

2006

The mission of the Last Door Recovery Society is to provide supportive, therapeutic environments where individuals who are experiencing problematic substance use and their families can get assistance with improving the quality of their lives.

ANNUAL REPORT

Last Door Recovery Society

Last Door Recovery Centre

323-8th Street, New Westminster, B.C. V3M 3R3

Next Door

327-8th Street, New Westminster, B.C. V3M 3R3

Phone: 604-525-9771 Fax: 604-525-3896

adult@lastdoor.org

Last Door Youth Program

109 Ash Street, New Westminster, B.C. V3M 3R2

Phone: 604-520-3587 Fax: 604-521-1889

youth@lastdoor.org

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LAST DOOR RECOVERY SOCIETY

BOARD OF DIRECTORS

Executive

President Ron Corss
Vice President Heneef Esmail
Secty/Treas Myken Beka

Members Anders Kvarnstrom
Jim Grant
Akram Ftaya
Scott Lang
Todd Ware
Aman Sanghereal
Gordon Truscott
Todd Ware
Lawrence Reimer
Gary George

STAFF

Executive Director David Pavlus, CCS
Administrator Louise Cooksey, CCS
Program Manager Michael Pesut, ICADC

Adult Program

Don Moran Darren Galer
Daniel Marks Blair May
Omid Nasiry Vince Chua

Youth Program

Peter Beka Jessica Cooksey
Frank Viscount Chris Gilken
Cam Cutler Matt Kalenuik
Phil Root Phil Hamel

Last Door's high quality of service has continued this year and contributed to the ongoing success of our clients. It has been a challenging year in terms of coping with program growth while still remaining innovative and creative – we have met that challenge. Last Door is satisfied with our staff and proud of their representation of our Society.

FINANCIAL REVIEW

A financial review was conducted August 31, 2006 by Reg McKinley, CGA of HKM Chartered Accountants. The society maintains sound financial standing and practices and our asset base is growing yearly. All financial commitments are up to date. The 2006 Annual Financial Review 2007 Budget were approved at the AGM held April 2006. Copies of the Financial Review can be obtained by contacting:

*LAST DOOR RECOVERY SOCIETY
323-8TH STREET,
NEW WESTMINSTER, B.C. V3M 3R3
accounting@lastdoor.org*

MESSAGE FROM EXECUTIVE DIRECTOR

The hard work and diligence of the staff, the Board of Directors, volunteers and alumnus together with the efforts of the clients themselves and their families have resulted in another year of tremendous success. We have happily achieved many of the main goals we had set the previous year.

In 2006 we were able to ***maintain and make improvements to our Family Programming.*** Our family programming now includes two fully furnished and nicely appointed suites where clients' families can stay while visiting their family member in treatment. We have been able to house, in Door #3, a young family who would have otherwise been homeless while the Father completed treatment. The Parents, Women's and Couples groups are all going strong and members of each group have given strongly positive feedback as reported in our Annual Report. We have been able to offer housing to alumni facing crisis situations allowing them to get their feet back under them and return home.

This year we ***significantly reduced our debt load debt load.*** A contributing factor was accessing a SCPI Grant in the amount of \$198,293 which was utilized to pay off the second mortgage "Next Door" at 327-8th Street.

We also succeeded in our goal of ***increasing the ethnic diversity of our staff and client groups.*** The ethnic profile of our staff is became much more diverse when we began training several non Caucasian men as client support workers. We have also observed a wider ethnic profile among our client group.

Staff size and training was increased and improved this year. Last Door Recovery Centre has taken on 4 new staff members and Last Door Youth Program has taken on two new staff, all drawn from the adult program alumnus ranks. A plan is in place to have in-house staff training under the direction of Bonnie Gallagher, MSW.

Last Door is happy to note that our nicotine abstinence stance has finally become to be the norm in the addictions field; all residential programs have been asked to move in the direction of nicotine abstinence.

