



Help.
Hope.
Heal.

ANNUAL REPORT

2023-2024





Help.
Hope.
Heal.

Day One Society (Phoenix Centre) acknowledges that we are located on the beautiful and resilient lands of the Tk'emlúps te Secwépemc territory, situated within the unceded ancestral lands of the Secwépemc Nation. We honour and respect the peoples and traditional lands of the Tk'emlúps te Secwépemc.

OUR PHILOSOPHY

Day One Society respects the integrity of each human being and believes that each person has the ability to change and accept personal responsibility for their own physical, emotional, social and spiritual health.

Our prevention philosophy is to provide a deliberate and constructive process designed to promote growth of individuals toward their full human potential and to offer counteraction to harmful circumstances. We shall do this by providing programs in conjunction with other community education, social service and health care delivery agencies. Programs offered include individual, group and community information and education programming.

Our treatment philosophy is to provide a wide variety of approaches to meet the needs of the individual, understanding the stage of recovery and the unique circumstances and systems which affect the individual.

We believe that people can shift from dependency to self reliance through increased self confidence, self esteem, personal sense of structure and an appreciation for the potential of self determination through the adoption of a positive lifestyle.

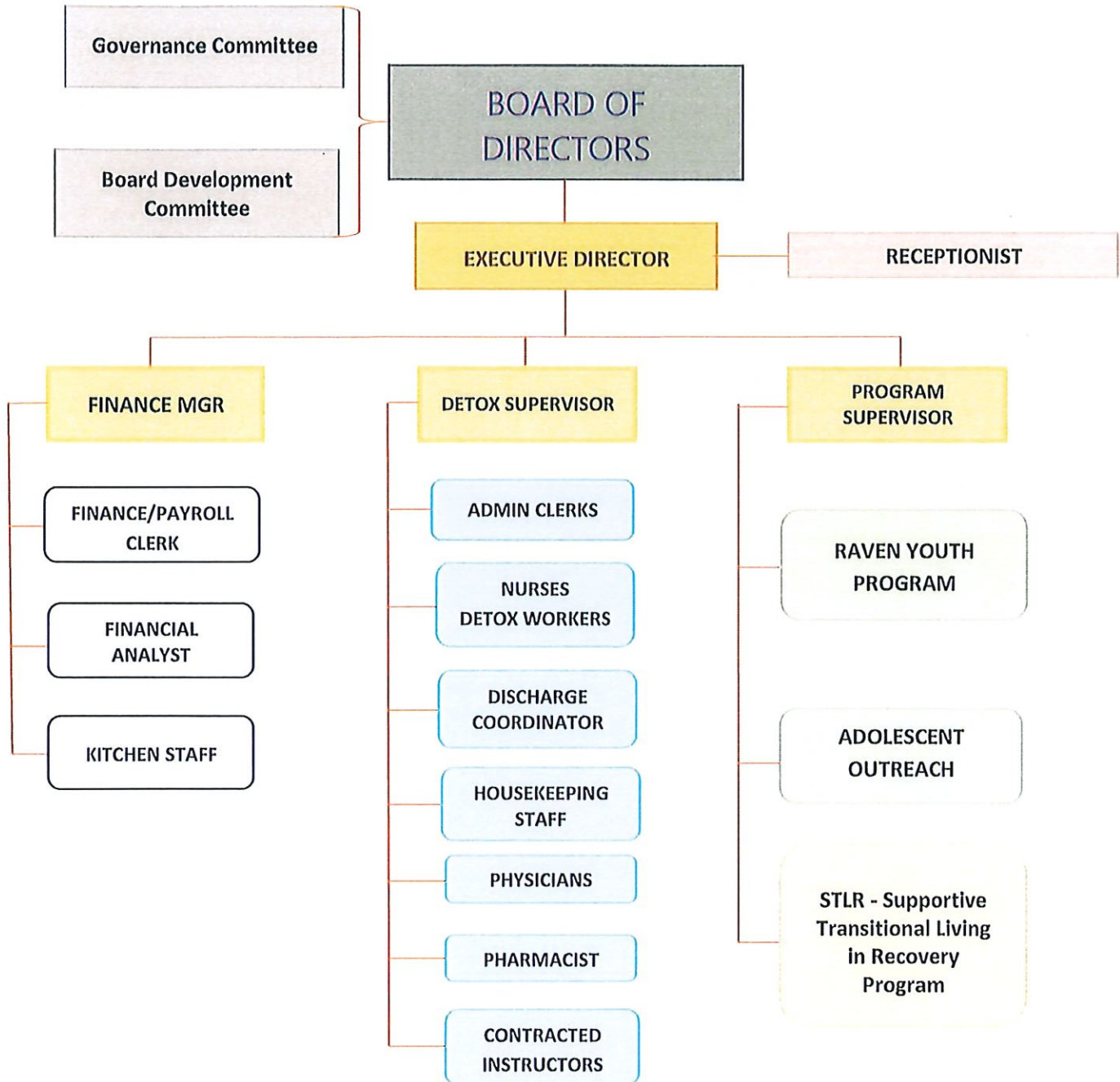
MISSION STATEMENT

To provide substance use services and advocacy for individuals, families and communities.

