

Strengthening Community Together



STONEHENG
Therapeutic Community

MESSAGE FROM THE

Executive Director and Board Chair

At Stonehenge, the word 'community' has a number of meanings that drive our values and how we engage in our work every day.



Community is the Therapeutic Community Model of Care, which is the foundation Stonehenge is built upon. It is our clients, staff, alumni, and programs that connect our entire agency. It is also why and how we partner with so many remarkable organizations to ensure our collective services are accessible to meet and support our clients where they are. Community is what allows Stonehenge to do the incredible work it does.



This past year has brought a number of changes for Stonehenge, both within the agency and the sector as a whole. Throughout all of this change, we have focused on the strengths of the complex and vulnerable population we work alongside, and our staff who have demonstrated flexibility, resiliency, and dedication to providing exceptional service within our community.

The end of this year certainly brought unprecedented challenges to all of us and with it, a renewed confidence that in the upcoming year we will be **Strengthening Community Together.**

KRISTIN KERR, R.S.W., M.S.W.
Executive Director

DR. ANDREW EKBLAD, C.PSYCH.
Chair of the Board



OUR VISION

Stonehenge Therapeutic Community 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.

We envision a world in which all people living with co-occurring substance use and mental health issues are welcomed and accepted within their communities.

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.

Board Members

DR. ANDREW EKBLAD
Chair of the Board

KEVIN MCDERMOTT
Vice Chair of the Board

AMANDA VAN RYSWYK
Treasurer

JIM PIETRANGELO

DOUG MORRIS

CHARLENE JANES

JAMES SCHUURMAN HESS

LAURA WILKIESON

TOM GILL

PHIL ALLT

Strategic Directions

2018 – 2021

These are the top five strategic priorities that Stonehenge will be striving to achieve by 2021.

NOTE

Within this report you will find these five icons. They represent how our work, outcomes, and initiatives are currently aligning with our directions.



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



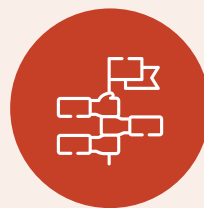
3

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

Programs and Services

RESIDENTIAL SERVICES (EST. 1971)

- Residential Addiction Treatment Program for men and women
- Opioid Substitution Program
- Friends and family Support Group
- Aftercare Program
- Alumni Association

COMMUNITY SERVICES

- Supportive Addiction & Mental Health Housing (SAMH)
- Community Withdrawal Support Services (CWSS)
- Specialized Outreach Services (SOS)
- Addiction Support Coordination (ASC)
- Addiction Court Support (ACS)
- Peer2Peer (P2P)
- Supported Recovery Room (SRR)
- Rapid Access Addiction Services (RAAC)
- Rural Wellington Addiction Services (RWAS)
- Drug Treatment Court
- Let's Grow Together





TRAINING AT STONEHENGE

During 2019/2020, Stonehenge delivered over **200 hours** of specialized training to over **150 staff** through over **20 training sessions**.

OVERARCHING AGENCY OUTCOMES

Number of Unique Individuals Served by Stonehenge in 2019/2020

158

RESIDENTIAL SERVICES

1,538

COMMUNITY SERVICES

Residential Services

PROGRAM OUTCOMES



RESIDENTIAL ADDICTION TREATMENT

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

Phase Evaluations

(in program experience)

90% of residents report the program supported them to make meaningful goals

89% felt able to recognize the behaviours and beliefs that contributed to their substance use

89% report having been able to achieve their goals during treatment

96% reported they 'were going the right direction' for recovery

Resident Reflections

"Stonehenge is a supportive, positive community that is there to help us succeed."

"Staff and residents are a source of encouragement and confidence."

"The community model adopted by STC is a helpful part of the program."

