

ANNUAL REPORT

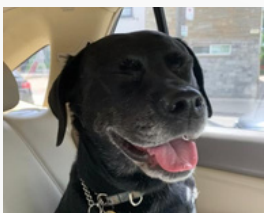
2022-2023



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ON THE COVER



Walter and Izzy:
Back Cover



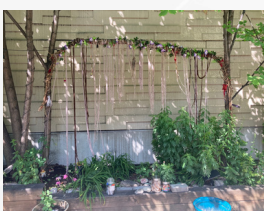
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TEAM

Amanda Ross
Amit Robson
Amy Druker
Amy Muli
Anita Srivastava
Anne Marie DiCenso
Camille Cameron
Carmel Hutchison
Claudine Tran
Dana Kirkcaldy
Danielle Lobo
Ellen Chang
Finn MacLeod
Gordon Seaman
Jean Malig
Kai Sommerville
Kathy Hughes
Katrina Dunn
Kennedy Klak
Lindsay Williams
Madison Tooley
Manisha Rampersad
Marina Classen
Marina Douglas
Melissa Pisante
Mella Brown
Melody Alderton-Ballik
Milyon Woldemichael
Mohak Ramnani
Nicola Bangham
Odessa Hewitt-Bernhard
Pam Castelmezzano
Reina Grant
Renee Sandler
Rhekia Fahssi
Sasha Humar
Sev Arslan
Stefania Sgambelluri
Stephanie Venneri
Stephen Chatterton
Tim McConnell
Winnie Payne

REDUCING HARM, ENHANCING HEALTH

Since 1989, Breakaway Community Services has provided innovative harm reduction based substance use. We pride ourselves providing services designed to break down barriers to accessing support, and that fill in the gaps in service that our clients experience. Our programs are flexible, trauma informed, and evidence based. We know that mental health is more than simply emotional: it requires shelter, access to the necessities of life, and a community of support. For this reason, our services support all aspects of our clients lives and situations, while meeting them wherever they are at on their journey.



Joey, Mella, and Nicola at the launch of the Through Ruff Times documentary.

BOARD OF DIRECTORS

Tracey Methven
Chair of the Board
Neha Trivedi
Vice Chair
Nicky Lightstone
Treasurer
Nicole Hunter
Secretary

Brian O'Connor
Janet Hicks
Aadil Mangalji
Salamatou Camara
Jordann Thirgood
Selvalakshmi Rabindranath Tagore
Kelly Holt

OUR MISSION AND VALUES



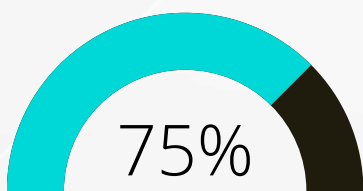
DID YOU KNOW?



1 in 5 Canadians will meet the criteria for a substance use disorder at some point in their lives



Of people who have used substances, 1 in 6 have reported experiencing harm as a result of their substance use.



75% of Canadians would not disclose a substance use or mental health concern to a coworker.

CELEBRATING BRIAN O'CONNOR

We have the privilege this year of celebrating the retirement from the Board of Brian O'Connor, who has dedicated 30 years of unwavering service to Breakaway and has been a valued pillar of our community.

Throughout his tenure, Brian has been the embodiment of dedication, commitment, and leadership. He has been an integral part of steering our organization to many successes and through a few notable challenges, always guiding with a steady hand, clear foresight, gentle wisdom, and a genuine dedication for our mission.

Brian was a founding member of Breakaway Community Services. As a Manager at CAS, he saw gaps in services for youth and their families. In 1989, armed with these insights, he played a pivotal role in beginning Breakaway to ensure that those missing but critical services became available to those who needed them. These initiatives include - but aren't limited to - the FYI program and HR OutReach services, as well as personally building the garden pergola where many clients and staff have found peace and respite.

