



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

GIFTS AT WORK

THE ROAD TO RECOVERY STARTS HERE

SUMMER 2020



SERVICE MOVES FORWARD

A Note from Laura Bhoi, CEO

COVID-19 has challenged us all to find new ways of working, living, and supporting those around us. At Renascent, we have faced this pandemic with our 50 year mission at our core, looking for ways to break through barriers and connect with those struggling with addiction.



Very quickly, our team at Renascent focused on how we could continue to provide the essential service of addiction treatment while protecting our clients, staff, and community from the risks of COVID-19. Our answers came through new innovative ideas, as we brainstormed, developed, and ultimately rolled out new models.

By mid-April, the Renascent team had developed a new inpatient treatment model that would allow us to continue to bring those at highest risk into residential treatment while putting strict COVID-19 safety measures in place. The new model involved major operational changes, such as re-purposing our Punanai Centre to create a 14-day, co-ed stabilization centre, implementing a new two-stage treatment pathway for clients across our centres, new screening and testing protocols, staffing schedules, and cleaning procedures.

With this new operating model, we were able to keep our doors open through the height of the pandemic, and although our overall capacity was reduced due to safety protocols, we were able to serve over 130 individuals in our centres from April to July. We are happy to share that over this time, no clients or staff were infected with COVID-19. With these first few months of learning under our belts, we are now moving to yet further adaptations of our inpatient model, in order to increase the number of people we can serve while still keeping strong infection control protocols in place.

Over this same period, Renascent developed and implemented another area of service innovation: new virtual outpatient treatment and supports. With reduced capacity within our residential centres, and a growing waitlist, the team dove into program development for online virtual platforms. Based on a tremendous amount of work from the Renascent team, we developed and rolled out new virtual pre-admission support services, revamped our continuing care and family program services to new virtual platforms, and developed an innovative new six-week intensive outpatient virtual program.

These new virtual treatment services have opened up a new channel for our treatment team at Renascent to connect with the many who are struggling with addiction and mental health during

this pandemic. With preliminary positive results from these programs, Renascent is ramping up capacity for virtual services and will be measuring client feedback, in order to ensure we continue to reach those who need our help.

Personally, I would like to thank every staff member at Renascent for their extraordinary effort, teamwork, and selflessness in bringing leading solutions to the table and delivering front-line care at this unprecedented time. Thank you to all our donors and partners for your ongoing support as we push forward with our mission. There are so many in our communities struggling now with mental illness and addiction and our efforts are needed now more than ever.

With Gratitude,

Laura Bhoi
CEO, Renascent Foundation and Fellowship

TWO-THIRDS OF ONTARIANS FEEL THAT THE MENTAL HEALTH IMPACTS OF COVID-19 ARE GOING TO BE SERIOUS AND LASTING. 42% OF ONTARIO ADULTS REPORT INCREASED SUBSTANCE USE OR GAMBLING SINCE PANDEMIC.

Source: Ipsos Public Affairs Annual Mental Health Index survey, Released by Children's Mental Health Ontario (CMHO) and Addictions and Mental Health Ontario (AMHO), May, 2020.





COUNSELLOR'S CORNER

MEET PRABHI, CERTIFIED ADDICTIONS COUNSELLOR, CURRENTLY WORKING AT RENASCENT'S STAGE ONE STABILIZATION CENTRE

I look at the pre-treatment stabilization centre as a place for clients to recognize their abilities to address their substance use despite the extreme external changes. It provides hope for clients that sobriety can be maintained through crisis.

When the effects of this pandemic became more apparent, it created a lot of tension, concern, confusion, and worry. What would happen with my job? My family and friends? But most importantly, what will happen to all the clients on our waitlist?

I was grateful to learn that not only would Renascent's doors remain open and counsellors would keep their jobs, but changes were being made to ensure effective programming was available to our clients in need. When the opportunity was presented to work at the pre-treatment centre, I was reminded of the commitment I made to this field of work. It was time to step up where help was needed, and although the fear of the pandemic was very real, the decision to transition was easy.

As a recovering addict, I understand the importance of togetherness and feeling connected, so I was excited to know I would have time during the initial stages of this plan to share some mindful meditation practices with the clients, and they loved it! These were clients who have struggled to process their emotions, and are often unable to sit still in a quiet space without feeling antsy, but were now looking forward to meditating every day.

I noticed clients weren't as worried about going for walks or not being able to see their families; instead they started noticing how valuable this time can be if used the right way. Renascent was able to get through a world crisis without shutting its doors!



