



FOOTHILLS CENTRE



2019 - 2020
ANNUAL REPORT



Chairperson - Brent Feyter

What a wild year this has been. WOW. Looking back, I can only say how much we appreciate the diligence, flexibility, and dedication of all the staff of the Foothills Centre. Thank you! – all of you are so critical to the continued success of the Centre by serving and helping every client that comes through our doors. Then, along comes a global pandemic that has challenged everyone with regulations, rules and precautions that changed by the day in many cases. We are grateful that Foothills Centre has been able to get back to providing essential critical support services.



A big thank you again to Val Campbell, our Executive Director, for your dedication and commitment. Helping keep everything orderly, professional and successful especially in light of the challenges experienced over the last months, which has been no small feat.

The impact Foothills Centre has on the lives of individuals is evident in the many positive testimonies and referrals received. Each time we as board members read them its an encouragement to continue, cheer on our staff and do our best to ensure staff have the support and tools to continue doing our absolute best.

Thank you to AHS for their continued support for the Foothills Centre over the last year. Our partnership is critical for the health and well being of all our clients so we at Foothills Centre look forward to finding ways to serve and support our region to our fullest potential. As detailed in this report, plans for an expansion are getting closer to realization. Westco Construction has been instrumental in helping get development permit approval and at the same time preparing plans for building permit application. If everything goes as planned, and finances allow, the Centre looks forward to seeing construction start with hopes of a completed addition in 2020. This is extremely exciting for us all and thank you to everyone's contribution in helping move this vision along.

Having been on the Foothills Centre board for over 7 years, I must say I have appreciated being a member and the opportunity to support this great local organization. Being on the board is made that much better with the support of fellow board members. Thank you Liisa, Sharon, Linda, Marilyn, and James for the support you provide. Thank you to those board members that have resigned from the board in the last year – your support was greatly appreciated. I especially want to recognise Tammy Paiha for the 16 years she has volunteered her time on the board. Thank you!!

Thank you, Town of Fort Macleod, for your continued support and involvement in the Foothills Centre. An organization like ours in a small community is amazing – helping our clients know they are valued and supported is critical to healing.

I look forward to another great year working with staff and board members to help friends and neighbours successfully gain victory of very personal life struggles.

Executive Director - Val Campbell

For the past 40 years Foothills Centre has been offering kind and compassionate care to those suffering from the effects of addiction. We believe everyone deserves another chance at a better life and we are fortunate at Foothills Centre; to see lives changed every day. It is a powerful thing to see change and to hear the stories and to have those individuals come back and pass on their experiences, strength and hope to others still struggling. Some of those stories we share with you in this report. Stories we all need to hear time and again for they remind us why we do what we do.

I am extremely proud to be a part of Foothills Centre and as I reflect on the past year and our accomplishments; I feel privileged to be working with such dedicated staff. They are truly committed to providing the best care possible to those we serve. I am humbled by their unwavering support and even in the times of unknown, as these past few months; they have been steadfast with their dedication to the clients. They are an amazing group of people!!!



It is also a pleasure and honour to work with so many dedicated board members who generously contribute their time, energy, and wisdom to Foothills Centre. My sincere gratitude for your support this past year and going forward.

All of what we do would not be possible without the partnerships and community supports we so thankfully have. Alberta Health Services continues to see value in our detox program, they are a vital partner in our ability to provide outstanding service to Albertans. The Alberta Rural Development Network provides funding through the “Reaching Home Strategy” for our transition beds program, which supports homeless individuals waiting to get into further treatment. We are grateful to be able to offer this much needed program to our services.

If you have ever asked yourself, “How can I help?” “How can I make a difference?” the answer is simple – call us, support our work, and share our stories. Helping one person might not change the world but it could change the world for one person.



The History of Foothills Centre



The idea for Foothills Centre started in 1975 with the Fort Macleod Town Council realizing that there was a severe problem in the community with people abusing alcohol and public intoxication.

In the spring of 1976, the Foothills Alcohol Action Committee was formed and was represented by people from the Peigan Reserve, Blood Reserve and the Town of Fort Macleod. Research was completed by this group during the next two years in an attempt to determine what the actual need was, what facilities were available, what possible sources of funding there were, and how a detoxification centre could become a part of the continuum of care for those suffering from alcoholism. Fort Macleod, because of its central location in Southern Alberta was the recommended location.

The Alberta Alcohol and Drug Abuse Commission (AADAC), who had been actively involved with the project from the beginning; granted funding for the project in July 1978. The Town of Fort Macleod offered a choice of land, free of cost, of either two lots on the corner of 5th Avenue and 12th Street or an area of approximately four lots on 18th Street, west of 8th Avenue. With the latter site being chosen, and where Foothills Centre presently sits.

