



Help.
Hope.
Heal.

ANNUAL REPORT

2025-2026

Day One Society 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.

The Board and Staff 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, with support can change and accept personal responsibility for their own physical, emotional, social, and spiritual health.

Our prevention philosophy is to provide deliberate and constructive programs that mitigate adverse conditions and promote growth of individuals toward their full potential. We shall do this by providing programs in conjunction with other community education, social service, and health care agencies.

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, a personal sense of structure, and an appreciation for the potential of self determination through choices and action that result in positive outcomes.

MISSION STATEMENT

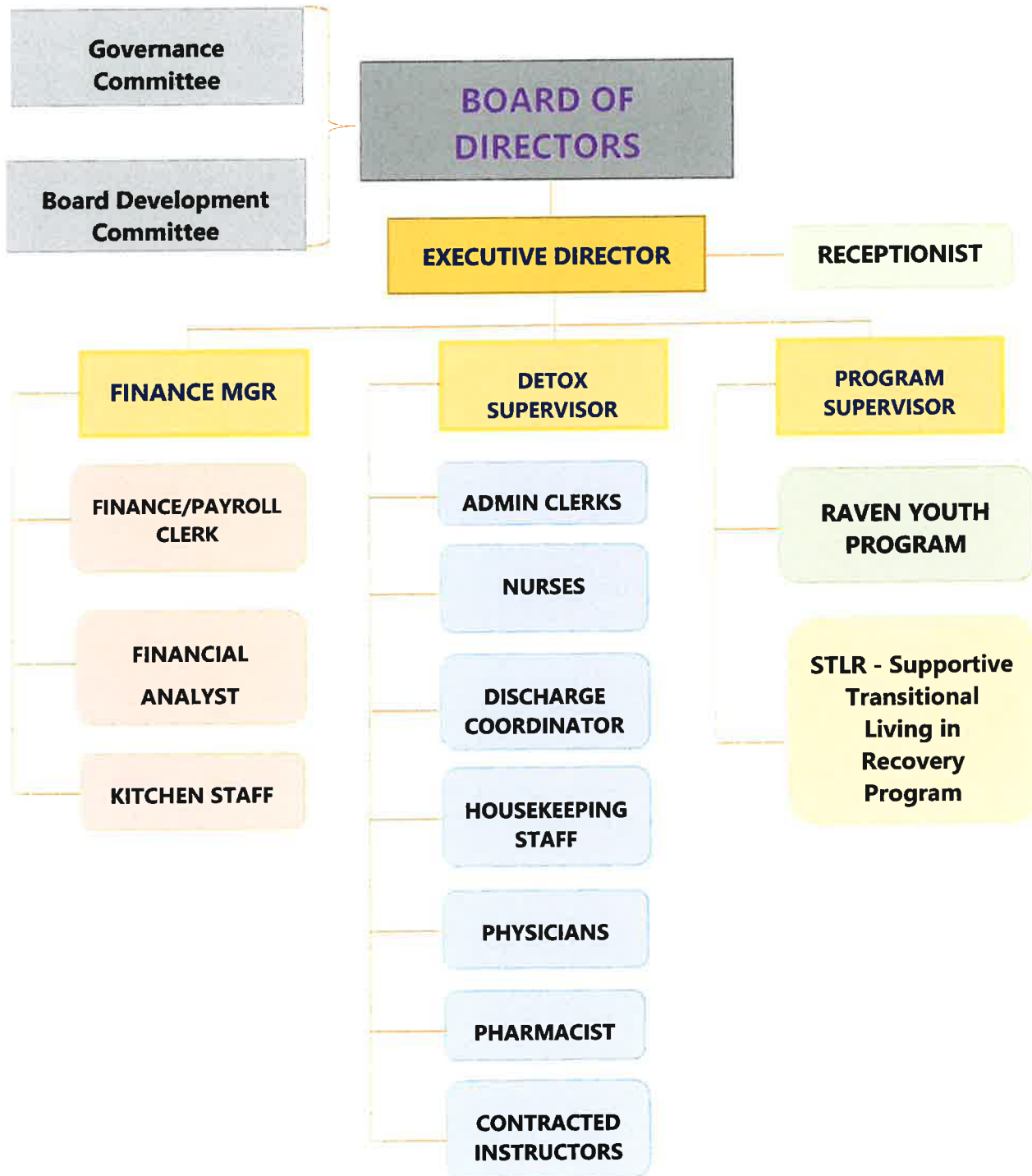
To provide substance use services and advocacy for individuals, families, and communities.