VISION

Help. Hope. Heal.





BOARD OF DIRECTORS

BOARD OF DIRECTORS

Marilyn McLean, President

Stan Fike, Vice President

Danalee Baker, Secretary

Bryan Pilbeam, Treasurer

Ben Van Der Gracht

Dede DeRose

Scba.ach Joe

Arjun Singh

Carol Tennessy

THE PRESIDENT'S REPORT

Submitted by Marilyn McLean, President

"What are you going to do about it?" This was a question that was often asked by my mom when my brother or I complained about something. It is a great question and if one were to ask the Day One Society that same question regarding addiction services – there would be many answers. Day One ensures the citizens of Kamloops (youth to adult) have access to de-tox in a welcoming, respectful environment, that youth receive counselling and clients can have access to supportive recovery beds. The society also provides hope for the future through the Out of the Ashes bursary. Day One is a "doing something about it organization!"

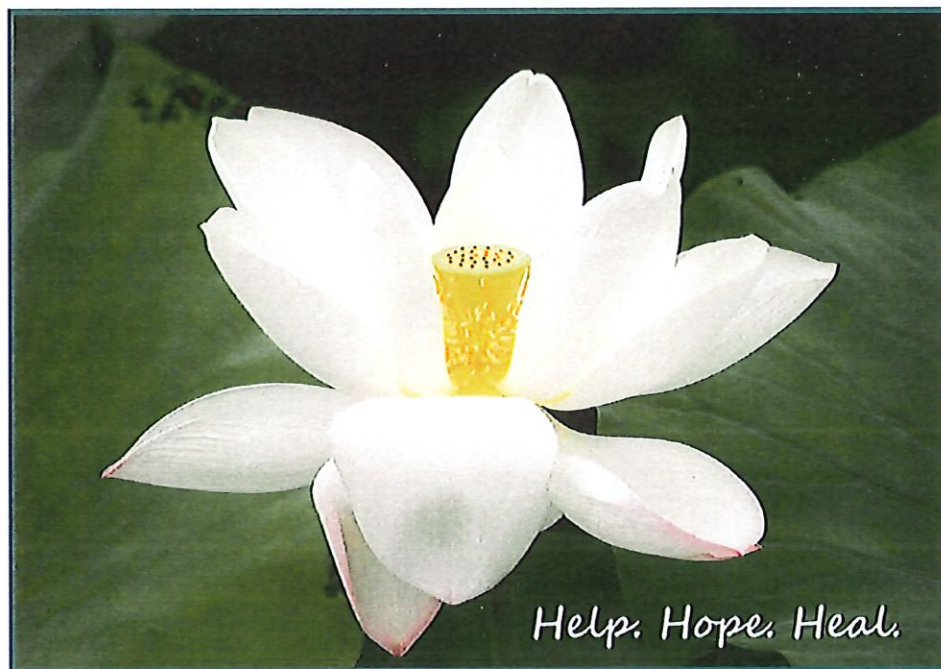
Doing something about it is not always easy. Due to a change in the Youth Justice Act, which resulted in no new referrals, the well-respected Osprey program was closed this year. We struggled this year to find nurses so that we could open our beautiful youth de-tox wing. Fortunately, we were given permission to offer signing bonuses that resulted in some new hires and the wing was finally opened to clients. We are lucky to have such a great, committed hard working staff led by executive director, Sian Lewis. These people know how to get things done!

The board has finished the last of the by-law revisions and the electronic document should be available later this fall. We also completed and approved the Executive Director's succession plan the risk assessment document. Both of these documents will ensure the board continues its practice of good governance.

This is the first year in my five years as President, that we have not had a board member resign. Board members, Arjun Singh, Carol Tennessy, Stan Fike, Ben Van Der Gracht, DeDe DeRose, Shba.ach, Danalee Baker and Bryan Pilbeam will all be back for the 2025 year. I want to thank each of them for the time, commitment and dedication they have demonstrated in their term as board members. You are an amazing team to work with!

Sian Lewis and Nancy Eld are all about answering the question, "What are you going to do about it?" Sian is always looking for ways to improve and expand our service to the community and Nancy is always looking for a way to ensure there is money to pay for the new ideas. We are still waiting to hear about the Sobering and Assessment Centre proposal and we are exploring how to enter into the housing market so we can increase our living spaces for the supportive recovery program.

I would like to close with a BIG THANK YOU to the staff and board of the Day One Society. You are all shining examples of what can be done to answer the question, "What are you going to do about it?"