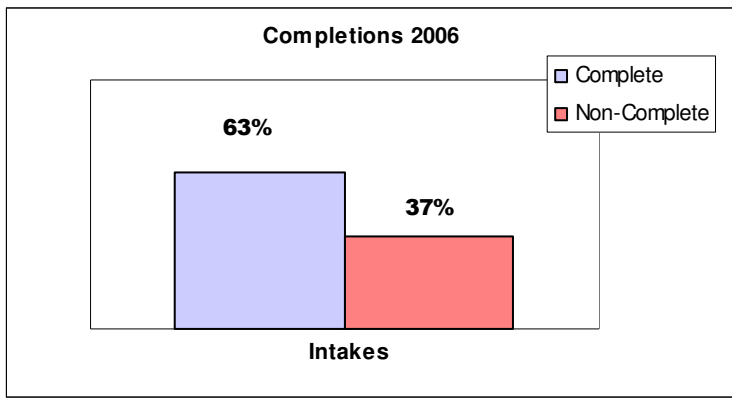
Innovation, creativity, common sense and fun remain the hallmarks of life at the Last Door. Drop in visitors are welcome – we look forward to opportunities to showcase our facilities and programs to the community. Drop by.

David Pavlus

LAST DOOR RECOVERY CENTRE NEXT DOOR

UTILIZATION

Between January and December 2006, there were a total of 127 individuals through the adult residential treatment program.



63% of intakes completed the program.

Clients who completed the program stayed an average of 206 days.

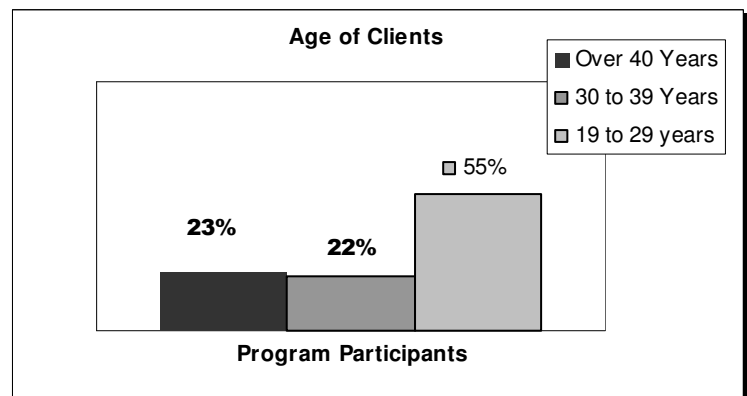
Those who did not complete stayed an average of 21 days.

The average number of persons on the waitlist each month was 32.

Cultural Demographics

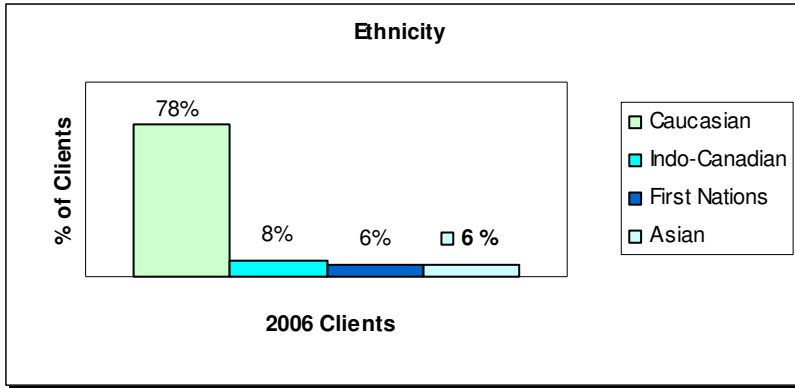
AGE

55% of clients who participated in the program were under 30 years of age; 22% were 30 to 40 years of age and 23% were over 40. Completion rates were highest among the 30 to 39 year olds.



Cultural Demographics cont'd.

