also focus on the arts, woodworking, culinary skills, and gardening. Just as recreation is important, so is ensuring one has a solid network of support after treatment. Our Social Worker works with each client to identify their needs for recovery and helps them make connections within their home community including, sober living, outpatient counselling, and support groups. It is our goal to see those we serve thrive in recovery.

WE ARE ESSENTIAL: RECOVERY ORIENTED SYSTEMS OF CARE

We're spreading the message that Recovery Oriented Systems of Care are essential services! COVID-19 seems to have influenced every aspect of our lives, including the realization that what we do at Thorpe is significant and essential. Amidst the pandemic, thousands of Canadians are also dealing with the opioid epidemic, where lives are at risk. Recovery Oriented Systems of Care include treatment facilities, detox centres, safe use sites, sober living, and shelters. Each of these organizations help individuals on their recovery journey. If you want to support ROSC services, visit simplismile.ca to purchase a sweatshirt or t-shirt from their Recovery Collection.



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I have taken so much from Thorpe. The community model is exactly what I needed. Thank you from the bottom of my clean heart!

Thorpe Alumni, 2020

ALUMNI PROGRAM

We look forward to developing a robust Alumni Program for those who Marble Out of our Residential Treatment Program. Right now, we stay in touch through emails, Sober Grid, or in our Continuing Care Program, but we really want to provide further support and connection with the Thorpe Community. We'd also love to help you celebrate your achievements! Our team is developing Alumni activities for 2021. Be sure to check our social media and your emails for updates! If you'd like to be involved in our Alumni or planning alumni events, contact Jason at alumni@thorperecoverycentre.org.





At Thorpe Recovery Centre, I am primarily responsible for facilitating intakes as well as managing the nursing team. Currently, I am responsible for ordering supplies and medications, bringing client health concerns to the nurse practitioner, and other administrative tasks that are required behind the scenes.

In the future, I will be taking on the task of clinical assessments. During these assessments, I will be addressing client's mental health concerns as well as making recommendations for additional supports within the TRC program. This is especially exciting for me as my background is in psychiatric nursing.



I value my part in the intake process the most. Admitting you have a problem and entering into a treatment center is not an easy thing to do and can be quite anxiety-provoking. My part in the intake process allows me to be a friendly face during the beginning of their road to recovery.

> Morgan Peeters, RPN Charge Nurse

MY THORPE

When I was asked to talk about my story and perspective of Thorpe; I'm not going to lie, I panicked a bit. Showing a more vulnerable side and sharing my personal details is not always in my comfort space. However, I wanted to share my experiences and shed some light on what Thorpe means to me and so many others.

The Thorpe Centre came into mine and my mom's life during a time when we experienced many hurdles and setbacks. It became the beginning of a new chapter for us and also part of the reason I am the woman that I am today. How could I possibly sum up in enough words to describe what Thorpe means to me. How could I make someone understand; that hasn't experienced addiction and the depths behind this organization. So bear with me, as I do my best to make you see through my eyes.

The Thorpe Recovery Centre can be seen as the backbone to the bigger part of my life. For as long as I can remember, Thorpe has always been there. From visiting my mom in treatment when I was seven years old, seeing my mom volunteer and get herself a job, having to sleep on the couch in the back office before school because



mom was working the early shift.

Learning how to spell Mississippi from one of the clients, to watching, "When A Man Loves a Woman" because mom was working the late shift and that's the only somewhat kid friendly movie they had. Having to call Rod (the janitor at the time) to come pick me up in grade 6 because I won a turkey for Thanksgiving and it was too big to carry home. Feeling the outpour of love and support from staff and friends while mom battled cancer, to showing off my grad dress, or bringing my own kids to visit the staff and give the clients a smile.

