

Case for Support

THE ROAD TO RECOVERY STARTS HERE



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



“

We had never thought of recovery as something that we needed as parents of someone experiencing addiction. Even when we were sinking, all focus and attention was on our daughter. The Essential Family Care Program was offered to us and we decided to participate. It was one of the best decisions we have made. We were affirmed. We were given tools to help us in our recovery. The counselling was excellent. We are deeply grateful for the opportunity to participate in the Essential Family Care Program and would recommend it to anyone who is the loved one of someone living with addiction.”

– David and Diane, Parents of a Renascent Alumni



Our current reality

Every day in Ontario, an increasing number of families grieve the loss of a loved one to addiction. In Ontario alone, there has been a staggering **79% increase** in drug-related deaths between February 2020 and December 2020.¹

Addiction is a devastating and powerful disease, but **recovery is possible**. Imagine if addiction treatment and mental health support was as easy to access as the substances that drive the dependence. **Help us bridge the gap** by making life-saving treatment more accessible for individuals and families.

At Renascent, we believe in providing accessible, high-quality addiction treatment and mental health support. And we believe cost should not be a barrier to receiving the life-saving treatment so many need.

¹ Changing Circumstances Surrounding Opioid-Related Deaths in Ontario During the COVID-19 Pandemic. Report on behalf of: The Ontario Drug Policy Research Network, The Office of the Chief Coroner for Ontario, Ontario Forensic Pathology Service, and Public Health Ontario.



Addressing a crisis within a crisis

Long before the COVID-19 pandemic began in 2020, substance use disorders were among the leading causes of illness for Canadians, affecting more people than heart disease and causing more hospitalizations than heart attacks and strokes combined. The COVID-19 pandemic has exasperated this crisis as people struggle to cope with its effects, and as capacity within inpatient and in-person treatment settings across the system have been disrupted or restricted due to the virus.

With growing numbers of people in need of treatment, the need for your support has never been greater. Together we can save lives and conquer fear by providing hope for a recovery to those who are in desperate need of support.

Our approach is like no other

Since 1970, Renascent has **helped more than 50,000 people** access life-changing addiction services.

As one of Ontario's **largest and longest-standing** addiction treatment providers, our evidence-based, trauma-informed care addresses both substance addiction and concurrent mental health issues.

We are fully accredited by the Canadian Centre for Accreditation, and through a mix of intensive inpatient and virtual treatment options, we are committed to meeting people where they are as we provide care to address their specific recovery needs.



Clients and families really value knowing that the person they're speaking to has lived experience with addiction. The hybrid of addiction education and experience means we can have deeper conversations with clients and their family, that come from a place of true compassion and empathy. And that can make all of the difference."

- Kevin Gould, Intake and Assessment Counsellor

Our approach gives clients the **best opportunity for recovery** with:

- **The power of community:** Our professional, interdisciplinary teams and programs leverage the invaluable power of peer and community support systems, including 12-step programs, to provide clients with the best opportunity for recovery.
- **A client-focused approach:** As a not-for-profit organization, we always prioritize the delivery of safe, quality care. We invest every dollar we receive into providing treatment and supporting recovery.
- **Empathy and compassion:** Our team members bring unparalleled compassion and empathy to their roles, as they draw from their own lived experience with addiction and long-term recovery, as well as their professional training.



How you can help

Renascent Foundation is committed to raising funds to ensure cost is not a barrier to those seeking treatment at Renascent, and with the help of donors we will set more people upon the road to recovery and create healthier communities.

Your gift will support life-saving programs such as these:

- Inpatient Addiction Treatment
- Essential Family Care Program
- Children's Program
- Continuing Care & Alumni Care Programs
- Research and Program Excellence
- Equity, Diversity and Inclusion



Inpatient Addiction Treatment

Renascent operates three inpatient addiction treatment centres – two in Toronto and one in Durham Region, providing a safe, caring and home-like experience for our clients. We provide around-the-clock counselling and support from our professional team members with specialized addiction training, and lived experience of addiction and long-term recovery. Our centres and programs are gender-specific, and we work with non-binary and trans individuals in a person-centred way, ensuring the specific needs of all clients are met.

Grounded in a holistic approach to recovery, Renascent's programs offer evidence-based treatment approaches, medical care, and 12-step facilitation. Music, yoga, mindfulness and art are some of the activities that are integrated into the experience to enhance the clients' living experience and recovery at our inpatient facilities.

