



Stonehenge Therapeutic Community

2018-2019 Annual Report



Kerry's Story

I had a loving family, I did well in school, I had hobbies and enjoyed time with friends. Around the age of 12 was when I first started experiencing anxiety and depression. It was around this time that I also started experimenting with drugs and alcohol. I didn't love myself or like who I was. I learned to pretend to be happy even though I was feeling sad. Drinking and using made me forget those feelings and become someone else. It was the beginning of a toxic relationship that would last for decades.

I realized that addiction would eventually take my life and I sought help.

Although I completed treatment at two other facilities, I was unable to remain abstinent – physically or emotionally. I knew that I needed a different approach and that is when my research led me to Stonehenge Therapeutic Community. I arrived at Stonehenge on November 20, 2018 and I thrived on the routine and schedule. I worked the program to the best of my ability, but I knew that if I really wanted to grow in this program that I had to step out of my comfort zone.

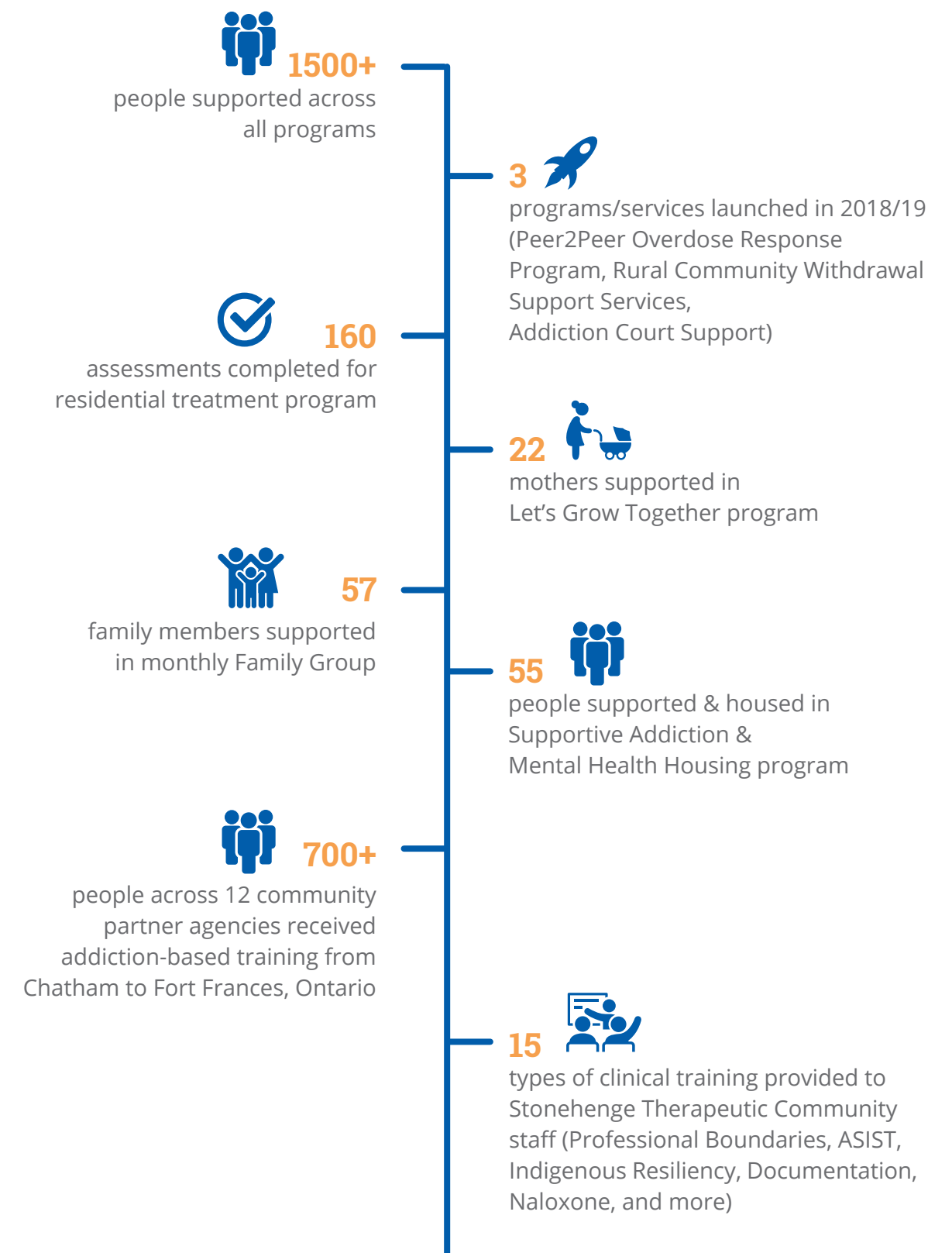
Stonehenge gave me the opportunity to challenge myself to become the person that I knew I could be. I was able to work on goals that would help me in recovery: self-esteem, negative thinking, acceptance, healthy boundaries, co-dependency, and more. This program allowed me to choose what I wanted to aspire to be and gave me the tools to make these things possible. The therapeutic community was supportive, encouraging, and challenging. I truly believe that this concept was what helped me succeed.

