

# RENASCENT ANNUAL REPORT

## 2015-2016



**Renascent**  
*The road to recovery starts here.*

“We must open doors, and we must see to it they remain open so that others can pass through.”

Rosemary Brown  
(1930-2003)

The first black woman to be elected to a provincial legislature.

**Addiction doesn't discriminate.** There is a mother down the street who will not get out of bed this morning, a high-achieving college student who will miss classes this afternoon, a father working in an office tower who will call in "sick" tomorrow. These are just a few of the faces of the disease called addiction.

When someone realizes that they need help, Renascent is here. The team at Renascent has been treating people with addictions for over 45 years using a 12-step abstinence-based program, and our success is unparalleled. We help alcoholics and drug addicts get sober and stay clean.

We would like to thank our many loyal donors, whose financial support allows us to respond to each and every person who reaches out to Renascent. In the past fiscal year your contributions allowed us to achieve increased success, which reflects our dedication to maintain program excellence while embracing new developments in the field. We're driven by the firm belief that everyone deserves a life free from addiction, regardless of financial resources. By giving of themselves and partnering with us, our donors ensure that the doors to treatment, recovery, and success are never shut.



Rob Johnson,  
President and Chair, Renascent Fellowship Board,  
Renascent Foundation Board



Dennis James,  
Acting CEO, Clinical Director, Renascent





# The journey begins with “I need help.”

Having the courage to say those words is just where our work starts. Our first responders are there to listen. Knowledgeable, compassionate, and dedicated to our clients' recovery because they've walked in their shoes. All of our counsellors are themselves in recovery, providing a deeper understanding of what it takes to ask for help.

“Finding my way into Renascent over four years ago was my open door to recovery. Continuing to be of service on the front line – first as a volunteer and now as an employee – is my way of holding that door open for others.”

Access Centre Counsellor



## 8,500

Calls answered by  
the Client Access Centre

## 84%

Calls answered  
within 20 seconds

## 796

Outreach calls to family  
members by family counsellors

## 24

Companies who  
referred employees



*“When entering Renascent I had many doubts: nobody knows how I feel, the struggles I have, I will never reach sobriety.*

*“The counsellors at Renascent did not only read about addiction in a book – they too walked the journey to recovery and understood every step I went through. They were there to help me through my meltdowns and my doubts, and gave me the strength to continue into sobriety.”*

Client



“Opening the door for others seeking recovery is a remarkable gift and the most serious of mandates. Working for an agency that provides help to anyone seeking it regardless of financial status is an honour, which we as a team are blessed to be given.”

Access Centre Counsellor

**20%** will meet the criteria for addiction in their lifetime.\*

**10%** report symptoms consistent with substance abuse.\*\*

Renascent has been treating people with addictions for over 45 years using a 12-step abstinence-based program, and our success is unparalleled. A third-party evaluation confirms that 71% of clients who completed Primary Care and Continuing Care successfully maintained abstinence 24 months post-treatment.

## Clients Served in 2015/16

**1,262** Men, women,  
and children served

**918** Residential Care

**344** Children and Family  
Programs

**236** Continuing Care

**34%** Female

**58%** From outside the GTA

**11%** Ages 16-24 yrs

**55%** Have been diagnosed  
with a mental health  
problem within their  
lifetime

\* Stats Canada \*\* CCSA

# Punanai Centre



*"Thirty years ago, when I was at my lowest, Renascent held the door open for me and saved my life. Today, I hold that same door open."*

[Punanai Counsellor and Alumni](#)

*"Reaching one's bottom and surrendering is part of our individual journeys but our clients get the same chance I received through education and the sharing of our lived experience. We usually see clients in their state of hurting, but by opening the door we can shed some light on the path to take."*

[Punanai Counsellor](#)



*"I am rarely sentimental about my work but I have to admit to feeling extremely grateful for the opportunity to work with men who are suffering from addictions. I have a strong appreciation for the non-institutional community setting and feel like I'm a part of the community rather than an authority or expert figure."*

[Punanai Counsellor](#)



# Graham Munro Centre

*"What makes the Munro house unique is just that – it's a house. Clients are made to feel at home, as part of a recovery family, which allows for a more intimate and meaningful relationship between clients and staff. This allows us to get to know clients better and address their needs more effectively."*

Munro Counsellor



*"Opening the door to recovery means giving everything you've got as a counsellor to enable a client to see and reach their potential in recovery. Witnessing women in recovery holding the door open for other women in recovery is powerful and inspiring."*

Munro Counsellor





# Paul J. Sullivan Centre



*"Opening the door to recovery, and holding it open for others, gives me the chance to welcome, encourage, and instill hope in others. It is the opportunity to give back what was so freely given to me."*

*Sullivan Counsellor*

*"Working with colleagues who are also in recovery makes me feel supported, valued, and encouraged by others who understand the stresses of the work we do, and the importance of recovery."*

*Sullivan Counsellor*



# Sadly, addiction doesn't occur in isolation.

It is estimated that for each person who experiences addiction, 10 other people will feel the consequences in their own lives. They are the families, friends, and co-workers who are impacted every day.