In September of 1978, a Director was hired and a mortgage for construction was obtained from the Macleod Savings and Credit Union. Kainai Industries of Standoff was contracted to construct the building, which consisted of seven modular units. By the spring of 1979 the building was put on the foundation and work was completed.

On October 5th, 1979 representatives from provincial and local governing bodies were present to officially open the Foothills Centre. This completed four years of labor by a large number of people that had a vision to support the community and surrounding area; and provide a safe & caring environment for individuals suffering from addiction.

On October 18, 2019 Foothills Centre Board of Directors, Staff, Representatives from the Town of Fort Macleod and Alberta Health Services and many friends from the community, came together to celebrate Foothills Centre's 40th Anniversary.





40 Years Celebrating Foothills Centre

On October 18th, 2019 Foothills Centre Board of Directors, Staff, and Friends came together to mark 40 years of serving Alberta's most vulnerable population. Many thanks to Deputy Mayor Montieth for his kind words and bringing acknowledgement from the Town of Fort Macleod. Special thanks to Colin Zieber, Senior Operating Officer of Alberta Health Services South Zone. Colin's ongoing support and commitment to Foothills Centre is greatly appreciated and we look forward to a continued successful relationship. Heartfelt thanks to Shawna Pinay for sharing her powerful, inspiring story. We are humbled and immensely proud to have been a part of her recovery journey.





Foothills Centre Staff Appreciation



Celebrating 40 years



*May you be proud of the work you do,
The people you are, and the difference you make.*



We are not a team because we work together, We are a team because we respect, trust and care for each other.

Farewell Merna and Gordon. Thank you for everything!



Merna Wiedwald
28 years

Gordon Timpson
15 years

With gratitude and appreciation we extend a huge thank you to all of our volunteer board members for their dedication and contribution to Foothills Center

2019-2020 Foothills Centre Board Members



Back Row: Liisa Gillingham, Merna Wiedwald, Linda Henning, Sharan Randle
Front Row: Board Chair - Brent Feyter, Tammy Paiha, James Possin Missing: RCMP-Tracy Gates

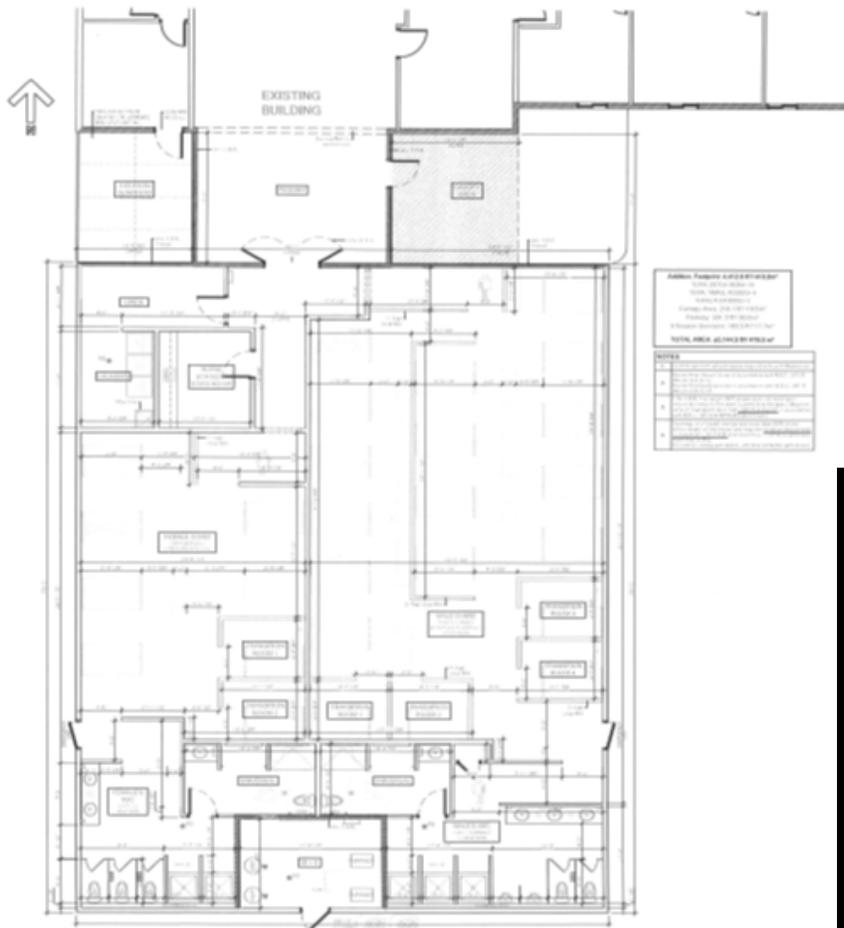
New Development - Plans for Foothills Centre – Phase 1

Plans for new development have been in the works since March 2018 when Foothills Centre's board members discussed our aging and outgrown building. Since then, a plan has been set in place for improvement and adding extra capacity for potential growth.