I completed the program on April 19, 2019. I am making happy memories again. I don't have to pretend to be happy. Stonehenge made me realize that the only person I needed to become was the best possible version of me.

I will forever be grateful to STC.

Kerry

2018/19 Stonehenge Outcomes



Clinical lead for **4** innovative Rapid Access Addiction Clinics in Waterloo-Wellington (Guelph, Cambridge, Kitchener, Elora)

Mission, Vision, Values

Our Mission

Stonehenge Therapeutic Community works together with individuals, families, and communities impacted by substance use and co-occurring mental health issues to restore hope, dignity, and self-respect and to support ongoing opportunities for positive change and growth.

Our Vision

Stonehenge leads the way in helping people living with co-occurring substance use and mental health issues to be empowered to make healthier life choices and to pursue opportunities to thrive and contribute within their communities.

Our Core Values

Stonehenge Therapeutic Community will:

- Ensure that our programs and services promote principles of self-help, mutual support, and lifestyle change.
- Ensure that clients remain our primary focus.
- Respect our staff, alumni, and peer supports as valued resources.
- Maintain the highest standards of holistic prevention and treatment.
- Respect the needs of our clients by providing services across the harm reduction continuum.
- Encourage innovation and organizational learning.
- Promote honesty and integrity.
- Foster professional and personal accountability at all levels.
- Practice shared decision-making and teamwork.
- Uphold high standards of fiscal responsibility.
- Promote and respect diversity.
- Strive for continuous organizational improvement.
- Act in a manner that reflects commitment to a clear statement of purpose and vision.



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Message from the ED

Stonehenge Therapeutic Community is more than the sum of its parts. The Stonehenge that exists today is a culmination of the passion and dedication of the leaders, staff, alumni, clients and their families that have spanned across the last 48 years.

The legacy of determination and accomplishment is inspiring. Although celebrated, our history has not stopped our continued efforts to work with our communities and partners — to do more and to do better. Stonehenge has doubled its size and scope of programming over the last 10 years, and this year is no exception.

We are incredibly grateful to the communities in which we provide services and support; in Guelph, across the Waterloo Wellington Region, and provincially.

Challenges inspire creativity and partnerships.

When Dr. Dougan founded Stonehenge in 1971, it was in response to heroin addiction, the epidemic of the 70s. We have come full circle as we respond with “boots on the ground” to the Opioid Crisis. This crisis has led us to partner creatively and build nimble, responsive integrated teams. I have been so fortunate in my 16 years as Executive Director at Stonehenge to be inspired every day by the courage and resilience of the clients we serve.

We hope you enjoy reading our Annual Report which charts our journey this year and celebrates our collaboration and innovation in supporting those with the most complex substance use issues. Our report is full of examples of Stonehenge’s great work, from our local community to our international footprint.

At Stonehenge, we take the journey together.

Heather Kerr

Heather Kerr, MSW RSW
Executive Director

Strategic Goals: 2018-2021

Setting a vision for the future is crucial. The practical vision identifies what success will look like for Stonehenge over the next 3 – 5 years.