VALUES

Acceptance, Commitment, Creativity, Integrity, Kindness

VISION

Help. Hope. Heal.



BOARD OF DIRECTORS

Marilyn McLean, President

Stan Fike, Vice President

Carol Tennessy, Secretary

Bryan Pilbeam, Treasurer

Arjun Singh

Jeremy Gauthier

Francesca Loehr

Parmit Armstrong

Devin Gambler

PRESIDENT'S REFLECTIONS

Submitted by Marilyn McLean, President

Another year has flown by for the Day One Society Board of Directors. This past year has been one of welcoming new board members, increased training, and the emergence of a new five-year Strategic Plan.

We were pleased to welcome four new board members: Francesca Loehr, Jeremy Gauthier, Parmit Armstrong, and Devin Gambler. These new members bring strong leadership skills and many talents as well as passion for the work of Day One Society. In October 2025, we said goodbye to outgoing board members Danalee Baker and Shba.ach Adams. We are incredibly grateful for their hard work as members of the Board Development committee and their unwavering support of the mission of the Day One Society. In June 2026, we learned that Bryan Pilbeam will be stepping down from the board effective September 30, 2026. We are so grateful Bryan chose to be on this board. His many skills in business and his community connections made the Day One Society much stronger. His contributions on the Governance committee and as our Treasurer will be missed. We say good-bye to Danalee, Shba.ach, and Bryan with great appreciation for their contributions to the Day One Society.

On November 4, 2025, the board of directors as well as Sian Lewis and Nancy Eld took part in a workshop on building advocacy skills. This session was facilitated by Vantage Point and was extremely helpful in clarifying the role of the board in advocating for Day One Society. As a result of this workshop, an advocacy plan is being developed.

The board continues to value being informed and strives to increase our knowledge of the programs offered by Day One Society. To this end, we welcomed staff member Leann Kopytko to one of our meetings to speak about the Out of the Ashes Bursary, which she founded, and the Raven program which she supervises. We are looking forward to hearing about other programs from Day One Society staff.

On March 28, 2026, the board met for a full day Strategic Planning session with a facilitator from Vantage Point. This session enabled the board to have honest discussions about our priorities for the next three years.

The board agreed on three strategic priorities for 2026-2029:

1. Achieve Funding Stability
2. Strengthen Human Resources
3. Promote and Strengthen Program Impact

The Board has established goals, objectives, and strategies as part of the plan. The Operational Plan established by the Day One Society staff, led by Sian Lewis, will support the accomplishment of the Strategic Plan Priorities.

Speaking of the staff, I want to thank each and every person who works at Day One Society for showing up every day to provide help, hope, and healing to the clients. You are an extraordinary group of people, and we hold you in high esteem. The leadership provided by Sian Lewis and Nancy Eld is exemplary.

Our financial picture is looking brighter due to the hard work of Sian, Nancy, and the staff. This is good news as we head into another year full of challenges and possibilities. Day One Society has a strong Board of Directors and a strong staff. I know that together we can take on anything that comes our way.

Thank you for allowing me to lead for another year.



EXECUTIVE DIRECTOR'S ANNUAL REPORT

Submitted by Sian Lewis, Executive Director

Day One Society continues to deliver life saving and life changing services as the toxic drug crisis persists. Efforts across the province have resulted in curbing the ongoing overdose deaths this past year. The BC Coroners Service reported that “1,826 people lost their lives in 2025 due to unregulated drug toxicity. While still representing a profound loss of life, this reflects an approximate 21% decrease from 2024 (2,315), and the first time since 2020 that deaths due to unregulated drug toxicity have totalled fewer than 2,000 people within a year”. Still the battle continues and the staff at Day One Society meet this challenge everyday with compassion and commitment to those they serve. With a strong and dedicated Board of Directors at the helm, we hold hope for the future and will continue to work alongside the communities we serve to bring healing to those struggling with addiction.

TRUTH AND RECONCILIATION

In January of this year, members of the Lower Nicola Indian Band gifted a beautiful Pendleton Woolen Mills Wyeth Trail blanket to the Detox Unit staff in recognition of the support extended to their family members while in our detox program. In turn staff sent a heartfelt thank you to Chief Nicholas Peterson, Band Council, and members of the Lower Nicola Band expressing our collective gratitude. The blanket is proudly displayed at the Phoenix Centre detox facility, as a symbol of warmth, strength, connection, and our shared values of commitment to wellness and recovery.