I know that this might seem dysfunctional to most, or not suit people's definition of a 'normal' upbringing for a young child, but when you're a parent doing the best you can, normal isn't always a priority. I think back to all of those days spent with the staff, tagging along with my mom. What other organization would have that much patience and understanding towards one of their workers? Just a single mom trying to stay sober and keep a job. They supported her; not just through treatment and recovery but throughout her entire life. They helped her grow and reach all of her goals.

When I think of Thorpe, it's that safe place and home that really resonates with me. I think about how I've always looked up to the people who were there to help us over the years, and now I am able to see first-hand the people looking up to my mom and other current staff, as they do the same for them and their families.

One of the biggest things I've taken away from all my time spent at the Thorpe Centre is that I was also able to see a lot of people's first days walking into the centre. Scared, resistant, unsure of what was in store for them. Even though I was a kid, I knew it was a really good sign to see those same faces a few days down the road. Brighter, happier and feeling at home. Day by day, seeing them come to life a little more and more. Seeing them feeling appreciated and heard. Making connections and friendships. It was there that I was able to see what empathy and acceptance really meant. Being taught to see these individuals for who they were as people and not their addiction.

The Thorpe Recovery Centre is so much more than what meets the eye. It's a treatment centre, a place of recovery, a place to find yourself. A job for some, a place to give back, a sanctuary, a place to express spirituality, and a school. It's a friendship and most of all, it's a family. The Thorpe Recovery Centre deserves all the credit and accountability. They deserve it because when families or individuals are at their end and just can't do it anymore, it's the people at Thorpe that make it possible. They are the family who will greet you with open arms and show you the compassion and love each and every person deserves. They are the people who take pride in what they do every single day. The ones putting in extra hours to show up and spread awareness out in our community. They are the ones who are willing to cry and laugh with you. They are the ones who will take the weight of your pain and tribulations. They will be the ones who will miss you when you go.

The Thorpe to me is all of these things and more. The staff, the clients, the building, the bench out front where, as a little girl, I sat day after day. The place where I was able to watch my mom, strangers and myself grow, will always be a part of my story. Something I will always be proud of and a place that I can always call home.

Melissa Cross

FUNDRAISING INITIATIVES 2019 - 2020

CONTINUE BUILDING HOPE

If you've been with us for a while, you'll recognize the Building Hope campaign that made our Blackfoot facility a reality. We are asking you once again to continue Building Hope by making a donation to our Capital Fund. We've been in this facility for 8 years and still carry a significant mortgage, and our systems require upgrading, replacement, or repairs. Your contribution to the Capital Fund will ensure we can continue to provide quality programming in a safe, welcoming environment to those we serve, and our team can focus solely on what they do best: improving lives.





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Joyful, clean, happy, restful.

Medically Supported Detox Client, 2019

\$5 FOR \$5M

You can show someone that there is Hope in Thorpe with just \$5.

There is an approximate \$5M mortgage remaining on our facility that is holding us back from being able to invest in projects such as systems repairs, replacement, team development and compensation, and program development.

Our goal is to eliminate this debt. A mortgage-free centre means our overhead costs will be lower, which ultimately means we can improve our services and have a greater impact on our community.

Become a monthly donor today for as little as \$5 and turn your \$5 into \$5 Million. Get started here: thorperecoverycentre.org/donate.

CAPITAL PROJECTS

In addition to eliminating our mortgage, we are also needing to replace and repair systems throughout the grounds. When you give to the Capital Fund, you're making sure those we serve are in a safe environment; without your help, we are at risk of limiting our services or shutting down. Here are a few projects that need your attention:

BOILERS

The six energy-efficient boilers that provide individual control of radiant heat in spaces throughout the building (and were to provide in-floor heat loops, but the lines were damaged upon installation) are nearing the end of their life cycle in the next 2-3 years. In October 2019, one of the boilers in the West Mechanical Room caught fire and was replaced in December 2019. During the investigation, the condition of the remaining five boilers was noted and it was highly suggested by the boiler investigator that we should also be looking to have the remaining units replaced.