These are the top five strategic priorities that we will be striving to achieve by 2021:

- 1 Stonehenge will provide safe spaces for more clients, matched to their needs at each stage of the recovery process.
- 2 Stonehenge will enhance existing communications systems and structures to support clarity of understanding and ease of use for all stakeholders.
- 3 Stonehenge will increase and actively develop opportunities for specialized services.
- 4 Stonehenge will clarify and communicate our role as experts, and we will attract partners and staff who support and enhance this role.
- 5 Stonehenge will enact strategies to build resilience for the organization, and to build a culture of success for staff.



The Therapeutic Community

The Therapeutic Community is a structured model and treatment environment where the principle means for promoting personal change is through self-help and mutual support. This model of treatment is grounded on the belief that personal change is holistic and involves addressing all aspects of the individual including their lifestyle, values, and identity.

The Therapeutic Community considers where and how individuals change. More specifically, change and growth occur in the context of community life and personal responsibility. Through participation in various areas of programming including group therapy, life skills, recreation therapy, chores, and peer led groups, residents realize the value of every aspect of daily life as therapy in the Therapeutic Community. Residents learn to seek support from their peers before coming to staff. Based on a focus of self-help and mutual aid, residents learn from observing one another, themselves, and the staff.

The role of staff in the Therapeutic Community is to support residents in addressing their goals for positive change, but ultimately, the residents are the ones who put in all of the hard work. This therapeutic experience is often referred to as “doing therapy, not getting therapy”. This a process which is deeply embedded in the therapeutic community culture.

Stonehenge is a modified Therapeutic Community where we have added group psychotherapy with registered health professionals to support residents coping with the issues underlying their substance use (physical and sexual abuse, family violence, abandonment, etc.). While group psychotherapy does not exist in a traditional therapeutic community setting, Stonehenge believes it complements the other therapeutic community concepts at work.

Throughout their stay, participants take on different jobs and responsibilities as they learn and grow through a developmental process of change. Residents earn privileges and increased responsibilities as they move through phases of the program, and senior residents become mentors to the newer community members.

Being part of the community provides an opportunity to explore the social, psychological, and behavioural dimensions of substance abuse and to learn how to manage the challenges of everyday life without drugs and/or alcohol. This is accomplished by changing behaviour, attitudes, and beliefs to adopt an alternative, healthier lifestyle. The structure of the community also creates a consistent, healthy, family-like atmosphere in a setting that affirms new thinking and behaviours.

Showcasing Stonehenge’s Therapeutic Community



Left to right: Mr. Tatsuo Kaji, Section Chief, Research Section, Fuchu Prison; Ms. Madoka Watari, Official, Education and Classification Section, Prison Service Division Corrections Bureau; Nicole Anderson, Clinical Director of Residential Services; Meaghan Jones Parole Supervisor, Guelph Probation and Parole, Correctional Service of Canada.

Organizations from across the world came to visit Stonehenge’s Therapeutic Community to learn about best practices and quality of care. Officials from the Department of Corrections in Japan and the Bureau of Prisons in the Philippines toured our facility and met with staff and residents over the summer. Our Place Society, also visited in preparation to open a new therapeutic community in Victoria, British Columbia.

The Japanese delegation was very pleased to visit Stonehenge after meeting Heather Kerr, Executive Director in Washington, DC at the 2018 International Community Corrections Association Conference. The delegation noted that the visits to the centres were extremely fruitful, and Stonehenge Therapeutic Community was beyond their expectations.

Residential Services



Residential Addiction Treatment

Gender-specific holistic treatment programs that focus on chronic addictions by challenging deeply ingrained behaviours, developing supportive peer relationships, and teaching healthy alternatives.

Opioid Substitution Program

An opioid substitution program that supports those in residential treatment by providing on-site methadone/suboxone treatment.

Friends and Family Support Group

A monthly group that supports family and friends of those in residential treatment by providing a place for connection and skill-building.

Aftercare Program

A weekly facilitated group for those who have completed residential treatment by providing a place to reconnect with treatment staff, test their new skills, and share their experiences.

Alumni Association

A community of former clients in recovery who give back to the Stonehenge community by mentoring and creating social connections for those transitioning from residential treatment.

Women's Residential Addiction Treatment

A chronic addiction treatment program for pregnant and parenting women that provides addiction treatment together with access to pre/post-natal care.

Residential Outcomes

196 clients participated in our outcomes study in 2018/19 and the results were very positive.