Numbers released by the First Nations Health Authority in 2025 show 289 First Nations members died of overdoses compared with 433 the year before. First Nations members in B.C. make up approximately 3.4 per cent of the population but accounted for 15.8 per cent of all toxic drug deaths in 2025. This is due to the ongoing impacts of colonization, residential schools, the lasting effects of trauma, cultural insensitivity, privilege, and systemic barriers. This over-representation is reflected in Day One Society statistics, with 48% of those attending detox identifying as Indigenous and 42% in the out-patient programs. Day One Society continues to expand on Indigenous focused activities in both in-patient and out-patient programming, along with smudging ceremonies and Indigenous food choices. Day One Society partners both locally and provincially to ensure clients have access to cultural supports (i.e. Elders) while they are in our care, as well as upon discharge from our programs. This year the Client Detox Survey was expanded to elicit feedback from Indigenous clients about access to cultural healing practices and supports while in detox. This important information helps to inform future improvements. All staff continue to participate in San'yas Cultural Safety training as part of mandated professional development.

OUT OF THE ASHES BURSARY (OOTA)

Congratulations to 2025 bursary recipients Rudy, Alex, Felicity, Haley, Jordon, and Candis (pictured below) and Elijah and Jasmine (not in photo). We thank them for participating in media events this past year promoting this life-changing opportunity to others in recovery. A BIG thank you to OOTA founder Leann Kopytko, for her ongoing efforts and for sharing this extraordinary vision that has become a reality, awarding more than \$135,000.00 in bursaries. We are excited to announce the addition of a new category to the Out of the Ashes Bursary Program. The Dr. Ho-Young Chung Bursary of \$5000 for those in an advanced educational program will commence in 2026.



Left to Right – Rudy, Alex, Felicity, Haley, Jordon, Candis

COMMUNITY CONNECTIONS

Last year we successfully secured three units for our Supportive Transitional Living in Recovery (STLR) program and relocated three male clients to an apartment building located on the North Shore. This is a partnership with Connective Support Society in Kamloops. We want to extend a huge 'shout-out' and thank you to the Royal Inland Hospital Foundation who donated furnishings to make these three units home for our SLTR clients.



Left to Right - Sian Lewis, Tori Barr and Melanie Amrow (STLR staff) and Heidi Coleman, CEO and Marisa Bertoli, Marketing & Communications Manager, Royal Inland Hospital Foundation.

Thank you to our funders (IHA, School District #73, and BC Housing) and the many service partners who work tirelessly to support those battling addictions. Day One Society relies on many key partnerships locally, regionally and provincially and values our relationships with the medical community, educational institutions, community groups, and membership organizations that support the work we do (BC Federation of Community Social Services, Vantage Point, BC Non-Profit Housing Association, Board Voice, Kamloops and District Chamber of Commerce, and the BC Addiction Recovery Association (BCARA)).

FAREWELL TO ADOLESCENT OUTREACH

It is with a heavy heart that we say farewell to the Adolescent Outreach program. This was a unique and important service delivered in the community of Merritt since 1999 by Day One Society staff Jim Laidlaw. This program was in partnership with Ministry of Children and Family Development and ensured there were youth specific alcohol and drug counselling services available in Merritt 3 days per week. We are so grateful to Jim for all his hard work in Merritt, for his professionalism and consistent care and support of the young people in that community. Fortunately, Jim took on a counselling position with the Raven program and continues to provide essential youth focused services in the community of Kamloops.

PROFESSIONAL DEVELOPMENT

Staff continue to access training to enhance skills and knowledge in program specific areas, by way of online webinars, virtual workshops and local in-person learning opportunities. Members of the leadership team participated in Leadership Training with New Quest this past year and mandated training was added in the areas of Gender Diversity, Psychological Safety, Medication Management, and Trauma Informed Practice for Day One Society staff.

