

Donation Form

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- \$ _____

- My company matches donations so please contact me to double my gift.
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- Please charge my credit card to the above amount.

Card Number _____ Expiry _____

Name on Card _____

Address _____

Phone _____ Email _____

- My donation is being given in honour of: _____
- I want my giving to remain anonymous.

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You can count on me with my monthly gift:

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- \$20 / month
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Renascent™

The road to recovery starts here.

**Thank you for
your support!**

Renascent Foundation Inc.
38 Isabella St.
Toronto, ON
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Renascent™
The road to recovery starts here.

giftsatwork

YOUR RENASCENT FOUNDATION DONOR NEWSLETTER

SPRING 2018



This Can't Wait

It's time to make a difference

In our work at Renascent every day, we are surrounded with the hope and promise that comes with recovery, but with our phones ringing all day, every day, we also feel the constant pressure of addiction and the numbers of people looking for a way out. In Ontario, people seeking funded residential addiction treatment often wait anywhere from four to eight months. At Renascent, our own waitlists for funded treatment hover around four months. In some cases, where the need is highest, people don't survive the wait.

Waitlists have become a matter of life and death.

In response to this crisis, the Renascent Foundation is proud to announce the **This Can't Wait** campaign and program.

Through the generosity of a few extraordinary donors who have stepped forward to create real change, the **This Can't Wait** program will pull people in the highest need of treatment off of our waitlist and into our comprehensive treatment program. People who receive a treatment bursary through the **This Can't Wait** program will be offered Renascent's accredited residential addiction treatment program, our Family Care programs for their loved ones, and perhaps most crucially, our Continuing Care outpatient program, which supports our clients for an additional 15 weeks as they make the transition back to their home community.

To learn more about the program and find out how you can become a part of this life-saving initiative, please contact Renascent's CEO, Laura Bhoi, at lbhoi@renascent.ca.

A Word From Our CEO

Thank you to everyone who has supported Renascent this year in our constant pursuit of providing that safe place and support for all those who are those struggling with addiction.

As we partner with government, other social and health care providers, and generous community supporters, we are able to help hundreds of people every month. Our Access Centre answers about 700 calls per month from those seeking help. Our caring counsellors answer the call within 20 seconds, 90% of time ... a standard we are proud of because we know how important it is to answer the call when someone reaches out for help.

As one of Ontario's few inpatient addiction treatment programs, Renascent provides its accredited complete care inpatient and family programs to over 1,000 people in need every year. A precious and scarce resource within the Ontario health care landscape. With 48 years of dedication to providing addiction treatment, Renascent has helped tens of thousands of people over the decades.

But for all that Renascent does, and other treatment providers do, as a province and a country, we still have a big problem. There is just not enough treatment out there.

We face an addiction epidemic, with an estimated over 2 million Canadians with a substance use disorder, and an escalating overdose crisis due to fentanyl and other lethal drugs.

And despite this crisis and rising death tolls, there is still an unacceptable hole in our treatment system when it comes to funded access for addiction treatment services.

It is estimated that Ontarians currently wait 4 to 8

months to gain access into funded residential addiction treatment. But you see, most people can't wait that long. And although we may be able to link people with other services and supports in the meantime, many people are in need of comprehensive inpatient treatment as their first step forward.

In response to this major issue, Renascent has outreached to the provincial government and the Local Health Integration Network to highlight this major need and advocate for more funded treatment.

In addition, we have reached out to community supporters and have been overwhelmed by the generosity of some private citizens who have made leadership level donations to support a new fund-raising campaign called **THIS CAN'T WAIT**.

Through this new campaign, Renascent will be able to pull approximately 3 at risk people off our wait list every month for the next year, the equivalent of treating an additional 36 individuals and their families over and above the funded treatment currently provided by the provincial government over the course of a year.

This transformational campaign is an example of how much can be done when we focus on the problem in front of us. We are truly grateful for the generosity of these private citizens and hope others and our government will follow their example of investing in programs that directly help people struggling with one of the most prevalent illnesses in our country.