This past year the staff and board at Day One Society (D1S) have creatively realized many successes and courageously met many challenges. One challenge that rises above the rest is the ongoing impacts of the toxic drug supply, overdoses and overdose deaths. I am reminded of a statement made by Detox Supervisor Marion Wells in a message to staff October 2023. "At this time that we give thanks and grieve those near and dear to our hearts I would like to acknowledge everyone's efforts, care and support towards our clients on a daily basis". The staff at D1S strike this fine balance daily between gratitude and sorrow, caring for clients and caring for each other, and the demands of work and the importance of relationships. Being with others in their most vulnerable moments, extending hope, help and healing is an incredible act of kindness and I am grateful to the team at Day One Society for their expertise and endless compassion. I also want to thank the board of directors, whose unwavering support, commitment and hard work ensures that Day One Society continues to provide lifesaving and life changing services.

Youth Detox Beds: One of the most significant successes of 2023 is the opening of the 5-bed youth detox wing which provides an exclusive area in the Phoenix Centre facility where those ages 24 years and younger receive detox services specific to their needs. The grand opening was held June 26th, 2023 and attended by community partners, dignitaries and media. We are grateful to Tk'emlúps te Secwépemc Elder Freda Jules who shared a blessing on this important day. We are also grateful to Tk'emlúps te Secwépemc Language and Culture Department for providing Secwepemctsin language that is included on the new Day One Society signage onsite. Most of all we are grateful to the detox team, administrative staff, kitchen and janitorial staff who all contributed to the successful implementation of this new program. This was no small feat and required creativity, perseverance, cooperation and flexibility from all those who were involved. Well done everyone!

Indigenous Art Project: Day One Society was awarded a \$5,000 grant from BC Housing to implement a cultural arts project at the new youth detox unit. Working in collaboration with Tk'emlúps te Secwépemc Language and Culture Department, an art installation is being developed to contribute to a culturally safe and inviting space that honours Indigenous youth and families accessing services, demonstrating the Society's commitment to inclusivity and cultural relevance. The nature of this space is not limited to Indigenous youth, but extends to the diverse population we serve, including other cultural groups and LGBTQ2S+ identifying youth. Given withdrawal from substances can be uncomfortable and daunting, creating a safe space where youth can see themselves and their culture represented will benefit them spiritually, mentally, physically, and emotionally, making positive contributions to their overall health and wellbeing.

IT Transformation Project: This has been a significant and ongoing project supported by the staff at D1S and our IT management team at IT ISIN Solutions. A special thank you goes to Audrey Haller, Donna Ollenberger, and Nancy Eld for their significant contributions and effort in assisting with the development and implementation of the new database over the course of this past year.

Policy Review: Agency, Facilities, Finance, Health & Safety, Personnel, and Program policies have been reviewed and successfully revised. The last area for review is Governance and will be completed fall 2024. This project provides the foundation required to meet accreditation standards for the organization across all program areas.

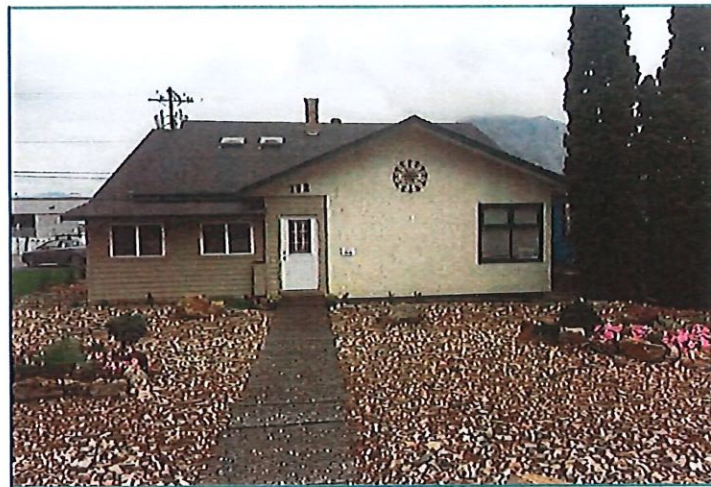
Truth and Reconciliation: Indigenous communities have been disproportionately impacted by substance use and the toxic drug supply, stemming from a complex history of intergenerational trauma, systemic abuses and injustices born out of colonization. Day One Society acknowledges these unique challenges and the importance of collaboration with Indigenous partners. This past year we participated in several meetings hosted by Tk'emlúps te Secwépemc (TteS) focused on How to Address the TteS Opioid Crisis with the intent of better serving the local Indigenous community. In addition, Day One Society Board Development Committee has spearheaded an important project that will inform practice on the medical detox unit. An invitation was extended to identified individuals who have knowledge of indigenous healing practices to convene an ad hoc committee that will provide recommendations, as it relates to Indigenous healing approaches. By incorporating Indigenous ways of healing, we will better serve Indigenous clients by creating culturally safe spaces and treatment.

