

Year | 2018-2019



Annual Report

Foothills Centre



Chairperson- Brent Feyter

I would like to start by thanking our staff for the work they do and the passion they have to ensure the Foothills Centre continues to offer the support and hope so many people need. Being on the front lines takes commitment, care, and a heart of compassion. Your dedication is appreciated, and we wish you and your families the strength and courage to continue supporting our friends and clients the way you do. A big thank you to Val Campbell, our Executive Director, for your dedication and commitment. It's so appreciated in helping keep things going and to maintain and increase the level of care experienced by all walking through the doors of our Centre.

The Foothills Centre is a beacon of hope for so many and this past year has shown this again in so many ways. With our occupancy rates at near capacity every day of the year it shows the service provided is valued and needed. The amount of testimonies and references received this past year have been amazing and are always an encouragement for the board and I'm sure even more so to our staff.

Thank you to AHS for their continued support for the Foothills Centre. The partnership we have has been rewarding and we look forward to continuing working together to provide a very essential service to our community and region.

This past year has seen the Foothills Centre working on several new initiatives and projects.

- ❖ A new van was purchased as a result of a large donation from a local community group. This will be a great improvement in the Centre being able to support our clients.
- ❖ HOAP Lethbridge continues to provide programing support for our clients which has been well received and appreciated.
- ❖ Westco Construction has volunteered their time to Foothills Centre in preparing building plans, site plans and proposed plans for an addition to and renovation of our existing building.

It's been a great year and we look forward to another great year of planning and discussing how best to see the Centre grow and modernize our facility to better support and care for our clients. If anyone has ideas or would offer support in heling us realize this dream, we would really appreciate hearing from you.

Thank you for again for the opportunity to chair the executive and I look forward to continuing to work with the Foothills Centre this coming year.

Executive Director- Val Campbell 29 years of service.

One of the joys of preparing an annual report is that it gives us an opportunity to look back and be thankful for all that has been accomplished. The past fiscal year was filled with many great successes and as Foothills Centre goes into this our 40th year I thought it most fitting that we acknowledge and recognize the dedicated years of service from our staff. They are key to this organization and play a major role in our client's success. We are so fortunate to have staff that choose to stay with Foothills Centre. We couldn't do it without you!!



Foothills Centre is governed by an exemplary group of volunteers who make up our Board of Directors. They bring exceptional skills, vision and experience to lead strategic direction, governance and accountability. Their support and encouragement make my job a lot easier to get done. I greatly appreciated all that you do for Foothills Centre.

And certainly, without the support from Alberta Health Services and the Alberta Rural Development Network we would not be able to do the job we do. We are very grateful for these partnerships.

I firmly believe that Foothills Centre is poised for growth and opportunity and I can't wait to get started!!

Executive Assistant- Disha Shah 4 years of service



Disha is one of Foothills Centre's greatest assets and makes all of our jobs just a little bit easier. Disha treats all who walks through our doors with kindness and respect, her commitment to Foothills Centre is so appreciated. Thank-you for always bringing your best self to Foothills Centre.

I am so grateful that the Foothills Centre has given me an opportunity to work as the Executive Assistant. I believe if you work hard and be innovative and put others before yourself; you can truly make the world a better place. We always do it the right way, with integrity and with passion. That's Foothills Centre at its best!

Donations



Chinook Financial



Streets Alive





Pete is our main man on day shift, he truly keeps things running smoothly when it could all go south real fast!! Pete really enjoys seeing the clients take new steps in life and being able to guide them by listening and sharing his own story. Pete appreciates all the changes that Foothills Centre has brought for the clients over the years and thinks the transition beds program is a great benefit. ***“The people I work with on a daily basis are like my family, it makes it easy to come into work. I don’t find the work I do stressful; I just really enjoy it and the people I do it with.”***

- Peter Pard
Admission Coordinator
15 years of service

Don’t let the size of this little lady fool you – she is the reigning Axe Throwing Champion of Foothills Centre!!! ***“I am proud to be an employee of Foothills Centre for 12 years. It is refreshing to see and be part of the many changes within our Centre these last few years; such as, the pre-treatment program, transition beds and relapse prevention. Also, more communication with inter-linking facilities. What I like about our Centre is that it is a non-medical facility and staff are not judgmental and we respect the client’s needs and what method of recovery they choose for themselves. I enjoy interacting and joking around with the clients. Foothills has become my second home. “***

-Jenny Scott
Client Care Assistant
12 years of service





If you don't recognize Glenda by sight, you most definitely will know her from the spectacular lunches she puts out for our board meetings. She's also our go-to plumber, handyman, fix-it-all kinda girl. Glenda has a positive & giving spirit; she generously donates her time for many of Foothills Centre's events. Glenda's absolute favorite part of her job is getting to know the clients from working with them in the kitchen. Aside from her part time job at Foothills, she is busy raising her family with her husband Bruce and is a 2nd year student with the Addictions & Counselling Program at the University of Lethbridge.