Thank you to all who support the important work of providing help and hope.



Laura Bhoi
Chief Executive Officer

Give the Gift of a Miracle

Become a Monthly Donor

Monthly donations are a year-round reminder of the values you share with Renascent, and your vision for a better future for those living with addiction, for their families, and for the work that we do supporting people into healthy, positive recovery. Setting up a regular monthly gift is an easy and convenient way to increase the impact of your investment in the work we do. You can give monthly in whatever amount

works best for you, and you can adjust your amount or cancel your gift at any time. As a monthly donor, you will receive one consolidated tax receipt following the end of each calendar year for your total year's contributions. For more information about becoming a monthly donor, please contact Christina Selvaggio at 416-847-6444 or cselfaggio@renascent.ca



Fighting Stigma, A Client Centred Approach

In March we were proud to have one of our team members and his incredible initiative featured in the Toronto Community Housing newsletter:

When Abshir Yusuf hit rock bottom, he hit hard. At the age of 28, addicted to alcohol and cocaine, his living space consisted of a mattress on the floor above a Scarborough storefront. Jobless, penniless and estranged from his family, mosque and fellow Somalis, his future looked bleak.

Thankfully, the timely intervention of a childhood friend gave Abshir the chance to turn his life around. He is now a counsellor at Renascent—a Toronto recovery centre in operation for almost 50 years.

Abshir said the lack of a Somali presence he could relate to was the biggest barrier he faced during his recovery, which ultimately drove him to create the Somali Peer Mentorship Program. It's a place where Somalis with substance abuse issues can confront their problem with someone who shares their culture, speaks their language, and knows what they're going through.

After Abshir launched the program in January 2018, it immediately caught the attention of Community Safety Advisor Ken Tooby, who recognized the urgent need for this type of program that could benefit tenants.



Abshir Yusuf; image courtesy of Toronto Community Housing.

Abshir hopes to develop the program to the point where he can start a drop-in centre away from community hubs—to better maintain the anonymity of patients—as well as an outpatient system and partnerships with other treatment centres. "What we're doing is planting the roots so it can grow, and assistance from agencies such as Toronto Community Housing at this stage is critically important," he said.

Abshir's message to those coping with addiction or a substance use disorder is, "You're not alone, and there's hope. All you have to do is reach out. And if you do that, I'll be at the other end of the line."

Read the full article at

[https://www.torontohousing.ca/news/whatsnew/Pages/Abshir Yusuf Feature.aspx](https://www.torontohousing.ca/news/whatsnew/Pages/Abshir%20Yusuf%20Feature.aspx)

Thank You

Each year we recognize you, our Guardian Angels, at our annual Guardian Angel Luncheon. This year's event will be on Friday, June 22 at the Granite Club. You should receive your invitation in the mail shortly; we look forward to celebrating you! Please contact **Christina Selvaggio 416-847-6444** or cselvaggio@renascent.ca if you'd like to make your gift to help break financial barriers.



Welcome to the Renascent Family

- Welcome Ryan Kerr! Ryan joined the Fundraising team in October and will be concentrating on the implementation of our special events, as well as developing new opportunities for engaging Renascent's alumni community. Ryan comes to us with an extensive background in business development. Please contact Ryan rkerr@renascent.ca for more information on upcoming Alumni events!
- Welcome Julie Bowles! Julie joined us in February. Julie is a Senior Project Leader, and will work closely with senior management team on some of our key strategic initiatives, focusing primarily on leading our strategic review of our properties and facility needs. Julie comes to us with extensive expertise in the areas of project leadership, marketing and business development within the addiction treatment field.



