

2009

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

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

Transitional Living

Next Door & Nanaimo House

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

1113 Nanaimo Street, New Westminster, B.C. V3M 2E7

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LAST DOOR RECOVERY SOCIETY

BOARD OF DIRECTORS

Executive	
President	Anders Kvarnstrom
Vice President	Haneef Esmail
Secty/Treas	Myken Beka
Members	
	Gordon Truscott
	Todd Ware
	Akram Ftaya
	Aman Sanghera
	Gary George
	Jennifer Lowrey
	Doug Eastwood
	Rob Proudfoot
	Rob Hurst

STAFF

Executive Director	David Pavlus, CCS
Administrator	Louise Cooksey, CCS
Program Manager	Nick Ringma, ICADC
Community Development	Giuseppe Ganci
Adult Program	
Don Moran, ICADC	Darren Galer, ICADC
Daniel Marks, ICADC	Blair May, ICADC
Jared Nilsson	Vince Chua
Kevin Bradely	Chrystal Hall
Jimmy Sandes	
Youth Program	
Peter Beka, ICADC	Jessica Cooksey, ICADC
Cam Cutler	Matt Kalenuik
Phil Hamel	Daniel Sinclair
Don Presland	Ben Gustafson
Jesse Brodie	

Last Door has continued to deliver high quality services that result in ongoing success of for our clients. It has been a challenging year in terms of coping with government cutbacks and our own program growth. Challenges have been met successfully largely due to the good leadership, a strong, committed staff team and the energy and commitment of our many supporters.

FINANCIAL REVIEW

A financial review was conducted August 31, 2009 by Meyers, Norris Penney, LLP. The society remains financially sound with a growing asset base yearly. All financial commitments are up to date. The 2008 Annual Financial Review and 2009 Budget were approved at the AGM held June 16th, 2009. Copies of the Financial Review can be obtained by contacting:

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

MESSAGE FROM EXECUTIVE DIRECTOR

The hard work of staff, along with that of the Board of Director, the support of our volunteers alumnus, families and donors combined to make 2009 another successful year for Last Door.

In May we celebrated our 25th Anniversary with the Gala Dinner at the Pan Pacific. Thanks to all those who attended and made the event so successful. There is a media link on the website for those who missed the event or who want to relive the great night.

Last Door had a visit from the two men who gave Last Door it's start – Jim Ross and Lance Riley. Sadly Jim has passed away but he had the chance to see what Last Door has become and told me that we have realized his dream.

Our staff have continued to strengthen their skills through education and certification - Darren Galer, Blair May and Danny Marks were the most recent staff to attain ICADC Certification. Jessica is enrolled in the Royal Roads Master program in Health Leadership to complete next year and Danny is looking at a BA through Athabasca University.

Tasks completed in 2009 included the rebranding of the Last Door logo and the enhancement of our website. For those of you who haven't visited for a while we have new offices and everyone has a desk...finally.

The Door Boyz continue to stand out in the recovery community due to their high standards of recovery and conduct. I urge you to visit the website to keep up with the many amazing things that have been going on the to stay in touch with everyone through the chat line.

As always, I'm grateful for Last Door and happy to go to work everyday. Louise and I now live nearby and are glad to be neighbors of Last Door. Some ask if it bothers us to be so close but the answer is no – Last Door is as much home to me as it is to the alumnus and family.

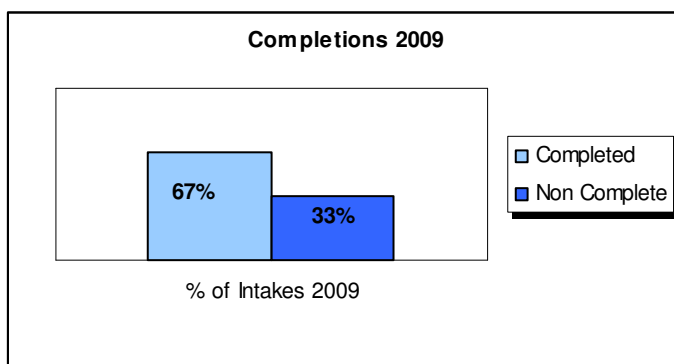
Thanks to everyone who is involved and we look forward to 2010.