Government funding does not cover the full cost of inpatient treatment. Annual donations ensure Renascent continues to deliver quality residential addiction treatment to Ontarians through its government-supported program, with no cost to the individual.

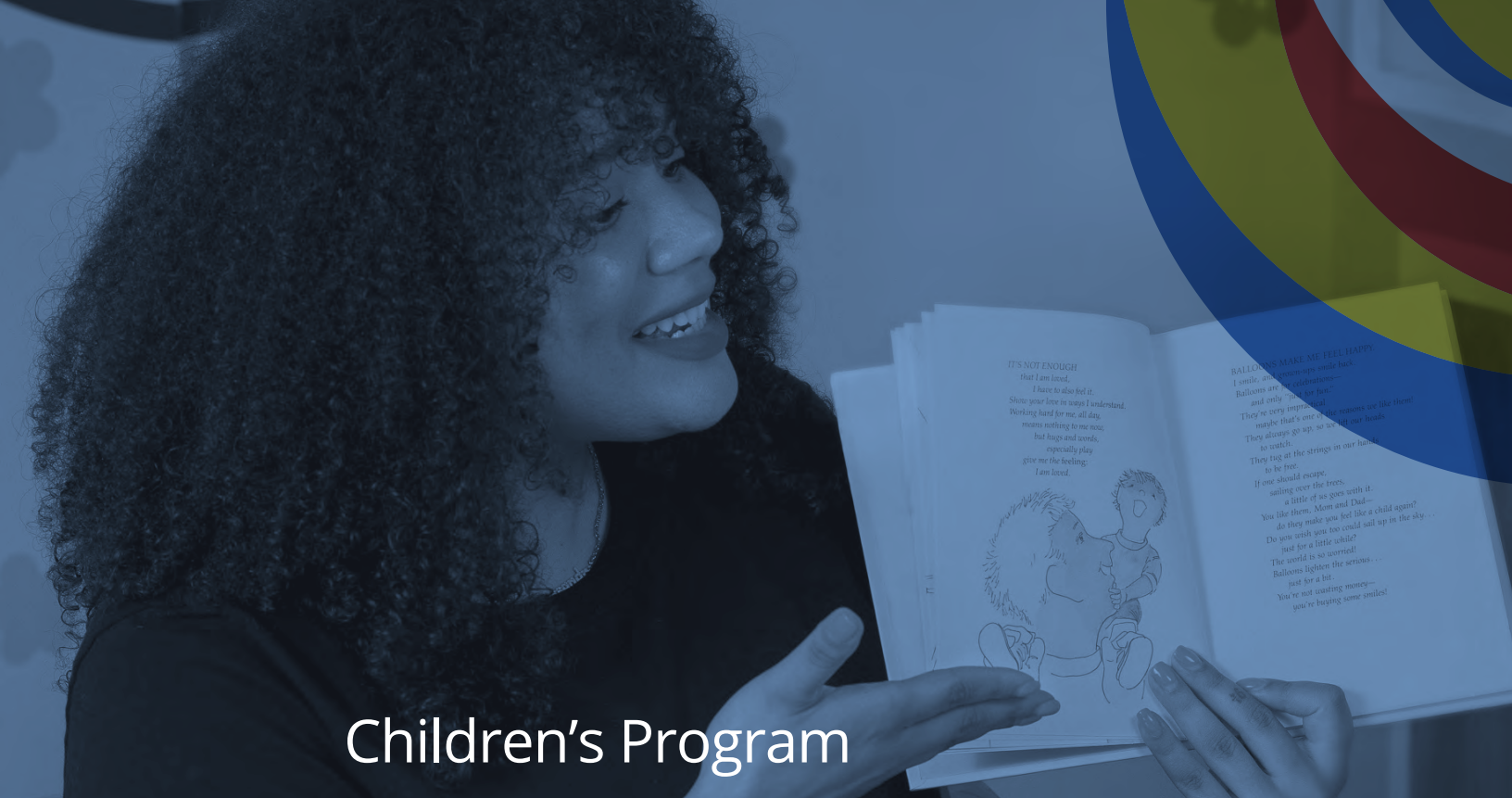


Essential Family Care Program

Renascent recognizes drug and alcohol addiction as a family disease and we see family members as clients in their own right. We offer help to all affected by someone else's addiction, whether or not the person experiencing addiction is receiving treatment themselves.