MINISTRY OF HEALTH'S ROAD TO RECOVERY

This important initiative focuses on improving addiction care across the province with centralized access to in-patient services, detox and stabilization, transitional support, treatment, and aftercare support. Day One Society is now woven into the provincial system of care by way of Access Central which is one component of Road to Recovery and helps adults connect to our inpatient detox services and other addiction focused care through a single, easy-to-use phone line. The centralized phone number and additional information can be found on the Day One Society website www.dayonesociety.ca Day One Society continues to process requests for inpatient detox for youth (18 years and younger) directly. All other referrals are redirected to Access Central where a dedicated team complete the initial assessments, schedule intakes for those requiring in-patient detox, and assist with transition to other services to ensure success upon discharge, including access to long-term treatment. Day One Society works closely with the Access Central team, meeting on a weekly basis to ensure a smooth process for those requiring detox at our Phoenix Centre facility.

DAY ONE SOCIETY NEWSLETTER

We are proud of our quarterly newsletter that can be found at www.dayonesociety.ca; and subscribed to online. We hope you take the opportunity to visit our website and stay up to date on what is new at Day One Society. This publication highlights the good work of the Society, offers insights on important issues as they relate to substance use and addictions, profiles staff and board members, and celebrates community partnerships and special events.

In closing, congratulations to our Board President, Marilyn McLean, who was recognized with an Exemplary Service Award by the City of Kamloops for her extensive volunteer contributions to our community. We feel fortunate to have her supporting our organization. Read about her lifetime of service at <https://www.dayonesociety.ca/news>

DAY ONE SOCIETY PROGRAMS

Program Name	Deliverables
Medical Withdrawal Management Program (Detox) Adult (ages 19+) 20 beds Youth (ages 13-24) 5 beds IHA Funded	• Provide withdrawal management services to residents of the Interior Health Region • Provide a safe environment during withdrawal • 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
Youth Counselling and Family Support – Raven Program IHA Funded	• 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
School District #73 Youth Counsellor School District #73 Funded	• The counsellors provide service during 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 8 Beds IHA Funded	• 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.

DETOX PROGRAM

Submitted by: Marion Wells, Detox Supervisor

At Day One Society, we take pride in providing medical withdrawal management services that play a critical role in supporting individuals through the challenges of withdrawal while recognizing the unique circumstances, experiences, and needs of each person. Our goal is to provide flexible, compassionate, and person-centred care that recognizes the whole person. This includes addressing the emotional, spiritual, and physical aspects of withdrawal while respecting each client's individual needs, choices, and goals. We strive to meet clients where they are, support them without judgment, and work alongside them to identify meaningful next steps that reflect what recovery and wellness look like for them.

CLIENT STATISTICS AND DEMOGRAPHICS

Day One Society operates a total of 25 withdrawal management beds serving both youth and adults at the Phoenix Centre Detox facility, where staff provide quality withdrawal management services. For the period April 2025 to March 2026, 90.79% of clients served were from the Interior Health region of BC. Of these 4.18 % of clients were from Northern Health, 0.94% from out of province, and 69.56 % from the Thompson Cariboo region. During this period 956 clients received medical withdrawal management services. Of those seeking service 59.94 % were male, 39.64% female, 43.62 % were new admissions, never having accessed services at Day One Society before, 66.74% of clients were self-referred, and 83.12% of clients completed their withdrawal management stay. 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. During the reporting period, 22 clients under the age of 18 and 81 clients between the ages of 19 and 24 completed their detox stay, representing 10.7% of the total withdrawal management clientele. These statistics remain on par with previous years.

When required, clients that need extra time to finalize their discharge plan, await approval for treatment funding or bridge the wait time between detox and treatment are permitted extended stays.

DETOX DISCHARGE COORDINATOR AND CLIENT SUPPORT

The Discharge Coordinator supported 514 clients during the reporting period. Clients accessed this service either by requesting assistance with their discharge planning or through referrals from staff who identified clients who could benefit from additional support. The position plays an important role in supporting clients throughout their detox stay, helping them navigate what can often be a complex and challenging system while promoting seamless communication and transitions to community-based services following discharge.

Support provided by the Discharge Coordinator include assisting clients with initiating the Income Assistance process, connecting with community resources and supports, and facilitating referrals to residential treatment. Referrals were made to 20 different treatment centres throughout the province, providing clients with a range of options to support their individual recovery goals.

The Discharge Coordinator uses a person-centred approach, empowering clients to identify their own goals, preferences, and priorities when developing their discharge and care plans. This approach supports clients in making informed decisions about their next steps and encourages greater ownership of their recovery journey. In addition to the Discharge Coordinator, detox nurses and detox workers also support discharge planning to ensure that all clients have a smooth transition from detox into community. Staff went above and beyond to provide clients with education about available resources, treatment options, and community supports, helping them make informed decisions about their care. The dedication, resourcefulness, and commitment demonstrated by the detox team in supporting clients is commendable. Their willingness to take on additional responsibilities and work creatively to connect clients with appropriate supports has made a meaningful difference in helping clients achieve more positive outcomes following detox.