David Parbus

LAST DOOR RECOVERY CENTRE

UTILIZATION

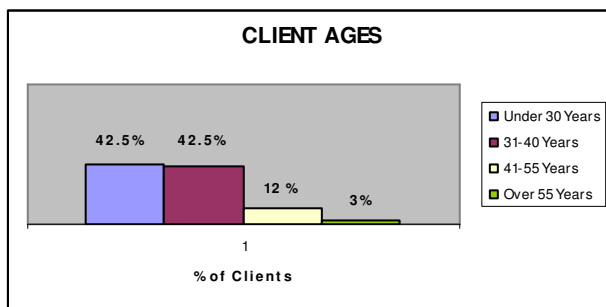
Between January 1st and December 31st, 2009, a total of 160 clients went through the adult residential treatment program.



67% of intakes completed the program. Clients who completed the program stayed an average of 197 days. Those who did not complete stayed an average of 58 days. The average number of persons on the waitlist each month was 42.

Cultural Demographics

AGE



42.5% of clients who participated in the program were under 30 years of age; similarly 42.5% were 30 to 40 years of age 12% were over 41 to 55 years and 3% were over 55.

Cultural Demographics cont'd.

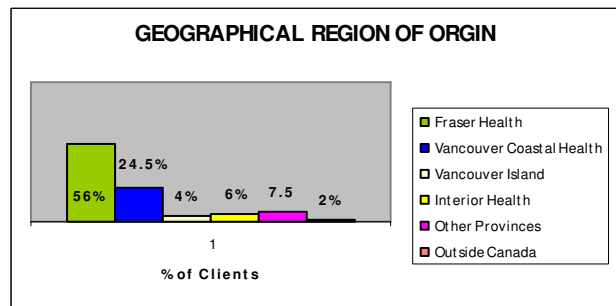
Ethnicity



The majority (82%) of our clients were Caucasian with increased numbers of participants identifying themselves as First Nations.

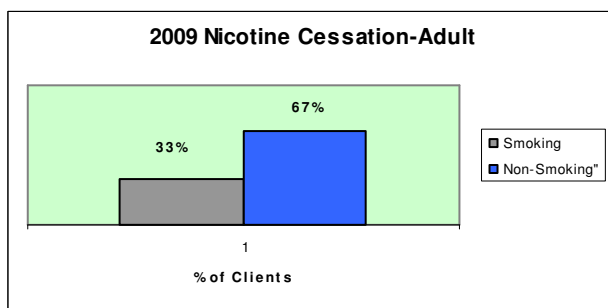
REGION OF ORIGIN

56% of clients were from our home Fraser Health Region. There is an increase of clients from other Provinces including Alberta, Yukon and Saskatchewan.



EFFECTIVENESS

Nicotine Cessation at Follow Up



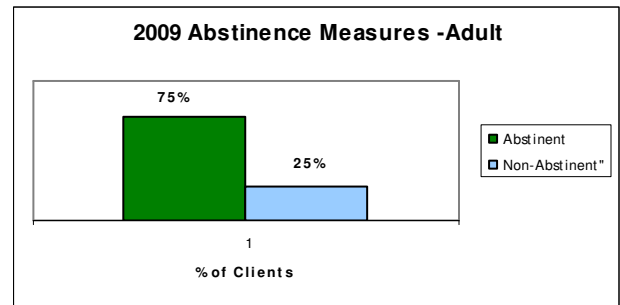
67% of clients reported abstinence from nicotine at follow up. Last Door is the pioneer of nicotine abstinence treatment in Canada. Our programs are in their 12th year of nicotine free service.

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.

**63% of clients responded to follow up surveys*



EFFICIENCY

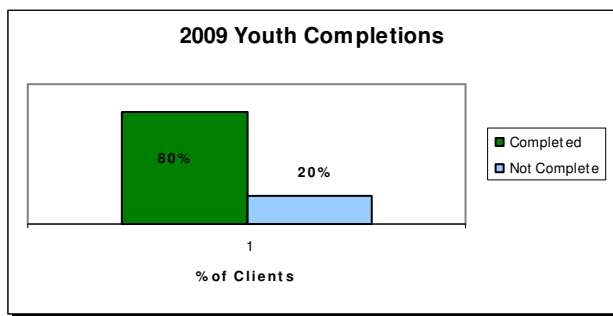
- Last Door Recovery Centre services were utilized 100% throughout 2009.
- Last Door adult program provided a total of 16,056 bed days in 2009.
- Overall costs increased by 8% in 2009.
- Last Door, along with several other men's facilities were notified that their Fraser Health Mental Health and Addictions contract would be cut from 20 to 15 beds per year beginning January 01, 2010.