Staff Professional Development: San'yas Indigenous Cultural Safety, First Aid, CPR, Non-Violent Crisis Intervention and Mental Health First Aid remain a focus for Day One Society as mandated trainings for staff. A successful application to the Centre for Collaboration, Motivation and Innovation resulted in additional training in the areas of Trauma Informed Care, Person and Family Centered Care, and Motivational Interviewing. Staff are also supported in accessing individually selected training to enhance skills and knowledge in program specific areas, by way of online webinars, virtual workshops and local in-person learning opportunities. The board of directors participates in trainings as they relate to governance and are also supported in accessing Indigenous Cultural Safety training.

Community Connections: we wish to thank and acknowledge our funders (IHA, School District #73, MCFD, and BC Housing) and many other service partners who ensure access to services, and a supportive continuum of care for those impacted by addictions. We continue to collaborate with key partners in community such as Tk'emlúps te Secwépemc, Lil Michif Otipemisiwak, A Way Home Kamloops, ASK Wellness, Mustard Seed, A New Tomorrow, United Way, CMHA Kamloops Branch, Addictions Matters Kamloops, Interior Community Services, and many other organizations associated with substance use related services, supports and/or training. We host medical interns, medical students, and practicum students and maintain relationships with educational institutions locally, regionally, and provincially helping to raise awareness, increase understanding and reduce stigma regarding substance use. In addition to our memberships with the BC Federation of Community Social Services, Vantage Point, BC Non-Profit Housing Association, Board Voice and Kamloops and District Chamber of Commerce, we recently joined forces with BC Addiction Recovery Association (BCARA) which provides leadership, collaboration and a unified voice to decision makers, ensuring an enhanced network of recovery-oriented and research-informed addiction services are readily available and prioritized.

Out of the Ashes Bursary (OTA): congratulations to Michelle Raglin and Haley Baker both awarded a \$2500 bursary this past year. We thank them for 'paying it forward' and assisting with the ongoing promotion of this important program. We also acknowledge OTA founder Leann Kopytko, for her outstanding achievements receiving both a Communitas International Community Service Award and a City of Kamloops Exemplary Service Award in recognition of the success of the Out of the Ashes Bursary Program.

Osprey Program Farewell: It is with great sadness that we say farewell to the Osprey Program. This fulltime attendance program provided day treatment for adjudicated females and was delivered by a dedicated team of professional counsellors since 1999. For several years, the end of the Osprey contract with MCFD was on the horizon. This is due to over a decade of changes in youth justice system approaches at both federal and provincial levels. Discussion about the elimination of Fulltime Attendance programs like Osprey began over 5 years ago and it is notable that our program was maintained for as long as it was. This is due to the expertise, creativity and dedication of the Osprey team. The Osprey program is well respected by MCFD, throughout the community, and across the province. All those who have worked in the Osprey program since 1999 are commended for creating such an exemplary program that has supported, and nurtured hundreds of young clients resulting in tangible positive results. Many youth who attended Osprey reconnected years later to extend their gratitude and stories of success. Although the Osprey Program has come to an end the legacy lives on through each young person who attended and each staff person who made Osprey such an incredible program.



Osprey Place



DAY ONE SOCIETY PROGRAMS

Program Name	Deliverables
Medical Withdrawal Management Program (Detox) <i>IHA Funded</i> Adult (ages 19+) 20 beds Youth (ages 13-24) 5 beds	<ul style="list-style-type: none"> • Provide detoxification services to residents of the Interior Health Region • Provide a safe environment during detoxification • Identify, assess and treat medical conditions associated with intoxication and withdrawal • Provide individualized treatment based on a comprehensive assessment of the client • Motivate clients to participate in a personal recovery program • Educate clients regarding chemical dependency and associated health problems • In collaboration with Interior Health staff, support clients to identify and take next steps toward recovery as appropriate • Provide individualized discharge plan
Raven Youth Program <i>IHA Funded</i>	<ul style="list-style-type: none"> • Individual, group counselling for youth • Information, education and support for parents and families • Services for clients living with substance use in their families • School and community focused prevention/information and presentations • Outreach services • School based counselling services • Residential Treatment program referrals • Available for consultation with families, individuals and organizations
Adolescent Outreach Program <i>MCFD Funded</i>	<ul style="list-style-type: none"> • 75% of service hours in Merritt; remainder in Kamloops • Screening and referral • Therapeutic assessments and counselling • Appropriate referrals to other services • Coordinating services for youth between community agencies • Facilitating psycho-education groups • Youth mentorship
School District #73 Youth Counsellor <i>School District #73 Funded</i>	<ul style="list-style-type: none"> • The counsellor attends the equivalent of one day per week (7.5 hours) for the regular school term. Service schedule developed in consultation with the School Districts • Prevention and counselling • Service expanded to Secondary Schools in Chase and Barriere
Supportive Transitional Living in Recovery Program <i>IHA Funded</i>	<ul style="list-style-type: none"> • Supportive housing for adults who have successfully completed detox • Provides daily one-on-one, and group support, education and referrals • Transition clients to more permanent housing upon completion of program.

