



Renascent® | 50 YEARS  
The road to recovery starts here. 1970-2020



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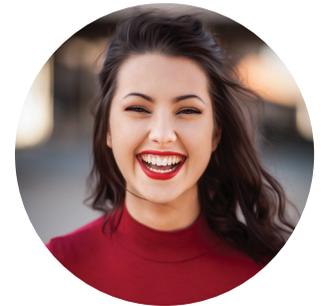
# giftsatwork



# Forces of Change: Responding to the Growing Complexity of Addiction

*Written By: Michael Lochran, RP, Director of Programs*

Renascent's programs are living, breathing forces of change, constantly growing through the determination and passion of our counsellors, volunteers, alumni, and leadership in order to meet the diverse and complex needs of our clients. Within the context of gender specific, accessible, 12-Step based treatment enshrined by our founders 50 years ago, Renascent continually examines our programs and the challenges faced by those attempting to escape the horrors of active addiction and achieve meaningful recovery.



Our clients and families are faced with a multitude of challenges and obstacles: an increasing danger of fatality and significant mental health impacts resulting from increasingly potent and often toxic drugs; physical and emotional consequences of long-term use of any substance; isolation; disillusionment; difficulty accessing services when they are most needed. Renascent recognizes the ever growing evidence that treatment and recovery are most successful when our clients can receive support for their addiction, mental health and situational challenges while in the safe, supportive and understanding environment of treatment houses.

During the past couple of years, Renascent has expanded its programs to meet the ongoing needs and priorities of the mental health climate. Because we recognize that the complexity and severity of those entering treatment varies from client to client, Renascent is committed to connecting clients to services and programs that meet them where they are in their recovery journey.



I am pleased to announce that clients in our Intensive Inpatient Program now have the option to access exercise facilities in a manner that positively supports their treatment program. Studies have shown that regular, physical exercise can be an effective tool in the management of many mental health symptoms and cravings to use, as well as in the development of self-esteem, presence of mind, and community building.

This past year, our passionate and committed counselling clinicians have participated in various advanced training in crisis intervention techniques, Dialectical Behaviour Therapy, Motivational Interviewing, Concurrent Disorders, the use of meditation in recovery, and trauma which they utilize daily in their work with our clients. Our clinicians and frontline clinical staff review programs and services on an on-going basis, enhancing our program delivery so that we are always client-focused and client-centred in our treatment approaches, while staying true to our 12-Step foundation.

In our rapidly changing healthcare system, Renascent is committed to playing a leading advisory role in the development of the structures which allow for the best possible resources for our clients. We have used this active engagement with the healthcare system to develop and strengthen our relationships with the many other organizations who are doing amazing work in the areas of trauma, mental health, and population-specific services. These relationships have resulted in our clients having access to stabilization for acute mental health distress, trauma-specific individual and group counselling, vocational, educational, financial counselling, many forms of specific therapy, and a pre-treatment support program developed by Renascent and our partner OASIS.

Moving forward, we are excited to continue to build partnerships so that we can focus on providing treatment plans that are unique to each client, connecting each client to the unique service they need to safeguard their long-term recovery.





## Have You Met Michael?

### *Michael Lochran joins the Senior Leadership Team as the New Director of Programs*

It is with great enthusiasm that we welcome Michael Lochran as the new Director of Programs and Operations at Renascent. Michael brings extensive expertise and experience to the role, having worked in the field since 2012, most recently leading Renascent's clinical team at the Punanai Centre as House Manager for almost five years.

Michael entered the addiction and mental health field motivated by a deep felt desire to support those courageously endeavoring to change their lives and live a life of recovery. Since entering the field, he has made valuable contributions in the roles of Addiction Counsellor, Registered Psychotherapist, Lecturer, Program Manager, and Clinical Supervisor, and possesses a firm grounding in DBT, Acceptance and Commitment Therapy, and 12-Step facilitation.



Michael is looking towards further developing existing programs to include various modalities of treatment, lifesaving combinations of 12-Step recovery and evidence-based and research validated therapy techniques.

Michael knows that each client has their own story and journey, and that no one story is alike. He knows that being client-first and client-driven can make a significant difference to one's recovery.