LAST DOOR YOUTH PROGRAM

STAFF

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

UTILIZATION



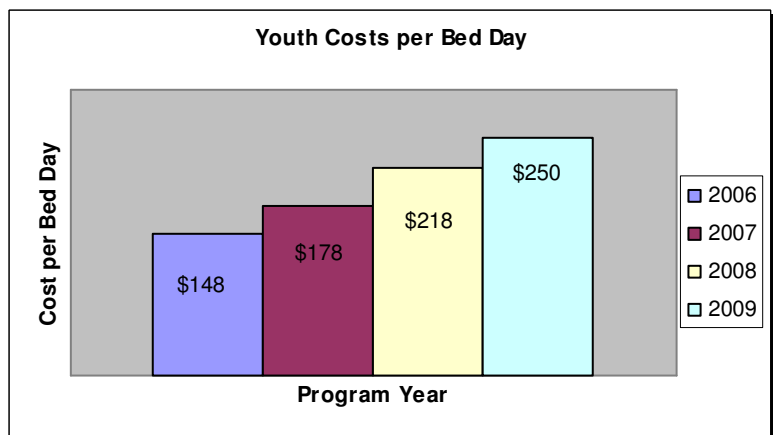
In 2009 Last Door Youth Program had 24 intakes. 80% of the intakes completed the program. The average length of stay for those completing the program was 234 days.

OCCUPANCY

The 2009 utilization rate was 83%. Fraser Health Addictions purchases one on an annual basis; the remainder of the beds were utilized by MHSD or Self Pay clients.

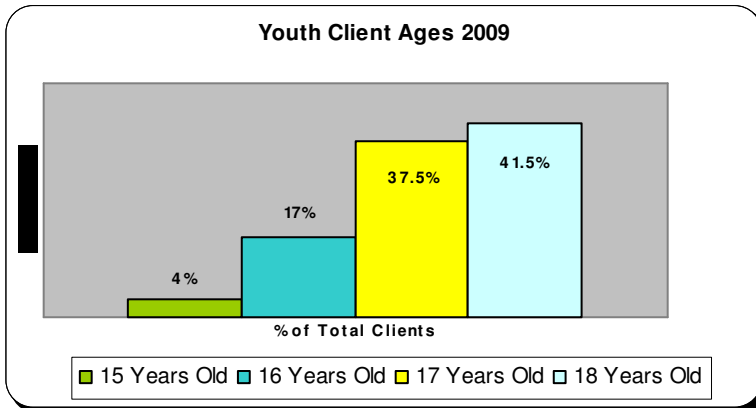
EFFICIENCY

Last Door Youth Program delivered services at a rate of \$250/bed day. Core cost pressures continue to escalate hence fundraising efforts are crucial to maintain this program.