Phoenix Centre Detox continues to provide quality withdrawal management services. 91.61% of clients served come from the Interior Health Region of British Columbia. 3.72% of clients came from Northern Health, 2.40% from Fraser Health, 0.02% from Coastal Health and 2.04% of clients were from out of province. From April 2023 to March 2024, 834 clients received medical withdrawal management services. Of those seeking service: 61% were male, 39% female, 47 % were new admissions, never having accessed services here before. Clients between the ages of 25 to 39 continue to be the largest group seeking Withdrawal Management Services, followed closely by the 40–49-year age group. 48% of clients were unemployed. 72 % of clients were from the Thompson Cariboo region alone and 60% were self-referred. 84% of clients completed their withdrawal on the unit. From April 1st, 2023 to March 31st, 2024 STAT average, 34% identify as Indigenous.

57 % of clients were seen by the discharge coordinator. Client either request to be seen or staff identify clients that they think would benefit from this service. This position provides support to clients while in detox ensuring seamless communication and transition for clients to community services post-detox. The role focuses on helping clients start the Income assistance process; connect with community services and referrals to long term treatment. Clients consistently have access to 4 education groups weekly provided by the Inpatient Discharge Coordinator. Groups provided include Triggers; Post-Acute Withdrawal Syndrome; Coping Skills; Smart Recovery; Take Home Naloxone Training; Grounding; Gratitude; Problem Solving and Relapse Prevention Basics. The Discharge Coordinator also provides an overview of programs offered through MHSU (Mental Health and Substance Use IH) and arranges intakes for MHSU as an inpatient or post discharge. Outcome surveys completed by clients have been very positive in this regard.

There doesn't seem to be any relief from the Toxic Opioid Crisis, and we continue to see high percentages of Benzodiazepines and tranquilizers being added to many of the illicit substances available. As well, our urine drug screen testing reveals a high percentage of clients that report using stimulants are also testing positive for opioids and vice versa much to their surprise. This results in clients having a much more uncomfortable withdrawal and results in much longer in-patient stays. Clients' physical and mental health is compromised even more due to the use of both "uppers" and "downers" and result in significant cravings for both.

Providing quality and humane care has been an evolving challenge for staff. Staff often feel somewhat limited in managing the acuity of withdrawal symptoms that clients experience. One of the biggest challenges has been the increased of clients experiencing difficult to manage hallucinations, anger and frustration about the withdrawal process and the length of time it takes for them to feel better. Changes to current medication protocols have been implemented again to reduce the intensity of withdrawal symptoms

Prospective clients continue to be screened for COVID 19 when they are added to the waitlist and during the intake process. A rapid point of care COVID 19 test is done on intake if an intake client reports or displays symptoms to ensure COVID 19 positive clients are not admitted to the unit for staff and client safety. COVID 19 positive clients are rebooked seven days later if symptoms have resolved.

At times the waitlist for inpatient detox has been significant. In response to this, the Intake Coordinator often books 4 or 5 clients per day for admission. Despite these attempts to keep beds full there are often days when no intakes arrive or not all intakes arrive. The intake Coordinator keeps records of beds booked and how many intakes attend Detox. This has been extremely helpful as it provides an overall picture and percentage of the clients who follow through with their bed booking through to completing the intake process. Conveying this information to Interior Health and relaying the unique challenges faced by our clients who face multiple barriers is ongoing. After hours, staff continues to take the initiative to screen, triage and intake unscheduled clients who present at the door or phone in, as well as referrals from community agencies, MHSU and the ER Connections Team who triage clients requesting detox services afterhours.

Staff continue to enhance both their own and the clients' knowledge regarding addiction and recovery. Staffing shortages have limited extra education or workshops. We continue to support the education of health care professionals and students from a variety of disciplines including LPN, RPN and RN nursing, social workers, medical residents, and medical students by providing orientation on the detox unit where they learn about medical withdrawal management in an in-patient setting. With the ongoing promotion of Sublocade Injection for clients diagnosed with Opioid Use Disorder, more of our nurses are now able to provide Sublocade Injections to clients who request this service and meet criteria. Staff regularly provides education to clients who are already on Suboxone or have started Suboxone while in Detox and we have been able to streamline and provide this service to clients in a quicker manner. There has been a tremendous amount of positive feedback from previous clients who have been able stabilize in the community. At the same time, there seems to be an increase in clients continuing to use Opioids despite regularly receiving the Sublocade injection as a preventative overdose measure.

With support from community groups and our contractors, we can offer a variety of information groups and activities for clients. These include an introduction to 12 step meetings; Take Home Naloxone training, Stop HIV, Public Health Testing, Wellness, Art, and Nutrition.

