



ADDENDUM— CORE Treatment Program Information

1. How many graduates
 - a. 2021 – 104
2. 2022 to June 30 - 94 – we expect this number to be up as we have more clients coming through our program compared to last year which was heavily impacted by COVID
3. Unplanned exits
 - a. 2021: 109
 - b. 2022: 72 – our Compassionate Care approach vs Punitive Care approach has resulted in less exits as expected and higher graduation rates
4. Graduates with one year sobriety
 - a. 2021 – 17 added to our wall
 - b. 2022 – 14 as at June 30 – hoping long term sobriety rates will increase with the new Recovery Coach program and the introduction of Recovery strategies that include Indigenous program connection, SMART Recovery, Science of Addiction education, and Health & Wellness programming (diet/exercise) – Target for 2023 is 20
5. Recovery Capital tracking - please see the attached excel spreadsheet – this is the Recovery Capital that we are providing and capturing with our clients. The expectation is that the more Recovery Capital they gain, the more resilience and the more chances of long-term recovery. We complete the questionnaire within 2 weeks of intake and then in two-week intervals up to ten weeks. If we compare intake results to the 10-week results, we should see a significant increase in Recovery Capital for the client.

All Simon House Recovery Coaches are to be trained through Recovery Coaches Alberta by year end 2022. They are then expected to receive certification within 6 months of training. Recovery Coaches are assigned to clients and will help clients build their Recovery Plan. Graduating/exiting clients are connected to Recovery Coaches for continued Recovery support.

- a. Trained Recovery Coaches in 2021 – 0
- b. Trained Recovery Coaches in 2022 – 4

Target is to have ALL Recovery Coaches trained by Dec 31, 2022; and 50% certified by Dec 31, 2022



10. Number of client relapses:

a. 2021: 35

b. 2022: 17

11. Average age of clients:

a. 2021: 36.8

b. 2022: 37.9

ADDENDUM– Indigenous Program Information

In August 2021, Simon House officially implemented its Indigenous program. Prior to this there had been minimal interest from Indigenous organizations to refer their clients to us.

Since the launch of our Indigenous program: 50 total applications received

Jan 1/21 – Dec 31/21:

Total Indigenous Clients attending treatment: 46 (completed program 15).

Goals fully attained: 10 – including seeing a doctor, income stabilization, housing stabilization – see tables for Recovery Capital we now capture through our FYIdb at Simon House.

Total applications from Indigenous clients to date = 118

Jan 1/22 – July 27/22

Total Indigenous Clients attending treatment: 42 (completed to date 13)

Goals fully attained 13 – compared to previous year, ALL clients achieved the Recovery Capital we provide access to and monitor

Simon House, through consultation with Elders of treat 7 territories focused on traditional knowledge and protocols as well as education on the history of first nations, as well as the effects of the residential school system and intergenerational trauma.

Clients of all ethnicities engage in:

- Daily smudging ceremonies
- One on one Elder support



- Weekly sweat ceremonies
- Indigenous staff support
- Sundance and ceremony set up
- Medicine gathering and teachings
- Healing circles
- Drumming circles
- Community events Pow Wow/ Round Dances

IFRP (Indigenous Family Reunification Program)

With over 40 years' experience Alcove Recovery Centre has served mothers and children in their residential treatment program. Also, with over 40 years' experience Simon House has done the same thing with men. This program within our Indigenous Portfolios supports family reunification and provides a better chance at long term recovery for families returning home after treatment. This program also helps to end the cycle of our Indigenous children ending up in the care of the Child Welfare System and bring healing for the whole family. Returning one parent to a home where the other is still active in their addiction proves counterproductive. Both treatment Centers facilitate same day intakes for both parents in each center. Children up to age six can also attend treatment with Mother at the same time. This is so no one gets left behind, and the family can start healing together.

Both agencies collaborate with visitation and community activities to ensure the family is learning new skills that do not involve substances and healthy community support system when they graduate.

Couples counselling and/or parenting programs are offered by our agency and community partners. Agencies with whom we currently have established partnerships also provide counselling support.

IFRP Reunification Program 0 applications at this time.



Education

All clients participate in our Indigenous history class which assists with breaking barriers and stereotyping of Indigenous peoples. Most all our non-Indigenous clients have advised that they had no idea of the true history and that they want to help make a difference in a loving and supportive way. Staff also engage in ceremonies such as pipe and smudging as well as learning the correct protocols for ceremonies and what they mean. All staff participate in CBUA Learning (Cultural Belonging and Understanding).

Feedback from our clients (Indigenous & non-Indigenous) is that the Indigenous really resonates with them and has helped them to connect to their Higher Power. Many have expressed gratitude for this program since it was established.

Housing

Simon House has partnered with Oxford House Foundation to ensure our First Nations Clients have a safe and healthy home to go to after treatment. Unfortunately, many of our successful Indigenous graduates who have reconnected with culture, or are now connected and engaged, often find themselves back where it all started. Simon House has seen this as counterproductive. Oxford House supports our Indigenous clients within their Indigenous Housing Program to ensure a continuum of care to support each client's growth and connection to culture post treatment.

All 13 of our Indigenous graduates this year have been placed in transitional, safe housing.

Ceremonies

Clients are invited to attend weekly sweats to connect them with their own spirituality. Sweats are held every week on Tsuut'ina Nation where clients learn the meaning from Elders. Clients are also invited during Sundance Season to spend over nights in southern Alberta assisting Elders with set up of the Sundance. One of the most sacred ceremonies of First Nation Peoples.

Clients of all ethnic backgrounds are invited to attend weekly healing circles with our community partner Closer to Home. Closer to home offers many programs that



assist with culture and Indigenous support. This weekly session involves Elder support and drumming circles that connect our clients with the tools to support their own journey of recovery.

On occasion, we have witnessed First Nations clients who are ashamed of their culture and identity due to past traumas and racism. Our program has seen extensive growth in this area as all clients Indigenous and non-Indigenous show compassion and engagement. Building new relationships towards a better future and towards reconciliation. Simon House is proud to have taken the initiative in implementing this much needed healing program towards Addiction and Intergenerational Trauma.