The cost to replace the remaining five boilers is \$50,000.

RECIRCULATION LINE

In 2016 it was noted by our mechanical contractor that many of the recirculation lines were developing pin hole leaks as a result of improper piping installed during the original construction of the facility. As a result of this, the recirculation lines in two facility wings (East and South) have been isolated and shut down. The purpose of this system is to reduce the amount of time for hot water to reach to an appliance such as a sink or shower. This helps reduce the cost of heating as well as water consumption, ultimately saving the organization and the environment.

To install three new recirculation lines with high density polyethylene PEX tubing will approximately cost \$15,000.

• FACILITY ENTRANCE SLABS

The freeze-thaw process each winter has caused heaving and cracks of the entrance slab aprons around the entire facility. During the winter months the slabs heave causing issues with opening doors; for the rest of the year, rain water enters the entrances as the slab is sloped in the wrong direction causing water to pool and enter the facility.

The cost to remove, prep and pour new concrete in these areas is \$12,500 to \$15,000.

SHOP UPGRADE

With the additional needs for equipment maintenance and repair we are looking to install a 60 or 80 gallon air compressor to operate air tools.

This, plus a vehicle life to allow our team to work on our fleet of vehicles and equipment will cost \$6,000.

SERENITY GARDEN & WALKWAY

The anticipated completion of our Serenity Garden is Fall 2020. This new outdoor space will provide our clients with an area to facilitate portions of programming and for personal reflection. We are in need of low maintenance chairs, benches and picnic tables to outfit the space and make it more functional. For 20 outdoor chairs, 6 benches and 4 picnic tables, the total cost is \$23,200. In addition, we are able to incorporate a nature walking trail extending from the garden's pathway. This meandering path limits exposure of risk as we divert daily walk activities from the roadways onto our gorgeous 34-acre plot. To create a better space for this to occur the planting of trees and shrubs along this path as well as some areas for seating and a more defined path with bark mulch would make this space much more functional.

This section of the project will total approximately \$41,000.

GATE ARM OPERATION

With increased traffic into the facility we are looking to have the gate arms operable once again. To incorporate this into our existing security system we are in need of some additional equipment which can be provided by our current contractor.

The cost to set this system up is \$5,704.

ADDITIONAL SECURITY CAMERAS

The freeze-thaw process each winter has caused heaving and cracks of the entrance slab aprons around the entire facility. During the winter months the slabs heave causing issues with opening doors; for the rest of the year, rain water enters the entrances as the slab is sloped in the wrong direction causing water to pool and enter the facility.

The cost to remove, prep and pour new concrete in these areas is \$12,500 to \$15,000.

GYMNASIUM RENOVATION

Our gymnasium is unique for a treatment setting, and is under-utilized. By dividing the gymnasium in half we can better use the space for multiple recreational activities on multiple levels. In addition, installing acoustical panels will provide better sound reduction in the area. The project also includes alternative multi-purpose flooring options, LED light installation and modification of the existing HVAC unit.

Total cost range is \$175,000 to \$225,000.



10 day detox was the best decision I have ever made in my entire life. Community was amazing, staff awesome and helpful. This was a nice wake up call and great push I needed in the right direction (into further treatment). Big thank you to community and staff.

Medically Supported Detox Client, 2020



This October 7th, I celebrate 53 years of sobriety; this is possible thanks to two letters: AA. I've long been an advocate for the fellowship whom we can oddly thank San Quinten penitentiary for it's vast acceptance in the 1940s. Did you know that the warden of San Quinten read about Alcoholics Anonymous and sought it as a solution for the 80% of his parolees who re-offended due to the affects of alcohol? From there, two groups emerged and hosted meetings at the prison to help others. The program quickly spread across America in other prisons and then into more communities to where we see it in nearly every town and city including Lloydminster. Among his other endeavours, Slim Thorpe brought AA into Lloydminster to help the many in need of recovery support. Slim and Ron Harris Sr. are the reason why many in this region are sober today.