Outcomes

(after completion of the program)

116%

Increase in access to transitional housing

50%

Increase in access to primary care

233%

Increase in employment as a source of income

A year after completing the program, just **20%** of respondents reported using substances in the past 30 days

Strengthening Community Together

SPOTLIGHT



Those who completed the program were accessing a family doctor more often than walk in clinics or the emergency department.



Those who completed the program reported more supportive relationships with family, friends and peers than those who did not complete the program.

Residential Services

HIGHLIGHT



STRIDEMEN

Community Justice Initiatives, Kitchener, ON

Men re-entering the community from prison or addiction treatment are often stigmatized, compounding the many barriers to successful reintegration. Many struggle with unresolved issues of trauma, mental health and addictions as well as a lack of a positive support system. All of these factors can contribute to addiction relapse and/or re-offending. CJI's StrideMen program provides the essential practical and social support needed to help men break cycles and build more constructive and productive lives in the community.

Recipient of STC's Community Partner Award, June 2019



HEATHER KERR, EXECUTIVE DIRECTOR (2003-2019), ANGELA HOLMES, CLINICAL DIRECTOR (A), THEODORE NICHOLSON, PROGRAM COORDINATOR, STRIDEMEN

"The men at Stonehenge exemplifies what true strength and resilience is. Struggling with addiction is not easy and the road to recovery is life long but every time I attend programming at Stonehenge what I see is a group of men supporting each other and having each others back. What I have learnt from this experience is that addiction is a everyday fight but not turning a blind eye or giving support surely makes a difference in these men lives."

**–THEO NICHOLSON,
STRIDEMEN COORDINATOR**

"Volunteering at Stonehenge has been an eye-opening experience. I didn't expect the guys to be as open and friendly as they are. Sharing life stories and making themselves vulnerable was very impactful for me."

–STRIDEMEN VOLUNTEER

With special thanks and recognition for your innovative partnership with Stonehenge Therapeutic Community, providing unparalleled support to the male residents on their recovery journey. This support has enhanced our residents' chance of success and enriched their quality of life.

Community Services

PROGRAM OUTCOMES

COMMUNITY WITHDRAWAL SUPPORT SERVICES (CWSS)



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.

100% of clients using the service said CWSS allowed them to safely withdraw in their own home

92% of respondents who used the Withdrawal Comfort Kit reported the kit helped ease the symptoms of their withdrawal (CWSS provides Withdrawal Comfort kits for those in withdrawal. The kits are designed and packed by individuals with lived experience)

Words from Our Clients

"It was great just knowing I could reach out to someone while I was suffering."

"This service saved my life."

"If there is one thing that's needed in this world right now—it's this program."

WORDS FROM OUR SPECIALIZED OUTREACH SERVICE (SOS) CLIENTS

"I now have healthcare."

"I'm connecting to the community and substance use programs."

"I'm smiling more."

Without the SOS program, "I would probably be dead. I would give up."



WORDS FROM OUR ADDICTION SUPPORT COORDINATION (ASC) CLIENTS

“Without the help of this program, I would not be alive, not have improved my health physically or mentally to be confident to live life.”

ADDICTION COURT SUPPORT



Brief individual counselling and referral to treatment and other services/supports for those whose substance use has led them into conflict with the law. The program aims to help participants work towards self-identified positive changes to improve health and well-being while reducing their contact with the justice system.

Addiction Court Support provided service to **44 individuals** who had come into contact with the criminal justice system as a result of their substance use. Through their involvement with the ACS Counsellor, **55%** were referred to community treatment and **52%** were referred to residential treatment. Referrals were also made to more than 15 different local community services.

Words from Our Clients

“I feel [my] support worker did everything and went above and beyond to help me with my situations and was a great person to have by my side and helped keep me on the right track.”

Strengthening Community Together

SPOTLIGHT



Special thanks to the Mayor's Task Force for their support in relaunching the Addiction Court Support Program. Without their support, this valuable service would not be available in our community.

