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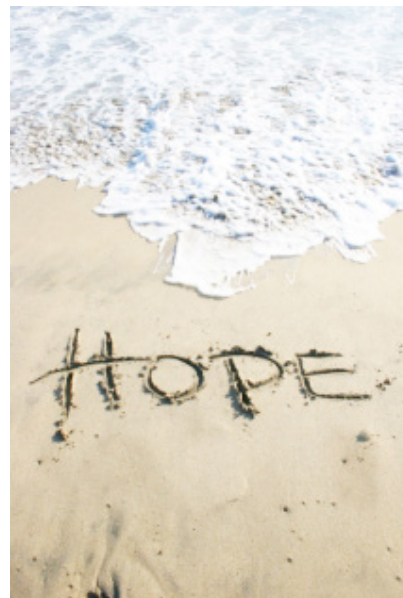
## April 2014

### Message from the Executive Director

Spring is now upon us with some nice warm weather. As the sun shines this season the North Bay Recovery Home is gearing up to celebrate their 45th anniversary. The North Bay Recovery Home's vision has always been to help those in need who suffer from substance abuse and addiction. Our dedicated 45 years of service in the North Bay and area shows our commitment to the community. Spring is always a time of hope, growth and success. We wish you well in the spring of 2014!

Sincerely,

Wendy Prieur





## Meet the Staff

### Who We Are

*“With an enthusiastic team you can achieve almost anything.”*

- Tahir Shah

### Mission Statement

*“Our mission is to provide hope to those who desire recovery from their substance abuse and addiction through self-help and professional guidance in a safe and therapeutic shared environment.”*

#### **Executive Team:**

Wendy Prieur - Executive Director  
Marlene Thomas - Finance Manager

#### **Counselling Team:**

Dave Pearson - Program Manager  
Jocelyne Gagnon - Counsellor  
Tina Danis - Counsellor  
Yvan Thomas- Counsellor

#### **ASH Case Management Team:**

Lori St. Pierre - Case Manager  
Nathan Woodruff - Case Manager  
Kathy Rowe- Case Manager

#### **Communication Team:**

Cedric Deschenes - Communications Facilitator

#### **Program Assistant:**

Denise Stanley - Program Assistant

#### **Support Staff Team:**

Mary Nolan - Night Attendant  
Ben O’Hanlon - Attendant  
Bernice Kataquapit - Attendant  
Brent Severin - Attendant  
Brittany Dashnay - Attendant  
Carrie Ann Gauthier - Attendant  
Kayley Peddle - Attendant  
Virginia Somerville - Attendant

#### **Kitchen Team:**

Angela Labrecque - Cook  
Leo Patey - Assistant Cook

#### **Health & Safety Team:**

Wendy Prieur - Chair  
Jocelyne Gagnon - Vice Chair  
Tina Danis - Secretary  
Dave Pearson - Member  
Denise Stanley- Member



## **Program Updates**

- 1. Residential Recovery Program**
- 2. Addiction Supportive Housing Program**
- 3. Continuing Care**
  - **After Care Program**
  - **Relapse Group Therapy**

*“Courage is not being afraid to ask for help.”*

*- Unknown Author*

## **Program Updates**

### **Residential Recovery Program:**

Our Residential Recovery Program services are available to those in need who suffer from substance abuse and addiction. Our 90 day program has a high success rate. If you would like to refer someone to our program please fill out an admission form found on the North Bay Recovery Home’s website.

### **Addiction Supportive Housing Program:**

Our Addiction Supportive Housing Program is now being facilitated by 3 Case Managers. We are currently servicing 21 clients. 12 of those clients are utilizing our supportive housing units. Our 3 Case Managers working in the community are Lori St. Pierre, Nathan Woodruff and Kathy Rowe.

### **After Care Program:**

The After Care Program runs through out the spring on Wednesday and Thursday nights from 6:00pm - 7:30pm. It is facilitated by our Certified Counsellors which cover a variety of topics as well as open group discussions.

