



Gratitude **REPORT**

2022 - 2023

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MESSAGE FROM THE BOARD & CHAIRPERSON

An incredible year of change is certainly what the Centre has experienced in 2023. In short, our organization closed our Detox for training and safety, discontinued our intakes until we had no clients and dismissed our CEO. The Board and all our staff were disheartened about not having clients, but here is the great news:

With Alberta Health Services tremendous help, we kept all our staff and embarked on a full out wholistic training program to bring the Thorpe Recovery Centre to the forefront of modern addictions treatment with safety for our valued employees and clients. This was achieved by the hiring of ROSC Group, a professional addictions treatment organization led by doctors and addictions experts who have developed industry leading programs to achieve the best results.

Our interim CEO, Dr. Susie Lebrocq has worked incredibly hard along with her colleagues and our incredible staff to bring about a full house of 60 clients. The volume of work our CEO, staff, ROSC Group, and Board was massive to catch up to be the best we can be. Our goal moving forward is to be World Class and lead Canada as being the example of what it is to be the best.

There is much more to achieve but we are so grateful for our dedicated team, who are so compassionate in the business of saving lives.

A handwritten signature in black ink, appearing to be 'P. Richer', with a stylized, flowing script.

Paul Richer
Board Chairperson

WALTER A. "SLIM" THORPE RECOVERY CENTRE SOCIETY

Our 2022-2023 Board of Directors

Introducing the 2022 - 2023
**Walter A. "Slim" Thorpe
Recovery Centre Society
Board of Directors**



Paul Richer
Chairperson



Marie Gerhardt
Vice-Chairperson



Gary Herriot



Randy Schenker



Lori Worthing



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



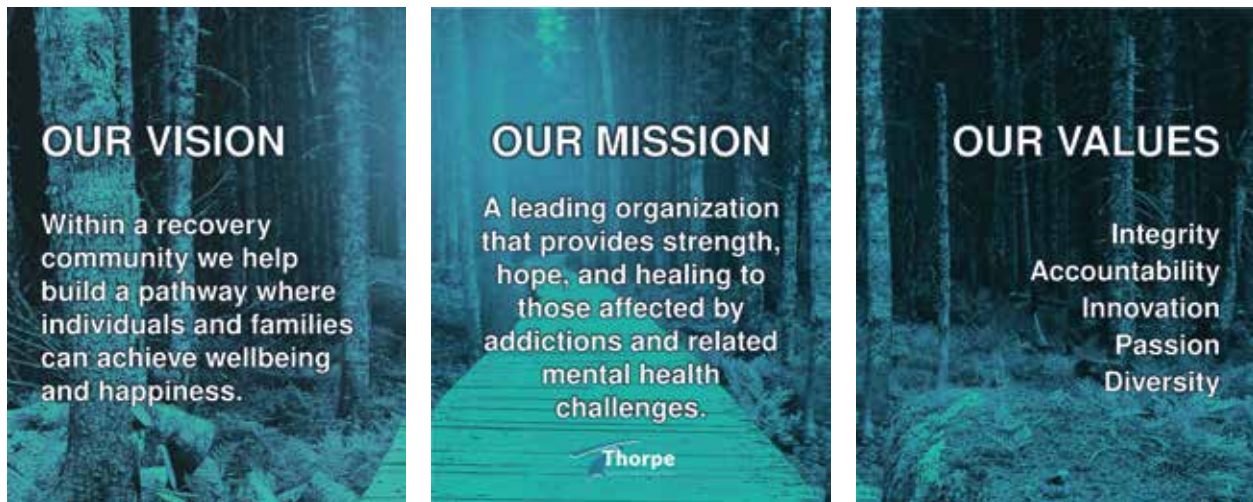
Interested in joining the board? We welcome 5 – 9 Society Members to govern the high-level operations of the Society. This includes:

- 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 48 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.

STRATEGIC GOALS

2023-2024

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 Focused Care To deliver high quality client centered services.
Quality Improvement & Safety Ensure a healthy and safe work environment. Increase opportunity for staff training.
People & Infrastructure Develop governance capacity within Board of Directors. Increase society membership, participation and engagement. Create a supportive and safe working environment and culture.
Responsible Financial & Facility Management Optimize the utilization of the facility. Build sustainable operating revenues and capital management.