CULTURAL DEMOGRAPHICS

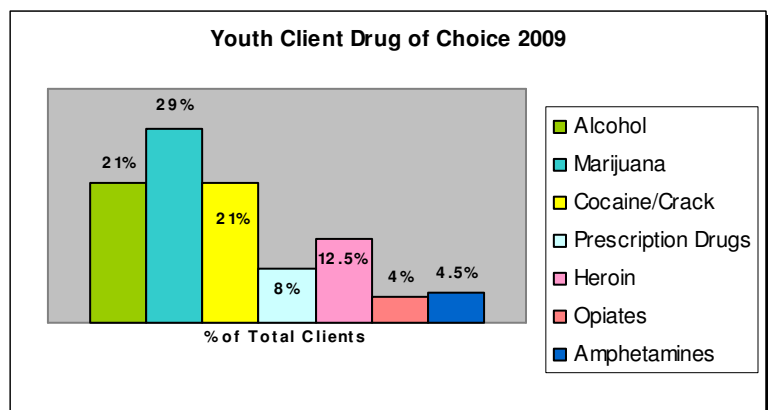
AGE



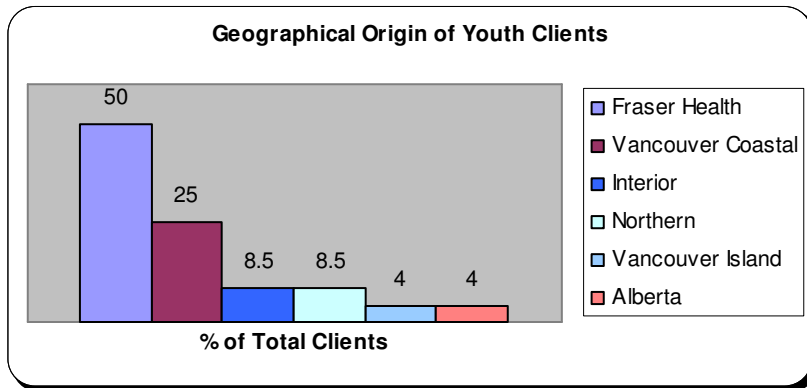
The majority (41.5%) of youth were 18 years old followed closely by 17 year olds @ 37.5%. Those who turn 19 while in treatment are transferred to the adult program.

DRUG USE

100% of clients were poly drug users. Primary “drugs of choice” was Marijuana followed closely by Alcohol and Crack/Cocaine. The average age of onset was 15 for most drugs and 12 for alcohol.



GEOGRAPHICAL ORIGINS

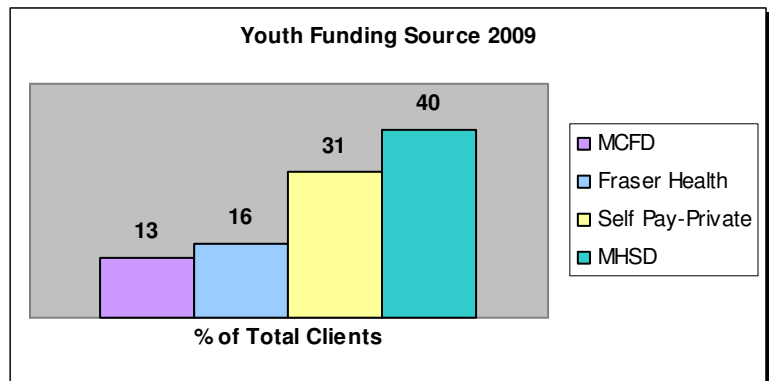


The majority (50%) of clients were Fraser Health residents.

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

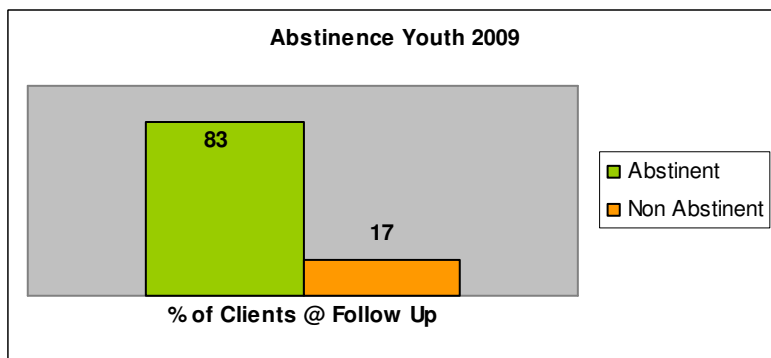
FUNDING SOURCES

The majority of clients had access to MHSD files followed closely by Self Pay families. Fraser Health purchases 1 bed per year and provided a temporary Youth Treatment Subsidy program that resulted in funding for 13% of 2009 youth clients.



EFFECTIVENESS

DRUGS AND ALCOHOL



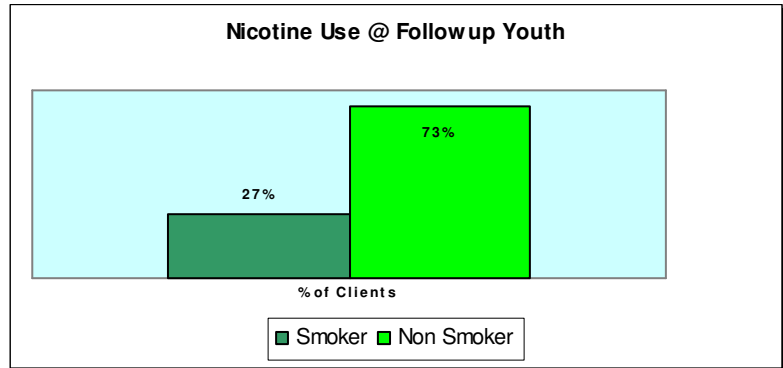
83% of those completing the Last Door Youth Program reported having maintained abstinence from all drugs at follow up.