- Welcome Heather MacDonald! Heather joins the Access Centre team as Client Care and Engagement Coordinator. Heather has a background in psychology, addictions and mental health, and will work closely with our corporate partners, manage our Ministry of Health waitlist, and provide crucial support to the Renascent team.
- Welcome to John Lowry, Renascent addition to the property team. John joined us in November 2017 as our second Facilitator Management Coordinator, responsible for the upkeep of our Sullivan and Wright Centre houses, but is John has 23 years of experience in the manufacturing industry.



Upgrades at the Punanai and Sullivan Houses

Our two men's treatment centres recently received new heritage safety windows and they look amazing!

Renascent received a grant from the Toronto Central LHIN Community Infrastructure Renewal Fund in July 2017 for \$246,500. This grant supported the replacement of windows meeting safety and heritage requirements.

"This infrastructure funding investment from the province is essential for community-based organizations to ensure essential services are delivered in well-maintained

facilities. As one of the province's largest inpatient addiction treatment providers, Renascent is very pleased to see this infrastructure support initiative from the provincial government." Laura Bhoi, CEO, Renascent

The new windows arrived in early March and were installed by the end of the month. In addition thanks to the support of generous donors, Renascent was able to do all exterior and interior painting and furnishings. Thank you to our generous donors, Renascent was able to do extensive interior painting, furnishing and upgrades to its facilities this year.

From Old to New...



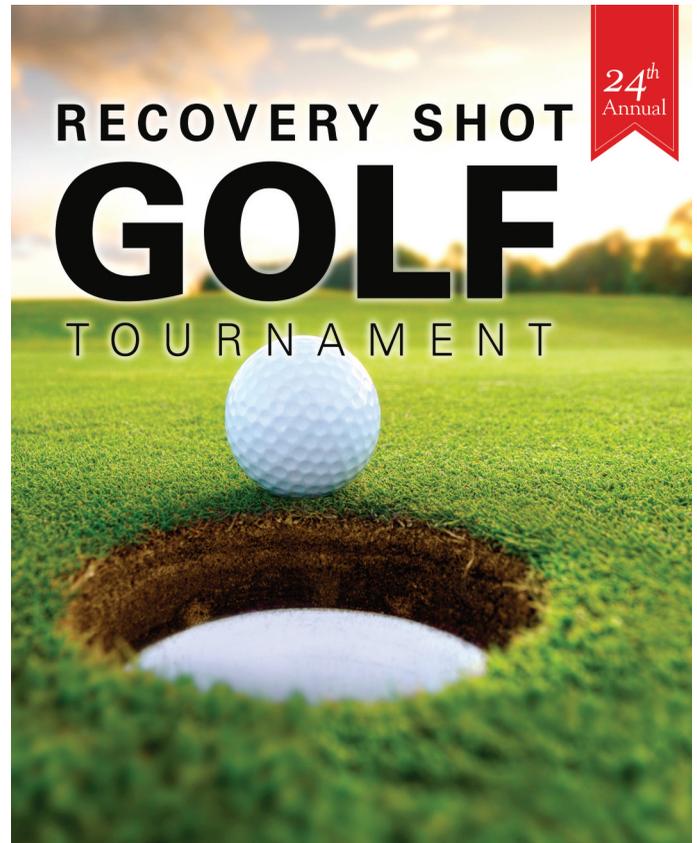
It's Tee Time

We are excited to be hosting the our Annual Recovery Shot Golf Tournament again this summer! Recovery Shot is one of our biggest and most successful annual fundraising and social events.

For the 24th annual Recovery Shot, we will be teeing off on **Wednesday, July 25** at the beautiful Angus Glen championship golf course.

Proceeds from this year's tournament will support Renascent's work in offering individuals, families, and loved ones the services they need, when they need they need it most.

Sponsors of Recovery Shot make a powerful contribution to our community while receiving exceptional brand recognition leading up to the event and onsite. If you're interested in sponsoring, volunteering, or attending this event, please contact **Ryan Kerr** at rkerr@renascent.ca or **416-847-6452**, or **Ed Harding** at eharding@renascent.ca .