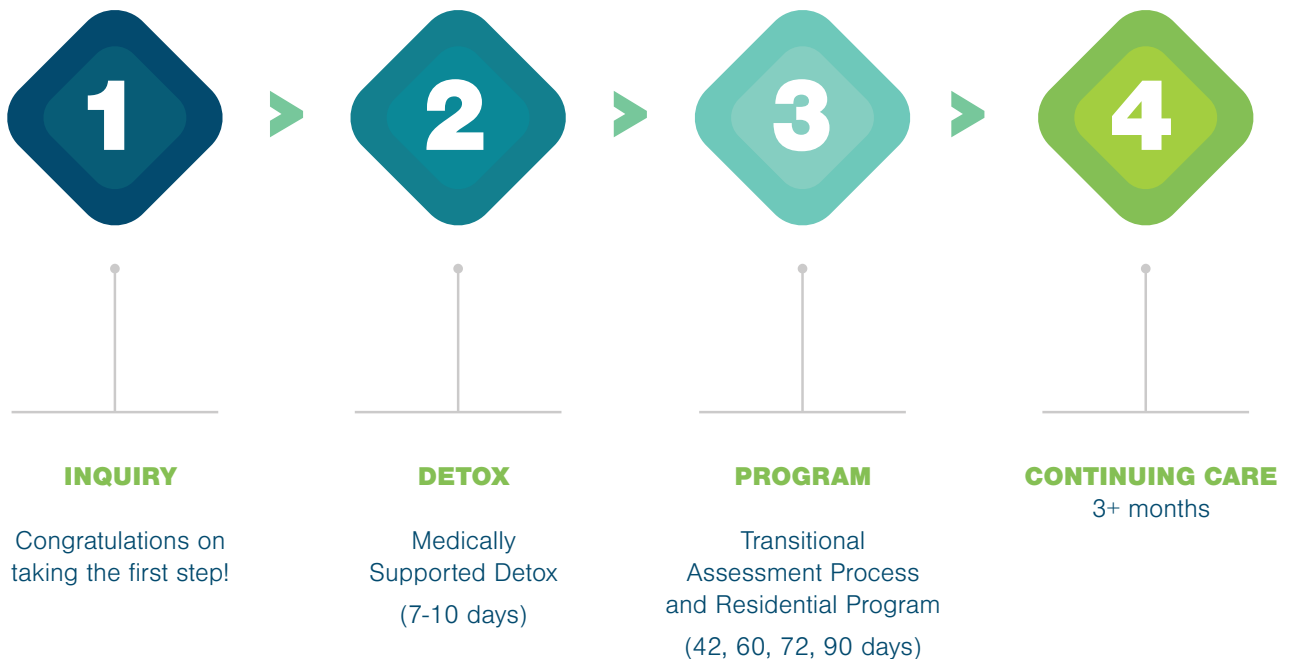
OUTCOME MEASUREMENT
How will we measure success? Staff Turnover Time Away (Sick/Leave) Monthly Intakes Repeat Referrals Bed Occupancy Balanced Budget Donation & Grant Funds Staff Surveys

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



1

INQUIRY

Thank you for contacting us! Our admissions team will help you through the application process.

2

DETOX

Deciding to stop using drugs or alcohol is a courageous decision and marks the beginning of your recovery journey. The experience of going through withdrawal is difficult, and often drives the urge to use again. The withdrawal period can last anywhere between 7 - 14 days.

A minimum of seven days of clean/sober time is required prior to admission into the Residential Treatment Program. It is important to be past the withdrawal period when you begin your treatment program, so that you are able to participate in your programming and recovery process. Detoxing the body from drugs and alcohol is only a small portion of your recovery; additional tools are required to sustain sobriety.

Our medically supported detox program is currently undergoing changes and is closed to the public.

3

RESIDENTIAL TREATMENT

Our 42 to 90-day program is a fast-paced track to assess what you need to feel well, and gaining the tools to reach those goals in healthy ways. Your program includes educational sessions where you learn about addictive behaviours, its impact on your life, and how to alter your mindset to face challenges.

Based on your own treatment plan, you will process what you learn as a group and work in small groups to tackle your personal assignments. Some of your experience will need to be retrospective to understand what causes your behaviours, and it will be uncomfortable. Still, our dedicated and educated team will be here to help you every step of the way. Each day you will face challenges from within or from the community, and you will learn to use the people and resources around you to find the courage to push past adversity.

4

CONTINUING CARE

The third core program Thorpe Recovery Centre offers. It is the crux to maintaining a life of recovery outside the facility. Resuming addictive behaviours after a residential treatment program is most probable within 90 days of completing the program. Continuing Care asserts a positive recovery structure and network for Alumni.