- Clients who completed the residential program at Stonehenge were less likely to use substances within the past 30 days.
- Those who did report using in the past 30 days were less likely to report regular use and binging.
- Clients were likely to report employment as a source of income.
- Clients experienced fewer visits to the ER.

Substance Use in the Past 30 Days



Residents' Sources of Income

At Admission	After Completing The Program (1 year later)	After Leaving Without Completing
18% were employed	58% were employed	39% were employed
26% had no income	0% had no income	8% had no income
56% were on social assistance	42% were on social assistance	53% were on social assistance

Connections/Support	At Admission	After Completing The Program (1 year later)
A greater connection to health services	34%	68%
More Supportive relationships with family	68%	94%
Support from peers	3%	55%

We make a society better when we help a person become better.

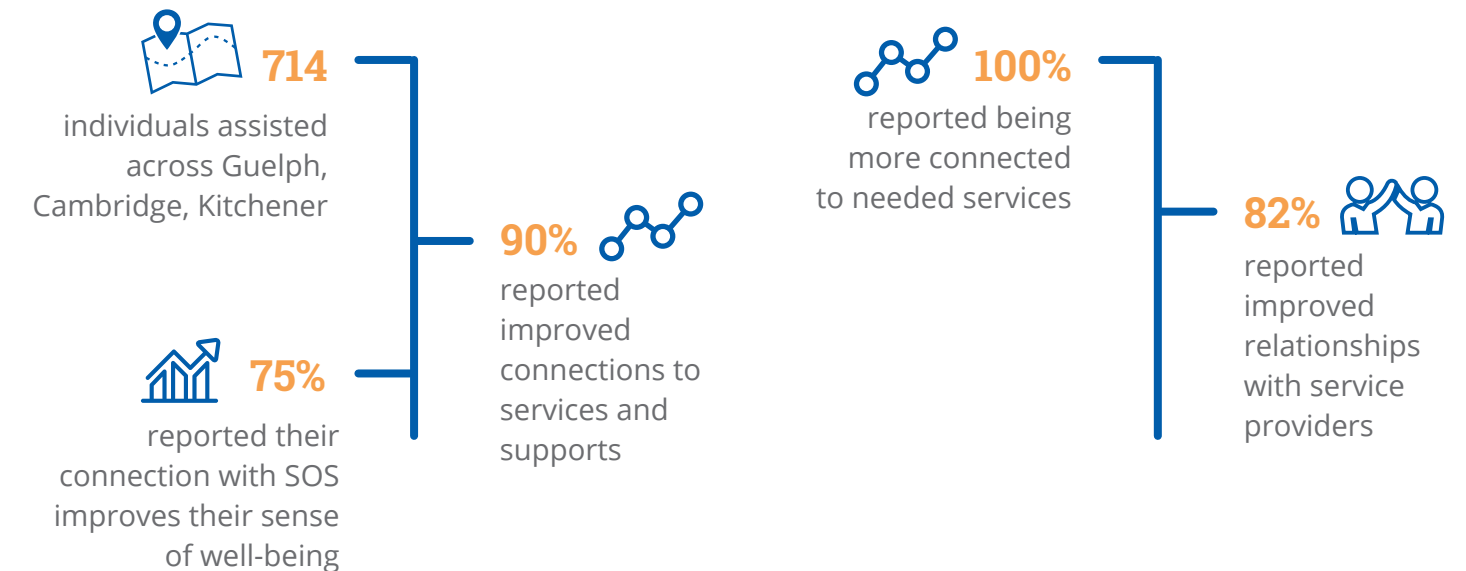
Community Programs and Services

S.O.S. (Specialized Outreach Services)

An integrated team of peers and professionals that offers flexible outreach services to homeless or street involved populations by providing supportive nursing and counselling, connections to a family doctor, and referrals to other community services.

Addiction Support Coordination

A service that provides support coordination for specialized populations (geriatric, acquired brain injury, developmental disability, complex mental health) living with addiction issues, as well as education and consultation to professionals working with these populations.



Giving People Another Chance At Life.

Court-Based Services

Drug Treatment Court

A specialized court process for non-violent offenders with addictions issues that brings together judicial and social services who work with an offender towards positive change. (This program did not run in 2018/19 and was relaunched May 6, 2019.)

