



Gratitude **REPORT**

2021 - 2022

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WELCOME & THANK YOU

After nearly 11 years at the Thorpe Recovery Centre, I can fondly look back and feel enormous gratitude. TRC has grown into a strong mental health and addiction treatment Centre. We continue to meet our mission to be a leading organization that provides strength, hope and healing to those affected by addiction and related mental health challenges.

We have celebrated growth, weathered challenges and have come out on the other side. We're proud to provide strong programming that has directly helped over 5,600 individuals across Canada in the last ten years.

A significant highlight over the past decade would be meeting the former Premier Jason Kenney to announce the first of several funding announcements expanding treatment beds in Alberta allowing us to open 30 additional treatment beds and six additional detox beds. After years of operating at 30% occupancy, we could finally reduce waitlists and barriers to help more Albertans on their recovery journey.

Another incredible highlight was accepting the Lloydminster Chamber of Commerce Integrity Award. This award is now displayed in the Centre as an acknowledgement of all staff working day in and day out with strong moral and ethical principles.

The outcome is a community therapeutic program that holds each of us accountable while encouraging strong peer support.

Thank you to the Board of Directors and the staff that work tirelessly to meet our vision. It hasn't always been easy, but you continue to persevere, allowing TRC to provide amazing care to individuals on their recovery journey.

There are never enough words to express my gratitude to all those whom I have had the privilege to learn from. Your dedication and hard work are evident and the reason TRC will continue to grow.

Sincerely,

A handwritten signature in black ink, appearing to read 'Teresa Krueckl'.

Teresa Krueckl
Chief Executive Officer



MESSAGE

FROM THE CEO & CHAIRPERSON

We are a made-in-Lloydminster solution that has grown to provide services for Canadians across Western Canada for nearly fifty years. Thorpe Recovery Centre, along with many other local non-profits and societies, is nothing without the people and the community who genuinely care. I'm honoured to be part of this community of support, sharing it with the many benevolent people whose examples we should all strive for, like our founders, Mr. Slim Thorpe and Ron Harris Sr. They say, "service to humanity is the best work of life!"

This summer, at the first Alumni event in years, we were touched by the many success stories, the stories of struggle, the stories of failure, and the stories of peace. Each Alumni member who brought their families and opened their hearts to connect with one another made the entire Centre light up – reminding us why we volunteer, why we come to work every day, and why Thorpe Recovery Centre is making a big difference.

I want to thank our incredible staff, volunteers, and clients for another wonderful year of recovery. Our programming is unique, our alumni association is growing, our beds have waitlists, and we have a supportive donor community – what else could we wish for in 2023? We need volunteers, and we need more donors. It is of value to take time to reflect and be thankful while looking for areas of improvement and growth, which is something we at Thorpe Recovery Centre often do. We value our current donors and volunteers and want to graciously extend our thank you to them for their service. We ask that you reach out to them and ask them how being involved in our Centre has added value to their lives and, most importantly, ask yourself, "where can I help?"

Paul Richer
Board Chairperson

WALTER A. "SLIM" THORPE RECOVERY CENTRE SOCIETY

Our 2021-2022 Board of Directors

Introducing the 2021 - 2022
**Walter A. "Slim" Thorpe
Recovery Centre Society
Board of Directors**

Paul Richer
Chairperson

Marie Gerhardt
Vice-Chairperson

Greg Buchanan

Gary Herriot

Randy Schenker

Dick Yokins

Sharon Williams

Marty Kindrachuk

What we aim to achieve this term:

- Increase awareness of substance use disorder recovery and the services Thorpe Recovery Centre provides.
- Enhancing the facility and use of resources to better serve the community.
- Grow the Society

Together we improve lives through overcoming addiction and mental health concerns.

Are you interested in supporting Board projects or joining our Society? Contact us at board@thorperecoverycentre.org

Contact Us: board@thorperecoverycentre.org Learn More: thorperecoverycentre.org

Interested in joining the board? We welcome 5 – 9 Society Members to govern the high-level operations of the Society. This includes:

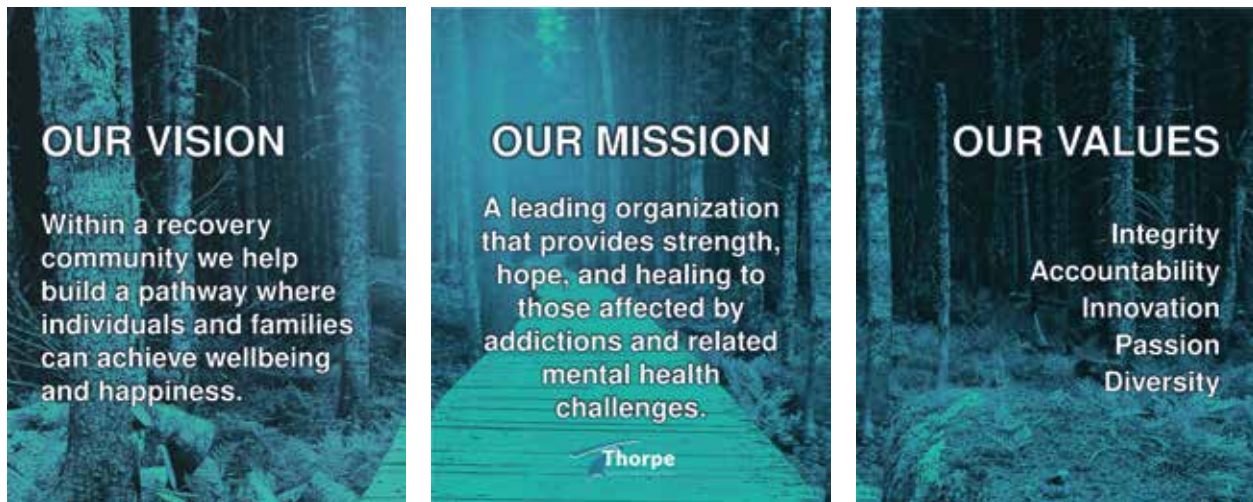
- Positively represent the Society.
- Participating in fundraising initiatives.
- Recruit and engage society membership.
- Participate as a collective in high-level decision-making regarding resource management and the organization's strategic direction.