EDUCATION AND GROUP PROGRAMS

Clients have access to four educational groups each week, delivered primarily by the Detox Discharge Coordinator, with other detox staff providing educational sessions and information as time permits. Educational groups provide clients with practical knowledge and skills to support their withdrawal, recovery, and transition following discharge.

Topics include Triggers, Post-Acute Withdrawal Syndrome (PAWS), Coping Skills, SMART Recovery, Take-Home Naloxone Training, Grounding, Gratitude, Problem Solving, Boundaries, and Relapse Prevention Basics. New this year, the program introduced Recovery Jeopardy and a Recovery Scavenger Hunt, both of which have been well received by clients. These interactive activities provide an engaging way to reinforce recovery-focused learning while encouraging participation and connection among clients.

The Detox Discharge Coordinator also provides clients with information about programs and services available through Mental Health and Substance Use (MHSU) and assists with arranging MHSU intakes for both inpatient treatment and post-discharge support. This helps promote continuity of care and supports clients in developing a plan for ongoing treatment and recovery beyond withdrawal management.

Through partnerships with community organizations, guest presenters, and contracted service providers, clients also have opportunities to participate in a variety of additional educational groups and wellness activities. These include Introduction to 12-Step Meetings, STOP HIV, Public Health Testing, Wellness, Art, and Nutrition. Together, these educational and supportive programs provide clients with opportunities to build knowledge, develop practical coping and recovery skills, explore available community resources, and begin planning for continued support after discharge.

EMERGING TRENDS IN SUBSTANCE USE AND THE TOXIC DRUG CRISIS

- **Increasingly toxic drug supply:** Fentanyl and synthetic opioids remain major contributors to overdose deaths, with increasing contamination by substances such as Xylazine and Medetomidine. Medetomidine is particularly concerning due to its prolonged sedative effects, slowed heart rate, and the fact that its effects are not reversed by naloxone.
- **Polysubstance use and contamination:** Clients are increasingly exposed to multiple substances, with fentanyl and other highly potent drugs found in stimulants and other unregulated substances. This unpredictable supply contributes to increasingly complex presentations and complicates withdrawal management.
- **Changing patterns of use:** Smoking and inhalation have become more common than injection drug use. Although this may reduce some risks associated with injection, the toxic nature of the inhaled drug supply continues to pose significant overdose risks. Most fatal toxic drug events continue to occur indoors, often among individuals using alone.
- **Evolving healthcare response:** Interior Health continues to move toward more integrated, trauma-informed models of care, including centralized supervised services, dedicated MHSU crisis spaces within hospitals, integrated treatment teams, and expanded peer-support and drug-checking services.

These trends reinforce the importance of flexible, trauma-informed, harm-reduction-focused withdrawal management services that can respond to increasingly complex client presentations and a rapidly changing drug supply.

OPIOID USE TREATMENT AND SUBLOCADE

With the continued promotion and availability of Sublocade injections for clients diagnosed with Opioid Use Disorder, most nursing staff are now trained and able to administer Sublocade to eligible clients who request this treatment option. Nurses routinely provide education to clients who are already receiving Suboxone or who initiate Suboxone during their detoxification stay, including information regarding the potential benefits of transitioning to long-acting injectable treatment.

The process for initiating Sublocade has become increasingly streamlined, allowing eligible clients to access this service more efficiently prior to discharge. We have received considerable positive feedback from former clients who report that Sublocade has supported greater stability and continuity in the community following detoxification.

At the same time, staff have observed an increase in clients reporting continued opioid use despite receiving regular Sublocade injections. Some clients describe their use of Sublocade primarily as a measure to reduce the risk of overdose, rather than as part of an intention to achieve complete abstinence. The need for PRN (*Latin phrase which means "as needed"*), Suboxone in conjunction with Sublocade is needed frequently to maintain sobriety. This highlights the importance of ongoing education, individualized treatment planning, harm-reduction approaches, and continued follow-up and support in the community.