## 8 Years and 100s of Starfish later, we bid farewell to Dennis James

### *Compassionate, Reliable, and Leader are three words that come to mind when speaking of Dennis James.*

It is with mixed emotions that we wave farewell to a colleague who is dear to our hearts, Dennis James. Dennis joined Renascent in 2012, following his tenure as a Deputy Clinical Director of the Addiction Program at the Centre for Addiction and Mental Health (CAMH). Dennis has worked in the field of mental health and addiction for over 40 years. Making his career his second home, Dennis has worked as a therapist, educator, program director, and senior manager.



Dennis is famous for sharing the Starfish Story, a story which demonstrates the impact we can have when we possess hope and work together as a team to help an individual in need. Over his time at Renascent, and indeed his entire career, Dennis has led the way in bringing teams together to help those struggling with addiction find their path forward.

Thank you, Dennis, for the past eight years of leadership, compassion, and care that you have bestowed upon our clinicians, administrative staff, leadership team, boards of directors, and community members, as well as the over 1,000 clients who walk through the doors of Renascent each year. Your guidance was instrumental in Renascent achieving its first, and then second, accreditation designation from the Canadian Centre for Accreditation. You were actively involved in the launch of the very first residential treatment program for Food Addiction, and continuously fostered professional development and teamwork in our programs. We are glad that you will be continuing to contribute to Renascent by volunteering on our Diversity Committee, an initiative you began and have been involved with for the last several years.

Dennis, you have made Renascent part of your heart, soul, and your extended family. We are sincerely grateful for your leadership and compassion as you have led the clinical team these past eight years. We wish you all the best in your retirement and as you embark on this next chapter of your life.





## 2020 is a Landmark Year for Renascent!

### *A message from Laura Bhoi, CEO*

In 2020, Renascent celebrates 50 years of helping women, men, and children find hope and recovery from the pain of addiction. The impact of this work over the last 50 years is profound, having provided services to over 50,000 people and by addressing one of the most critical health issues of our time.



As we look ahead to the work that still needs to be done, we are excited to work with our community partners and supporters to break the barriers that still exist today. We are committed to breaking down stigma by sharing the real facts and stories about addiction and recovery. And more than ever before, we are committed to breaking down cost and access as a barrier to recovery.

I recently visited our Sullivan Treatment Centre, and was reminded of the incredible transformation that happens in all of our centres every day. I witnessed men who had arrived at Renascent at their lowest point only days and weeks before, and who were now relating, supporting, and working together in charting a new path forward.

Renascent has been there for Ontarians and their families for 50 years, and we are committed to continuing to be here for our communities to tackle the addiction crisis of today.

Join us in 2020 as we celebrate the legacy of 50 years, and break barriers for tomorrow!

## The Road to Recovery Starts Here

### *Celebrating 50 Years of Leadership in Addiction Treatment*

It all began on a cold, frosty day in Brooklin, Ontario on March 31, 1970.

The Renascent Fellowship was founded by Paul J. Sullivan and a group of businessmen, half of whom were recovering alcoholics, with the goal of opening a new type of treatment centre. Renascent's Centre would be a 12-Step, abstinence-based and gender-specific drug and alcohol recovery program. Planning took place over the next year. On October 20, 1971, our first client, Donald, walked through the doors of Renascent. Since Donald, more than 50,000 people and their loved ones have engaged in our treatment services.

Over the years, Renascent has transformed from a small recovery home on Beattie Avenue to a provincial leader in addiction recovery. Renascent now owns and operates four treatment centres: the Paul J. Sullivan Centre for men in Brooklin, the Punanai Centre for men in Toronto, the Graham Munro Centre for women in Toronto, and the Lillian and Don Wright Family Health Centre in Toronto – home to our head office and family services.

Because of you, we are one of Ontario's largest residential treatment providers and a national leader in the field. Throughout the years and changing times, we have maintained a steadfast commitment to our values and vision, and we will let hope and compassion guide us through the next 50 years.



The Graham Munro Women's Treatment Centre, Toronto ON, 2018



Punanai Men's Treatment Centre, Toronto ON, 2018



Paul J. Sullivan Men's Treatment Centre, Brooklin ON, 2018



The Don and Lillian Wright Family Care Centre, Toronto ON, 2018