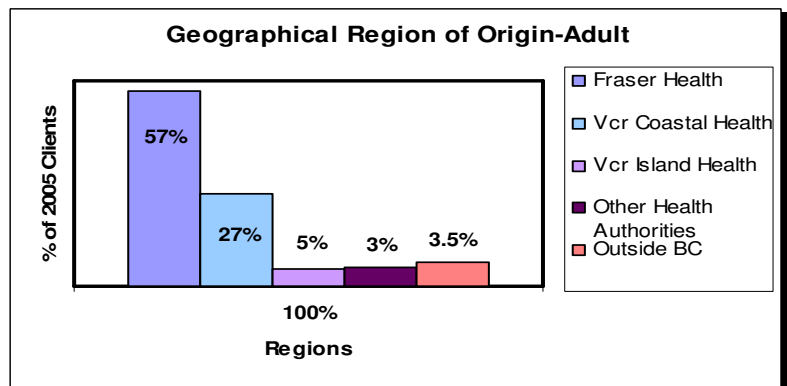
Ethnicity



The majority (78%) of our clients were Caucasian with increased numbers of participants identifying themselves as Indo-Canadian, Asian and First Nations.

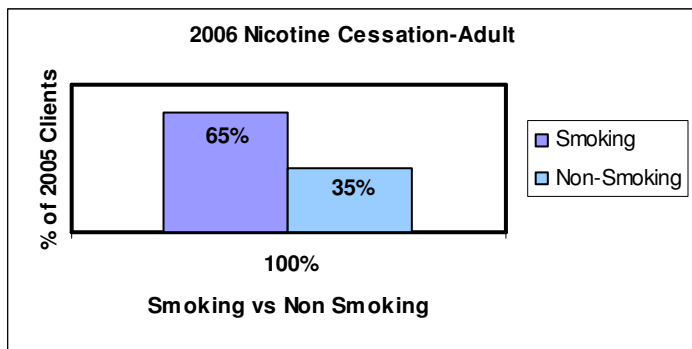
REGION OF ORIGIN

57% of clients were from our home Fraser Health Region showing improved service delivery to residents from the largest Health Region in B.C.



EFFECTIVENESS

Nicotine Cessation at Follow Up

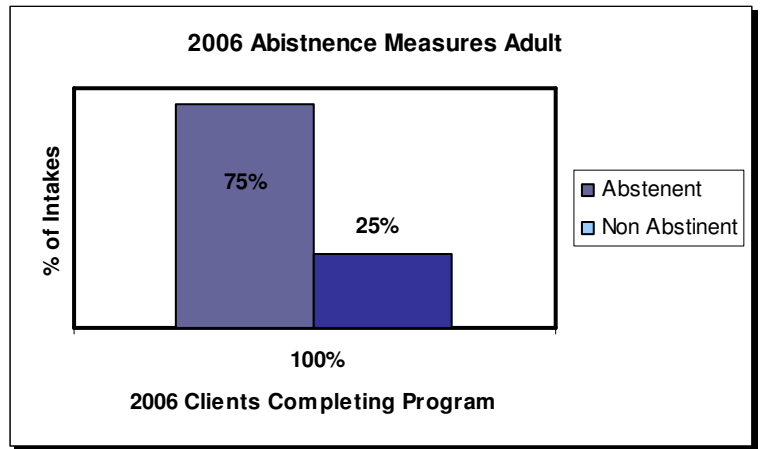


65% of clients reported abstinence from nicotine at follow up. Last Door is a pioneer in the area of nicotine abstinent service delivery. We are in our 7th year of nicotine free programming.

EFFECTIVENESS CONT'D.

75% of clients reported abstinence from ALL alcohol and drugs at follow up. High levels of satisfaction with progress in terms of life area ratings were also noted.

Last Door's mandate in terms of optimal harm reduction is *complete freedom from drug dependence* hence abstinence is used as a measure.

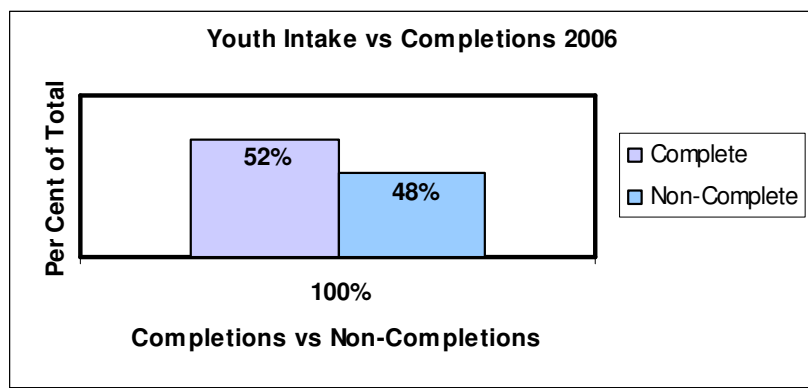


LAST DOOR YOUTH PROGRAM

STAFF

Peter Beka, Jessica Cooksey and Frank Viscount collectively coordinate the program under the supervision of Program Manager, Louise Cooksey. Bonnie Gallagher, MSW provides clinical supervision.