Does this sound like something you're interested in? Let us know!

board@thorperecoverycentre.org

MISSION, VISION & VALUES

Looking to the future, our CEO and Board Members came together to set a strategic direction for the organization. The future is bright as we continue to grow and build recovery capital for those we serve.



Society Continues to Grow after 47 Years

Since 1975, Thorpe Recovery Centre has provided quality programming to individuals and families affected by addiction and mental health challenges.

As a member of the Society, you will be engaged through newsletters, events, and volunteering at the Thorpe Recovery Centre, including the opportunity to serve on the Board of Directors. The Society uses its strong, collective voice to shape how the organization operates, and to advocate within the community for the betterment of the lives of those it serves.

Your lifetime membership means you will be a part of the life-changing mental health programs that will improve the wellness of your community.

Join Today!

Visit: thorperecoverycentre.org/board or speak with any of the board members listed on page 5.



Over the past couple of years, Border Paws of Lloydminster has come to visit clients on Wednesdays with either cats or dogs, and we are so grateful for this partnership. There are many advantages to engaging with animal therapy, such as: decreased anxiety and stress, reduced feelings of fear and worry, and increased feelings of social support as well. Pets provide motivation, stimulation, and focus. When clients interact with the animals, you can see a wave of calmness roll over them, and that's heartwarming enough. Without partnerships like this, we wouldn't be able to offer opportunities to our clients.

Thank you Border Paws.



STRATEGIC GOALS

2022-2023

FOUNDATION

Our Mission

Why do we exist?

A leading organization that provides strength, hope and healing to those affected by addictions and related mental health challenges.

Our Vision

Where are we going?

Within a recovery community we help build a pathway where individuals and families can achieve wellbeing and happiness.

Our Values

How will we behave?

Innovation
Integrity
Accountability
Passion
Diversity

PILLARS & OBJECTIVES

Client & Family Focussed Care

To increase awareness of the Thorpe Recovery Centre and quality of services.

Human Resources

Increased membership, participation and engagement.

Recruit and retain qualified employees by building a positive and rewarding career experience.

Infrastructure

Optimize the utilization of the Facility.

Financial Stability

Expand revenue streams for financial sustainability.

OUTCOME MEASUREMENT

How will we measure success?

Staff Turnover
Time Away (Sick/Leave)
Monthly Intakes
Repeat Referrals
Bed Occupancy
Balanced Budget
Donation & Grant Funds

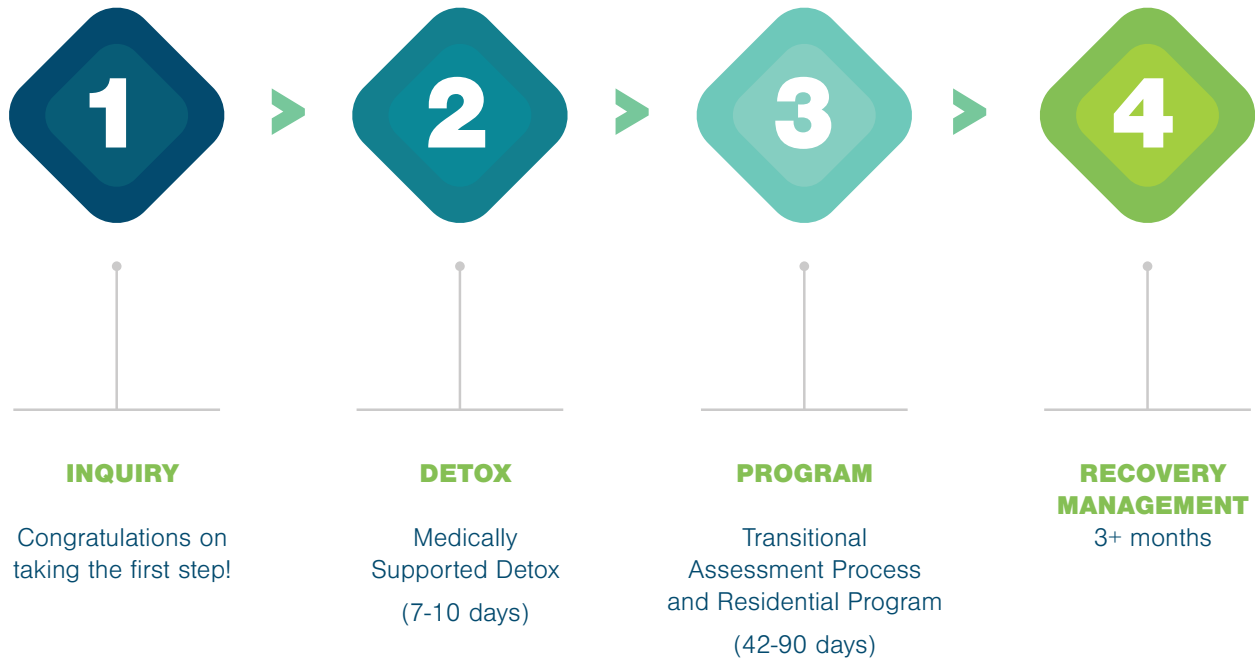
IMPLEMENTATION

How will we hold ourselves accountable?

Regular Board Meetings
Audited Financial Statements
Team Meetings/Huddles
Quality Improvement Reports
Annual Report / AGM
Accreditation Canada Survey



OUR SERVICES



On June 21, 2022, we recognized
National Indigenous Peoples Day.

We had elders Tom and Kellie Durocher come and perform a prayer song and speak to the staff and clients about Indigenous culture and how substance abuse has affected their communities. We were also lucky enough to enjoy some fresh delicious bannock.

CORE PROGRAMS

Medically Supported Detox (Closed for Renovations in March 2022)

The first of our three core programs. Designed for those who are in need of a safe withdrawal from chemical substances (drugs, alcohol).

- Biopsychosocial assessments.
- 7–10 day process to withdraw from substances of choice.
- Dedicated team members to provide social, medical, and psycho-educational support.
- Structured programming tailored to individual's needs.
- Therapeutic community model.

Messages from Medically Supported Detox Participants:

- I found all lectures & topics to be very well balanced. Was also valuable (while in detox) to be part of the program sessions with everyone else — it made me feel part of the larger community. The staff was also fantastic!
- When I first came in I was very scared to let out my feelings but I trusted my case worker cause she showed me how to handle it and to be open to others — thanks Melissa.
- So far this has been a very wonderful experience. Very emotional and eye-opening. Very supported by staff and peers. I am highly thankful as I've never been to treatment before.
- I thoroughly loved it; it got me to be honest with myself and come out of my shell. It truly made me love myself.