STAFF DEVELOPMENT AND TRAINING

With support from John Thornburn of Building Better Practice, annual staff training modules have been developed specifically for Detox staff. These modules include Incident Reporting, Code of Conduct and Code of Ethics, Documentation, Symptom Assessment, and Suicide Risk Assessment.

We continue to support the education and professional development of health care professionals and students from a variety of disciplines, including nursing students and practicing nurses across all designations, medical students, and medical residents. Through orientation to the Detox Unit, learners gain valuable exposure to medical withdrawal management in an inpatient setting, including the unique clinical considerations, approaches to care, and interdisciplinary collaboration involved in supporting individuals through withdrawal and early recovery.

ACCESS CENTRAL

In December 2024, the Phoenix Centre Detox Unit was brought in under the Ministry of Health's Road to Recovery (R2R) initiative by way of Access Central to create coordination and standardization of addiction services across BC, with a focus on improving timely access, continuity of care and transitions between withdrawal management, treatment and recovery services.

Access Central centralized intake operates 7 days per week. It provides adults aged 19 and over with clinical screening, assessment, and triage, and assists in determining the most appropriate service based on medical needs, risks, circumstances, and available resources. The process can include placement in a withdrawal management bed, connection to outpatient services, initiation or continuation of opioid agonist therapy, and linkage to ongoing treatment and recovery supports. Referrals are directly processed by Day One Society for those 18 years and under.

Access Central results in increased availability of clinical and psychosocial information during screening. This information assists the Phoenix Centre team in better understanding a client's medical and substance use history, existing supports and care providers, and potential discharge or treatment needs. This is valuable when clients are unable to provide a complete history themselves. Feedback regarding Access Central has been positive, with clients describing the process as efficient, smooth, and easy to navigate.

Balancing the benefits of centralized coordination with the need to respond to complex, time-sensitive and sometimes urgent situations in the local community is paramount. Our priority remains advocating for clients to receive timely support. Staff continue to demonstrate flexibility and initiative in responding to clients outside of regular referral pathways. After hours, staff routinely screen, triage, and admit unscheduled clients who present at the Centre or contact the unit by phone. Referrals may also come directly from community agencies, Mental Health and Substance Use services, and the ER Connections Team, which assists with triaging individuals seeking withdrawal management services after hours. These low-barrier and responsive approaches have allowed the team to respond to individuals when they are ready and able to access support.

CONCLUSION

It has been a year of evolving challenges, changing systems, and an increasingly complex substance use environment. Through it all, the staffs' commitment to providing safe, respectful, and client-centred care has remained unwavering.

Behind every admission is a person with a unique story, often arriving at Phoenix Centre during one of the most difficult and vulnerable moments in their life. Our team has the privilege and the responsibility of meeting each person with compassion, without judgment, and with the understanding that every individual's journey is different. Whether it is helping someone safely through withdrawal, listening when they feel overwhelmed, providing education and encouragement, connecting them with treatment or community supports, or simply reminding them that recovery is possible, the work our staff do each day has a lasting impact. This is often seen in moments that happen quietly when a client finds the courage to ask for help, leaves detox with a renewed sense of hope, connects to ongoing treatment, or returns months later to share their story of success. These moments remind us that meaningful change does not happen all at once. It often begins with something as simple as being heard, being supported, and being given another opportunity to move forward.

We extend our heartfelt appreciation to the staff, partners, health-care providers, community organizations, and supporters who contribute to the work of Phoenix Centre. It is through this collective effort that we can provide a place where people can begin again, explore new possibilities, and take meaningful steps toward recovery. As we look ahead, we carry with us the stories, successes, challenges, and lessons of the past year. We remain hopeful, committed, and determined to continue making a difference in the lives of the people who come through our doors.



Day One Society appreciates services provided by our sessional physicians, Dr. Rob Baker, Dr. Ruth Farren, Dr. Drew Soderberg, Dr. Micheal Marino and Dr. Christopher Baker. They manage not only substance withdrawal but other health related issues.

Dr. R. Baker is the Medical Director of Day One Society, for more than 26 years, he has brought to our facility a wealth of experience in Addiction Medicine. 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, Dr. Baker 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 (RIH), 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 12 years. She has been in general and family practice for 29 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. Soderberg has been part of the team at Day One Society for the past 8 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.

Dr. Marino has been part of the team at One Society for the past 2 years. He has worked in the addiction field since 2015; he has a practice in the community and works with the RIH Addiction Medicine Consult Service. He also works in Emergency Medicine and as a hospitalist.