Pregnancy & Parenting Programs

Let's Grow Together Day Program

A weekly group for women, facilitated from a harm-reduction philosophy, who are pregnant and/or parenting children under the age of six, offering education about addiction, mental health, parenting, and child development — childcare is provided.



Rapid Access Addiction Clinic (RAAC)

A specialized medical clinic that provides access to medical assessment and treatment, counselling, and peer support services for people of all ages who are experiencing health issues related to their substance use.

The Rural Wellington RAAC began as a half-day service on January 7, 2019 and became a full-day service as of March 4, 2019 due to the overwhelming need.

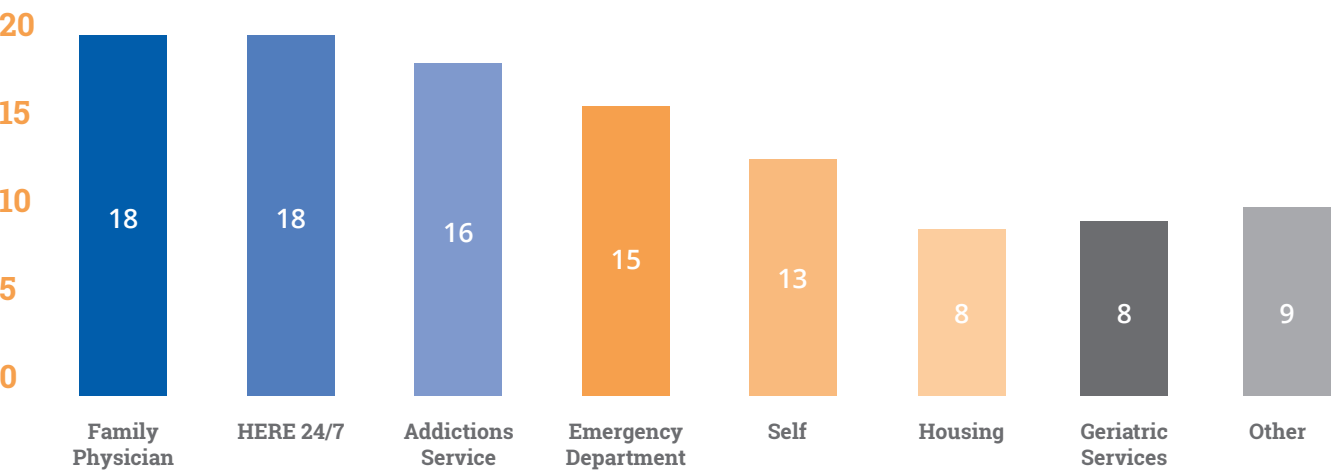
124 unique individuals served

> 50% of patients reported alcohol as their substance of concern, followed by stimulants and opiates



Referral Sources

The RAAC has formed effective pathways with a wide variety of referral sources. The majority of referrals are coming from primary and acute care, and addiction and mental health service providers.



“Having the RAAC operate out of the Family Health Team premises provides accessible services and consultation to our community members, and we are grateful to collaborate with the dedicated and skilled staff at the RAAC.”
— Cora Van Zutphen RPh, Clinical Pharmacist, Upper Grand Family Health Team

Peer2Peer Overdose Response

A team of peers who offer harm reduction, education, and recovery support in the emergency department to those who have overdosed and their family and friends. This new program launched in February 2019 and we look forward to reporting positive outcomes next year.



Jess Halliday (right) chats with hospital staffer Paul Lacey as she takes on the role as CMH's new overdose response peer. Halliday will use her lived experience to assist overdose victims brought to the hospital's emergency department. - [Ray Martin/Torstar](http://www.cambridgetimes.ca/news-story/9290094-cambridge-hospital-implements-overdose-peer-support-program) (www.cambridgetimes.ca/news-story/9290094-cambridge-hospital-implements-overdose-peer-support-program)

“I can speak for all Emergency Department staff and physicians at Cambridge Memorial Hospital in saying that peer coaches are able to engage and support individuals to navigate the complex recovery support system in a unique way. We look forward to continuing this important partnership and program with Stonehenge.”
— Rita Sharratt, Director Emergency & Mental Health Programs, Cambridge Memorial Hospital