Our Essential Family Care Program is tailored to meet the distinct needs of people impacted by a loved one's drinking or drug use. We help family members and loved ones learn how addiction affects them and help them get the tools to set boundaries, and address enabling and codependent behaviours, so they too can begin their own recovery. The program includes group and one-to-one counselling with our team of addiction experts, and continued aftercare.

Renascent does not receive government funding for our Essential Family Care Program. Your donations ensure that families are able to access high-quality programs through bursaries.

A woman with dark, curly hair is smiling and reading a children's book. The book is open, showing two pages with text and a drawing of a child. The background is dark and out of focus, with some colorful circular patterns visible on the right side.

Children's Program

Addiction impacts children too and our Children's Program is designed to help children ages 7-13 develop practical tools for self-care and learn the skills to protect themselves from the effects of addiction. This program is open to all regardless of Renascent affiliation and it includes intensive programming, such as group and one-to-one counselling with our team of addiction experts, and continued aftercare.

Over the course of the program, kids learn that it is okay to hate the disease but love their parents. They learn practical tools to support self-care, communication, and the expression of emotions that may have been stifled. They learn that they are not alone and that other kids and families share their experience. The treatment program is powerful, yet allows kids to be kids. Play, arts, and games help kids process addiction and recovery as a personal and family experience, in an age-appropriate way.

Renascent does not receive government funding for its Children's Program. Your donations ensure that children are able to access high-quality programs through bursaries.

A photograph of two middle-aged men sitting and talking in a room with a fireplace. The man on the left is wearing glasses and a plaid shirt, smiling. The man on the right is wearing a dark patterned shirt and is gesturing with his hand. The image has a blue tint and a colorful circular graphic on the left side.

Continuing Care & Alumni Care Programs

Any big life change takes time and practice, and recovery from addiction is no different. Our Continuing Care Program provides 20 weeks of additional support to help protect recovery during the critical first few months after intensive addiction treatment to enable long-term recovery.

Our Continuing Care Program is available to anyone who has completed inpatient and outpatient treatment at Renascent, or any addiction treatment provider. Through the program, clients attend weekly sessions which include one-on-one counselling, as well as group counselling; clients receive intensive relapse prevention education; and structured content and assignments.

Our Alumni Care Program provides ongoing support to help sustain long-term recovery and offers workshops, social events and much more to keep Alumni engaged in their recovery journey.

Renascent does not receive government funding for its Alumni Care Program or its Continuing Care Program for clients completing inpatient treatment. Your donations ensure that individuals are able to access quality ongoing treatment and support after intensive inpatient treatment through bursaries.



Research and Program Excellence

As an evidence-based organization, it is important for us to continually analyze the quality of our care and the impact of our services to ensure that we are consistently delivering exceptional care through our programs. Renascent partners with university and hospital-based research groups to conduct outcome studies and program evaluations. Strong data support and analytics capabilities within Renascent are essential to enabling ongoing research and program evaluation.

Contributions made to support data analytics, program evaluation and research will help us continue to meet the needs of our clients.



Support Equity, Diversity and Inclusion

Renascent is committed to ensuring principles of equity, diversity and inclusion are at the core values of our work, and with ongoing focus, education and partnership with community stakeholders. Help us take this work to the next level by funding the creation of a dedicated position that will support increased access to treatment for marginalized populations impacted by substance use disorders.

A photograph of a man and a woman smiling and embracing each other. The man is on the left, with dark hair and a beard, wearing a light-colored button-down shirt. The woman is on the right, with short blonde hair, wearing a dark top. The entire image has a blue tint. In the top right corner, there is a graphic of concentric curved lines in blue, yellow, and red.

Impact of donors

Philanthropy enables Renascent to provide a more fulsome continuum of treatment, care, and recovery programs for clients and their families. From their first point of contact at our Client Care Access Centre, to our inpatient and outpatient programs, Continuing Care, and Family and Children's Programs – we're there every step of the way.

Philanthropy also enables Renascent to create new programs – such as our Virtual Intensive Treatment Program – and allows us to consistently evaluate, modify, and innovate within existing programs to better meet client needs and improve client outcomes and impact.