Residential Addiction Treatment

The second stage of our core programs. Long-term recovery-focused programming for individuals living with a substance use disorder or process addiction. Participants must enter the program with a minimum of 7 days of sobriety and abstain throughout programming. Opioid Agonist Therapy maintenance can be discussed as needed.

- Biopsychosocial assessments during the 2-day transition period.
- Customized treatment plan that includes assignments, specialty groups, and sessions to focus on the client's wellness needs.
- Dedicated After Care Coordinator & Primary Counsellor; access to the entire clinical team.
- 42, 60 & 90 day program options.
- Structured programming that includes recreation, peer support, group sessions, life skills, psychoeducation, wellness coaching & more.
- Therapeutic Community Model

Messages from Alumni this past year:

- Overall was a very positive experience. Got more out of it than I was expecting — my counsellor went above and beyond and always felt supported.
- Program saved my life.
- Starting I was lost and had lost myself. Thorpe helped me find the woman inside I knew I could be. I have started to heal from past traumas — found forgiveness for myself. I feel confident I have learned the skills needed for recovery and a happy & healthy life. Thank you.
- No doubt life-changing. Enjoyed/learned from different client stories. Debbie was pinnacle (identifying strengths/weaknesses/areas to concentrate) couldn't have asked for better — will keep her life advice forever.
- My experience at Thorpe was great. I've learned a lot about my life traumas. Also the key to my success is acceptance.
- My experience was amazing — I started loving myself again.

Recovery Management

Recovery Management is the third phase in Thorpe Recovery Centre's treatment process. Think of Detox like elementary school, Residential Treatment like high school, and Recovery Management like a university. Detox will get you clean, Residential will teach you the basic tools, and Recovery Management will help pull everything together.

Recovery Management Program is a once-a-week peer support processing group — a format that Alumni are familiar with as they continue their recovery journey. The weekly session allows Alumni to have accountability to their peers, relate experiences, warn about relapse signs, and encourage each other's recovery.

Recovery Management is an affordable safety net in a confusing world, an easy extension of one's support network with peers, and an investment in one's future.

THORPE STAFF DAY

TRC Social Club hosted an amazing Staff Day event to bring smiles to everyone.



SUPPORT PROGRAMS

Family Intensive

When you're supporting someone in their recovery, it can be challenging to balance your own needs with the needs of others. This online workshop will help you re-focus on your own wellness and gain the skills to set healthy boundaries, communicate effectively, and manage stress. The workshop also includes information on:

- Codependency,
- Addictive Disorders,
- Grief,
- Addiction & the Family.

Led by addiction counsellors, participants will connect through a video platform to engage in lectures, join group discussions, and connect with our team. In addition, there will be after-hours assignments to assist in the continued growth of the individual.

Connecting with an in-person support group (Al-Anon) or counsellor is recommended.

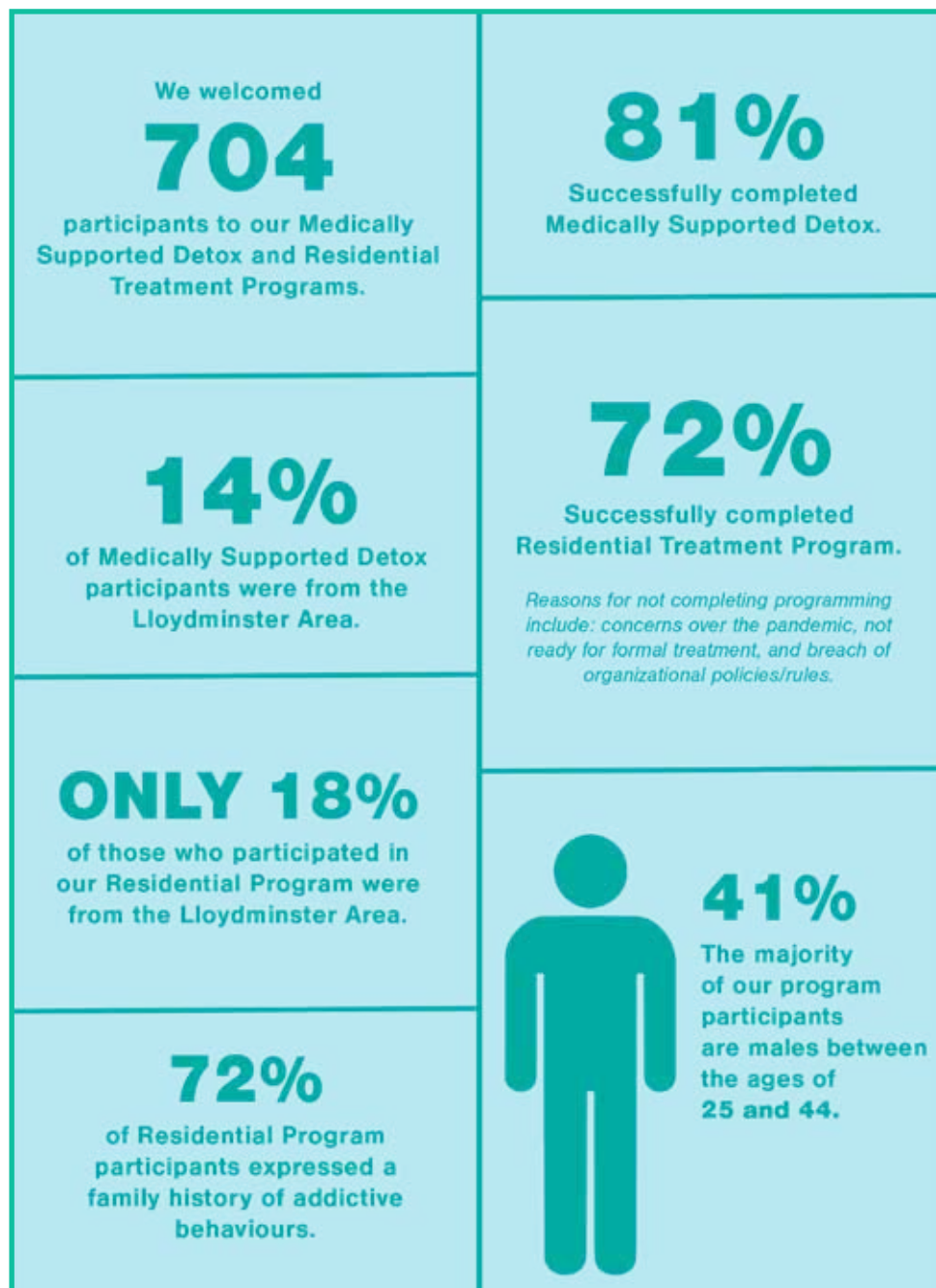
The program runs monthly. Visit thorperecoverycentre.org/family-intensive or call **780.875.8890** to learn more and to register.