### **Relapse Group Therapy:**

Our Relapse Group Therapy will be offered again in the Spring. Please look at the calendar for more information.

If you or someone you know would like more information on our programs please visit our website at **<http://www.nbrh.org>**



## Success Story

### **Quick Facts**

- **The North Bay Recovery Home first opened its doors in 1969 as the Halfway House on McIntyre Street. A new building was built for the home in 1991 which is now situated on Oak Street.**

### *Optimism*

*“The difference between stumbling blocks and stepping stones is how you use them”*

*- Unknown Author*

“My name is Callum and I’m an addict! Never did I think that’s what I was but the truth hurts. My drug of choice was used for pain management at first, then it consumed me. My need to have it became uncontrollable. I wanted to quit but I could not do this by myself. I have heard you must reach a bottom before you seek help. I hit bottom. My life spark was gone. Tired of hurting all those who loved me, the next answer for me was death. I made an attempt thank god I did not succeed!

My life journey took a different path on that day. I was broken, lonely and tired. I started at a detox centre in Simcoe, On; it was hell but I did it. Fortunately a young man there (a counsellor) saw a spark in me that I truly thought was gone. This young man recommended the North Bay Recovery Home. I had no idea where I was going but after 30 odd years of use and abuse I was up for it! The day I walked through the door my life started to change. I was told to wash all my clothes, handed me a rule book and led me to my room. Wow bunkbeds hadn’t seen those since I was a kid and a roommate hard to grasp at the age of forty eight but this was my choice!

Later on I met my counsellor I had to open up and tell her why I was there, not an easy thing but I did it. We then developed a plan for me to follow and I began. It’s a facility that has a structured curriculum but I did not find it difficult. The biggest challenge was working on myself! The house gave me a lot of tools and encouragement to use them. The entire staff were helpful. All my questions were always answered. I believe this was the best place for me. I worked hard on my program thus I started to change. I now could face each day without the use of drugs! I am grateful to the North Bay Recovery Home as they showed me a new way to live.

As I write this I have been out of the house for five months. I still am involved with them through programs they have such as Relapse Group Therapy and After Care. Now I sit here writing this eight months with no drugs. Wow life is good now and only getting better. I can honestly say that if I had not gone to the Recovery Home my life would not be as it is today. All there changed my life, for this I am eternally grateful. God Bless.”



## After Care Article

### Living Wednesday to Wednesday

**By Carl C.**

“Fifteen years ago I finally admitted that I needed help. Not because I truly believed it, but because my life had become so terribly destroyed that there was no possibility for survival without help from other people. I remember hearing people talk about their journey in recovery back then, and I remember wondering what was wrong with these people that they needed to continue treatment for so long. I had spent seventeen days in a detox and I was better! I smiled and nodded, and gave my support, while people talked about their slips, their relapses, their triggers, and their cravings.

I remember feeling a little surprised that the counsellors were so clueless about what was going on with these people. They were actually telling them they were doing well because they kept coming back! Couldn't they see that these people were lying?! Obviously, they just wanted three hots and a cot, I mean, nobody who really wants recovery, or sincerely makes the choice to change, actually has to keep trying over, and over, and over again, Right? Some of them had actually been through treatment more than three times!!

Of course, a few years later, I realized that things were a little more complicated. I finally saw that the only way to truly rid myself of addiction was to go to treatment for the right reason. After all, I had realized that the first few times around, I had made the classic mistake of going to rehab because I was homeless, or because I wanted to fix my relationship with my family, or because people were pressuring me to, or because I was about to lose a job. Now I knew that all I had to do was decide that I truly, truly wanted to get better, for me, and then treatment would work! It was so simple. It worked quite well. In fact, it worked so well that I was able to go back to working full-time in bars, and I didn't even want a drug. I stuck to drinking.