The building improvements will be completed in two phases. The first is the construction of a 4,412-square-foot addition attached to the current building. When completed, the expansion will include comfortable sleeping space for up to 27 beds for detox and transition clients, upgraded bathrooms, a main floor laundry facility & linen storage and an office space.

The second component will be to repurpose the old sleeping quarters into office space and a board room, allowing us an enlarged dining area, and an arts & crafts room.

Foothills Centre is in the process of raising funds to help complete our project. If you are able, we would love for you to help us out. Please consider contacting Foothills Centre to donate. All donations are tax deductible.



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world; but it could
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While I sit here and reflect on my experience with Foothills Centre, I am filled with feelings of overwhelming gratitude and joy for the compassion and understanding that has been extended to me by the staff and clients alike. Upon arrival, I've always been greeted genuinely and respectfully by the employees on shift, some of which have seen me several times over the years from unexpected relapses. Although, I have been somewhat of a frequent client of the centre, I've always felt accepted and welcomed by staff with outstretched arms, warm smiles, and nutritious meals to help me begin my healing.

A more recent implementation of the transition program allowed me to stay a few weeks longer to bridge the gap between exiting detox and going into residential treatment. The transition program made sense, and I figured I would be safer at the centre than couch surfing or on the street which is where my addictions were bringing me, and worse.

Despite there always being a wide range of diversity among staff and clients, there exists a harmony and respect I've always appreciated.

Since leaving the centre, I maintain sobriety by attending church, support groups, connecting with others and striving to live by spiritual principles. I have also rekindled my passion for guitar, drums, songwriting and fitness. I currently reside in Lethbridge where I plan to study psychology in the near future. ~ ~ Matt S.



A Thank You to the Volunteers at Foothills Centre



Foothills Centre has some incredibly special people that generously volunteer their time to help make the Centre a warm & welcoming environment for our clients. The individuals that come to share their knowledge and experience through groups, help to make the Centre as holistic as possible. In this effort, clients can come into contact with many different recovery services to help find one that resonates most to them.

There is one individual especially that we want to highlight as he spends up to 10 hours a week providing any extra help that our clients may need. A special thanks goes out to Dwayne, who has been volunteering with Foothills Centre to help transport clients to treatment or court dates, taking the Transition clients on meaningful outings, and facilitating a group once a week. As with any program, there are always gaps that need to be filled and Dwayne is our go-to-guy.

We, at Foothills Centre, thank you for your time and compassion.



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December 18, 2019

Foothills Centre
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Fort Macleod, AB T0L 0Z0

Dear Val;

I wish to express our most sincere gratitude for help with the *Tom Jackson: The Huron Carole* concert. Your staff and transition clients were most helpful. The transition clients greeted our patrons at the door with much enthusiasm and carried the donations for the Centre downstairs to our green room. At intermission, it was lovely to see your clients graciously interact with our patrons. It was a pleasure for me meeting everyone and taking them on a tour of our historic theatre. There was much interaction and questions from the Foothills Centre clients, which made for a fun, laughter-filled tour.

We welcome you all back to the Empress Theatre at any time. Our doors are always open.

All the best,

Margaret Ann Bianco
Theatre Director



"I owe a whole-hearted thank you to everybody that is involved with the Foothills transition program. When I arrived at the detox, like many others, I had lost my way. Feeling weary, tired, and confused, the thought of a longer stay or continuing to rehab was not a focused goal. After a few days of proper rest, diet, programming and staff support, the best plan for my sobriety became clearer. I was told about the transition program & jumped at the opportunity. I felt that I had earned the respect of the staff, and even trust. It also grouped me with other foothills clients who were also on their way to rehab treatment. Having that common goal led to a support network that we all needed. I am grateful for the trips into the community. Just seeing normal life with sober eyes had a great impact on my perspective. Inside foothills, transition allowed me to feel like I was giving back by helping with extra chores and responsibilities. I just wish there were more we could do. Here we are, a barely tapped resource and under-utilized asset. Please grow this program, it did wonders for my confidence as I head into rehab tomorrow. I hope that many others get there too.

All the Best - Andrew "

From Kelsien Haughian - Client Manager

As a Foothills Centre representative, I have had the opportunity to network and strengthen relationships with multiple treatment facilities and sober living homes. We currently have strong working relationships with Lander Treatment Centre, Fresh Start, Dream Centre, Alcove, Sunrise Native Addiction Services Society, Grace House, and South Country Treatment Centre. We have also established a strong connection with Southern Alcare Manor, Genesis, and Exodus sober living homes. Having positive relationships with these facilities enables our clients to be fast tracked and admitted doot-to-door from our facility to theirs, whenever possible.