UTILIZATION



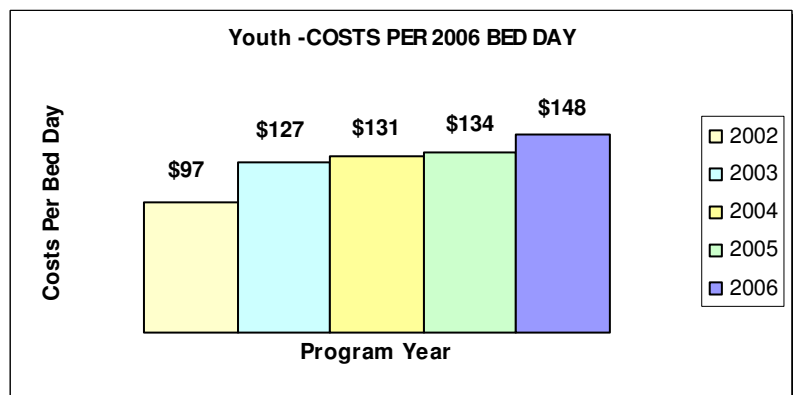
In 2006 Last Door Youth Program had 43 intakes. 58% of the intakes completed the program. The average length of stay for those completing the program was 208 days.

OCCUPANCY

Occupancy rate was 93%. Fraser Health Addictions purchases one on an annual basis; the remainder of the beds were utilized by MEIA, Fee For Service or FHA Youth Subsidy Beds on a case by case basis.

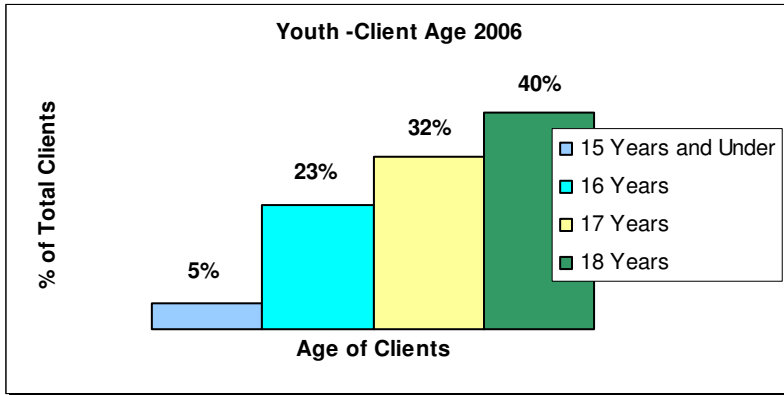
EFFICIENCY

Last Door Youth Program delivered services at a rate of \$148/bed day. Cost pressures exist in core service areas and are defrayed through fundraising efforts.