In the 70s, I worked with the Alberta Alcohol and Drug Abuse Commission (AADAC, now the Ministry of Mental Health and Addiction) under John Parker who was the Lloydminster area representative at the time. John, many years before, was my own addictions counsellor after I spent some time to reflect on my discretions.

Through the Commission, I found myself running a 20-bed detox in Edmonton. We had 16 nurses and 19 other support staff to provide 24/7 care to anyone in need. In recovery myself, I worked to ensure folks had access to the resources they needed for success. I would drive people to and from Edmonton and would also deliver literature from the AA Central Office-an entity that is still operating today. Of course, whenever I would come into Lloydminster I had to be sure to stop in at Ron Sr.'s Harris Electric for coffee. I strive to give back as much as I can: when I wasn't operating a detox, running clients to programs or facilitating the Impaired Drivers Program, I was on the Board for the McDougall House, a shelter for women who were faced with addiction and the first halfway house for the John Howard Society. As you can see, I've always had a passion for helping others in recovery, bolstered in the seventh tradition of AA.

My involvement with the Thorpe Recovery Centre began in 1974, before its official opening in September 1975. I remember visiting on behalf of AADAC where John Parker and I toured the old Lloydminster Hospital's Nurses' Residence that was being converted into the 2-bed detox. While entering, we came across a gentleman laying tile. I jokingly asked him to say a prayer for me while you're down there, and we've been friends ever since. That tile layer is now a businessman down in Las Vegas who has been prosperous and sober for 46 years— the significance of recovery is ever-reaching. Since then I stayed in close contact with Thorpe. Its new employees would train at my detox in Edmonton to get first-hand experience with the withdrawal process and recovery support procedures. Here, I'd give frank feedback as to whether the new employee was fit for the task in Lloydminster.

I was there at the opening of the Centre's second facility across from the mall in 1988, watching the legacy of Slim and Ron grow. In the early 2000's, I was on the board that helped build the Harris House sober living facility in 2004 and also supported the planning stages of the Centre's newest facility in Blackfoot.

It's hard to believe that 45 years have passed since I've come to know the Thorpe Recovery Centre. I have always thought Thorpe has had the best program in North America for it has adapted well with the needs of the community. I continually refer new members seeking treatment to give Thorpe a call because they treat holistically; they understand that mental health and addictions are related and need to be treated together. The family program is also top-notch and I'm glad to hear that it is still available for anyone to attend—including those in oil and gas industry to understand the realm of addictions that seems to plague the workforce.

There have been a lot of changes and many faces through my time, but overall, I believe they are doing great work. I am proud to still be an active member of the Society and will help where I can. I do wish I was closer in miles to be able to stop in more often, but I will continue to support from home and through my referrals because, to me, Thorpe means life.

Cliff Pope Society Member

#DONORLOVE

We wish to thank the following individuals, groups, and businesses for their faith in our services. Because of you, we continue to help families on their recovery journey. We apologize if we have missed anyone from this list. Please know we appreciate you!

FRIENDS OF RECOVERY

D'Anza Alexander
Don & Linda Amundrud
Ed & Michelle Andrews

Macayla Antal Kim Applegate

Assure Occupational Testing

ATCO EPIC
Bandit Pipeline
Border City Concrete

Josh Boyce Laura Budzey Tracy Carmelo Rick & Bette Cawsey

Kayko Chung Rene Cloutier

Concierge Hauling and Hotshot Ltd.