The tireless efforts of the detox staff are appreciated as they have continued to provide professional, quality, inclusive and compassionate care to clients who enter our facility for support with their substance use and withdrawal. These efforts are witnessed daily and frequently reflected in Outcome Surveys completed by clients prior to discharge as well as by calls and cards received from former clients. Clients continually applaud the efforts staff make and voice their appreciation.

This last year has been very challenging with staffing shortages, new staff hiring, the IT transformation project and increased costs. There have also been many positive events that give hope for the longevity of the Phoenix Centre detox unit. On June 26, 2023, after a monumental effort from staff the much-anticipated opening of the 5-bed youth detox wing occurred. This new program provides withdrawal management, programming, referrals, and connections to community resources for those under 24 years and younger. Completion and official opening of the Youth Detox Wing has challenged us all to be creative and flexible to develop and provide this much needed service. We are all proud of this achievement and strive to provide comprehensive quality care for all those we serve in a safe and welcoming environment.

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DAY ONE SOCIETY ANNUAL REPORT, 2024





PHOENIX CENTRE MEDICAL STAFF



Phoenix Centre appreciates services provided by our sessional physicians, Dr. Rob Baker, Dr. Ruth Farren, Dr. Mandy Manak and Dr. Drew Soderberg. They manage not only substance withdrawal but other health related issues.

Dr. Baker for more than 24 years has brought to our facility a wealth of experience in Addiction Medicine. Dr. Baker is our Medical Director of Day One Society. He is also the Medical Director for Sage Health Centre, Medical Advisor for Round Lake Treatment Centre, and Medical Advisor for Kamloops Safe House Society. He is a guest lecturer at Thompson Rivers University and a Clinical Instructor at the University of British Columbia. In 2009, he was certified by the International Society of Addiction Medicine and the Canadian Society of Addiction Medicine. Dr. Baker is also accredited as a Medical Review Officer with the American Association of Medical Review Officers. He is an active staff member for Royal Inland Hospital, Ponderosa Lodge, Marjorie Willoughby-Snowdon Hospice Home, Hillside Tertiary Hospital and Palliative Care Services.

Dr. Farren has provided support to clients at Day One Society for 11 years. She has been in general and family practice for 28 years both in Kamloops and Salmon Arm. While living in Salmon Arm, Dr. Farren did 4 years of sessional work with Mental Health. In Kamloops, she continues to operate her Family Practice, works at Thompson Rivers University in student health, and has been working with the Methadone Program for over four years. She is also a part of the King Street Clinic medical team and is involved with palliative care and Hospice House. She is a very welcome member of our team.

Dr. Manak has been part of our team at Day One Society for the past 14 years. She is a graduate of UBC Medical School. After completing residency training, she worked with the Vancouver General Hospital Chemical Dependency Team, Vancouver Detox and Daytox as well as several lower mainland addiction clinics including In-site, On-site, and Bridgeview. She has also worked at Homestead Recovery Centre and New Dawn Recovery Home for Women. Currently, she is the Medical Director of the Interior Chemical Dependency Office located in Kamloops, BC, where her team provides addiction and chronic pain management services. She works closely with the Mental Health and Substance Use office, Phoenix Centre Detox and the Welcome Back Clinic providing addiction services. She provides a consultation service for addictions at Royal Inland Hospital and in her private office. She is currently working towards board certification in Addiction Medicine with the American Society of Addiction Medicine (ASAM). She is a member of the Canadian, American and International Societies of Addiction Medicine and is an executive member of the Education Committee with CSAM.

Dr. Soderberg has been part of the team at Day One Society for the past 6 years; he graduated from the University of Saskatchewan in 2013 from the Residency Program. He has a family practice in Merritt, BC, works in the ER at the Merritt Hospital and at the Kamloops Addictions Clinic in Kamloops.



The Raven and Adolescent Outreach Programs offer drug and alcohol counselling and related support to young people ages 12-25, individually and in groups. The program provides 1-1 counselling to young people who are using substances as well as the individual family members/caregivers who may be affected by their young person's use. Community presentations as well as drug and alcohol education opportunities may be requested. The Raven and Youth Outreach Counsellors work collaboratively with referrals from SD73 and SD58 and accept community and self-referrals. Counsellors provide confidential, feedback informed, client centered, culturally safe, trauma informed counselling through a harm reduction lens. Raven and Youth Outreach counsellors provide support within SD73, including Kamloops Senior Secondary, Kamloops School of the Arts, Brock Middle School, Westsyde Secondary School, Valleyview Secondary, Twin Rivers Education Centre (north and South shore campuses), Four Directions School, First Steps Program, Bridges Program, Directed Suspension, Logan Lake Secondary, Bert Edwards Elementary School, Kay Bingham Elementary, and Arthur Hatton Elementary School. All Raven counsellors use Feedback Informed Treatment which requests client feedback in each session which is used to guide the clinician to adjust their approach to achieve the best possible outcomes for the individuals served.