Earlier this year, TRC received a generous donation from Home Depot and Home Hardware of wood and plastic bins to build planters. During shop time, many clients began a garden which has harvested many fruits and vegetables.



THE LIVES YOU'VE CHANGED

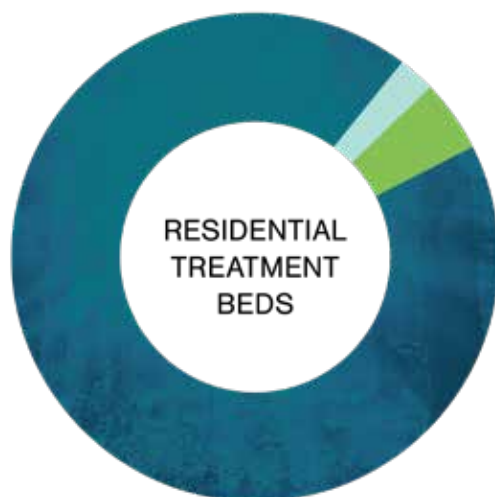


BED USE



Of our 12 Medically Supported Detox Beds:

- 262 people were funded by Alberta Health Services.
- 85 people were funded by Saskatchewan Health Authority.
- 37 were privately funded.



Of our 60 Residential Treatment Beds:

- 333 people were funded by Alberta Health Services.
- 29 people were funded by Saskatchewan Health Authority.
- 70 were privately funded.

THOSE WE SERVE: DEMOGRAPHICS

Data collected from program participants of our medically supported detox and residential addiction treatment programs July 1, 2021, to June 30, 2022.

	DETOX	RESIDENTIAL		DETOX	RESIDENTIAL
AGE AT FIRST USE			PREVIOUS TREATMENT HISTORY		
Under 10	1%	2%	First Time	31%	37%
10 - 14	19%	26%	1 - 3	33%	44%
15 - 19	29%	35%	4 - 6	1%	1%
20 - 24	13%	12%	7+	1%	0%
25 - 29	4%	10%	Former TRC Participant	31%	19%
30 - 34	4%	4%	Detox Only	2%	1%
35+	9%	8%	Undisclosed	1%	0%
PRIMARY DRUG OF CHOICE*			REFERRED BY		
Alcohol	32%	48%	Self/Family	52%	40%
Cannabis	4%	4%	MH Professional	47%	59%
Cocaine and Crack Cocaine	15%	19%	Employer	1%	1%
Crystal Meth	22%	15%			
Opiates	7%	8%			
Other/ Various	20%	6%			
MENTAL HEALTH					
Known Mental Health Concerns		43%			

*Most individuals have secondary and tertiary substances of choice. This listing is the primary presenting problem upon admission.





THORPE RUNNING PROGRAM

The Thorpe Running Program was created by local runners and human services workers Vera Koster, Rikki Ducharme, and Mackenzie Brown in 2020 after multiple discussions about how running had helped them cope with stress and promote their mental well-being. Joined by volunteers from the local running community with a similar mindset, the Thorpe Running Program was created. The program teaches clients a sustainable running program focusing on self-care and injury prevention, aiming to supplement their recovery efforts with a healthy sport for their body and mind. Vera, Rikki, and Mackenzie continue to be involved in the program and make up the steering committee, which provides leadership and governance to the program.

Meeting Tuesday evenings from spring to fall (weather dependent), the Thorpe Running Program started with a small group of volunteers and was attended by a small group of clients at the Thorpe Recovery Centre. Clients and volunteers start and end their evening by answering a scaling question about their well-being to help everyone reflect on how the activity has impacted how they feel. After the scaling question, the group begins with a warmup walk and light stretch. Due to various fitness levels, the group is separated into advanced (who run an easy-paced 5 KM), intermediate (who do a run-walk), and walkers. Volunteers keep tabs on the time or distance and encourage clients to run or walk within their limits.

In 2021 as the program continued to grow in size, a need for supplies, including running shoes and clothing, became apparent. A used shoe and apparel donation program was started, to meet the growing needs of the program. In addition, a partnership was sought with Saskatoon running store Brainsport and shoe company New Balance, who now provide occasional shoe donations to the program. Any supplies provided to clients are given as a gift for them to keep. The program began to receive feedback and testimonials from alums who had continued to run after leaving treatment. Through these testimonials, it was learned that although the clients love running, they also value the conversations with volunteers and connection to the running community, who they find to be welcoming, non-judgmental, and supportive. Many alums found local running clubs across Canada when they completed treatment. With this new knowledge and increased client attendance, more volunteers were recruited, expanding the program size considerably to what it is today.

Moving forward, the steering committee hopes to continue to evolve the program to meet the client's needs and offer one more great activity for clients at the Thorpe Recovery Center.

VOLUNTEER TESTIMONIALS:

"When asked to help out with a running program at Thorpe some three years ago my answer was a quick and easy, YES! I'm forever grateful for the Couch to 5K program and the community that encouraged me be successful with it, I wanted to share that experience with others. It doesn't matter what your fitness level is or if you have any running experience. It's truly all inclusive and so good for mental health. Getting outside, fresh air, good company, it's a great way to clear your mind and feel amazing. I really love being able pass on the simple joy of the outdoors!"