“The Peer2Peer Overdose Response program has been met with a very warm welcome at Cambridge Memorial Hospital (CMH) since it began early in 2019. The program is experiencing daily usage and staff at CMH have identified a clear need for this program. I look forward to the growth and evolution of the Peer2Peer Overdose Response Program as Stonehenge and Cambridge Memorial Hospital work together to support individuals who have experienced an overdose.”
— Jessica Halliday, Peer Recovery Coach, Peer2Peer Overdose Response Program

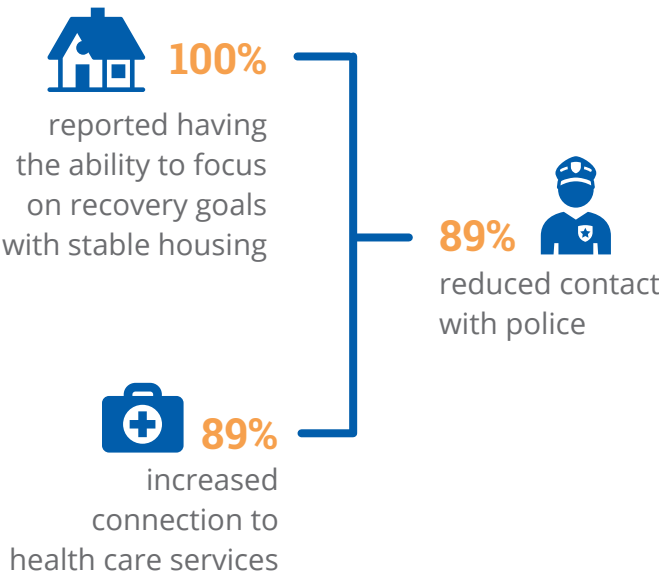
Community Withdrawal Support Service

A set of services that supports community-based withdrawal by providing direct care to individuals withdrawing and their supporters, collaboration with other providers supporting an individual to withdraw, and community withdrawal education.

Supportive Addiction & Mental Health Housing*

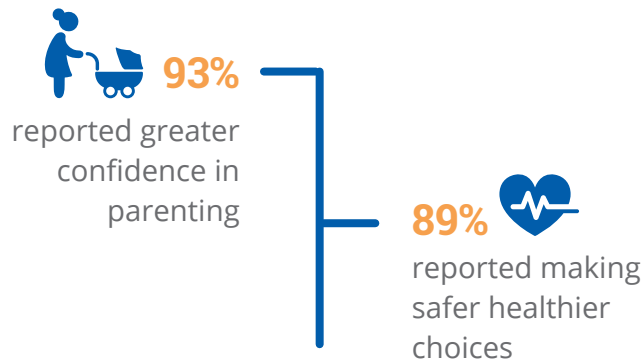
An integrated approach to supportive housing services that provides long-term and transitional housing by combining addictions and mental health supports for those with complex needs.

*Offered in partnership with Canadian Mental Health Association Waterloo Wellington and The County of Wellington.

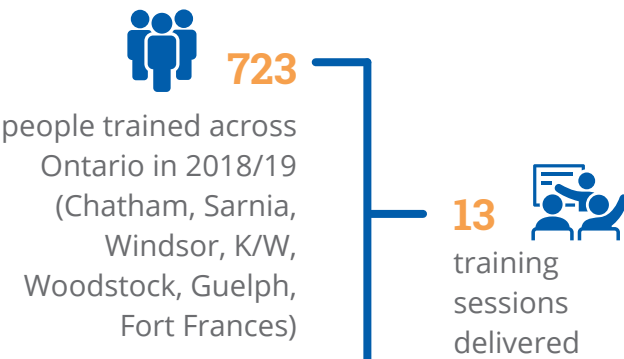


Early Childhood Development: Let's Grow Together

(Program offered one half-day each week).



Engaging with Substance Users: Real World Training for Businesses



“I've been living in my SAMH long-term unit, on my own, for four years now. Before that, I had never lived on my own. I've had to learn to take care of myself since I've been with SAMH. It's really amazing to know that I can do it on my own. The apartment is my safe space. I treat it with respect. Being in the SAMH program has helped me so much.”
— L.W.