The need for our high-quality programs and services is growing exponentially and we work continuously to provide them in an, accessible and sustainable manner.


We need your support to save lives and help ensure people living with addiction can access treatment.



Renascent's Funding Model

Renascent is able to provide quality addiction treatment through funding from the Ministry of Health, our donors, and a fee for service option. As a not-for-profit, all funds are used to ensure that clients are able to access the services they so desperately need.

Philanthropy covers the cost of bursaries for programs with no government funding, such as our Family and Continuing Care Programs. It also helps us close the gap between the government funding we receive for our Inpatient Treatment Program and the cost of providing our services.



Types of giving opportunities

The need for our programs and services has never been greater. With one in five Canadians experiencing a mental illness or addiction issue, your donation will make an immediate impact.



Legacy giving

Leave a gift in your will as an act of generosity that will impact generations to come.



Corporate sponsorships and donations

Make a one-time or multi-year pledge to support our programs.



Event supporters

Support one of Renascent's annual signature events.



Third-party support

Arrange a fundraising event that will support our programs.



Personal giving

Become a monthly or one-time donor.



Become a Guardian Angel

Through monthly and annual donations, Guardian Angels help bridge the gap between the government funding Renascent receives and the actual cost of delivering inpatient treatment through our government-funded program.

Impact of our services (2020-21)

520 clients

received treatment in our inpatient program.

161 clients

received treatment in our Virtual Intensive Treatment Program.

303

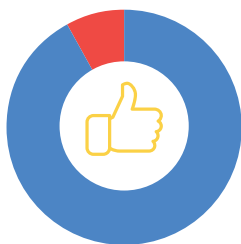
children, parents, siblings, partners, and loved ones learned how to cope through our Essential Family Care and Children's Programs.

28,359

phone calls to our Client Centre from people looking for support.

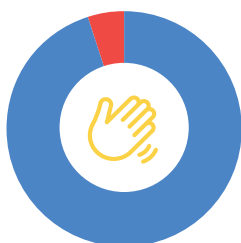
266

clients received continuing care treatment through our new virtual platform.



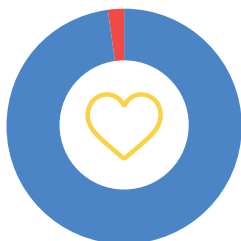
92% of our clients said

"I would recommend this service to a friend."



95% of our clients said

"I felt welcome from the start."



98% of our clients said

"The staff believed I could change and grow."

Source: The Ontario Perception of Care Tool for Mental Health and Addictions (OPOC-MHA)

“

I was given a second chance with Renascent – which transformed my life. I am so grateful for my journey with Renascent, as being sober gives me a whole new perspective on life. There are so many people who need treatment and do not have the funds required to pay for it. We are all lucky there are donors who choose to help. Without donors there are many people who would not have access to the addiction treatment services they desperately need. Their generosity is deeply acknowledged; I am so thankful for them.”

– Pat S., Intensive Outpatient Program Alumni

Meet our alumni

Lindsey's Story

Lindsey had been using heroin and fentanyl heavily for almost 10 years before she came into treatment at Renascent's Graham Munro Treatment Centre. Her dad died suddenly when she was 18 and his passing propelled Lindsey into a downward spiral. She began using more and more to cope with her traumas.

After multiple overdoses, Lindsey finally sought help at Renascent. Addiction is a cunning disease and even after her first stay at Renascent, Lindsey struggled. She was diagnosed with bipolar disorder and her uncle – who was a father figure – died while she was in treatment.

She relapsed and we were there to provide support when Lindsey returned to treatment. Our staff provided expert clinical care to treat Lindsey's addiction and helped her manage her mental health issues. After treatment, through our Continuing Care and Alumni Programs, Lindsey was able to stay connected to a strong recovery community and continue expanding upon the skills, tools and resources she gained in treatment.

"I've been sober now for over five years and my life is very different. Today, I am engaged and I have a strong relationship with my family. I can hold my head with confidence; I can look someone in their eyes. I am far more independent as well, with my own place and money," said Lindsey.

“

My experience with Renascent's Virtual Intensive Treatment Program was life-changing. I came into the group feeling scared and alone not knowing what to expect. The counsellors were instrumental in me taking my last drink. I have been sober for over five months and I am so very grateful that a program like this is available to those who suffer like I once did. Thank you!"