Okay. So perhaps you get my point. It has now been fifteen years

### After Care Article

- **Written by a current After Care client**

#### *Believe and Succeed*

*Courage does not always roar. Sometimes, it is the quiet voice at the end of the day saying, “I will try again tomorrow.”*

*- Unknown Author*



## **After Care Article (continued)** **Living Wednesday to Wednesday**

### **After Care Article**

- **Written by a current After Care client**

#### ***Believe and Succeed***

***Courage does not always roar. Sometimes, it is the quiet voice at the end of the day saying, "I will try again tomorrow."***

***- Unknown Author***

since I first set foot in a detox, but I have really only been sober for the past fifteen months. For twelve of those months I have been attending After-care at the North Bay Recovery Home, every Wednesday, from six p.m. until whenever we finish. A group of us sit in a circle, and we share our thoughts, our feelings, our hopes and worries with one another. We offer each other non-judgmental empathy, love and understanding. Feed-back is encouraged, and that can be challenging. As often as feed-back is right it is wrong, but the beauty of it is, even when it's wrong, it's right. I know. What does that mean?

Well, when somebody gives me feed-back and I am convinced they are wrong, in the past, the old me would have to defend my position, jump into the conversation, make certain that everybody in the room knew that, even though what that person said may be right about someone else, not me....NOT me!! Today, it is an opportunity to listen in silence, nod and smile, and then politely say thank you. Sometimes, later on, I start to see things from their perspective, just a little bit, and even if I am still convinced that they are wrong, I am able to understand how somebody else perceives me. And that, right there, is an amazing thing.

Today my week no longer runs from Monday to Friday, but from Wednesday to Wednesday. Meeting with people like me, people who can be as grandiose, as arrogant, as annoying and as frustrating as me, every week, is an awesome opportunity. I don't know how it happens, and I can't quite put my finger on when it starts to happen, but at some point during the meeting, every time, I begin to feel a sense of calm. That is one of the reasons why I will never stop going there on Wednesdays. The only way I will stop going is if I am locked out. Then I will plant myself at the door and stay there until somebody drags me away. And then I will come back.

What I do know today is that I don't know much. Almost every



## **After Care Article (continued)** **Living Wednesday to Wednesday**

### **After Care Article**

- **Written by a current After Care client**

#### ***Believe and Succeed***

***Courage does not always roar. Sometimes, it is the quiet voice at the end of the day saying, "I will try again tomorrow."***

***- Unknown Author***

person I have met in the last fifteen years who has become absolutely convinced that they have beaten their addiction has either died or is well on their way to the grave. Knowing how to recognize triggers is not enough. Having all of the right tools is not enough. Working the steps is not enough. Even having a sponsor and doing whatever is suggested is not enough. Not for me. I need constant contact and accountability to my peers in order to stay centered. I no longer believe that addiction is something that can be figured out. It no longer matters to me that I will never know the answers. All that matters to me today is that as long as I stay sober life gets better. And as long as I stay accountable, stay in contact with my peers in recovery, and remain open to their feed-back, even when it's wrong, I stay sober. The longer I stay sober the happier I become.

It's pretty simple for this addict. It took me fifteen years to figure out how to live sober from Wednesday to Wednesday."



## **Current Project Launches**

- **New Website Launch**
- **New Mobile App Launch**

### ***Reflect***

***“All the wonders you seek in life are deep inside yourself.”***

***- Unknown Author***

## **Current Project Launches**

### **North Bay Recovery Home’s New Website**

The North Bay Recovery Home’s new website will be launched in late spring. The new website includes the following content:

- Completely new face lift
- Welcoming atmosphere design
- Mobile friendly website for smartphones, tablets and desktop use.
- User friendly website with easy navigation
- Fully bilingual website in both English and French
- Welcome and About Us page with social media integrations
- North Bay and Area Drug Strategy Committee logo and social media link
- Media section with photo’s, desktop backgrounds, NBRH’s official video, Stigma & Awareness website link, readily available NBRH quarterly newsletter issues & NBRH’s mobile apps.
- Services section including information on the Residential Recovery Program, Addiction Supportive Housing Program, After Care Programs and Relapse Group Therapy.
- Forms section including Admission, House Rules and M-SSAA 2011-13.
- Success Stories section
- Contact Us section with Google Maps, phone and e-mail links.