*"I attended the [Family Program](#) with my husband in June, 2010. Six years later, as we continue as a family to practice what we learned, we are all thriving, happy and healthy.*

*"To this day, there is not a shadow of a doubt that the [Family Program](#) changed and saved my life. I had a lot to learn about being a family member – a mom of an adult child who was going through the residential program. I had to learn how to live again and not grip the table wondering when our son was going to relapse.*

*"Our counsellor Heather said something to me in the early days that I think about every day:*

*"As long as we are working our program, the disease of alcoholism and addiction will have no power over us." It is those wise words that are practical and doable that help me to LIVE my BEST life.*

*"The counsellors at Renascent are world class, and the best in the business in my opinion."*



For every person  
suffering from addiction  
at least **10 others**  
are affected.

Children's Room, Wright Centre.





# The door is always open.

The true story of Renascent is in the stories of our [alumni](#).

"In 1985 as my life was spinning out of control as a result of my ever increasing addiction, I was referred to Renascent through a family member. This past March, I celebrated 30 years of continued recovery and have worked in the addiction field as a counsellor for Renascent for the past 25 years. I will be forever grateful to Renascent for helping me change my life, and for giving me the opportunity to be a part of the recovery of others. Renascent is my home and is always home to the people who come for treatment."

"I went through Renascent in September 2007, and I am still clean and sober. I have a life now that I never dreamt possible. I can't really put into words the impact it has had on my life. I didn't get my life back; I got a whole new life.

"I will be forever grateful for all I learned at Renascent and for the time the counsellors spent with me, trying to bring me back into the land of the living. I will never be able to pay you back, but thank you, from the bottom of my heart."





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In the End Everything  
will be okay;

if it's not okay.

It's not the END!

# Our Donors.

Without the support of our donors, thousands of men and women — and the people who love them — may never have known the happiness and peace that comes with recovery. Because of your support, a mother makes the most of every morning, a college kid is figuring out what she'll do after graduation, a father in an office tower is making strides at work.

For everything you make possible, we thank you.





# Board of Directors

Renascent is governed by two Boards: the Renascent Foundation and the Renascent Fellowship.

Together they provide strategic counsel, Management oversight, and additional resources and support to Management.

## Renascent Foundation

[Kenneth Drabble](#)  
[Rob Johnson](#)  
[Seth Mandell](#)  
[John Mraz](#)  
[Sanford Shessel](#)  
[Sari Sairanen](#)  
[Elisabeth Stroback](#)  
[Kathie Viner](#)  
[Doug Wall](#)  
[Dan Walshe](#)  
[Stephen Waymire](#)

## Renascent Fellowship

[Doug Bourassa](#)  
[Rick Jatiouk](#)  
[Rob Johnson](#)  
[Steve Kruspe](#)  
[Susan Raphael](#)  
[Doug Wall](#)  
[Patrick Wilson](#)

We would like to also recognize the following board members who have departed from a Renascent board in the past year after many years of service:

[Peter Armstrong](#)  
[Jo Ellen Logan](#)  
[Patrick Mars](#)  
[Aldo Udovicic](#)  
[Judy Wells](#)

## Management

We would also like to thank [Dr. Patrick Smith](#) for his leadership as Chief Executive Officer, beginning in November, 2011. Dr. Smith resigned from Renascent in April, 2016.

## Board Executive





## Renascent Fellowship

### Condensed Summary of Revenue and Expenditures for the year ended March 31, 2016

OPERATING REVENUE	( \$ )	(%)
Toronto Central LHIN	2,579,723	57%
Toronto Central LHIN: one time operating grant		0%
Renascent Foundation Service Provision Fee	1,214,616	27%
Renascent Foundation Grant: Operating	748,118	16%
Other	994	0%
<b>Total Revenue</b>	<b>4,543,451</b>	<b>100%</b>

OPERATING EXPENSES		
Men's Residential, Outpatient, and Continuing Care Treatment	1,265,991	28%
Women's Residential, Outpatient, and Continuing Care Treatment	2,795,190	62%
Family Program	398,988	9%
Alumni Services	83,282	2%
<b>Total Expenses</b>	<b>4,543,451</b>	<b>100%</b>

## Renascent Foundation

### Condensed Summary of Revenue and Expenditures for the year ended March 31, 2016

WHERE THE MONEY CAME FROM	( \$ )	( % )
Client Service Program Fees	1,980,566	49%
Philanthropy	1,434,841	35%
Rental Income	642,959	16%
<b>Total</b>	<b>4,058,366</b>	<b>100%</b>

WHERE THE MONEY WAS USED		
Service Fees to Renascent Fellowship	1,214,616	31%
Grant to Renascent Fellowship	748,118	19%
Property Expenses, Insurance, Bank Charges	547,632	14%
Fundraising Costs	621,393	16%
Client Service Program Administration	486,024	12%
General Administration	355,375	9%
<b>Total</b>	<b>3,973,158</b>	<b>100</b>

**Foundation revenue over expenses:** **\$ 85,208**

Copies of the complete audited statements can be obtained by contacting the Renascent Foundation at 416-847-6444. The audit was conducted by Clarkson Rouble LLP.



**Renascent**

*Every starts here.*

To save trees (and our funds) we have not printed this year's Annual Report.

An electronic version  
of this Annual Report is available at [www.renascent.ca](http://www.renascent.ca).

Thanks to Ian Richards of Richards Photographic  
and Jim Wortley for their contributions.



**Renascent**

*The road to recovery starts here.*