- Stephanie P, Renascent Alumni



Meet our families

Kristy's Story

When Kristy Stamp's husband began treatment at Renascent for addiction and mental health issues, she knew she too was in need of help. As the spouse of someone experiencing addiction, Kristy wanted to begin her own journey toward recovery and receive support.

Renascent's Essential Family Care Program was everything that Kristy needed. "The program helped me navigate the changes and obstacles I continue to face along my husband's recovery journey," said Kristy. "Feelings of support and connection were definitely made during the weekly meetings, and the information provided was extremely thorough and conducive to what I needed to learn and apply to my own recovery."

It's been a long road for Kristy and Tiberio, who are also the parents of a three year old. Over the years, Tiberio's cocaine, alcohol and marijuana use increased dramatically and while he tried not to use around Kristy, the tell-tale signs of addiction were there. It was after being hospitalized, that Tiberio decided to seek help.

Today, Kristy and her husband continue to work toward long-term recovery together and she is proud of the progress they've both made.

"The Essential Family Care Program built me up to be stronger in my decision making, up holding my boundaries and consequences, and helping me gain the courage to know that I am in control of my life and my environments and that I can choose to be with Tiberio but not the addiction," says Kristy, who has also noted very positive changes in her husband. "There are moments when I recognize his attention to me and to our family. I've seen huge changes in the level of courtesy and consideration he displays. He is definitely more present now and I trust him much more."

Wellness

There was a boy who was always smiling,
Nothing seemed to make him sad,
Until one day something bad,
Happened to the boy to make him mad.
The boy became a man,
Who never really had a chance
For he had a secret that no one knew
And he didn't know how to really be true.
Until the day he had, had enough
And he knew that it would be really tough
He had decided that it was time to smile
For to much time had passed in pain
He wasn't going to be mad again.
He had asked for help.
And to his surprise,
The boy could once again
Look people in their eyes.

Written by:

Tiberio



“

I truly believe now that the success of any recovery is only as strong as the resources that are offered. I'm very lucky to have been offered this opportunity. I wish more of these programs were available and more families knew that they don't have to go it alone.”

– Kristy Stamp, Renascent Essential Family Program Alumni

Meet our donors

Peter's Story

For Peter, choosing to become a Renascent donor and supporter was a simple decision to make. After successfully navigating his own recovery with support from many, Peter decided to give back and help others who are in need.

"It's all about giving back," says Peter, who had a successful professional career. "Life is good for me now and has been for a long while, but there was a time when it was pretty bad. I felt that a lot of people who crossed my path were instrumental in helping me turn my life around and learn to live properly."

No stranger to Renascent, Peter had once been a Renascent volunteer – giving of his time before choosing to support the organization financially. He had an opportunity to learn about Renascent's operations and knew that by providing financial support, he was enabling life-saving care through a reputable organization.

"Renascent staff are a very knowledgeable group of people, who truly care about helping and supporting people living with addiction and mental health issues," says Peter. "I was very confident in their ability to help people and their families recover from the same type of challenges I faced."

Drawn to Renascent's commitment to quality and excellence, Peter says that he was particularly attracted to supporting Renascent because it is an accredited organization. Accredited by the Canadian Centre for Accreditation, Renascent meets the highest standard for community-based health organizations.

"The Accreditation really strengthens the case to contribute financially to the organization," says Peter who is a monthly donor. "I am an advocate for monthly giving because it supports the ongoing operations and financial health of the organization. Monthly giving makes long-term planning possible."



“

We all benefit when we help workers struggling with substance abuse. Individuals get the assistance and support that they need. Companies benefit from healthy employees. Families and communities grow stronger.

Unifor strongly supports Renascent's comprehensive person-centered addiction treatment programs. We refer to Renascent because it works. We are proud to invest in programs that our members and their families rely on.

As a founding sponsor, Unifor is proud to have supported Recovery Shot (Renascent Foundation's annual golf tournament) for over two decades. More than \$2.6 million has been raised and thousands of families have been helped with treatment they would not have otherwise received.”

– Jerry Dias, Unifor National President



Renascent®

The road to recovery starts here.

Your support is critical to our success
and our vision of providing all individuals, families
and loved ones impacted by addiction with
timely access to comprehensive, person-centred
and evidence-based treatment

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Charitable Registration #11911 5434 RR0001