"I believe the TRP (Thorpe Running Program) is an unreal means of bringing people together! From my experience over the past 24 months of being involved with the program, the uplifting positivity and motivation to continue to grow and do better while taking part in the client's journey is an astonishing experience. Through the TRP, it has allowed me to connect with multiple individuals while walking, jogging and/or running while sharing laughs, serious conversations or just being an ear for them to talk to. Through supporting the client's journey in the program, it has impacted me in ways I would have never imagined. Each week I leave the one-hour program with a heart full of happiness and gratitude. From the conversations, bonds and joyful smiles, it proves to me that humanity is alive and fully active in supporting one another in possibly the hardest of times. It starts with "showing up" for the clients each week and ends with a team of individuals (clients and volunteers) working together to motivate every last person to complete the evening activity with full team support. Tuesday night's TRP is a top priority in my weekly life schedule and I will continue to do my best to "show up."

"This is my second season running with the Thorpe running program. For me, it's a time to connect with others and exercise without it feeling like exercise. The supportive and inclusive environment makes it a safe and welcoming space for all. My favourite part though is the determination of the clients and the contagious positive energy that is shared among the group. It never fails to boost my mood and I know I'm not alone in that feeling!"





CLIENT TESTIMONIAL:

"Hello everyone that volunteers their time to run with the folks at Thorpe Recovery Centre. I just wanted to let you know that I'm still clean and sober, been home for four weeks now. Also wanted to let you know that I'm still running everyday except Sundays. So I've run 24 out of the 27 days I've been home. Some days I've gotten in two runs lol I'm running a minimum of 5 km a day because that's what Brian recommended. I'm 96 days clean and sober and 68 days nicotine free. I quit smoking cigarettes because I loved the running so much. Hey Mac thanks again for the shoes I'm sure putting a lot of KM on them. Just wanted to say thank you to everyone who came out on Tuesdays to run with us at Thorpe. The running sure is a huge part of my recovery and it's changing my life."

IMPROVING SERVICES

We Look Nearly New

Early this year, we were lucky to redesign and renovate our facility entrance. You'll now find an improved spacious floor plan, a new waiting area, and a more efficient way to move around the facility.



A Refreshed TRC Staff Room is Here

This year we officially opened our new staff lunch spaces at TRC. Our maintenance team has been hard at work getting the area ready over the past few weeks. What started out as dark, dingy, uninviting institutional-like lunch rooms have now been transformed into two beautiful spaces where our staff can sit down to enjoy a meal, read a book, meditate, or have a coffee.

Shout out to two local artists who provided the amazing murals for our staff to enjoy their well-deserved down time at the Centre. The Diversity Diner mural was created by Nelson Stone, local to Lloydminster. He designed and tried a new medium for his beautiful work. The theme of his piece is Diversity and Inclusion and depicts the sun and the moon as well as a wolf, killer whale, a loon, and more. Cafe Bliss was designed and painted by Amy Kistner from The Design Umbrella out of Wainwright. She brightened up the space with her rendition of a flower garden. Thank you to both artists for the time you committed to your craft and making our staff spaces more enjoyable and a space that they want to enjoy.

Thanks also to Culligan Lloydminster for providing one of their VKI Eccellenza coffee machines for staff to enjoy a cup throughout the day. Robbie and his team came through this past week to get us set up on short notice. Stop by to get one of these for your organization; your staff will definitely be thanking you!



The Kitchen is Better Than Ever

Thorpe Recovery Centre has officially renamed its kitchen to “The Humble Kitchen.” Small improvements and renovations have been made to provide a more efficient and safe mealtime.



Renovations

In March 2022 we started renovations on our Medically Supported Detox area and look forward to opening again soon. This innovative improvement will create a more clinical and patient-friendly space.

GET INVOLVED!

We're always happy to talk with you to see how you want to make an impact at Thorpe Recovery Centre. Whether it is volunteering with our program activities, donating to our ongoing projects, or joining the Society, give us a call.

Here are some ongoing projects to get excited about:

- Serenity Garden Phase II.
- Therapeutic Environment Enhancements.
- Program Recreation Sustainability.
- Capital Expenses & Debt Reduction.
- Sober September.
- Recovery Comfort Kits.



Wear Recovery with Pride

True Recovery Co. now available!

Looking for a way to spread the message that recovery is possible, we came up with True Recovery Co. a clothing line dedicated to recovery-positive messaging. With the help from DigitalMainstreet ShopHERE program via Startup Lloydminster and the Lloydminster Chamber of Commerce, we could set up an online storefront and have our product available across Canada.

Through the development of the brand, we wanted to ensure there were elements of Thorpe Recovery Centre, including the brand's initials and marble, within the logo. Marbles are chosen and presented by a peer to each graduate of our Residential Program. The peer identifies the colours and significant markings within the stone and describes what they represent for the graduate. The marbles are a physical reminder of all the tools you learn during programming. When you are having a tough day or struggling with negative thoughts, the marbles can help you remember your healthy coping skills.



Launched in April 2021, the clothing line represents the serenity, hope, and courage it takes to live proudly in recovery. We wanted a line that includes any journey—physical or mental recovery—that you may be walking on. With messages like “I am Enough,” “Courage,” “Serenity,” and “Namaste Sober” on comfortable and trendy items, we will share positive messages in our communities.

True Recovery Co. items are available to the public online or to Thorpe program participants in the Canteen. Net proceeds go back into the services and programs Thorpe Recovery Centre provides. There's something for everyone at any stage of their journey with True Recovery Co.

truerecoveryco.square.site





Celebrating Alumni

For two years, the Thorpe Alumni Association has been in a sit-and-wait position in formally connecting with its members. The Thorpe Alumni Association consists of any Thorpe 42+ day residential treatment program graduates. Covid has presented numerous challenges in designing a self-sustained, functionally supportive Alumni association. For some time, it looked like it would never progress further than a weekly Alumni Zoom meeting. However, with the break in Covid regulations across the province, an opportunity presented itself, and an idea to open Thorpe Recovery Centre for a weekend to its Alumni came to fruition. As much as Covid provided headaches over the past two years in trying to build the Alumni association, fair being fair, Covid was the reason behind establishing an Alumni in the first place. The most successful treatment centres in North America have Alumni as an integral part of their client support network and identity. In the spring of 2020, it was found that Thorpe and its clients could benefit from the extra support a strong Alumni association provides.