Community Services

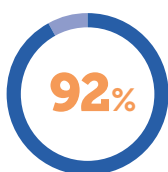
HIGHLIGHT



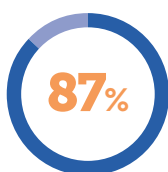
SUPPORTIVE ADDICTION & MENTAL HEALTH HOUSING (SAMH)

In partnership with CMHA WW and The County of Wellington

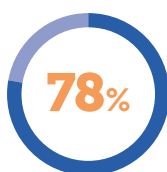
An integrated approach to supportive housing services that provides long-term and transitional housing by combining addictions and mental health supports for those with complex needs.



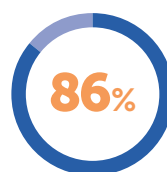
Found SAMH helpful in making connections to services outside of Stonehenge



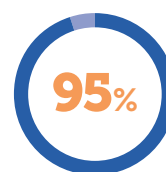
Found SAMH helpful in dealing with landlord/tenant issues



Found SAMH helpful in getting to and arranging appointments



Found SAMH helpful in accessing basic needs



Found SAMH helpful in working towards recovery goals

Our Clients Reported

- The program and its staff are caring and supportive and provide quality counselling and support
- The program gives clients the opportunity to reclaim their lives, stabilize and focus on goals while constantly moving forward
- The program requires residents to assume a helpful level of accountability
- The safe positive living arrangements are ideal for personal growth and sobriety



"The County of Wellington is pleased to continue our partnership with Stonehenge Therapeutic Community. Together, we will work to provide permanent and supportive housing solutions to individuals experiencing homelessness in our community. Our new pilot project will focus on housing loss prevention. We know that not one agency or one level of government alone can address complex housing needs, but together we are working towards improving the range of housing supports available in our community."

-LORI RICHER, HOUSING STABILITY MANAGER, COUNTY OF WELLINGTON SOCIAL SERVICES



Supportive Addiction & Mental Health Housing

CLIENT STORY

My connection with STC began in spring of 2017. I wasn't in control of my life and I needed help. I entered the Men's Residential Program, where I spent five months, but had a hard time being honest, with myself and others. I was discharged from the program but was nevertheless able to enter the SAMH Transition Housing Program, where I stayed for nine months. My struggles continued, and I was discharged from that program after repeated relapses. Things got worse in a hurry. In November of 2018 I was thankfully re-admitted to the Men's Residential Program a second time. After successfully completing the program, I again applied for and was accepted to the SAMH program, where I have been for just under a year. Other STC services and programs I've used along the way have included weekly Aftercare as well as the Rapid Access Addiction Clinic. STC has been at the centre of my recovery journey for several years, and I am proud (and frankly, a bit surprised!) to have recently celebrated 18 month substance-free.

Because I've been able to meet my recovery goals, I have been able to reconnect with family, friends and other people in my life, rebuilding relationships, and forging new, healthy ones. I am re-discovering myself and am learning to cope with life as it comes. I have returned to work and am moving towards self-sufficiency, and I am learning to build a balanced, meaningful life, substance free.

The theme of this year's Annual Report—Strengthening Community Together—strikes me as an apt description of the support the organization has offered me.

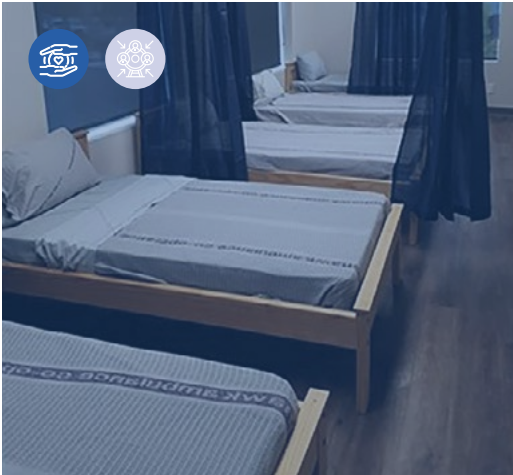
STC understands that **strengthening** something takes a lot longer than tearing something down. It can be a long, arduous process, rife with serious setbacks and dangerous disappointments. STC didn't give up on me. They were willing to continue to extend a helping hand when I was able to demonstrate sincere willingness to be honest and do the work needed to change. **Community**-as-method is at the centre of the program's ethos. Throughout STC programs there is a focus on the community aspect of recovery, all of which is done **together**. Relationships with fellow residents, peers, counsellors, residents, other professional staff and community resources and partnerships are integral to the work STC does; none of it is done alone or in isolation. In many ways the connections fostered resemble the inverse of my active substance use.

