

BIG CHANGES



This past year has resulted in a few significant changes for our organization. We recently underwent a Society name change. What was once **Kamloops Society for Alcohol and Drug Services** is now **Day One Society**. Our main facility, named Phoenix Centre remains unchanged and still houses our largest program, the inpatient detox program.

This year, the detox program is being expanded to include a 5-bed **Youth Detox Unit**. In the past, those who required inpatient detox services who are under the age of 19 were supported on the adult unit with additional safety procedures, processes and practice in place. The new youth detox unit is located at the Phoenix Centre facility but in a separate wing, allowing us to provide safe and age-appropriate programming and supports exclusive to those ages 24 years and younger. The grand opening for this new unit will be late June and we hope you can join us for the celebration. Please check our website for upcoming details at www.dayonesociety.ca

This year marks 50 years of service to the community and region. We celebrated this important milestone January 30th at the Paramount Theatre, unveiling our new Society name and sharing a film that was produced exclusively for our organization. This film can be found on our website and honors the stories of clients who have walked the path from addictions to recovery one day at a time. A year-long campaign was launched in February —**50 Years One Day at a Time** that shares clips from the film, reminding us of the importance of supporting those who are struggling with addictions and to reduce the stigma surrounding this life-threatening health issue.



OUT OF THE ASHES BURSARY



OOTA Milestone: \$100,000.00 of OOTA Bursaries have been awarded to 45 recipients

The original vision of the OOTA bursary is to provide educational support to youth in Kamloops with a minimum of one year of recovery time. A change to age criteria for applicants was made last year in response to many requests from the recovery community. Given the nature of addictions, many of those in recovery are over the age of 35 by the time they consider pursuing further education, therefore the age criteria were expanded to **Ages 17–29** and **30 Years and Older**. This is resulting in supporting more people in recovery in achieving their educational pursuits which in turn will benefit our community. This past year we awarded our first recipient in the category 30 Years and Older and awarded 2 recipients in the category Ages 17–29. We are proud of these recipients. It takes courage and commitment to walk the road of recovery and move in the direction of positive change.

The Out of the Ashes Bursary began as a creative effort to inspire recovery and success for young people struggling with addiction. To acknowledge this bursary, one must fondly remember an extraordinary man, **Ron Kopytko**. Ron eagerly shared the passion and commitment of his wife **Leann Kopytko** to help people who struggle with substance misuse. Leann has been with Day One Society for over 20 years, as a Counsellor and now Program Supervisor. Out of the Ashes began with a small donation from six friends of Ron and Leann's who all owned small businesses in Kamloops and were eager to help to make a difference. The Society Board of Directors matched this initial donation and the first \$2500.00 bursary was awarded in 2008! **The first recipient became an Emergency Responder and many others have followed with successful careers in fields such as computer technology, social work, and nursing.** One particular recipient, Katherine McParland pursued a career in advocacy, elevating the issue of youth homelessness in BC by promoting the voices of youth with lived experience. Since 2008, with the support of many generous Kamloops citizens, Rotarians and business owners, the Out of the Ashes Bursary continues to help recipients toward achieving their dreams.

Michelle Raglin
Haley Baker (middle)
with Program Supervisor
and OOTA Founder
Leann Kopytko (right)
and Counsellor
Luvanda Dagenais (left)
Celebratory cake!



Congratulations to 2022 OOTA Recipients!