Curtis Craven
Creative Glass
Michael Dewing
Jack & Faye Diacon
Kasha Dubel

Cheryl Duncan-Molloy

Elna Eidsvik

Sherri Husch Foote Gregory & Cheri Frey Marie Gerhardt Dan Grey Sonja Harder

Donna Harty Mindy Hawthorne

Taylor Hermiston

Irene Herring Tasha Hilderman

Home Hardware Lloydminster

Phil Howard Evelyn Hummelle Husky Energy Calgary

Vic Juba Michael Khoo

Knights of Columbus

Lloydminster Council #3553

Jutla Koester Vera Koster Teressa Krueckl Wayne Lang

Lashburn & District Combined Appeal Donors' Choice

Trisha Le

Deb Lundquist

Lorelee Marin

Mosaic Church

Jaylene Nicholson

Ben Nickerson

Dean & Flicka Olson

Pioneer Landscaping

Cliff & Marlene Pope

Debbie Roberts

Sam Sayeed

Darin & Terra Schaefer

Randy Schenker

Section 25 Management

Gordon Skene Bryan Tomie

Guy & Denise Totman

United Church Women

United Rental

Timothy Van Staden Rebecca Watling Mark Weinberger Sharon Worthman

Paula Woynarowsky Joanne Wright

IN MEMORIAM

WENDY GULBIS

1976-2020



On June 6, 2020, one of our own was called home. Wendy Gulbis was the definition of courage as she battled a lengthy fight with cancer. Her smile, pranks, serenity, and guidance are deeply missed.



LEADERS IN RECOVERY

Bronze Leader in Recovery

R.J Nelson Family Foundation

Hope Donor Award Recipient:

Dean & Flicka Olson

In memory of their son, Trevor, the Olson's continue to provide hope to others through their support to the Thorpe Recovery Centre. We honour Trevor's memory by achieving our mission to be a leading, community-based organization that provides strength, hope and healing.

Courage Service Award Recipient:

Pioneer Landscaping

It may seem like just a bit of dirt, but it is a the base for growth and development in our Serenity Garden. We recognize Pioneer Landscaping for their contributions to our garden project that will enhance the recovery of those we serve.

OUR COMMUNITY PARTNERS

AHS - Tough Enough to Talk About It

Alberta Addiction Service Providers

Alberta Health Services

Catholic Social Services

City of Lloydminster

County of Vermilion

Kingdom Mind Media

Lloydminster & Area Drug Strategy

Lloydminster & District SPCA

Lloydminster Interval Home

Lloydminster Region Health Foundation

Lloydminster Sexual Assault & Information Centre

Recovery Day YLL

Red Bicycle Communications

Residents in Recovery

Saskatchewan Health Authority

Southridge Church

Synergy Credit Union

The Olive Tree

The Tent Guys

The Word Church

SOCIETY MEMBERSHIP

Thorpe Recovery Centre would not be here today with out its society. You too can be a part of the great achievements of those we serve by being a society member! With just a one-time membership fee of \$25, you will receive all the benefits of a Regular Society Member including:

- Monthly newsletter to your inbox
- Know first about Thorpe events like fundraisers, Lunch & Learns and the AGM
- Voting rights at Society Meetings
- Opportunity to serve on the board of directors.
- Advocate for recovery in our community
- The feeling of doing something good for the community

Become a society member today and show the world that there is Hope in Thorpe!

OUR COMMUNITY

OUR TEAM

Next to our incredible donors, stands a dedicated team members who are on site 24/7 to provide quality addiction treatment services. Thank You!

Violetta Alders Kim Applegate Dann Arreglo Chelsea Ault Charles Balenga **Chantal Bishara Amelie Bouchard** Rhonda Braun. Jenelle Campbell **Mary Delfin Tammie Doty Olivia Dow Ren Durovick Taylor Fischer** Lauren Flynn Sara Fox Megan Fraser **Britany Freeson** Marcia Gallegos **George Gumahis Haley Gyug Brooke Handel Calli Hankinson Rosanne Hernando Abi Hissett Kristy Hotel Evelyn Hummelle Bill Husband Kendra Jack** Andrea Kidd **Lindsey Krichbaum** Community Nurse Office Manager Maintenance Support Community Support Worker Manager Community Nurse Health & Wellness Director Office Administrator Community Support Worker Community Support Worker Custodian Custodian Community Nurse Community Support Worker Community Support Worker Community Support Worker **Development Coordinator** Admissions Administrator Community Support Worker Clinical Administrator Maintenance Support Community Counsellor Community Support Worker Community Support Worker Community Nurse Kitchen Support Worker Office Administrator HR Administrator Community Support Worker Community Nurse Community Nurse Community Support Worker Chief Executive Officer Clinical Director