RAVEN COUNSELLING PROGRAM

Program Statistics

April 01, 2023 – March 31, 2024: With five clinicians, Raven program served a total of 239 individuals this year in comparison to the 186 the year prior. This is an increase of 53 new clients served.

There were 151 new intakes during this year compared to 122 intakes the year prior. Raven had 138 discharges this year compared to 98 last reporting period. Of the 239 individuals served this year, 95 (39.75%) identified as male and 144 (60.25%) identified as female which was a significant increase in female clients. Average caseload for fulltime clinicians is approximately 25-30 during the school year. Substance use was reported by 209 (84.75%) compared to 166 (89.25%) last reporting period; 26 (10.88%) were Children of Alcoholics compared to 16 (8.60%), and 4 (1.67%) were seen as substance affected. Of those who reported substance use, 6 (2.51%) were ages 0-11 years; 120 (50.21%) were ages 12-15 years; 96 (40.17%) were ages 16-18; 14 (5.86%) were ages 19-21 years; and 3 (1.26%) were 22-25 years of age.

School referrals account for 219 (91.63%) compared to 139 (74.73%) 2022/2023, followed by 14 (5.86%) of self-referrals this year which has decreased from 27 (14.52%) self-referrals the year prior. There were 11 (4.60%) family or friend referrals; 6 (2.51%) community service organization referrals; and 1 (0.42%) probation referrals. Students account for 219 (91.63%) of the client population - 8 (3.35%) were unemployed compared to 20 (10.5%) unemployed being 12 less than the last year; 4 (1.67%) work part-time and 2 (0.84%) work full-time.

This year, 157 (5.69%) of referrals reported no Indigenous ancestry; 39 (16.32%) reported Non-Status and/or Metis; 38 (15.90%) reported Status living off reserve and 5 (2.09%) reported Status living on a reserve. Comparatively, last year there were 128 people with no known Indigenous ancestry served (68.82%); 32 identified as Non-Status and/or Metis (17.20%); 23 identified as Status living off reserve (12.37%); and 3 identified as Status living on reserve (1.61%). Raven counsellors continue to respectfully practice from a culturally safe and sensitive lens and acknowledge that since time immemorial, the Secwepemc people have practiced virtues of harmony and generosity.

Problematic substance use was reported by 209 (87.45%) school referrals which is an increase from the previous year. Cannabis continues to be most common drug used with 177 (75%) compared to 133 youth (73.48%) last year, with a very big increase this year. Alcohol use has increased 127 (53.81%) compared to 101 (56.11%) last year. Last year, tobacco was reported by 65 (36.11%) which has seen a rise this year to 100 (42.37%) and includes vaping. Hallucinogen use was reported consistent at 18 (7.63%) this year and at 17 (9.39%) last year; this year cocaine 19 (8.05%) reported which is higher than 13 (7.18%) last year which increased from 6.67% in 2022. Crystal Meth use was 12 (5.08%); heroin 6 (2.54%); opiate use 2 (.85%); ecstasy 1 (0.42%); inhalants 1 (0.42%); methadone 1 (0.42%); 1 (0.42%) over the counter prescription; and other 14 (5.93%).

In September 2023, Luvanda and Leann chaperoned the A Way Home Kamloops Youth Advisors and staff to Vancouver to host the Light the Way Conference.

Parents impacted by a young person's use continue to be referred by the Raven and Youth Outreach Counsellors to the IHA Parenting Program, *For You Parenting Them*.

ADOLESCENT (YOUTH) OUTREACH PROGRAM

The Adolescent Outreach Counsellor provides substance use counselling three days a week in Merritt, offering counselling supports, education, and referral services. In addition, this counsellor offers services in Kamloops one day a week at NorKam Secondary and alternates one day/week between Barriere and Chase Secondary Schools. Jim Laidlaw is the Adolescent Outreach Counsellor. Jim's practice involves the use of Feedback Informed Treatment which is used to guide the clinician to adjust their approach to achieve the best possible outcomes for the individuals served.

Program Statistics

64 individuals received service, a decrease of 14 from previous year (78); 38 new referrals were received; and 39 discharges were completed. Males represent 18 (28.13 %) of the caseload with 46 females (71.88%). This is an increase in females and a decrease of males seeking service this year; 64 of the individuals served were students (100%) and of this number, 1 referral (1.56%) was from Youth Probation. None of the 64 students reported working part or full time. Previous admissions were 11 (17.19%) and 52 (81.25%) were new counselling referrals.