Michelle Raglin

Awarded \$2500 in age group 30+ in the Bachelor of Arts program at Thompson Rivers University (TRU)

*"I received the Out of the Ashes Bursary in August of 2022. At that time, I was about to begin the final year of my undergraduate degree. The previous three years were difficult regarding the management of my finances. I had a job at the beginning of my schooling, but my employer was less than compassionate when I wanted to reduce my hours to part-time for school, so we parted ways. Then COVID-19 happened and lockdown. I supported myself with student loans, government assistance, and limited on-campus employment. **When I received the bursary, it was such a blessing to be able to return my focus to what was important, my studies.** As I write this, I am preparing to attend my graduation convocation ceremony next month. **I have completed my undergraduate degree (BA in Philosophy), been nominated and shortlisted for valedictorian, and am planning my courses for next year (the first semester of my Master of Arts—Human Rights and Social Justice).** I am thrilled to have been a recipient of this worthwhile award. I even wrote a paper and presented it in my Sociology class (Social Justice and Activism) this past semester. I couldn't imagine my life today when I began my recovery journey. Receiving support from strangers to achieve a goal I didn't think was a possibility has been incredibly humbling. I am forever grateful to Leann Kopytko and her late husband, Ron, for their brilliant idea, dedication, and perseverance in creating and maintaining the Out of the Ashes Bursary. I appreciate Day One Society for continuing its legacy so that someone like me can have a greater chance to pull myself up and out of addiction."*

Haley Baker

Awarded \$1500 in age group 17–29 in the Social Worker certificate program at Open Learning at Thompson Rivers University (TRU)

*"I am just over a year strong in being sober. I am going back to school to do my **Social Service Worker Certificate**; and want to do my second year in Human Services. One day I want to work with people with addictions and feel it is a good way for me to give back to the community and others by sharing my strength and knowledge."*

Olympia Marra

Awarded \$1500 in age group 17–29 in the Human Services diploma program at Thompson Rivers University (TRU)

*"Now 2 years into sobriety, I am looking for the next step. For me, it's starting full-time at TRU in the **Human Service Diploma Program** which will provide me with the skills and opportunities to allow me to help others, just as others helped me in my times of need. I want to make a difference in this world and this educational program is the first step for me."*

DayOneSociety.ca

Help.
Hope.
Heal.

OOTA Alumnae

Andrea Hurst (Haugen) 2011–2015 recipient

*"As a child I had wanted to grow up to become a police officer. Little did I know that my life would drastically change course when I was 20 years old. At the time I was studying criminology at SFU when a number of external stressors occurred, causing me to turn to the use of illicit substances. Soon, I dropped out of school and my life went downhill very quickly. Within two years of substance use I was addicted, homeless, a very unhealthy 90 pounds, and had lost everything. I had become someone else altogether, a menace to society and to myself. At the time I did not see it as a blessing, but I was incarcerated and given a substantial amount of time to clear the substances from my system. While incarcerated, **a compassionate nurse provided care to me and looked me in the eyes with warmth and understanding.** I felt so much shame and guilt for my actions while under the influence and yet this woman provided care to myself and the other women around me without stigma. This was the beginning of my journey in recovery, a simple act of kindness and compassion that helped pave a way to making healthier decisions for myself, such as attending treatment following my release from jail. When I completed my intake at the treatment center I met their nurse, and lo and behold it was the same nurse I had met in jail. This woman continued to make a positive impact on my life. Following treatment on Bowen Island, I stayed within the community to continue my journey. Soon after I became pregnant with my eldest daughter, and she was and continues to be my guardian angel. It took a lot of hard work, but I continued to do what I needed to do for myself in recovery and for my daughter. In 2010 I moved back to Kamloops and wanted to take the next step in my life. I wanted to be able to provide for my daughter, but also wanted to give back to my community and help those suffering from substance abuse like the nurse that had helped me. With this goal I upgraded my courses and applied to the School of Nursing at TRU. Being a single mother at the time, attending a full class schedule and working part time on*