Dr. C. Baker joined the team at Day One Society in 2025. He is a dedicated physician who has been working in the field of addiction medicine for the past 10 years. He brings an approach to care which emphasizes client dignity and autonomy. Dr. Baker holds certification from the Canadian Society of Addiction Medicine. He also works in the community and at RIH Emergency.



Raven Program

Submitted by: Leann Kopytko, Program Supervisor

The Raven Program offers drug and alcohol counselling and related support to young people ages 12-25, individually and in groups. The program provides 1-1 counselling to youth and provides referrals to family members/caregivers who may be affected by their young person's use. When requested, community presentations regarding substance use are provided. Raven 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 counsellors provide support within SD73, including Kamloops School of the Arts, Brock Secondary, Westsyde Secondary, Valleyview Secondary, Twin Rivers Education Centre (North and South shore campuses), Four Directions, First Steps Program, Bridges Program, Directed Suspension Program, Sahali Secondary, NorKam Secondary, Street School, @KOOL (Kamloops Open Online Learning), and the Elizabeth Fry SKY Program. This year counselling services were extended to Bert Edwards and Albert McGowan Elementary Schools. Raven counsellors use Feedback Informed Treatment which ensures client feedback directs the counselling process.

FEEDBACK INFORMED TREATMENT

Feedback-informed treatment is an evidence-based practice where clinicians gather real-time input from clients using structured measures to identify what is and is not working and then adjust to better meet client's needs.

- Raven clinicians have achieved reliable data status within the aggregate data collection.
- Program Supervisor, Leann Kopytko, collaborates with colleagues from the International Centre for Clinical Excellence <https://centerforclinicalexcellence.com>

PROGRAM STATISTICS

From April 01, 2025 to March 31, 2026, with five clinicians, the Raven program served a total of 227 individuals in comparison to the 252 from the year prior. This is a decrease of 25 clients.

There were 114 new intakes this year compared to 149 intakes the year prior, and 155 discharges (17 more than 2024/2025). Of the 227 individuals served, 142 (62.56%) identified as female and 83 (36.56%) male and 2 (.88%) as other. This reflects an increase to the number of females served. This change is the opposite from last year where more males accessed counselling. Educational institutions made 195 referrals (85.90%), an increase compared to 228 (90.48%) the previous year and self-referred 13 (5.73%), is an increase of 3.97% from last year. Community service organization referrals at 9 (3.52%), shows an increase of 6 (2.38%), family/friend 5 referrals (2.20%) remains the same as the year prior and Probation referrals were 2 (0.88%), compared to 1 (0.40%) in 2024/2025.

Average caseload for fulltime clinicians is between 25-30 during the school year. Substance use was reported by 195 (85.90%) compared to 210 last year. This year 28 (12.33%) were Children of Alcoholics compared to 37 (14.68%) last year, and 4 (1.76%) were seen under "other" such as referral to mental health services. In 2025/2026 Raven new admissions were 123 (54.19%), lowered from 159 (63.10%) and 104 (45.81%) were readmissions, compared to 93 (36.90%) previously. A total of 72 clients were activated in Feedback Informed Treatment tracking system (MyOutcomes) and 151 were deactivated.

Students account for 213 (93.83%) of the client population. The balance of clients was 9 (3.96%) unemployed; 4 (1.76%) work full-time and 1 (0.44%) reported working part-time. Majority of referrals came from Twin Rivers Education Centre, Valleyview and Westsyde Secondary schools. This year, 136 (59.91%) of referrals reported no Indigenous ancestry; 42 (18.50%) reported Non-Status and/or Metis; 42 (18.50%) reported Status living off reserve and 7 (3.08%) reported Status living on a reserve.

Problematic cannabis use was reported by 144 (34.62%) compared to 156 (33.19%) clients last year. This is a decrease from 228 (90.48%) the previous year. Cannabis continues to be most common drug used. Alcohol use has increased with 129 (27.45%) reporting this as a primary substance of use compared to 127 (53.81%) last year. Tobacco use has increased from 65 clients reporting (36.11%) previously to 102 (21.70%) and includes vaping. Hallucinogen use is lower with 15 clients (3.19%) compared to 18 (7.63%). This year cocaine increased to 23 clients (4.89%) from 19 (8.05%). Crystal Meth use has increased to 16 clients (3.40%) this year, from 12 (5.08%) previously. Heroin use decreased with 4 clients (0.85%) vs 6 (2.54%) previously. Opiate use this year was reported by 1 client (0.21%); Ecstasy 1 client (0.21%); and 'other' substances was lower with 4 clients reporting (0.85%) compared to 14 (5.93%) previously. The most common drugs used were cannabis, alcohol, and tobacco.