Grateful Shout Outs:

We are so excited to welcome back Ford Canada and UNIFOR Canada (former CAW Canada) as Recovery Shot's Founding sponsors again this year. Thank you for over 24 years of generosity and support!



Ready, Set Go... Save the Date

Once again, we are gearing up to do the Scotiabank Charity Challenge as part of the Toronto Waterfront Marathon! Last year, we raised \$30,000 in support of programs at Renascent. Each year we stand together to walk or run while raising awareness and fighting against the stigma associated with substance use disorders. This year's marathon will be on Sunday, October 22 and will begin at Ontario Place and end at Nathan Phillips Square. It's a great event for team building, friendship nurturing, and reconnecting with staff and alumni from all the Renascent centres. Get the details about registering, supporting a Renascent teammate, or volunteering at renascent.ca/stwm2018 or contact **Ryan Kerr** at **416-847-6452** or rkerr@renascent.ca .

The Fuel that Ignited My Recovery

“ I can't explain the feeling of seeing your child open her gifts on Christmas morning... it's a memory I will cherish forever. ”

Jonah* had been sober for four years when his wife overdosed, leaving Jonah behind with their six-month-old daughter Sara*.

The pressure of raising Sara on his own — combined with the grief of losing his beloved partner— was too much for him to bear. After just a few months, Jonah relapsed with heroin and alcohol. The first years of Sara's life were spent in the care of her paternal grandparents. She didn't know her father, she will never know her mother, and because both of her parents suffered from substance use disorders, she is at a much higher risk than most of developing the disease of addiction.

This past Christmas was the first holiday that Jonah got to spend with his daughter:

“It was three years after I left home that a light finally went off and it was at that moment that I felt that it was a sign from my higher power, that I needed help. I needed to watch my daughter grow and I needed to be a part of her family.

After six months sober, my family invited me to spend Christmas with them. It was my first time spending the holidays with my daughter, and it was at that moment that I realized that there was no going back, I was here to stay.

Addiction had ruined my life twice and I wasn't going to let it happen ever again.”



Jonah says he cherishes the memories that him and his daughter have made so far and he is looking forward to the years to come. Jonah's grief over losing his wife and then losing custody of his daughter fed his addiction, until it began to fuel his recovery.

**The names and photos used have been altered to protect the anonymity of this family.*

Hey alumni, we're here for life!

The Alumni Program is expanding and we need your help! Your Renascent Family is here for life, because we know that one of the keys to long-term recovery is staying connected throughout the journey.

Alumni Focus groups will be held in the coming months and we are looking for participants to attend and give feedback on their ideal program. If you're interested in sharing your thoughts and ideas, please contact Ryan Kerr at 416-847-6452.

Addiction Is a Family Disease

fam i ly 'fam(ə)lē/ (noun): Family is a single word with many different meanings. People have many ways of defining a family and what it means to be a part of it. You are part of our family.

Because drug and alcohol addiction affects the entire family and the family system, family members often know there is a problem long before the addicted person does. This is one of the reasons Renascent offers a suite of Family Care Programs to help adults and children cope with the effects of addiction.

“Words can’t begin to express my thanks to Sunil and Renascent’s Family Program team. The Family counsellors at Renascent have unique talents, which when combined, form a synergistic healing team. One thing consistent among all of you is your true compassion, and desire to help your clients. Thanks to all of you, for your invaluable help in providing me with the tools I need to build a meaningful life, the education to use the tools successfully, and the encouragement and desire to persevere.”

– Ruth-Anne, Family Care Program Alumni

The next Children’s Healthy Coping Skills program will be held June 7th to 10th. If you are interested in attending, please contact Sunil Boodhai at 416-927-1202, ext. 3010.

The Children’s Healthy Coping Skills Program Team is looking for sports equipment, arts and crafts supplies, books, and puzzles. If you have any of these items and would be willing to donate them, please contact Christina Selvaggio at 416-847-6444.