*the side became a lot to take on. It was the Out of the Ashes bursary that helped relieve some of the financial burden allowing me to focus solely on my daughter and my studies. **I was a grateful recipient of the bursary every year during my four-year degree, and in 2015 I graduated with distinction with a Bachelor of Science in Nursing** with the goal to work with individuals suffering from mental health and substance use disorder. This bursary means more to those receiving it than just the money, which we are so grateful for. For the bursary recipients, it's knowing that the community is banding together to decrease stigma and quite literally provide a helping hand Out of the Ashes. **It still touches my heart to know that there were so many kind, hopeful, generous individuals within my community cheering me on.** Today I reflect on my journey, being 14 years clean and sober and where it has led me. I have had the privilege of working as a RN in a number of roles, including: detox, various community mental health and substance use teams, and currently within correctional health services. I am now a mother of three beautiful children, I have the most supportive, loving husband, and I have a fantastic relationship with my family. **My husband and I are now donors to the bursary.** The Out of the Ashes bursary, the community members and the staff from Day One Society have all been fundamental to my success."*



Dayna Chapman 2017 recipient

*"My name is Dayna Chapman, I was a child who grew up in the foster system. I was an OOTA bursary recipient in 2017. The bursary bridged a gap for me as the provincial tuition waiver was not effective until I was 19. Since I've received the bursary, I have been able to go to Thompson Rivers University and graduate with a **Human Services Diploma**, and my **Bachelor of Social Work**. I am proud of this accomplishment as only 6% of youth from care are able to achieve a university degree. My vision is to ensure that youth in and from the foster care system have the supports they deserve to thrive. This bursary is essential to ensure that people have the opportunity to access post-secondary education. I know other individuals who have received the bursary, and I recognize most recipients go to university to enter into the helping profession which is giving back to the community. **Thank you, Kamloops for being a community that cares, and donating to make it possible for people to have an opportunity to achieve their dreams.**"*



Marilyn with Special Olympics participants



Acknowledging our donors is important. If you would like to make a submission for our annual OOTA Newsletter, please send a brief statement about why donating to this bursary is important to you. We would also love to include a photo of you! Please email to sian.lewis@dayonesociety.ca

Donor Highlights and Acknowledgement

We are grateful to OOTA donor **Marilyn McLean** and Board President, Day One Society.

Marilyn was recently recognized by the Federal Government for her volunteer work and given the **Thérèse Casgrain Lifelong Achievement Award** at a ceremony in Ottawa, Dec. 5, recognizing her 42-year long association with the Special Olympics of British Columbia. As part of the prize, McLean was given a significant grant to give to the non-profit organizations of her choice and she chose **Out of the Ashes Bursary** at Day One Society as one of two causes to support.

"In considering where to donate the money I received from the Canada Volunteer Awards, the Out of the Ashes Bursary was at the top of the list. I respect and admire the resilience, the power and fortitude to move forward that the recipients exemplify. Each and every award winner that I have met is not only working towards improving their skills, but is committed to making a difference in the lives of others. The OOTA bursary is transforming our world to be a better place one recipient at a time".

—Marilyn McLean



Leann Kopytko, program supervisor and OOTA founder (left) with Rotarian, Terri Axani (right) a lover of life, a traveler and recipient of a Distinguished Service Award from the City of Kamloops.

Thank you!

**Help.
Hope.
Heal.**

We are grateful to OOTA donor **Daybreak Rotary Club** for their generous donation to the Out of the Ashes Bursary.

As a proud Rotarian since 2001 and current President of the Rotary Club of Kamloops Daybreak, **Terri Axani** understands the importance of service above self. Doing what you love and knowing that it matters, who could ask for more? Through successful fundraising events like *Rotary Ribfest*, *Lobsterfest* and *Crabfest*, Rotary has been granting opportunities to many deserving nonprofits in the region. Rotary's commitment to youth and the Raven and Out of the Ashes Bursary is a great opportunity to give back to this wonderful community. Find out more at <https://portal.clubrunner.ca/819>



Leann Kopytko



Siân Lewis

If you are interested in donating please contact us:

- ☎ 250.374.4634
- 📍 922-3rd Avenue Kamloops, BC V2C 6W5
- 🌐 www.dayonesociety.ca/donations
- ✉ sian.lewis@dayonesociety.ca



DAY ONE
SOCIETY