**-Glenda Jensen
Head Cook
10 years of service**

"I am an alcoholic addict who has been clean & sober for fifteen and a half years, by working at Foothills Centre I get to give back and share how I stay clean & sober. It's a wonderful gift to see others get back into life, their families, community and see them go on to help others. I find a sense of fulfilment by working here and I love my job. I get to continually learn more about my own recovery, which is another blessing. Thank you for the opportunity in which to do this. "

**-Heather Edwards
Client Care Assistant I
9 years of service**



Bailey Suykens – Acting Client Manager

I first started at Foothills Centre as a Client Care Assistant in November 2017. I became the Temporary Program Assistant in March 2018. I am presently the Acting Client Manager since May 2019 after Rick left to pursue his new career and while Kelsie is on maternity leave. I have my Social Work Diploma and am currently in my 3rd year working towards my Degree in Social Work at the University of Calgary.

Over the past year, as a Foothills Centre representative I was able to grow my confidence within my field of interest. I was able to develop my own working relationships with treatment centers and other agencies. I have also been able to maintain relationships that have been previously built. With the Transition Program fully up and running I have been able to see the gaps in service slowly close and watch motivated clients head off to treatment, instead of potentially falling between the cracks of the system.

Working with Foothills Centre has allowed me to see what happens behind the scenes of getting a client ready for treatment, such as setting up funding and working with our local doctors to fulfill an application. I am so thankful for this opportunity to work for such a great and needed organization. I look forward to continuing my growth with the Centre to ensure we continue to be successful with our clients.

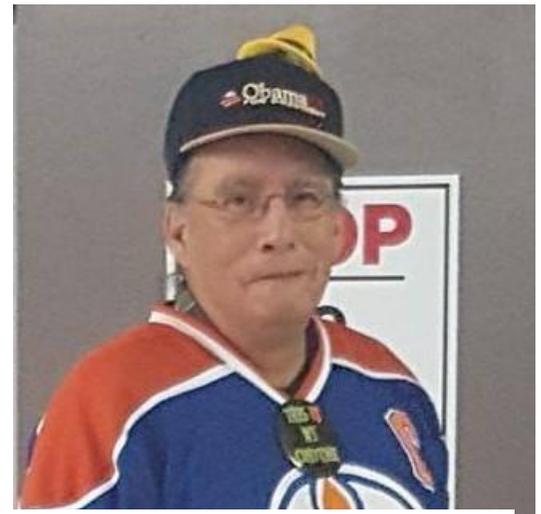


Working at Foothills Center is pretty darn good. It is personally very satisfying to be able to help people help themselves.

My wife and I were walking around a store awhile back when this individual, a construction worker judging by his clothing, accosted us. He shook my hand and thanked me and the missus for helping him out of a bit of a hole. I was quite touched as the gratitude on his face was very apparent. By that time, I knew who he was. He was a past client that took the bull by the horns and did what he had to do to escape the morass of addiction.

Another great thing about working at Foothills is, is the new crop of addictions workers, particularly the ones coming out of university. Their enthusiasm and idealism are quite infectious. It's kind of contagious and renews my own idealism.

There is much more that I could say. But I'd like to thank the management team for the opportunity for working here.



**-James Mackay
Client Care Assistant I
13 years of service**

The Transition Bed Program is for motivated individuals who want to further their life in recovery. It allows them to have a safe place to stay between detox and further treatment and/or housing. This program is fundamental as it fills in the gap and replaces the situation where somebody would have to return to an unsafe place, such as homelessness, shelters, or in a household where there could be drug misuse or stressors that could lead to relapse.

I have been working at FHC for over a year and just recently was promoted to the Transition Liaison Worker position. I have seen this program grow throughout the time I have been here, and it has been heartwarming to know how many individuals it has helped. This has inspired me to help with the process of pushing it to grow further. I am currently in the process of building onto the current program with volunteer opportunities, regular outings of physical activity, and specific programming geared for each individual in their early stages of recovery. The program goal is to not just provide a safe place to stay, but also a place that an individual could grow their confidence, life skills, and learn healthy hobbies and activities.