- Available to all Residential Addiction Treatment graduates.
- Post-treatment online program to be a facet of long-term recovery maintenance.
- Facilitated peer-support groups to process recovery issues.
- Participants in various stages of recovery journey to recent graduates to 2+ years of sobriety.
- Proven to assist in the first 90 days of recovery; the time when the most recurrences of substance use happen.



THE LIVES YOU'VE CHANGED

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.

THE WILL TO MOVE FORWARD

This program has saved my life, marriage and kid's future by giving me a healthy awareness on dealing with some of the root causes of my addiction. The counsellors, support staff and program participants are positive, supportive and so great for my recovery. I honestly cannot find a worthy negative experience in my 42 days here. I will be forever grateful to this program and the change it has definitively brought to my life.

Thorpe Alumni, Residential Program 2018

AN AMAZING EXPERIENCE FOR ME

When I came in, I was scared, suicidal and really had no hope of ever getting clean much less being happy with my life. Through my counsellor and all the other support at Thorpe I was able to not only get clean, but also identify all the underlying mental problems I white knuckled for so many years without knowing. Furthermore, I was able to comprehend where those symptoms began. I was given the tools to finally make my head a peaceful place (the previous me would laugh at the notion) and accept what I cannot change. I was taught this and many other principles. I walked in a terrified boy and left a cautious man.

I am now one year clean and I truly could not have done it without Thorpe being a place where people actually care. My journey has just begun, but now I have the tools I need. It's up to me to use them.

Thorpe Alumni, Residential Program 2015

CELEBRATING DIVERSITY



On June 21, 2023, we recognized
National Indigenous Peoples Day.

We were honoured to have Darcy Whitstone join us for the day and lead us through a teepee raising ceremony.

Our staff came together and worked hard to build this teepee under Darcy's guidance. We hope this teepee serves as a symbol of respect for Indigenous People and their culture and highlights our diversity and welcomeness for all people and their backgrounds/beliefs.

Did you know...

There are three main poles in the teepee that stand for obedience, respect and humility. Independently, they could not stand alone, but when together, they symbolize a balanced foundation.



IMPROVING SERVICES

RECOVERY COACHING

We are proud that our staff have become certified Recovery Coaches!

CCAR's Recovery Coach Academy®, is the leading training program for Recovery Coaches worldwide. The programs focus on the Art and Science of Recovery Coaching are based on the fundamentals of coaching excellence.

CCAR has trained over 75,000 individual Recovery Coaches worldwide. Across the world, employers are seeking out individuals who have taken the CCAR - RCA by name. Past participants work or volunteer across the USA in numerous Emergency Departments, Recovery Community Organizations, Treatment Centres, and more.

What is a Recovery Coach?

Recovery Coaches support those battling addiction, helping them discover their own best way forward to their unique road of recovery. Recovery Coaches walk alongside those with substance use and behaviour problems, helping them design, discover and reach their own life goals. In the process, they eliminate barriers to reaching those goals. Those barriers often include addictive behaviours.

Recovery Coaches recognize there are many paths to recovery, one for every person seeking it. Matching them with their most preferred course forward is key to this successful relationship. Working with the strengths of those battling addiction, the partnership makes the road to recovery deep, meaningful and long-lasting. The typical result is an earlier entry into recovery and greater prevention against relapse. Overall, as a Recovery Coach, they help those with addiction navigate their own unique waters of recovery.

Feedback from Staff:

- "It was very interesting .. lots learned."
- "To build wisdom, you need to be humble enough to know there are many ways in which to recover."
- "The training was very engaging and thought-provoking."
- "The facilitators were amazing. Enjoyed the course very much."
- "All I can say is, thank you for amazing lectures and discussions! I learned a lot and benefited from the course! The facilitators were awesome and created such a positive learning environment!"

ADDITIONAL 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.

Continuing Care

Continuing Care is a weekly program that offers a peer support processing group resembling the group structure in the Centre. The weekly session allows you to have accountability with your peers, relate experiences, warn about relapse signs, and encourage each other's recovery.

S.M.A.R.T. Recovery

S.M.A.R.T. Recovery is a non 12-Step self-help program for recovery from addictive behaviours such as chemical dependencies and/or process addictions. Based on cognitive/behavioural therapies, its purpose is to support individuals by teaching how to change self-defeating thinking, emotions, and actions in order to attain long-term goals in recovery.