CULTURAL DEMOGRAPHICS

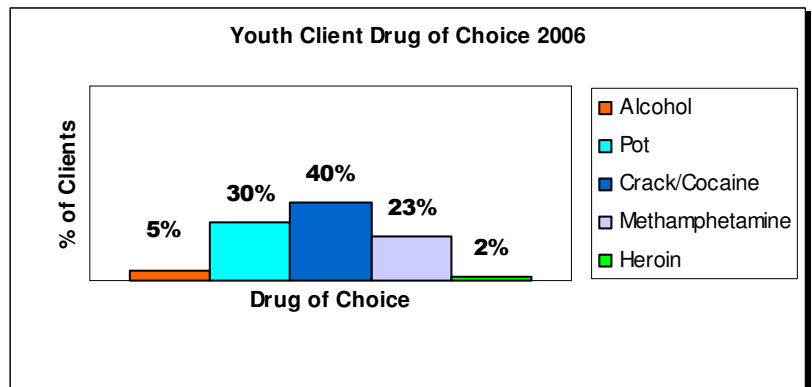
AGE



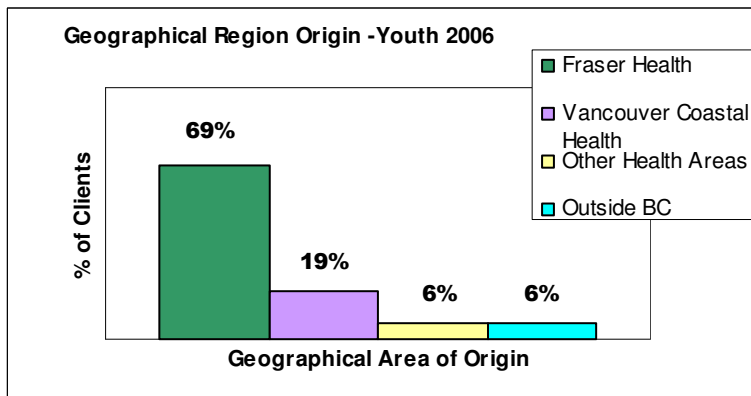
The majority (72%) of youth were 17 or 18 years old. Those who turn 19 while in treatment are transferred to the adult program.

DRUG USE

100% of clients were poly drug users. Primary "drugs of choice" was Crack/Cocaine. The average age of onset was 15 for most drugs and 12 for alcohol.



GEOGRAPHICAL ORIGINS

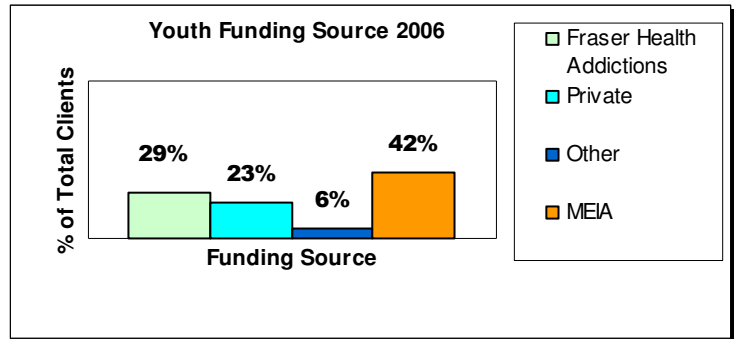


The majority (69%) of clients are Fraser Health residents.

Most represented communities are Vancouver, Abbotsford, Surrey and New Westminster.

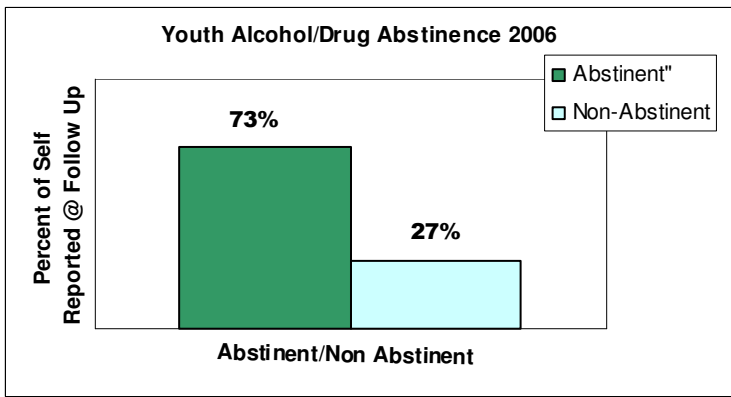
FUNDING SOURCES

The majority of clients had access to MEIA files. "Other Sources" include directed donations, Alberta Social Services and MCFD (Ministry for Children and Families).