Community Counsellor

Mona Laxdal Kitchen Support **Christina Littlespruce** Community Support Worker **Kevin Lundell** Finance Manager **Keri Maess** Custodian Taya Marceau Community Support Worker **Louis Mavridis** Kitchen Manager **Beth McLaren** Community Support Worker Savannah Meadus Summer Intake Worker **Crystalyn Nelson** Community Support Worker **Melissa Noeth Detox Mentor Nadine Normandeau** Community Support Worker **Eva Notter, Community** Support Worker Community Support Worker Lillian Nykolaishyn **Joey Ortzanez** Kitchen Support **Shawna Parkin** Kitchen Support **Jason Patterson** Community Counsellor **Melodie Pawliuk** Custodian **Morgan Peeters** Charge Nurse **Victoria Poirier Detox Mentor Debbie Roberts** Community Counsellor **Priya Sebastian** Contract Nurse Practitioner **Jordan Sharp** Social Worker Pardeep Singh Community Nurse **Melissa Smart** Community nurse **Kathy Smithson** Kitchen Support **Molly Spinney** Community Support Worker Chelsea Tao Community Nurse **Joanne Taylor** Admissions Coordinator **Jacque Thorne** Community Support Worker **Megan Tomkins** Recreational Therapist **DeRay Uqualla** Community Support Worker **Tim Van Staden** Facility Manager

* Current staff as of of June 30, 2020

Community Support Worker

Community Counsellor

Charge Nurse



Congratulations to Tammie Doty for receiving her 5 Years Service Award!

Thank you Tammie for your humour, reliability, and hard work.

Jenice Ward

Jensen White

Philip Wohlwend

Teressa Kruecki

Emmy Kuypers

Jenna Lapointe

BOARD MEMBERSHIP

Are you looking to take your Society Membership to a new level? Seek a nomination to become a Board Member! Board Members guide the organization by setting goals and allocating resources to achieve those goals. As a team, you meet every two months to review the organization's progress and set a course for the future. As a Board Member, you are responsible for the overall vision of Thorpe Recovery Centre and together we will improve lives.

If you're interested, contact any of our current board members or our CEO, Teressa Krueckl for more information.

2019-2020 Board of Directors

- Tom Lysyk, Chairperson
- Paul Richer, Vice-Chairperson
- Marie Gerhardt
- Randy Schenker
- Rick Stephens
- Dick Vokins

As of 2020-2021 there are 4 vacancies on the Board inquire about a 1-year term!

BECOME A SOBER HERO!

Every September, a legion of Sober Heroes descend upon Lloydminster to combat addiction. These individuals give up alcohol* for 30 days to stand in solidarity with those who are in recovery or in need of treatment services. You too can become a Sober Hero:

- 1. Sign up as a Sober Hero and personalize your own fundraising page.
- 2. Give up alcohol* for 30 days in September.
- 3. Let your friends, family, and colleagues know that you've taken the Sober September challenge and ask for their support through donations.
- 4. Share your experience with the world to bring awareness to addiction in our communities using #TRCSoberHero.

*don't drink? No problem! There are other vices you can give up too, like coffee, smoking, non-essential shopping, or gambling.





FOLLOW US!

One of the best ways to stay up-to-date with what's happening at the Centre is to follow us on Facebook, Instagram, LinkedIN or Twitter.