The Alumni association was created because of the isolation caused by the pandemic. Zoom meetings were a logical tool the Alumni could use to connect face-to-face with current clients. Zoom meetings also benefit the Alumni because most of Thorpe's clients reside outside Lloydminster, and in-person meetings are only available to those who live in the area. Currently, our weekly mentor panel is attended by Alumni from all across Canada, from Vancouver to Nova Scotia. These Zoom meetings take place every Wednesday night and bridge the gap between treatment and recovery for current clients leaving that week. The meeting style is an informal question-and-answer format with Alumni of various backgrounds, locations, and recovery experiences. The Alumni mentors typically offer their contact information for future contact, and an invitation is made to the current clients to join the alum mentor panel after a month of recovery experience.

The Alumni Milestone weekend was designed to celebrate reconnecting alums with each other who may have been separated by distance and time. It was also designed to connect alumni to current clients to show that long lasting recovery is possible and allow staff to see the impact their work has had on these people's lives. The staff plays a critical role at the beginning of each client's recovery, and the overall health of the organization

needs to have a strong connection between the staff and the people they show up daily to help. Another big goal of the weekend is to allow clients to showcase Thorpe to their families. During a client's last week, they participate in a Marbleout ceremony which signifies the end of their treatment and graduation into recovery. The milestone awards portion of the weekend allowed the family unit the opportunity to celebrate milestones in recovery, which signifies the entire family's hard work. Mixed in with all the celebration and reconnection was a weekend designed to be fun. Golf, bocce ball, volleyball, painting, crafts, sidewalk art, frisbee-golf and more are reminders that our Alumni no longer need their addiction to have fun. At the end of the day, isn't that what recovery is about?



OUR COMMUNITY

OUR TEAM

We celebrate the dedication and commitment of our team as they navigated not only a pandemic, but also an increase in service delivery. The success of those we serve is greatly due to the amazing team at Thorpe Recovery Centre.

Abi Hissett	Kitchen Support	Kellie Victor	Healthcare Aide
Adele McKnight	Healthcare Aide	Kerstyn Braham	Community Support Worker
Aleksandra Juchneiwicz	Community Support Worker	Kevin Wood	Community Support Worker
Ashley Buchanan	Custodian	Kiea Stucki	Community Counsellor BHSc
Audrey Benson	Kitchen Support	Koryssa Steveson	Community Counsellor BA Psych
Bailey Kohlman	Recreational Coordinator	Leny Simbulan	Community Support Worker
Baton Ronnie	Custodian	Lillian Nykolaishyn	Intake Coordinator
Brandi Higgins	Clinical Administrator	Mackenzie Penrod	Community Counsellor BHSc Comm
Bridgett Russell	Community Support Worker	Megan Fraser	Admissions Administrator BA
Candace Stryker	Community Counsellor M.Ed, CCC	Melodie Pawliuk	Office Administrator
Carmen Webster	Community Support Worker	Mona Laxdal	Kitchen Support
Cecilia Carpendale	Community Support Worker	Nancy G Walker	Community Support Worker
Chad Sturge	Facility Manager	Nikki MacDonald	Healthcare Aide
Charles Balenga	Community Support Worker	Rhonda Braun	Aftercare Coordinator
Colton Kappel	Community Support Manager	Ria Maximo	Healthcare Aide
Cornelia Monnich	Office Manager Bcomm	Rosanne Hernando	Community Nurse LPN
Crystal Gould	Community Support Worker	Savannah Meadus	Community Support Worker
Denice Dado	Community Nurse LPN	Shayna Tupper	Community Nurse LPN
DeRay Uqualla	Community Support Worker	Sheila Josue	Community Nurse LPN
Elyn Doornbosch	Community Support Worker	Sherlyn Bonet	Community Nurse LPN
Emelita Rosada	Healthcare Aide	Tammie Doty	Custodian
Emily Drechsler	Health Care Aide	Taylor Moline	Community Nurse RN
Golda Occenola	Community Support Worker	Teressa Krueckl	Chief Executive Officer
Haydee Lambating	Community Nurse LPN	Timothy Van Staden	Operations Director BSc, RSE, CME
Irah Lazo	Community Nurse LPN	Vera Koster	Community Counsellor BA Psych, ASAT-candidate, CCAC, CCR
Jacque Thorne	Community Support Worker		
Joanna Taylor	Admissions Coordinator		
Joanna Wright	Counselling Manager CACII, CCAC, ACTA		
Joey Ortanez	Kitchen Manager		
Jordan Duchak	Kitchen Support		
Julie Arogundade	Kitchen Support		
Kaitlyn Delisle	Community Counsellor BHSc		
Kaitlyn Yacey	Community Support Worker		

As of June 30, 2022



AED DONATION

Making sure we provide a safe space for our clients is the most important thing to TRC, as such we want to send a big thank you to the Lloydminster Region Health Foundation for their donation of a new Automatic External Defibrillator.

Equipment like this ensures that TRC is able to deliver a safe environment for everyone here.



IN MEMORIAM

Ron Harris Jr.

Former Executive Director, staff member and friend of the Thorpe Recovery Centre, Ron Harris Jr., passed away in October 2022. Ron was a kind and caring soul who was a strong supporter and advocate for recovery. He spent countless hours supporting others within our community. He will be sadly missed.

FRIENDS OF RECOVERY

We are incredibly grateful for the individuals who contribute to our many campaigns and initiatives throughout the year. We are pleased to welcome new donors to our Friends of Recovery circle. Although we have done our best to compile a list of donors, we may have unintentionally missed a name. We apologize for any omission.

Alfreda Ryan
Allan Bakker
Amanda Afseth
Amber Fisher
Amy Hanemaayer
Amy Nerbas
Andrew Sceviour
Angela Lake
Ashley Schlosser
Barb Blazejak
Barbara & Dennis Johnson
Billi Jean Miller
Bobbi-Jo McColm
Brad Wight
Brady Reiter
Brent & Kathy Smithson
Brett Novlan
Brian Stevenson
Brienne Kutz
Brittany Murphy
Brittany Prevost
Candace Stryker
Caper Industries Ltd.
Carla Thompson
Cathy Bolton
Cathy Stachniak
Cheri Trojan
Cheryl Gerhardt
Christine Brochu
Cindy Macnab
Cliff Rose For Clothes
Clifford Pope
Cornelia Monnich
Cory and Katherine Delisle
Craig Hoff
Daina Semotiuk
Darby Hines
Darcy Viglas