Referral sources included: Educational Institution 62 (98.88%); MCFD 1 (1.56%). Self-referral 1 (1.56%). Of the 64 clients, 62 (96.88%) of the individuals reported being addicted; 1 (1.56%) was between the age of 0-11 years; 42 (65.63%) were 12-18 years, and 21 (32.81%) were 16-18 years of age. 2 clients (3.13%) identified as a Child of Alcoholic/Addict impacted by another family member's use.

Of the 64 individuals who reported being addicted to a substance, 53 (82.81%) reported addiction to cannabis; 33 (51.56%) addiction to alcohol; 14 (21.88%) addiction to tobacco; 3 (4.69%) addiction to hallucinogens; 2 (3.13%) addiction to amphetamines; and 2 (3.13%) reported being addicted to cocaine. Cannabis, alcohol, and tobacco remain the most used drugs reported in this population. 36 (56.25%) of individuals reported having no Indigenous ancestry; 18 (28.13%) reported being Status First Nation living on reserve; 5 (7.81%) identified as non-status First Nation & Inuit /or Metis; and 5 (7.81%) identified as Status First Nation living off reserve.

Jim also co-facilitates the Connect Parent Group in Merritt, BC and offers community and school presentations when his schedule permits.

FEEDBACK INFORMED TREATMENT (F.I.T)

Feedback-informed treatment (F.I.T) is an evidence-based practice where clinicians gather real-time input from clients using structured measures to identify what is and is not working in therapy and then adjust to better meet clients' needs.

- All Raven clinicians have achieved reliable data status within the aggregate data collection.
- Program Supervisor, Leann Kopytko, initiated a F.I.T Community of Practice Group for the Alumni training international colleagues using Feedback Informed Treatment in connection with the International Centre for Clinical Excellence.

CONNECTION AND COMMUNITY

Raven and Youth Outreach counsellors continue to strengthen partnerships with Interior Health Authority, Tk'emlúps te Secwépemc, Secwépemc Child and Family Services, Li' Michif Otipemisiwak (LMO); House of Belonging (Kikekyelc), Interior Community Services, School District 73, School District 58, A Way Home Kamloops, Boys and Girls Club Kamloops, Living Bridges Therapy Collective, Kamloops Sexual Assault Centre, Big Bear Advocacy Centre and many others.

COMMODATIONS

Dawn Campbell, Raven Counsellor - receiving her 10-year Service Award.

Raven Program was awarded an additional 10-month contract with SD73 for the second year to help meet the increased number of referrals.

Amanda Neystrom, Raven Counsellor— Initiated Master of Counselling Program through CITY University.

Leann Kopytko, Program Supervisor received 2023 International Communitas Award for Honoring Excellence: Community Service and Social Responsibility as well as a City of Kamloops 2024 Exemplary Service Award for accommodation of the Out of the Ashes Bursary.



Day One Society Youth Counselling and Family Support Program Staff
 (Front Row, left to right – Leann, Luvanda, Amanda and Kristin, Back Row, Dawn and Jim)



SUPPORTIVE TRANSITIONAL LIVING IN RECOVERY PROGRAM (STLR)

Submitted by: Leann Kopytko, Program Supervisor

The STLR program is an abstinence-based recovery program for adults, both women and men 19 years of age and older and is funded by Interior Health Authority. The program operates in partnership with Canadian Mental Health Association, Kamloops Branch. Day One Society provides programming and Support Workers Monday – Friday 8:30am-4:30pm as well as on-call support 24/7. Canadian Mental Health Association maintains the role of landlord and provides housing at two separate properties. We continue to expand and adapt the programming as needed to best meet the needs of the participants. This year the in-house Wellness Program has expanded to include guest presentations from former STLR graduates as well as others living a life in recovery.

The program provides 8 beds (5 female and 3 male). Clients stay for a maximum of 6 months. When clients graduate from the program, they are transitioned to independent accommodations in the community. STLR staff assists clients in finding appropriate housing. The STLR Program has maintained a 96% occupancy rate for this reporting period.

The STLR team maintains numerous community connections and partnerships that ensure a holistic approach to individual recovery planning for clients. To encourage and support a well-balanced, abstinence-based recovery program the staff facilitate access and referrals to Interior Health Mental Health and Substance Use programming and individual counselling, Work BC Programming, Day One Society's Detox, local Alcoholics/Narcotics Anonymous, the Alliance Church monthly transportation passes, the City of Kamloops Activity Passes and ARCH Program, Kamloops Arts Council Crossing Bridges Program, volunteer work organized with the Mt. Paul Food Centre and Garden Gate, as well as in-house wellness, recreation, and nutrition programs. Clients are assisted in accessing local food security programs, medical and mental health professionals, Indigenous services, Income Assistance Programs, Ministry of Children and Family advocacy and other treatment, recovery and housing programs.

The STLR support staff continues to host TRU, Sprott Shaw and the Academy of Learning practicum students throughout the year. STLR staff are well-respected for their professionalism and client advocacy while modelling Day One Society's values to provide help, hope, and healing.