## Current Project Launches

- **New Website Launch**
- **New Mobile App Launch**

### *Achievement*

*“Decide carefully, exactly what you want in life, then work like mad to make sure you get it.”*

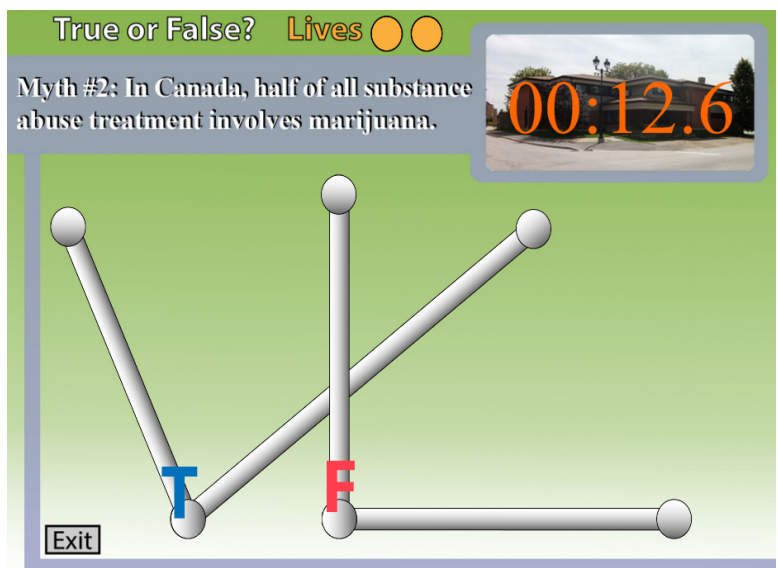
- Hector Crawford

## **Current Project Launches**

### North Bay Recovery Home’s Mobile App

North Bay Recovery Home has released a new world wide cross-platform mobile app this spring. The mobile app is an interactive educational game that distinguishes myths and facts about substance abuse and addiction. The app is readily available for iOS, Android and Blackberry devices. This means that you can download the app on your iPhone, iPad, iPod, all Android devices, Blackberry Playbook and all Blackberry 10 devices. We would like to hear your thoughts and comments about the app so we can continuously improve the app by updating it in its respective app stores.

You can download the “NBRH” app on the App Store, Google Play Store and Blackberry World.





## Community Client Involvement Schedule of Events

### April 2014

~ April 2014 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 The Open Arms Café* 5:30pm-6:30pm After Care** 6:00pm-7:30pm	3 After Care** 6:00pm-7:30pm	4	5
6	7	8	9 The Open Arms Café* 5:30pm-6:30pm After Care** 6:00pm-7:30pm	10 After Care** 6:00pm-7:30pm	11	12
13	14	15	16 The Open Arms Café* 5:30pm-6:30pm After Care** 6:00pm-7:30pm	17 After Care** 6:00pm-7:30pm	18	19
20	21	22	23 The Open Arms Café* 5:30pm-6:30pm After Care** 6:00pm-7:30pm	24 After Care** 6:00pm-7:30pm	25	26
27	28 Relapse Group Therapy** Introduction 2:00pm-3:00pm Coping with Cravings 3:00pm-4:00pm	29	30 The Open Arms Café* 5:30pm-6:30pm After Care** 6:00pm-7:30pm	Notes:		

\* The Open Arms Café takes place at St. John's Church at 301 Main Street East. Its a vital ministry! Come for a free meal (surprise menu), stay for the fellowship.

\*\* Takes place at the North Bay Recovery Home at 393 Oak Street West.