Dawn Floen
Dawn Sinclair
Dean & Flicka Olson
Deborah Schulze
Dennis & Pat Fox
Derek Reiter
Ed Andersen
Elle H
Elna Eidsvik
Emily Hains
Emmylou Wicker
Evelyn Hummelle
Fellowship Villagers
Frances Ostashek
Gail Kappel
Gary & Lisa Rochford
Gina Wildeman
Glen & Bonnie Armstrong
Glenn & Karen Fagnan
Glenn Reiter
Gray & Arbor Photography
Greg & Laurie Hnatuk
Greg Nohnychuk
Harold Wood
Harpreet Christie
Helen Sluth
Husky
Jacie Borrebach
Jasmine Acharya
Jason Bajema
Jason Hallett
Jason Patterson
Jennifer Romanchuk
Jesse Ehnisz
Jill Clark
Joanne Wright
Jodi Phipps
Joey LaClare

Joey Macnab
John Hoberg
June & Brian Carruthers
Justin Loree
Jutta Koster
Kaeith Markwick
Karen McCaffrey
Kelly Schwenk
Kelsey Bouck
Kelsey Sperle
Kelsi Pullen
Keri Ann Bergen
Kevin Sywenky
Kim Applegate
Kyla Forster
Lakeland Rustlers Woman's Basketball
Lashburn & District Combined Appeal
Donors' Choice
Laura Luyt
Laura Quist
Laureen Miller
Lauren Coombs
Lauren Durovick
Laurie Gillespie
L&A CPA LLP
Lee Noble
Leeann Noel
Lise Gray
Lorelee Marin
Lorene Wich
Louise Benoit
Margarete Sagebiel
Marie Gerhardt
Marilyn Doe
Marnie Sorensen
Maureen Montour
McRobert Farms
Megan Tomkins

Michael Welygan
Michelle Benning
Michelle Gorman
Michelle Kinney
Mike Sidoryk
Mindy Hawthorne
Misha O'Donnell
Mitchell Martin
Molly Spinney
Mosaic Church
MT Owens
Nekky Jamal
Nick Rice
Nicole Burrage
Pam Herman
Paul & Kim Richer
Paul Melrose-Wyatt
Paul Morin
Pauline Vig
Perry Ryan
R.J Nelson Family Foundation
Raelean Hawthorne
Randi Noble
Rene Cloutier
Rick & Bette Cawsey
Rick Harper
Rikki Ducharme

Robin Noble
Robyn Hougham
Ron & Judy Tannas
Ron Le Stage
Ross Thompson
Rotary Club Of Lloydminster
Roy Lake
Samantha Croucher
Sarah Gourlie
Scott Meadus
Servus Credit Union
Shanna Howlett
Sharon Tindall
Sharon Williams
Shauna Parkin
Shaunda Sembalerus
Shelby Guy
Shelly Martens
Sonya Landry
Stephanie Muir
Sue Doughty-Smith
Susanne Landsjöaasen
Suzannah Le Brocq
Tammy Elliott
Tammy Theisen
Tancred Thomas

Tara Ilnicki
Taylor Parsons
Ted & Adele Harland
Teresa Cundliffe
Teresa Keet
Teresa Krueckl
Terrance Wagner
Terri Tindall
Tess Rothe
Timothy Van Staden
Troy Olson
Tyler Bunko
United Church Women
Vera Koster
Vic Juba
Wade Brinkman
Wendy Girvan
Xavier Doughty

COMMUNITY CONNECTIONS, CLIENT ACTIVITY AND EDUCATION VOLUNTEERS

12-Step Group (Lloydminster)
Alberta Addiction Service Providers
Lloydminster & Area Drug Strategy
Border Paws Animal Shelter
Lloydminster Interval Home
Lloydminster Region Health Foundation

Lloydminster Runners
Midwest Family Connections
Synergy Credit Union
The Olive Tree
The Word Church

Thank you for continuing to serve our community.



A MESSAGE FROM OUR RECREATION COORDINATOR

Recreation is so diverse! It includes different activities, from sports to a game of cards. With a multitude of options, activities should be enjoyable and inclusive for all types of people.

Recreation has been a big part of my life and a passion I love sharing with others. I have learned many lessons and acquired new skills due to being involved in recreation at a young age. Especially as a high-performance athlete playing competitive sports, I developed skills like teamwork, resilience, perseverance, and tenacity. I still learn new things about myself through sports or other recreational activities. In university, I realized that recreation helps benefit a different aspect of a person's life. It supports physical, cognitive, psychological and social health. I hope that my program will help educate the clients about the different benefits of recreation and show them how to create healthy habits through recreation.

For the recreation program, I want to create a place where the clients can get a break from the intense treatment work they do during their day. It's a break in their day when they can interact with others, finding their fun, playful, and creative side because treatment is never easy. Recreation can help decrease stress, anxiety, and depression, and reduces boredom.

For the recreation program to benefit the majority, I make sure I get to know the clients. Understanding who the clients are, their interests, and their hobbies help me determine what activities I should implement. I plan and implement various activities because I want clients to try new things. Trying new things can enable the client to create new interests and expand their creativity. For example, I have always been into sports and not really into artsy activities.

Then Covid happened, and all my sports got put on hold. I became frustrated because I felt lost. So, I decided to try painting because some of my friends started during the pandemic. I found it enjoyable and started using it as a way to meditate. It's instances like this that I am hoping happens for the clients as well. They find that trying new activities or activities that they think they would not enjoy, it becomes a passion for them.

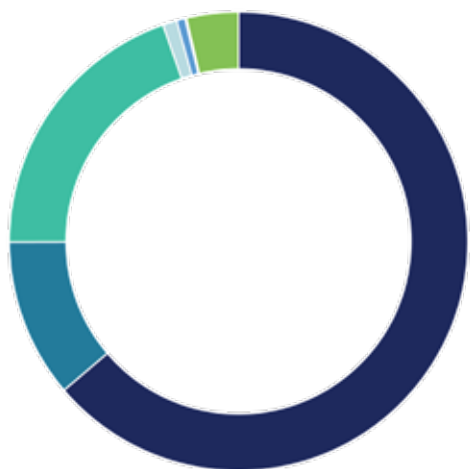
To help motivate the clients, I get involved with activities, encouraging participation! Another way I have found that helps get clients to participate is to get help from specific clients to lead specific recreation

activities. This technique has created a way for clients to take a leadership role and teach the community something they find interesting.