80% of those reporting relapse signaled an intention to resume abstinence at some point in the future.

67% of clients responded to follow up surveys

NICOTINE

73% of total respondents reported abstinence from nicotine at follow up. Nicotine relapse during treatment is relatively rare and is treated as a learning experience.



LIFE AREA SCALE

Life Areas Rating Summary Intake vs Six Month Follow Up

Life Area	% of Respondents
Improved Emotional/Mental Health	87%
Improved Employment/Educational	83%
Improved Physical	90%
Improved Family Relationships	92%
Improved Criminal Justice Involvement	95%
Improved Social Support System	91%
Improved Leisure Activities	75%
Improved Self-Esteem	88%
Improved Housing Conditions	100%
Improved Alcohol and Drug Use	100%

Level of Satisfaction with Progress	Excellent=87%	Good=13%
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Follow up surveys are conducted at three and six months post-discharge.

SATISFACTION AND OUTCOME RESPONSES COMBINED (61) 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.

TRANSITIONAL LIVING

NEXT DOOR

Two apartment buildings located “next door” to the Last Door Recovery Centre. One building contains 10 units and the other contains 6 Units. They are located at 327 and 331-8th Street respectively. These facilities provide transitional housing for clients who have completed core treatment but still desire/require a supportive safe setting. Stay in Next Door is open ended.

NANAIMO HOUSE

This is a multi-suite house located at 1113 Nanaimo Street in New Westminster. There are a total of 10 beds available and the building has on site staff. This facility is houses mainly youth who are in transition and is a much needed addition to Last Door Services. Youth have a very difficult time finding suitable, safe, drug alcohol and nicotine free housing post treatment. Stay at Nanaimo House is open ended.

OTHER FOLLOW UP ACTIVITIES

Groups

There are ongoing, weekly alumnus groups that clients who complete the program are welcome to attend. These are facilitated by trained counselors. Alumni groups have been held in communities outside the Lower Mainland where Last Door alumnus live eg Calgary AB and Riverside CA USA.

Social Recreational Activities

Clients, Alumnus and family as well as community supporters are welcome to participate in annual social and recreational activities/events hosted by Last Door. These include plays, Laffline Comedy Club, Door Slam, Family Pig Roast, Kelowna NA Campout and Fishing and other adventures. The activities are designed to help people in recovery “live and enjoy life without the use of drugs”

FAMILY PROGRAM

Counselling – Group and Individual

The Family Program as an addendum to client services. The Family Program consists of weekly evening group sessions designed to education and provide peer support to families who have been negatively affected by addiction. Each group is approximately 2 to 2.5 hours in length and are facilitated by trained counselors. Family groups include;

- Women's (Partner's) Group
- Co-Parenting Groups
- Couples Groups
- Parents' Group

Individual and couples counseling is arranged on an "as needed" basis.

Family Suites

There are two suites that are using for family visitation. These suites allow family members to visit with their loved ones privately on site and to participate actively in treatment activities. Family members who have accessed the suites in 2009 include parents, wives, children siblings and grandparents of clients. There is no charge for stays in the Family Suites.

The Family Program (with the exception of social/recreational components) is funded by Lottery Corporation of BC funds.

Feedback

WHAT OUR CLIENTS ARE SAYING

"You are the most courageous, honest, and warm spirited people I have ever met, I shall treasure the atmosphere of joy, laughter, humility, and love you create for each other. This energy is indeed a gift and I am so grateful."

"Not focusing on the problem but looking at the solution has changed my whole perspective in life like, thanks"

"It's another day at the Paradise Beach Villa in Aruba, just wanted to say thanks for giving me a life I didn't think I would get. I'm 5 year's clean today, another miracle Last Door has done."

WHAT OUR FAMILIES ARE SAYING

“The family suite provided is a wonderful asset for visiting. It is so nice to be staying in the building and able to share conversations with everyone”

“We felt the compassion and love and the “Straight from the hip” attitude.”

“We believe in the residential program with the transitional aspect back to the community. It just makes sense for our son.”

“ It warms my heart to see how happy and content my son Paul has become since getting to know everyone and working the steps. This has had such an impact on his life and ours.

(18 out of 20 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.

2010 GOALS

1. Develop working relationships with new referral sources
2. Upgrade plumbing at 327-8th Street
3. Establish internal data collection system
4. Continue training program and staff certification upgrade