12 Step Meetings

Originally established by Alcoholics Anonymous (A.A.), the 12-Step Recovery method is a world-renowned support group style that supports those recovering from a number of chemical and process addictions.



Visit thorperecoverycentre.org/family-intensive or call **780.875.8890** to learn more.

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:

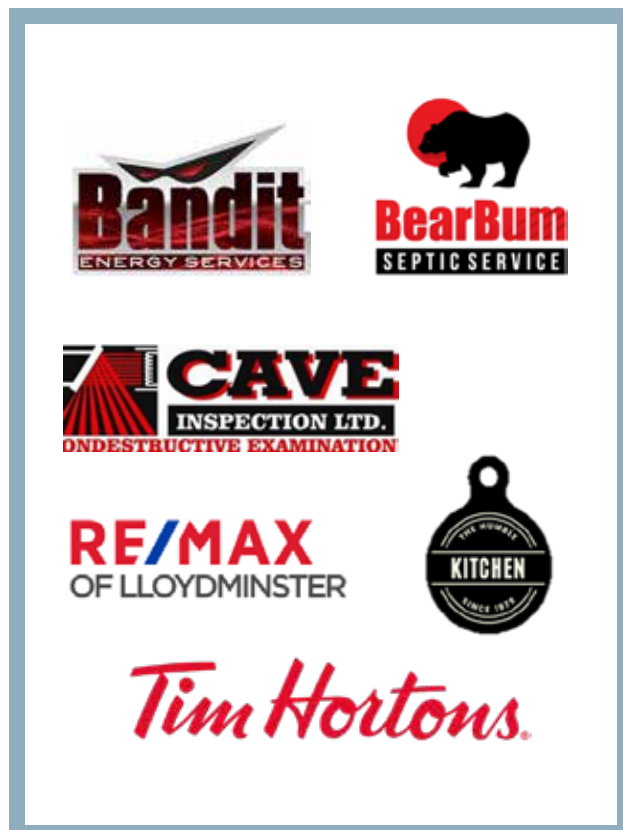
- Serenity Garden Phase II
- Therapeutic Environment Enhancements
- Program Recreation Sustainability
- Capital Expenses & Debt Reduction
- Sober September
- Emergency Client Fund



ALUMNI EVENT

The Alumni association was started in 2020 as a way to connect with our past clients in the midst of the pandemic. It was originally created as a Zoom meeting that we hosted weekly. 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 mentor panel after a month of recovery experience.

THANK YOU TO OUR ALUMNI EVENT SPONSORS!



This year, we had our second annual Alumni Milestone Celebration Weekend! We hosted many of our alumni and their families to celebrate their recoveries. 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. 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. 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?





Alumni Event | 2023

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.

Wendy Martin	Chief Executive Officer	Chris Ziegler	Community Mentor
Jackie Muth	Medical Director Nurse Practitioner	Sherlyn Bonet	Nurse LPN
Scott Abel	Operations Director	Denice Dado	Nurse LPN
Vera Koster	Clinical Director	Irah Lazo	Nurse LPN
Tasha Thibeault	HR Manager	Nina Lumaban	Health Care Aide
Lynn Balash	Accounting Technician	Ria Maximo	Health Care Aide
Melodie Pawliuk	Front Desk Administrator	Dani McDonald	Nurse LPN
Brandi Higgins	Executive Assistant	Phanice Mukwambo	Health Care Aide
Chad Sturge	Facility Manager	Jai Paul	Nurse LPN
Arreglo Dann	Maintenance	Emilita Rosada	Health Care Aide
Ashley Buchanan	Custodian	Coleen Talento	Health care Aide
Tammie Lee Doty	Custodian	Stephanie Ferguson	Nurse LPN
Connie Morton	Custodian	Lalaine Daquiag	Nurse LPN
Chance Campbell	Kitchen Manager	Lawrence Moralde	Nurse LPN
Julie Arogundade	Kitchen Support	Marixa Blais	Nurse RN
Kathy Brown	Kitchen Support	Satinder Kaur	Nurse RN
Mona Laxdal	Kitchen Support	Harminder Kaur	Nurse RN
Kristy Boser	Kitchen Support	Manvir Kaur	Nurse RN
Joanne Taylor	Admissions Manager	Monica Bhasin	Nurse RN
Megan Fraser	Admissions Administrator	Rupinder Brar	Nurse RN
Kristy Hotel	Admissions Administrator	Carrie Bennett	Community Support Worker
Kasha Reist	Admissions Administrator	Cecilia Carpendale	Community Support Worker
Colton Kappel	Community Support Manager	Joleigh Cook	Community Support Worker
Tracey Robins	Medical Manager	Golda Occenola	Community Support Worker
Tasha Walter	Clinical Administrator	Kay Sabijon	Community Support Worker
Kevin Wood	Community Support Worker	Leny Simbulan	Community Support Worker
Kaitlyn Delisle	Counsellor	Jacque Thorne	Community Support Worker
Kerstyn Braham	Counsellor	Carmen Webster	Community Support Worker
Crystal Gould	Counsellor	Bill Cole	Community Support Worker
Ola Juchniewicz	Counsellor	Alanna Tyner	Community Support Worker
Savannah Meadus	Counsellor	Emma Fox	Community Support Worker
Koryssa Steveson	Counsellor	Brooklynn Werenka	Community Support Worker
Joanne Wright	Counsellor	Miranda Wagar	Community Support Worker
Swati Mishra	Counsellor		
Rhonda Braun	Continuing Care Coordinator		