Parents impacted by a young person's use continue to be referred to the IHA Parenting Program, as well as any individual referrals that may require more complex mental health, or other specialized services.

CONNECTION AND COMMUNITY

Counsellors continue to strengthen partnerships with Interior Health Authority, Tk'emlúps te Secwépemc, Secwépemc Child and Family Services, Lii' Michif Otipemisiwak (LMO); House of Belonging (Kikekyelc), Interior Community Services, School District 73, A Way Home Kamloops: Katherine's Place, Boys and Girls Club Kamloops, Living Bridges Therapy Collective, Kamloops Sexual Assault Centre, Big Bear Advocacy Centre, First Steps Program for young mothers, and many others.

COMMODATIONS

Amanda Neystrom, Raven Counsellor – Completed Master of Counselling, City University

Kristin Rhynolds, Raven Counsellor – Continuing Master of Counselling, City University

SUPPORTIVE TRANSITIONAL LIVING IN RECOVERY PROGRAM (STLR)

The STLR program is an abstinence-based recovery program for women and men 19 years of age and older and is funded by Interior Health. The program supports clients for a 6-month term and transitions them to independent housing upon completion of the program. STLR is operated in partnership with the Canadian Mental Health Association, Kamloops Branch and Connective Support Society Kamloops. 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 provides a congregate residence for the female clients and Connective Support Society provides three one-bedroom units for the male clients.

The STLR Support Workers, Tori Barr and Melanie Amrow maintain numerous community connections and partnerships that ensure a holistic approach to individual recovery planning, making referrals to Interior Mental Health and Substance Use programming and counselling, medical services, Work BC Programming, Seasons Employment Therapy, Indigenous services, long-term treatment, with A New Tomorrow Treatment Solutions and Red Road Recovery Centre; as well as treatment and housing programs throughout the province of BC.

Clients are assisted in accessing Alcoholics/Narcotics Anonymous, food security programs, Income Assistance and Ministry of Children and Family advocacy. STLR provides monthly transportation passes donated by the Alliance Church, and City of Kamloops Activity Passes and ARCH Program passes. Upon discharge clients who qualify also have access to BC Housing Subsidies to support them when transitioning to independent housing.

Staff encourage, model, and support a well-balanced, abstinence-based recovery program that includes wellness groups, recreation and learning opportunities, sewing, yoga practice, self-care, and nutrition programming. Clients are also given the opportunity to volunteer with the Mt. Paul Food Centre. This year a land-based *Walking for Wellness* program was piloted and well received by clients, as well as guest presentations from former clients and alumnae of the Out of the Ashes bursary program who continue to live a life dedicated to recovery.

The STLR Program had a total of 30 clients in the program this year, with 24 intakes and 24 discharges, and 6 clients remaining in April 2026. Referrals this past year came from Community Service Organizations 18 (60.00%); Community Detox 7 (23.33%); and Self-referral 4 (13.33%). There were 14 (58.33%) clients who completed their treatment plan; 9 (37.50) were discharged prior to completion and 1 (4.17%) client self-discharged from the program. A total of 29 (96.67%) were new admissions and 1 (3.33%) was a readmission.

The age groups were 19-24 years: 5 (16.67%); 25-39 years: 18 (60.00%); 40-49 years: 6 (20.0%); and 60-64 years: 1 (3.33%). Indigenous Status: 6 (20.00%) Status Living Off Reserve; and 3 (10.0%) Non-status and/or Metis. All clients reported being addicted to substances. Substances reported were Alcohol 25 (34.72%); Cocaine 19 (26.39%); Cannabis 16 (22.22%); Benzodiazepines 3 (4.17%); Heroin 3 (4.17%); Amphetamines 2 (2.78%); Opiates 2 (2.78%); and Crystal Meth 1 (1.39%).

The STLR staff continue to host TRU, Sprott Shaw, the Academy of Learning, and NVIT practicum students throughout the year when possible. The STLR staff are well-respected for their professionalism, client advocacy and supportive mentoring that reflect Day One Society's vision of providing help, hope, and healing.