To Whom it May Concern,

June 22/20



I decided to get clean in 2019 in the summer. I wasn't able to get into treatment until Nov 2019. I went into treatment and was kicked out, which I believe wasn't the right time for me. So in March I contacted my sister and she contacted my uncle and he contacted a treatment centre which wasn't Renascent then Covid hit. I was pushed back and then contacted by that treatment centre and told to call here. I was so happy to know that your treatment centre was open, because I'm pregnant and it's not just myself I'm trying to help and save I'm saving my child.. So I came to the Punani house for 2 weeks and it was nice to get a 2 week stepping stone before the real hard work. After the 2 weeks I moved to the Munro House and had a lot of anxiety but a lot of hope. So how I feel is that in some sort of way Covid helped save my life. But what truly helped me was that your centre was available for me to come to. So being available for clients to be saved. So thank you for being available for us addicts who truly needs the help. Please continue to stay available for us.

Alicia C.

STARTING THE RECOVERY JOURNEY DURING A PANDEMIC

With the right tools, our clients can achieve anything. They transform right before our eyes, and the magic of Renascent overpowers the pandemic before us. These former clients, now alumni, wanted to share with you their journey of recovery during COVID-19.



To whom it may concern.

March 3/20

The selfless act of kindness that you have given towards me, will never be forgotten. Thanks to this gift from you, I am able to be alive and get well today. I was in the darkest place of my life, not knowing if I would make it through each hour of the day. Your generosity sparked a light to help me see that there was a way out. I was hopeless and desperate, contemplating suicide on multiple occasions. I wasn't going to make it until April when my admission date was. To be honest, I tried to overdose myself on Sunday night, but woke up to a call from the center advising me a donor has helped me get in the following week. That was the spark of light you provided to my darkness. You helped me when I was at my lowest. I prayed for help not believing I deserved it. I can't express my gratitude enough.

Going through this program (37 days) I have regained some amazing attributes. But still have a lot of work ahead. I'm scared and nervous but with the strength I have today a direct result from your help, I feel optimistic and confident.

Thank you from the bottom of my warm (no longer feels cold) heart. I will try my best not to waste this beautiful opportunity in hopes that I can get to a point where I can help make an impact on someone's life like you helped me. P.S. Today I want to live again.

kindest regard George

I'M A GUARDIAN ANGEL BECAUSE...

I have had the pleasure of being a Guardian Angel donor and part-time volunteer at Renascent since May 2017, when I was invited by a friend to attend an annual appreciation luncheon for donors. My intention before leaving home that day was to make a donation that covered the normal cost of the meal and a bit more, while enjoying the lunch and fellowship.

Was I ever in for a surprise!

At the event, a participant of Renascent's Family Program spoke. She was 15 years old at the time, and had been receiving support through Renascent's Children's Program since she was 8 years old. She was mature, articulate, knowledgeable, and impressive, as she shared that as the child of two parents with addictions, Renascent had provided her with support, counselling, and strategies, which I am sure has been a life-changer for her and her family. This young woman is a reminder that it takes a village to raise a child, and when there is addiction in a family, Renascent is part of that village and needs financial support to achieve their goals.

I signed on as a perpetual donor immediately! In a world where time and money can be wasted on frivolous things that one neither needs nor wants, I am proud that I can be a very small part of the village that helps to change a person's future.

I have heard many other heartwarming stories at Renascent since and, honestly, I wish I could win a lottery so that I could contribute a huge amount. What I do know is that even if one donates the cost of one or two restaurant meals a month, it can make a difference in someone's life. The gratification is well beyond the monetary value.

So please, during this unprecedented and unpredictable time, as we face a society that looks different from the one before, consider making a gift that can help someone find hope and healing through sobriety. Help break the cycle of addiction for generations to come.

- Anonymous Donor, 2017 – present





VIRTUAL FAMILY PROGRAMMING

“I found the virtual meetings very informative and helpful. Heather was a pleasure and inspiration. She has the right amount of empathy and toughness that I wish to attain. I’m going to be using the materials to remind myself of why and what I’m doing to help my kiddo who is trying hard to remain sober.”

“So glad to have been able to participate with the other group members and would highly recommend that they continue for other families who are struggling right now with addictions and their loved ones.”



THINGS YOU SHOULD KNOW:

We’re hosting Zoom Alumni meetings! Check our website at: renascent.ca/alumni to find out details.

You can also call at 416-847-6446 or email us at alumni@renascent.ca for more details or to host a virtual alumni fundraiser. **We’re here for life!**

Did you know you can host your own virtual fundraiser?

Call Christina Selvaggio to find out how, at 416-847-6444.