With the Thorpe Recovery Centre being a fast-paced environment, I am continually developing, implementing, and researching new ways to improve the recreation program. Using my experience and knowledge from university, I am trying to educate and be a role model for the clients. My goal is to ensure each client is heard and included in activities! My end goal is to help influence the clients to find an activity that they enjoy and continue it when they complete the program at the Thorpe. I believe recreation is a great way to help ground and learn more about oneself. I think this because I have experienced and lived the proof that recreation is a great way to help improve mental health. It is a great way to find belonging and connection.

Bailey Kohlman
Recreation Coordinator

FINANCIAL REPORT



Sources of Revenue

Total: \$5,312,212

Alberta Health Services:	\$3,387,505
Saskatchewan Health Authority:	\$594,091
Fee for Service:	\$1,046,289
Intensives/Workshops:	\$52,629
Donations/Fundraising:	\$31,997
Grants:	\$5,797
Interest/Sales/Misc:	\$193,904



Sources of Spending

Total: \$4,644,469

Salary/Benefits & Contract Work:	\$3,368,916
Occupancy Costs & Maintenance:	\$795,180
Program Expenses:	\$68,582
Office Expenses:	\$117,579
Professional Fees:	\$17,371
Staff Development/Recruitment:	\$50,288
Insurance:	\$40,939
Interest(including long term):	\$143,660
Advertising & Public Relations:	\$41,954

Excess of Revenue:

Excess of revenues over expenses before amortization: \$667,743

Amortization: \$362,610

Excess of revenue over expenses: \$305,133

YES! I WANT TO SUPPORT RECOVERY TODAY!

Please accept my gift of: ☐ \$250 ☐ \$100 ☐ \$50 ☐ \$25 ☐ Other: \$ _____

which is a: ☐ **One Time Gift** ☐ **Monthly Gift**

For: ☐ **Area of Greatest Need** ☐ **Other:** _____

☐ **Capital Fund**
This fund helps us reduce our mortgage and make repairs to the facility, Keeping it safe and secure for those we serve.

☐ **Serenity Garden**

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: _____

City: _____ Prov: _____ Postal: _____

Phone: _____ Email: _____

DOB: _____ Occupation: _____

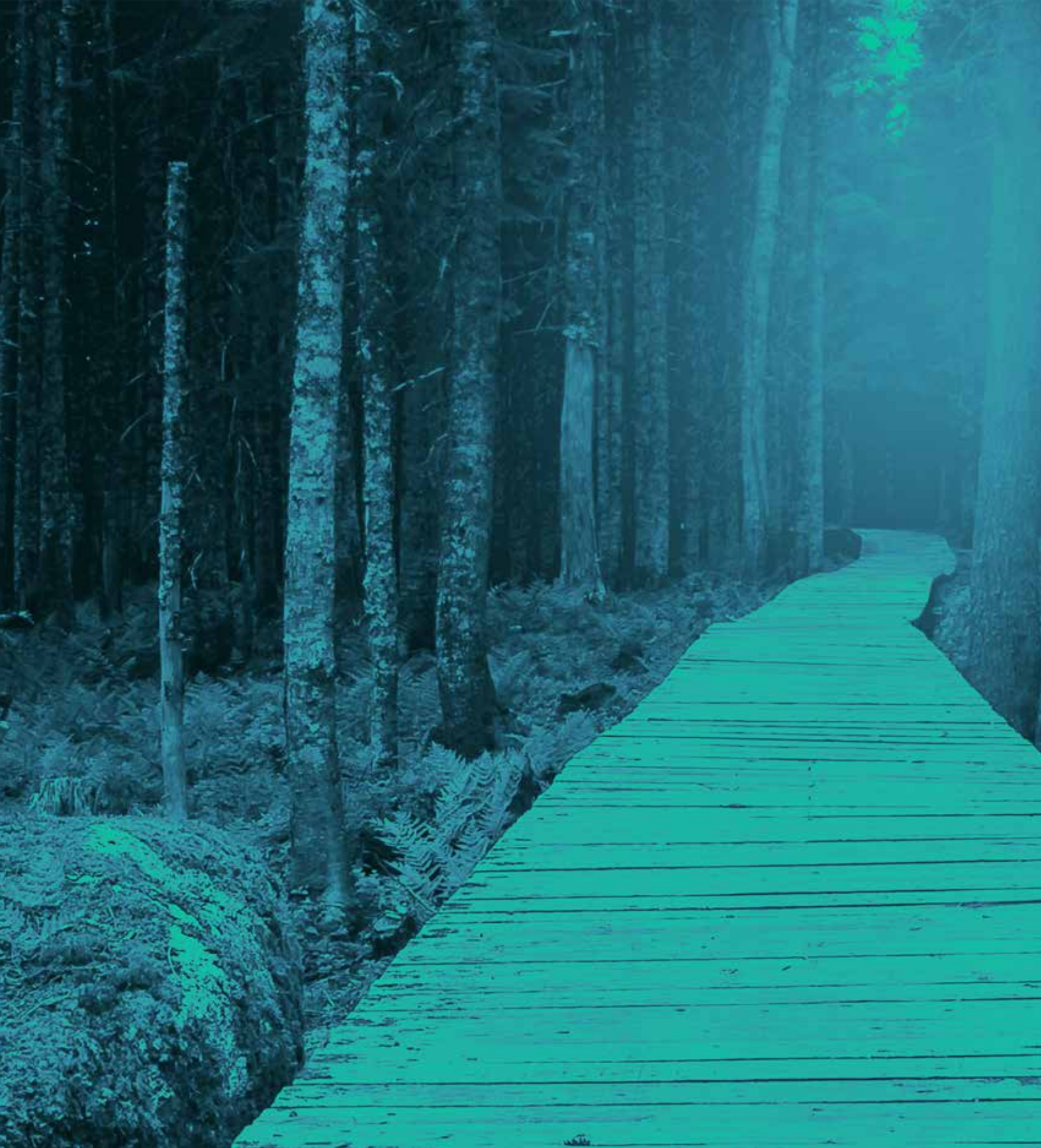
☐ **Please keep my donation anonymous** ☐ **Keep me updated by email**

Signature: _____ **Date:** _____

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.

Walter A. "Slim" Thorpe Recovery Centre Society
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Charitable Registration Number 108189093 RR0001





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