Beyond his obvious accomplishments, Brian has offered something truly special to the Breakaway community – an enthusiasm, a sense of camaraderie, and a genuine care for each member of our organization. He hasn't just been a board member; he has been a mentor, a curator of our stories, a source of inspiration and a friend to us all.

As Brian steps into a new role at Breakaway, we want to express our deepest gratitude for his dedication and the countless hours of hard work he invested in making our organization what it is today. Brian, your legacy will endure, and the impact of your contributions will resonate for years to come.

Thank you for everything you've done for Breakaway over the years and in honour of all your steadfast support, we would like to present you with a token of our appreciation (Tool belt) and two Muskoka chairs adorn with a plaque, to resided in the garden/counseling area you built.

With gratitude,

Nicola Bangham, Executive Director

OUR IMPACT 2022-2023

612

ONGOING CLIENTS

8,132

ANONYMOUS
CLIENTS



Sasha and Walter

17,655

SERVICE
INTERACTIONS

9,802

INHALATION
SUPPLIES
DISTRIBUTED



Outreach at YOHOMO Pride



Outreach at Boiler Room

26,668

SAFER SEX
SUPPLIES
DISTRIBUTED

172

NALAXONE KITS
AND TRAINING

5,215

HARM REDUCTION
KITS DISTRIBUTED

70,589

INJECTION
SUPPLIES
DISTRIBUTED

OUR PROGRAMS

SATELLITE OPIOID TREATMENT CLINIC

The satellite clinic is an outpatient, community-based service that provides a range of supports for those seeking help with their use of opiates. With an interdisciplinary team of medical and counselling staff, Satellite offers opiate agonist prescriptions, counselling and case management, a food bank, and health education, among others.

89 CLIENTS SERVED THIS YEAR

“Just having access to these resources, even after my active addiction, I don't know where I would be without these resources + services available my recovery. Again very grateful to everyone @ Breakaway clinic.” - Anonymous



Breakaway's Garden Mural

ADDICTION SUPPORTIVE HOUSING

In partnership with West Toronto Community Health Centre, the Addiction Supportive Housing program provides substance use support for those who require stable housing. The goal of this program is to increase the health and social wellbeing of people with problematic substance use by providing stable housing and appropriate support services. The program is based on the Housing First Model, which provides housing to people without requirements for engagement in addiction treatment or abstinence. Addiction Supportive Housing Program provides 37 housing units to our clients. Breakaway staff support people in this program through case management, advocacy, and support helping our clients achieve their self-determined goals.

68 CLIENTS SERVED THIS YEAR
37 UNITS OF HOUSING



PIECES TO PATHWAYS

75 CLIENTS SERVED THIS YEAR

4,083 OUTREACH INTERACTIONS



P2P at the Bricks and Glitter Daytime Party

Pieces to Pathways (P2P) is Canada's first harm reduction service designed to specifically for LGBTQ2S+ youth. The program is run by queer and trans staff who have their own experience of substance use and recovery. The program provides harm reduction supplies and education, case management and counselling services, a trauma skills group, and a drop in night. After a long hiatus, P2P is moving back to in-person programming, and has resumed community meals where queer and trans youth can connect with others and get harm reduction based substance use support.

TORONTO OPIATE SUPPORT TEAM

68 CLIENTS SERVED THIS YEAR

The Toronto Opiate Support Team operates across Toronto as an outreach team that engages with and advocates for people who use opiates and have little or no access to supportive services. The program is designed to reduce the barriers that people might otherwise experience when looking for support. The team provides practical support, guidance, advocacy, and counseling for its clients, as well as training and consultation in opioids and opioid treatment to community service providers. The program is offered to three specific populations: youth, senior adults, and women..

"The care I receive from [my counsellor] is tailored made for me. I can let my armor down and my workers do not flinch at who they see. For that, I am deeply grateful." - LJ, TOST Client

HARM REDUCTION COUNSELLING AND SUPPORTS TEAM

83 CLIENTS SERVED THIS YEAR

The Harm Reduction Counselling and Supports Team (HRCST) is designed to reduce the barriers that people experience when accessing support for their substance use. With a team of counsellors and case managers, HRCST provides outreach services across Toronto. The team meets clients where they're most comfortable, with the goal of ensuring that everyone is able to get the support they need. Services include harm reduction supply distribution, case management services, crisis intervention, and one-to-one counselling and support.