It has been a pleasure working with Foothills Centre and I look forward to the future of the Transition Bed Program. Through teamwork, funding, and community resources I believe we could make this program what it really needs to be. The opposite of addiction is connection and that's what we strive for in this program.

**- Alicia Cahoon
Transition Liaison Worker**



Client Testimonials

- ❖ **Wonderful place saved my life and helped me get to the treatment I needed.**
- ❖ **The staff care for the clients in a manner as if they were their own family, you are amazing!!!**
- ❖ **The staff and program are fantastic. This place is #1 for anyone needing help.**
- ❖ **I felt very supported and looked after – thank you for all you do!!**
- ❖ **Thank you for not giving up on me even when I had given up on myself.**

New Beginnings- Collette's Story

For as long as I can remember my childhood and adult life were riddled with drug and alcohol abuse. I grew up as a ward of the government after being placed in foster care at the age of 13. I was scared and although my foster parents attempted to make me feel wanted, I felt abandoned and insecure and soon after began to dabble in drugs. I had a very painful experience while in foster care with sexual abuse and my career as a runaway took effect as I risked my life by hitchhiking to the streets of Vancouver and other places in BC. I had read the book "Go Ask Alice" when I was young and was intrigued by the book as the theme of the book was about a 15-year-old runaway who heads to Vancouver and begins a journey of self-destruction as she experimented with drugs. Plus, it was the "70s" and life as a hippy with no one telling me what to do appealed to me. I ended up eventually in a juvenile detention center but jumped out of a second story window and ran away to Saskatoon after having stolen ID. With my new identity I lived a life under an assumed name making my living working in bars and nightclubs in the night life scene. During those years I dabbled a lot with drugs such as acid, mushrooms, MDA and weed.

AT the age of 18 and single I found myself pregnant and soon after my son was born with my daughter gifted to me 6 years later. I thrived as a mother. I remember how thrilled I was finally having someone to call my own. Someone to love me unconditionally and to love them back. As I had no education dropping out of school in grade 9 I decided to pursue my dreams to give my kids a better life and I enrolled myself in nursing school.

I found my forte in nursing school and I worked hard at raising my kids as a single mother while I studied. I was very competitive and 4 years later I graduated as an RN with honors. What I didn't expect and the beginning of my downfall was when I graduated in the early 90's it was during the Ralph Klein cutbacks to health and I had this bright future ahead of me and no job

Soon after I fell into despair especially when the bill collectors relentlessly pursued me to pay back the students loans I had accrued. I had no means and I fell into financial difficulty. I stopped answering my phone when it rang because more often than not it was a bill collector with threats of taking everything I owed which wasn't much.

During this time, I know now was my inability to cope and after doing so well for so long I fell into my addiction. It came without warning. I was at a friend's house party and I couldn't find my boyfriend when I finally found him he was down in the basement with another couple. They were smoking something from out of a can and when I asked them what they were doing they stated they were smoking crack. My girlfriend asked if I wanted to try ☹!!!! In a weak moment I tried crack for the first time and I hadn't even finished blowing out the smoke before I asked for another one. This is the moment I describe as I thought I died and went to heaven. For 12 years my addiction to crack cocaine spiraled out of control losing everything I had including the love and respect of my children, two sisters and a mom who pretended I didn't exist for 7 long years. Still I couldn't stop and most days didn't care if I lived or if I died.

I always thought I was destined to die an addict as I had tried to stop on my own many times but couldn't even with the best intentions.

One day some of my addict friends came to say goodbye. They told me of a place in Fort Macleod called the Foothills Detox center that they were going to attend to get help for their addictions. I didn't know a place like that even existed where I could go get help for my addiction so I asked them questions such as the cost, if I could go, so on and so forth.

They gave me the number and I called the number to make arrangements for myself to attend. I gave my information to "Pete" who still works there to this date and made arrangements to attend myself. I was so excited and then when Friday came along my friends never showed up to get me and I never made it! I was so disappointed, but what it did do, was plant the seed and on one particular hard day where I contemplated jumping off the high-level bridge, I reached out to my daughter to take me there. My daughter seemed to not care less about me at that time and I had been spending my days in the cold winter months on the streets shivering in people's doorways.