As of June 30, 2022

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.

Andrew Yoner

Ann Marie Heckman

Anonymous

Anonymous Donation Box

ATCO EPIC

Bernard Betts

Bioclean Inc.

Canada Helps

Cheryl Cowan

Christine Benson

Corey Davis

Cory and Katherine Delisle

Dean & Flicka Olson

Dean McLean

Ed and Michelle Andrews

Elna Eidsvik

Estate Of Albert Truss

Exhaust Masters (823869 Alberta Ltd.)

Glamour and Glitz

Jacque Carek

Joan Collins

Josephine Buck

Julie Olson

Justin Loree

Kathy Andersen

Kelli Thompson

Knights Of Columbus/Lloydminster Council #3553

Kyle Grapentine

Lashburn & District Combined Appeal Donors' Choice

Lisa Lehmond

Louise Benoit

Marie West

Mark Weinberger

Mary McLean

Michelle Smith

Mosaic Church

Murray C Harvey

Neil Boser

Nick Rice

R.J Nelson Family Foundation

Ron and Lynda George

United Church Women

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

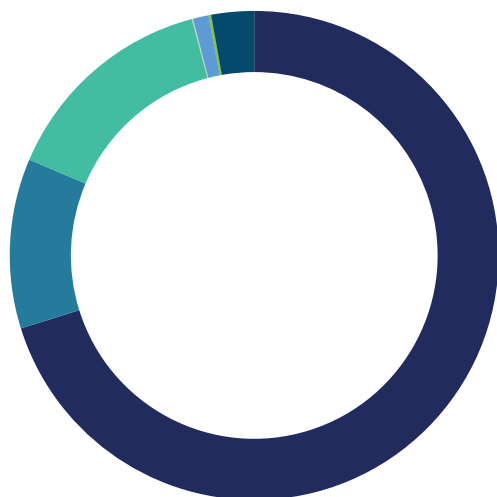
Synergy Credit Union

The Olive Tree

The Word Church

Thank you for continuing to serve our community.

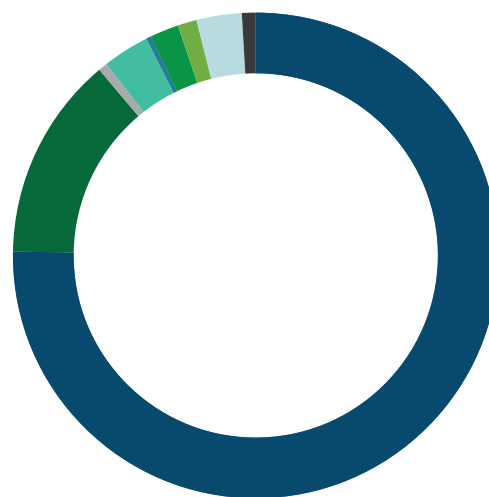
FINANCIAL REPORT



Sources of Revenue

Total: \$4,135,687

Alberta Health Services:	\$2,902,119
Saskatchewan Health Authority:	\$434,635
Fee for Service:	\$598,774
Intensives/Workshops:	\$3,651
Donations/Fundraising:	\$42,461
Grants:	\$72,777
Interest/Sales/Misc:	\$116,770