Community Partners

“Only you can do it, but you can’t do it alone”

is a mantra for those seeking recovery through the therapeutic community model of treatment.

Stonehenge Therapeutic Community is deeply grateful to our partners for sharing their knowledge, skills, and resources to positively impact the lives of individuals and our community as a whole.



Thank you to:

- CMHA Waterloo Wellington

Dr. Leah Steele

Guelph Community Health Centre

Guelph Parole Office

Guelph Probation and Parole Services

Prime Care Pharmacy Arboretum

Wellington County Social Services

Dr. Andrea Alvarez

Sanguen Health Centre

ARCH HIV/AIDS Resource Centre

Family and Children’s Services

Ontario Early Years Centre

Wellington-Dufferin-Guelph Public Health

Women in Crisis
- The Working Centre

House of Friendship

Cambridge Memorial Hospital

County of Wellington

Dr. Yelena Chorny

Guelph Family Health Team

Homewood Health Centre

Ministry of the Attorney General

Guelph Police Services

Legal Aid Ontario

Public Prosecution Service of Canada

John Howard Society

Lakeside Hope House

Community Partner Award Winners



2018

Christine McLellan, Program Director, Adult Mental Health & Addictions, Grand River Hospital:

With special thanks and recognition of your willingness to embrace innovation in order to link addiction service provision in community and acute care settings. Your enthusiasm, openness, and commitment to finding solutions has created new and exciting possibilities for collaborative care.



Dr. Yelena Chorny, Guelph Community Health Centre:

With special thanks and recognition for the generosity with which you have shared your skills and knowledge. Your vision and passion for community-based addiction medicine have made the Rapid Access Addiction Clinics a reality for those most in need.

2017

Adrienne Crowder, Manager, Wellington Guelph Drug Strategy

With special thanks and recognition of the passionate, creative, and collaborative leadership you bring to the Wellington-Guelph Drug Strategy. Your vision and tenacity have helped to foster innovation and create meaningful changes in the lives of those using substances.



2016

Garry Male, Guelph Police Services

With special thanks and recognition for your innovative partnership with Stonehenge Therapeutic Community to support the delivery of justice-linked addictions services, leading to enhanced access to support and quality of life for those in our community.



2015

Dwight Syms, Manager, Intensive and Adult Services, Canadian Mental Health Association Waterloo Wellington

(accepted on Dwight's behalf by Fred Wagner)

With special thanks and recognition for being a 'key enabler' in building a partnership of integrated psychiatric and mental health support for programs at Stonehenge Therapeutic Community supporting those we serve, changing their care experience, and enhancing their quality of life.

Raechelle Devereaux, Executive Director, Guelph Community Health Centre

With special thanks and recognition for being the catalyst to a key partnership with Stonehenge Therapeutic Community to provide primary care for those we support, changing their care experience and enhancing their quality of life.

New Program Launch

Stonehenge developed a customized training program to support businesses comprehend, address, and manage interactions with individuals who use substances.

Engaging with Individuals Who Use Substances

Real World Training for Businesses

Support Your Team: Customized training to be resilient at work.

Empower Your Team: Tools to safely interact with the public.

Reassure Your Customers: Skills to maintain a quality customer experience.

Stonehenge's experiential training provides businesses with actionable skills and tools so their team can work safely and effectively when encountering members of the public, or team members, who may be using substances and exhibiting behaviours.

Offering a broad range of tailored options to suit a variety of businesses, training will help workers respond safely and proactively.



Training helps businesses:

- Maintain a safe and enjoyable environment for team members and customers
- Ensure that your business operates smoothly in the event of an incident
- Reduce the number of on-site incidents
- Prevent damage to your business' reputation
- Reduce absenteeism and staff turnover
- Maintain productivity in the workplace

**Every individual
has the capacity
to grow and
contribute to
society.**



Giving People Another Chance At Life.

Financials

Revenue

Ministry of Health – Waterloo Wellington Local Health Integration Network	3,720,064
Correctional Services of Canada	647,258
Ministry of Community Safety and Correctional Services	388,493
Other	85,512
TOTAL	4,838,327

Expenditures

Residency	464,469
Education	76,083
Partnership Projects	242,963
Staffing	3,110,712
Office and Other	242,858
Programming	452,410
TOTAL	4,589,495



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