But this day was different it was Easter Sunday March 26,2005 and I had called my daughter to come to a crack house after threatening her with ending my life. I told her if I don't get \$40 dollars, I was ending it. She was 16 at the time and ended up borrowing money off of her boyfriend's grandma so that I didn't make good on my threats. Anyways when she arrived, I reached my hand out with greed into her car to get the money, and as I did so I felt shame like I have never felt shame. My arm and pants were covered in blood from my last fix, as by this time I had been injecting cocaine for at least a year and a half. My daughter said, "by the way mom, Happy Easter!" I walked back into the crack house after she drove away and for the first time in 12 years saw what I had become. I saw in the mirror in this little bathroom in this old crack house sunken eyes, bones sticking out of my neck. I was a skeleton. I was dying!! The saddest part was I didn't even realize it. But yes, it was Easter Sunday and I couldn't tell you the last time I had acknowledged a holiday or a birthday for my children. I promised myself on that day that I would never spend another holiday away from my kids.

I called my daughter once again and even though I hadn't called ahead I asked my daughter for a ride to this place called detox. I remember the drive vividly. My daughter told me I stunk and was pathetic. She managed to scrape enough money together to buy me shampoo and conditioner at the dollar store. She also provided me, an avid smoker, with 6 cigarettes, and together we rang the bell at the Detox Center. After "Pete" found out I hadn't booked a bed and there was no room in the Inn, one part of me was very happy. On the other hand, my daughter wasn't buying it and told Pete if she had to take me back to Lethbridge I would die. Pete sad wait a minute and came back to tell me that if I didn't mind a mat on the floor I could come in until a bed opened up. The mat on the floor was not appealing to me but my daughter made it clear she wasn't giving me a ride back. So, the journey began.

I weighed myself as soon as I had some energy back and I was 88 lbs. I couldn't even find the strength to get out of bed and I remember the case manager used to come to my bedside and bring me crackers. I was so thin I had to pick my leg up just to get into the bathtub.

At first I thought I would stay there only long enough to get back my strength and I could go back to my life; but I remember the feeling I had the first time I brushed my teeth and put on my pajamas before crawling into bed. I hadn't done that for years and I wanted more of it.

The biggest factor that kept me there was the love I felt from the staff. Some of the staff went over and above to make me feel like I was worth something as I felt so useless and filled with so much shame to what I had put my family through. I wanted to leave but they believed in me, so I didn't want to let them down. That literally is what kept me there in the beginning. My recovery was not easy as many times I felt like running and going back to what I knew best but I threw myself into the 12-step program entirely. I went to thousands of 12 step meetings once back in my hometown, got myself a sponsor and did service work in those rooms. I found if I had to be accountable to someone else I wouldn't or couldn't let them down.

I also had to prove I could stay clean in my hometown as my kids didn't think so. I'm as stubborn as they come though so I set out and continue to prove them wrong.

They say everything happens for a reason and I feel that I was destined to be an addict so I can live the life I live now. I have been blessed to work in the Foothills Detox Center for going on 12 years now and I also have an amazing job working with the homeless population in Lethbridge. I come to work each and every day doing something I love and that is giving back. I know it sounds cliché, but I give back to others what was given to me so freely. I understand what it was like to struggle with addiction and in some small way I hope to install hope in others that recovery is possible. I have also rebuilt my relationships with my family and my kids, and they have found forgiveness. I knew that the only way I could say sorry for what I had done was to come back to them and be the mother I knew I could be.

I was asked to keep my story to ten sentences but as my thoughts began to flow I just couldn't, so I send you my apologies in advance.

The amazing part is after 14 years my story is easy to tell. I never want to forget it - so I never have to repeat it.

Forever grateful,

Collette



Rick Gainford **Cook – November 2017**

Wow, it's been over a year and a half now since I left the transition program and started working here. It's been incredible being a part of the Foothills Centre family. It has its highs and some lows, but you get that with any family. Speaking of family, I still have tons of love and support from all my family members. My boys come to work and help me out from time to time and its incredible having them beside me. I do my best to teach them stuff in the kitchen. The kindness you can give to others who could use the support or even a kind word. And they teach me the value of family, fun and laughter just being there for them as a father. It's amazing how far I've come in what seems like such a short amount of time. I guess it's true what they say... time flies when you're having fun and enjoying life. To think it all started here, with the staff at Foothills who I now think of as family. I should probably get back to burning lunch ... kidding!!! With sincere thanks... Rick G & boys



What Rick is neglecting to tell you is just how big his heart is and how he gives back to Foothills Centre and the clients in so many ways. From coming and taking the transition clients on outing on his own time to making special treats for the staff. Rick's kindness to others is very appreciated and we are so happy that he is a part of our "family".