The work STC does is vital. With it, I have hope for the future.

SUPPORTED RECOVERY ROOM (SRR)

In partnership with Drop in Centre, Wyndham House, and Guelph Community Health Centre

The Supported Recovery Room provides a safe place for unsheltered individuals to rest and recover from a mental health and/or substance related crisis. Healthcare supports, including nursing and social work, are onsite to maximize client wellness and support recovery plans.



Outcomes

(over the past year)

101

Unique clients

209

Total clients

7,977

Total hours of supported recovery

1 to 144 hours

Duration of stays

SERVICE RECOGNITION

Stonehenge was honoured to be voted the recipient of the 100+ Men of Guelph donation in September 2019. In true community spirit, the 100+ Men of Guelph's donation provided beds, furniture and comfort items for over 200 clients who sought shelter, support and connections to service through the SRR this year. Thank you!

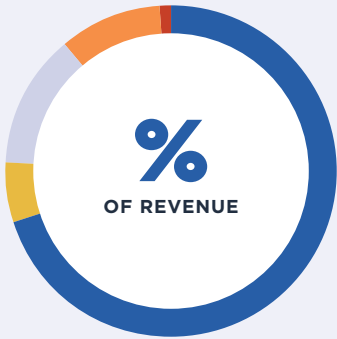
PHOTO: 100+ MEN OF GUELPH MEMBERS, KERRY MANTHENG, INTERIM EXECUTIVE DIRECTOR, STONEHENGE AND MARC DE VOS, LOGISTICS MANAGER, STONEHENGE



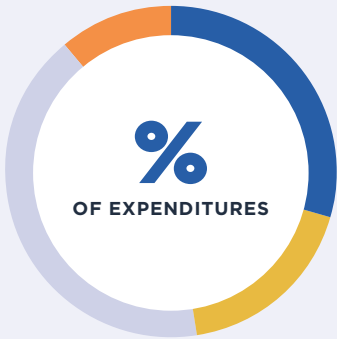
Financials

REVENUE		%
Ministry of Health/WWLHIN	\$4,011,016	70
Ministry of the Solicitor General	\$372,001	6
Correctional Service of Canada	\$739,204	13
Other Funders*	\$580,200	10
Miscellaneous	\$24,620	0.4
TOTAL FUNDING	\$5,727,041	

**City of Guelph, County of Wellington, United Way
Guelph Wellington*



EXPENDITURES		%
Residential (MH/A)	\$1,603,571	30
Housing (MH/A)	\$973,597	18
Community Services (MH/A)	\$2,253,007	42
Administration	\$572,704	11
TOTAL EXPENDITURES	\$5,402,879	





STONEHENGE
THERAPEUTIC COMMUNITY
1971 - 2020

Established in 1971, Stonehenge provides long-term, intensive, gender-specific residential addiction treatment as well as providing numerous community-based services to a wide range of individuals including those involved with the justice system, street-involved individuals with concurrent disorders, pregnant and parenting women, the geriatric population and those with complex co-occurring mental health issues.

Together with our dedicated and passionate staff and community partners, Stonehenge is supporting the empowerment of people living with co-occurring substance use and mental health issues to make healthier life choices while pursuing opportunities to thrive and contribute within their communities.



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