EFFECTIVENESS

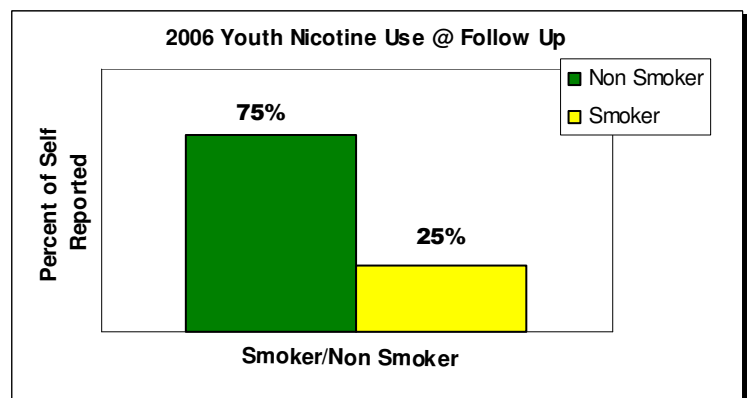
DRUGS AND ALCOHOL



73% of those completing the Last Door Youth Program reported having maintained abstinence from all drugs at follow up. 76% of those reporting relapse signaled an intention to resume abstinence at some point in the future.

NICOTINE

75% of total respondents reported abstinence from nicotine at follow up. Nicotine relapses during treatment is relatively rare and are treated as learning experiences.



EFFECTIVENESS CONT'D.

LIFE AREA SCALE

Life Areas Rating Summary Intake vs Six Month Follow Up

Life Area	% of Respondents
Improved Emotional/Mental Health	86%
Improved Employment/Educational	85%
Improved Physical	90%
Improved Family Relationships	100%
Improved Criminal Justice Involvement	95%
Improved Social Support System	90%
Improved Leisure Activities	75%
Improved Self-Esteem	86%
Improved Housing Conditions	100%
Improved Alcohol and Drug Use	100%

Level of Satisfaction with Progress	Excellent=80%	Good=20%
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Follow up surveys are conducted at three and six months post-discharge.

SATISFACTION AND OUTCOME RESPONSES COMBINED (41) ADULT AND YOUTH PROGRAMS

Client Outcome and Satisfaction Surveys revealed

100% of respondents noted that the staff met their requirements.
100% of respondents noted that the length of program was satisfactory.
100% of respondents noted that they would encourage others to participate in the program.

Feedback

WHAT OUR CLIENTS ARE SAYING

"I am so very grateful for the reprieve you gave me – I got a 2nd chance – My wife got her husband & friend back – my parents ; their son – my children – their Father"

"Being a "Door Boy:" is like wearing a badge of honor and of integrity....."

"I have my life back with interest, my life is so good right now – thank you so much!"

"Thanks for giving me the opportunity to change my life. I will always cherish the memories and all the new ones to come."

"January 3rd, 2007 is 12 years clean for me and I wanted to thank you all for giving me the solid foundation to be able to tackle all the challenges I have faced to date....I want you to know that I credit you with setting my life in motion....."

"I came here beaten and destroyed as a human, my life was definitely over at a young age....it took me numerous months but I can hold my head and see things from a man's perspective now....with all your love, compassion, help and support. Thank you."

"It's good to be part of a group that is serious about recovery."

WHAT OUR FAMILIES ARE SAYING

"Words will never express the gratitude we feel for all of you. Keep up the great-living saving work."

"I thought I had lost my son to his addiction – Now I have been given a gift."

"Thank you for giving us all a life"

"I can not say enough about the group (sic Women's) – helped save my marriage, gave me skills, understanding, shared experiences that help me"

"This group has been invaluable to my ability to see more clearly what are my patterns, my assets and definitely the defects so that I can move on"

(12 out of 14 women rated the Women's Group as "very valuable")

“COMMUNITY NEEDS

The Last Door Recovery Society is responsive to community needs and encourages the residents to build positive regard within their home communities. Staff participates in advisory committees, community forums, evaluation surveys and volunteer labor projects. Our “*open door*” policy encourages exchange with the community and helps to educate the community about recovery.

Information concerning program effectiveness and consumer satisfaction is collected and reviewed by management, staff and Board annually. This review informs our strategic planning process.

2007 GOALS

- 1. Further reduce debt**
- 2. Explore possible expansion to USA**
- 3. Upgrade facility kitchens**
- 4. Improve communication with stakeholders**
- 5. Find financial sponsorship for Family Program**