Dillon Fogen **Client Care Assistant - March 2019**

It was just last year in our annual report that we were sharing a story about Dillon coming back to Foothills Centre to celebrate his one-year recovery journey with the clients. Fast forward to his second-year anniversary, with a broken relationship and not doing well; Dillon found himself sitting in a bar, ordering a drink. He knew he had a choice to make that would most likely affect the rest of his life. He says that although the drink sat in front of him within arm's reach, he could not pick it up. Dillon phoned Foothills Centre and spoke to Rick. Dillon says that Rick saved his life that day when he told him to get to Foothills Centre. Dillon stayed for 16 days until he found stable housing in Fort Macleod. We hired him in March 2019. Dillon serves as a powerful, positive role model, his life experiences are a great example to the clients of what can be achieved.

"There's something about Foothills Centre that feels like home to me, I feel safe. I really like being a part of the Centre, it just doesn't feel like work to me. "



2019 Bachelor of Health Science Graduates



From Left to Right

Alicia Cahoon

Junior Practicum student at Foothills Centre January to April 2018.
Part-time Client Care Assistant -March 2018
Full -time Transition Liaison Worker-May 2019 -Present

Darlene Cocks

Part-time Client Care Assistant April 2016- Present
Senior Practicum at Foothills Centre September- December 2018

Samantha Starzyk

Transition Liaison Worker October 2017 – January 2019.

Rick Benoit

- Junior Practicum Student at Foothills Centre January -April 2016
- Part-time Program Assistant April 2016
- Client Manager May 2018 – May 2019

My experience with Foothills Centre started as a practicum student. Once the academic requirement had been met, I was offered a part time position as the Program Assistant. I was able to work part time, with flexible hours, while continuing to work towards completion of my bachelor's degree. This benefited me immensely. Having the ability to practice what I was being taught, from an academic perspective, enabled me to grow and develop my professional skills. I ended up completing my bachelor's degree with Distinction. I attribute a large portion of why I was able to obtain such high academic standing to additional knowledge and experience that I acquired during my employment with Foothills Centre. Over the course of the past year, I have had the privilege of holding the position of Client Manager at Foothills Centre

I have been able to develop great relationships with other agencies that operate within the addictions sector and without this great opportunity, I would not be where I am today. The professional and personal relationships that I have developed will follow me throughout my career and Foothills Centre will always have a huge position within my story. Foothills Centre has been a large steppingstone in my career development process and will always hold place in my heart. Thank you so much for everything that you have provided to me.

Rick was offered and accepted the position of Associate Director of Recovery Programming at Streets Alive in Lethbridge.

2018-2019 Detox Program Statistical Data

Number of Admission: 639

Number of clients who completed the program : 569

Number of clients to referred to other addiction services and/or mental health treatment services: 362

Number of Male : 435 Female: 204

Occupancy rate : 98%

Average wait time for detox program : 1.78 days

2018-2019 Transition Beds Statistical Data

- ❖ Number of Admission: 122
- ❖ Number of clients attended addiction treatment services: 84
- ❖ Number of clients housed: 7
- ❖ Occupancy rate: 97%

In 2018-2019 with our partnership with Sandwiches with Soul program 429 sandwiches were handed out to the hungry.

Our Team



Full-time staff

Kelsie Haughian
7 years of service

Peter Pard
15 years of service

James Mackay
13 years of service

Heather Edwards
9 years of service

Erwin Henze
5 years of service

Bailey Suykens
2 years of service

Part-time staff

Jenny Scott
12 years of service

Collette Ryostock
12 years of service

Lena Small Legs
5 years of service

Ronak Shah
5 years of service

Darlene Cocks
3 years of service

Alicia Cahoon
1 years of service

JB Groves

Jessica Goodstriker

Dillon Fogen

Causal staff

Chris Rawlinson

James Kanaroski
1 year of service

Jody Plaineagle

Part-time Cooks

Glenda Jensen
10 years of service

Rick Gainford
2 years of service

Causal Cooks

Diane Vandervalk
15 years of service

Sandra Weaselfatt
2 years of service

Kim Weaselfat
2 years of service