@ThorpeRecoveryCentre



@ThorpeRecoveryCentre



@ThorpeRecovery



@ThorpeCentre



My history with TRC actually started in January 1997 when I was driven to the Thorpe behind the Wayside Inn (now the Days Inn) to talk to the evening counsellor. Little did I know it would be suggested for me to come back for detox treatment. At that time, I didn't think I was "one of them"; thought I could just get the heat off me, however, I came back for detox (my clean date is January 9, 1997). Then February 1, 1997 I went back for

the 21 Day Program as a day client. I attended for the day's sessions and activities (8:00a.m. - 8:30pm) and went home at night because I didn't have child care. After I completed program I continued my journey with Thorpe as they accepted me as a volunteer. I would go to the centre to sit and have coffee with the new clients, drive them to meetings, to recreation, and more. In 1998 I was hired as a Client Care Aide (now known as Community Support Worker) and from there I was hired as a casual counsellor, then to full time. Over the years my positions and title changed – volunteer – CCA – Counsellor – Counsellor Team lead – Program Supervisor – Program Manager – Counselling Manager and throughout I have witnessed many changes.

When I first started, the program was 21 days. Clients could walk off site and go anywhere in their spare time or while on a weekend pass to which some wouldn't come back at all or would return under the influence. However, over the years we changed how we thought about addiction; we understood just how powerful it was and changed our program model to suit: we pulled the weekend passes, extended the program from 21 to 28 days then again to 42 or more days. Understanding that addiction is a disease truly helped shape how we approached our services and supports to individuals and their families.



As years went on, we implemented more structure because we realized structure is recovery's friend. We implemented the Community Model, which has been a wonderful experience; peers holding each other accountable and giving support is what helps recovery grow in the community. People need people. This is the connection people hurting from addiction desperately need; I say desperately because that is what I've witnessed over the years: people desperate to get their lives back. I

continue to see parents regret the time lost with their children. I also see a son or a daughter desperately waiting for their parents or siblings to accept them back into the family, or a lost soul desperately trying to find themselves. None of this has changed over the years; addiction is still powerful and (in my opinion) Thorpe has grown to be one of the leading treatment centres in Canada. I think our reputation speaks for itself.

I've been witness to many positive changes over the years. From wondering how these beds were going to fill up to wondering how we are going to look after all of these clients are wow moments for me. I remember my eyes swelling up with tears and hugging Teressa when she announced that the extra funding went through, that we're going to fill the beds. After hugging Teressa (this was pre-pandemic, of course) I went back to my office and cried more tears of gratitude and thanked God for looking after Thorpe and most importantly, looking after more people in need!

Joanne Wright CACC, CACII, ATCA Counselling Manager

YES! I WANT TO SUPPORT ADDICTION TREATMENT! Please accept my gift of: \$250 \$100 \$50 \$50 Other: \$ which is a: One Time Gift Monthly Gift For: Area of Greatest Need Other: **Capital Fund** This fund helps us reduce our mortgage payment and make repairs within the building, keeping it secure an functioning well. **Payment:** Cash (Please do not put cash in the mail; you may drop it off during regular business hours) My cheque made payable to the Thorpe Recovery Centre is enclosed I prefer to use my: Visa MasterCard Card Number: _____ Expiry(MM/YY): ___ My Information: Name: Address: _____ Prov: _____ Postal: _____ _____ Email:_____ Occupation: DOB: __ Please keep my donation anonymous Keep me updated by email

Note: Charitable Receipts will be issued by Thorpe Recovery Centre for eligible donations over \$25.00. Donations made for the Treatment Fund will be forwarded to and receipted by the Lloydminster Region Health Foundation. Donations made online through CanadaHelps.org will be issued by Canada Helps.

_____ Date:___

Walter A. "Slim" Thorpe Recovery Centre Society PO Box 291, 21060 Tranquility Way, Blackfoot, Alberta T0B 0L0 1.877.875.8890 | giving@thorperecoverycentre.org | www.thorperecoverycentre.org Charitable Registration Number 108189093 RR0001



Signature: ___