## Community Client Involvement Schedule of Events

### May 2014

~ May 2014 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 After Care** 6:00pm-7:30pm	2	3
4	5 Relapse Group Therapy** The Way We Think 2:00pm-3:00pm Group CBT 3:00pm-4:00pm	6	7 The Open Arms Café* 5:30pm-6:30pm After Care** 6:00pm-7:30pm	8 After Care** 6:00pm-7:30pm	9	10
11	12 Relapse Group Therapy** Boundaries 2:00pm-3:00pm Group Discussion 3:00pm-4:00pm	13	14 The Open Arms Café* 5:30pm-6:30pm After Care** 6:00pm-7:30pm	15 After Care** 6:00pm-7:30pm	16	17
18	19 Relapse Group Therapy** Break for long weekend. No Group sessions	20	21 The Open Arms Café* 5:30pm-6:30pm After Care** 6:00pm-7:30pm	22 After Care** 6:00pm-7:30pm	23	24
25	26 Relapse Group Therapy** Three Headed Dragon 2:00pm-3:00pm Questions on video 3:00pm-4:00pm	27	28 The Open Arms Café* 5:30pm-6:30pm After Care** 6:00pm-7:30pm	29 After Care** 6:00pm-7:30pm	30	31

\* The Open Arms Café takes place at St. John's Church at 301 Main Street East. Its a vital ministry! Come for a free meal (surprise menu), stay for the fellowship.

\*\* Takes place at the North Bay Recovery Home at 393 Oak Street West.



## Community Client Involvement Schedule of Events

### June 2014

~ June 2014 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Relapse Group Therapy** Resentments 2:00pm-3:00pm Reflection 3:00pm-4:00pm	3	4 The Open Arms Café* 5:30pm-6:30pm After Care** 6:00pm-7:30pm	5 After Care** 6:00pm-7:30pm	6	7
8	9 Relapse Group Therapy** Grief 2:00pm-3:00pm Group Discussion 3:00pm-4:00pm	10	11 The Open Arms Café* 5:30pm-6:30pm After Care** 6:00pm-7:30pm	12 After Care** 6:00pm-7:30pm	13	14
15	16 Relapse Group Therapy** Co-Dependency 1 2:00pm-3:00pm Open Discussion 3:00pm-4:00pm	17	18 The Open Arms Café* 5:30pm-6:30pm After Care** 6:00pm-7:30pm	19 After Care** 6:00pm-7:30pm	20	21
22	23 Relapse Group Therapy** Self-Esteem 2:00pm-3:00pm Closure 3:00pm-4:00pm	24	25 The Open Arms Café* 5:30pm-6:30pm After Care** 6:00pm-7:30pm	26 After Care** 6:00pm-7:30pm	27	28
29	30	<b>Notes:</b>				

\* The Open Arms Café takes place at St. John's Church at 301 Main Street East. Its a vital ministry! Come for a free meal (surprise menu), stay for the fellowship.

\*\* Takes place at the North Bay Recovery Home at 393 Oak Street West.



## **Additional Resources**

### **01 - North Bay Recovery Home**

*<http://nbrh.org/>*

### **02 - Possible**

*<https://www.its-possible.ca/>*

### **03 - Centre for Addiction and Mental Health**

*<http://www.camh.ca/en/hospital/Pages/home.aspx>*

### **04 - Alcoholics Anonymous**

*<http://www.aaneontarioarea84.org/>*

### **05 - Narcotics Anonymous**

*[http://www.orscna.org/english/area\\_meetings.php?id=8](http://www.orscna.org/english/area_meetings.php?id=8)*

### **06 - Canadian Centre on Substance Abuse**

*[http://www.ccsa.ca/Eng/NewsAndEvents/Information\\_Share/NAAWDAW/Pages/default.aspx](http://www.ccsa.ca/Eng/NewsAndEvents/Information_Share/NAAWDAW/Pages/default.aspx)*

### ***The power of Attitude***

***“Our lives are not determined by what happens to us, but how we react to what happens; not by what life brings to us, but by the attitude we bring to life. A positive attitude causes a chain reaction of positive thought events and outcome: It’s a catalyst...a spark that creates extraordinary results.***

***- Unknown Author***