Over the past year, our group programming has been expanded to include alternate recovery based presentations and facilitators. We currently offer the ability for clients to attend 12-step meetings, both in house and at the Alliance Church next door, along with an alternate branch off the 12-Step program; which is an "Agnostic and Atheists within A.A." meeting. Along with regular evening meetings, we have expanded our 12-Step connection to include weekend group speakers from A.A., N.A., C.A., and Bridging the Gap. Our centre now also incorporates group sessions facilitated by a Smart Recovery coach, Pastors from the Holistic Opiate Abstinence Program, ARCHES from Lethbridge pertaining to harm reduction and naloxone training, and the Pastor from the Alliance Church.

Although COVID-19 has drastically affected how our facility operates, we have managed to maintain daily group programming, referrals to treatment centres and sober living, as well as ensured that clients have the activities and materials needed to keep busy during their stay.

I wanted to leave a little note expressing my experience at the Centre. First, thank you so much Kelsey, for keeping in touch with me during these crazy times of social distancing, and for getting me in as soon as possible.

Your regular updates and reassurance made me feel important and relevant. Thank you, Alicia, for the time and interest I received in developing a support strategy, I feel we made significant progress now and for future endeavors.

My stay here was more profound and helpful than you can imagine. Perhaps it was the smaller numbers, the laid back and non-judgmental atmosphere or the right fit at the right time for me. Although all of the above are true, it was in fact the philosophy of the centre (in my words/view), It is easy to sit with the well, it is true character to sit with the broken. You all do this so graciously and with ease.

Every interaction experienced here, from management, to specialty services, front line staff, to your amazing kitchen staff, has been positive and pleasant in every regard. Just knowing that the centre is only a phone call away means a great deal, and offers hope, encouragement, and comfort. Please accept my most sincere thanks and gratitude for providing me with excellent care, concern, and respect.

Most Sincerely, Shaun M.



“My personal experience in this program has been wonderful. To me, the detox centre isn’t like a detox at all; it’s like a home full of people who care and support me in this journey of finding the importance of all the lost parts. The people here are more than just clients, and staff; they are family. The transition program has so much to offer, with outing and volunteer opportunities that give you a way to give back and is a really great steppingstone into recovery. – Lee”



From Alicia Cahoon – Transition Liaison Worker

The Transition Program has seen a lot of change throughout this past year. As our relationships have grown with other Treatment Centre’s, we have found that the wait times are getting shorter for individuals coming through our program. The time spent in the Transition Program allows our clients to grow confidence and self-esteem through volunteering, activities, regular outings, life skills, and healthy hobbies.

Some of the opportunities that have been available to our clients are volunteering at the Lethbridge Food Bank, attending cooking classes at the Interfaith Food Bank, and getting a chance to learn about Blackfoot history by going to the Heads Smashed In Buffalo Jump. There has been growth in the relationships with FCSS and the Fort Macleod Chamber of Commerce. This has allowed us an opportunity to volunteer at many of their events, including the Antique’s & Art Show & Sale and the Job & Career Fair. Our continuous participation in the community garden helps to foster important life skills on how to take care of something that needs nurturing and time. We also had the opportunity to volunteer at the Tom Jackson Concert at the Empress Theatre and accepted donations for Foothills Centre. One volunteer in particular has helped our centre to bridge the gaps even more, by helping build connection with clients, taking them on outings and also helping with transportation to Treatment Centre’s out of reach from the Transition Transportation.

The Transition Program has seen challenges and successes as COVID-19 has changed the outlook on this year as it has taught me, and the clients, to be creative with the resources that we have access to. I believe that once this all passes, we will all look forward to how the program will grow in the future as we continue to build strong connections throughout the community.

Foothills Centre Staff Recognition



10+ Years of Service



Peter Pard
16 Years of Service

James MacKay
14 Years of Service

Collette Ryostock
13 Years of Service

Jenny Scott
13 Years of Service

Glenda Anderson
11 Years of Service

Heather Edwards
10 Years of Service

5+ Years of Service



Kelsie Haughian
7 Years of Service

Erwin Henze
6 Years of Service

Disha Shaw
5 Years of Service

Thank you
For all you do

It is because of you that Foothills Centre has become more than just a place of work.

Your willingness to serve as well as your sincerity and dedication is greatly appreciated and has shown that we have the power to rise above any occasion.

You are truly amazing and valued beyond measure.



Our
TEAM
&
Special
Visitors