Sources of Spending

Total: \$4,461,723

Salary/Benefits & Contract Work:	\$3,357,529
Occupancy Costs & Maintenance:	\$607,014
Program Expenses:	\$26,523
Office Expenses:	\$139,306
Professional Fees:	\$13,807
Staff Development/Recruitment:	\$85,760
Insurance:	\$56,511
Interest(including long term):	\$134,348
Advertising & Public Relations:	\$40,925

Excess of Revenue:

Deficiency of revenues over expenses before amortization: \$326,036

Amortization: \$345,637

Deficiency of revenue over expenses: \$671,673

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 ☐ Serenity Garden

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

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: _____

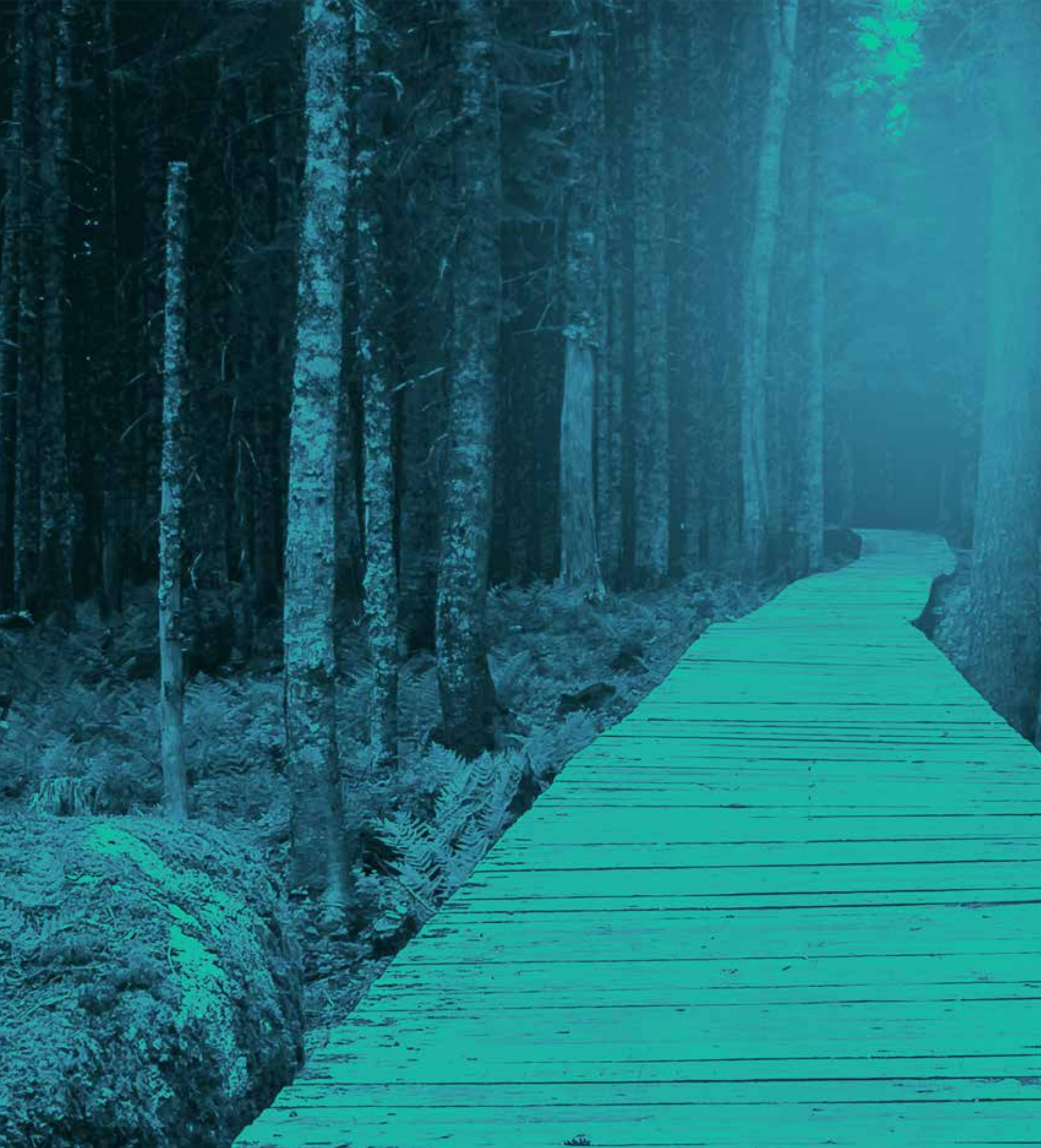
☐ Please keep my donation anonymous ☐ Keep me updated by email

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
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





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