Harm reduction supplies.

FAMILY AND YOUTH INITIATIVE

“I value the counsellors skill in creating a safe, supportive and non-judgemental space for me. I felt a comfortable connection with the counsellor from the beginning. I'm very appreciative for feeling connected to my counsellor.” - Anonymous

Breakaway's Family and Youth Initiative (FYI) program is one of the only harm-reduction based substance use services for youth and their families in Toronto. With a team of outreach staff and counsellors, the program gives youth accurate information about substances, helps youth advocate for themselves, and provides space to address the underlying causes of substance use through counselling.

170 CLIENTS SERVED THIS YEAR

1,223 YOUTH REACHED THROUGH OUTREACH

GLOW: GRIEF, LOSS, AND WELLNESS INITIATIVE

GLoW was established in 2021, after a recognition of the extreme grief and loss frontline workers face due to the overlapping drug poisoning and COVID-19 pandemics. Now in its second year, GLoW provides a variety of services such as one-to-one counselling, body-based supports, and drop in nights. This year, the program has grown to include capacity building workshops for other organizations and a warm line through which frontline workers can access immediate grief support.

62 CLIENTS SERVED THIS YEAR

55 ORGANIZATIONS SUPPORTED



GLoW memorial at St. Felix Center



Lowenbrau enjoying a stretch at her pet sitter's place.

THROUGH RUFF TIMES

Through Ruff Times (TRT) was founded after witnessing the the real possibility of having to make a choice between one's own health and wellbeing and the ability to 'keep' their furry family members. TRT offers no-cost, pet support programming including Temporary Pet Care, Pet Food Bank, and HOWL (pet-related grief and loss support). We strive to keep people-pet families together by fostering a community where the love and companionship of pets can thrive, especially in the face of adversity.

1,401 PEOPLE ACCESSED TRT'S PET FOOD BANK

40 EMERGENCY PET CARE INTAKES

"Thank you for going above and beyond to take Nina in and for giving me the opportunity to seek treatment. As an immigrant with absolutely no family members in Canada, having the support from TRT made all the difference. Made me feel like I do have a family to count on, I just didn't know them." - Anonymous

YEARLY HIGHLIGHTS

PIECES TO PATHWAYS

2SLGBTQ+ HARM REDUCTION TRAINING PROGRAM



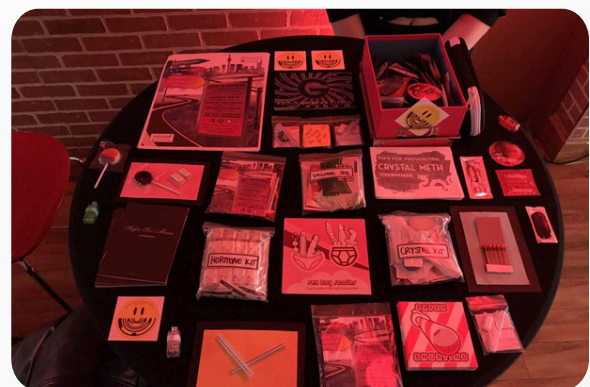
Baby Queer dictionary at P2P event.

Since 2022, Pieces to Pathways has run a training program for 2SLGBTQ+ youth who are interested in working in harm reduction. Funded by the Public Health Agency of Canada, the program involves training cohorts of 6 2SLGBTQ+ youth with lived/living experiences of substance use in harm reduction skills and practices.

The program begins with a comprehensive training on harm reduction strategies, overdose response, STBBI prevention, and social factors related to the ongoing drug poisoning crisis. Then, trainees work with Pieces to Pathways to conduct harm reduction outreach, facilitate education sessions, and create harm reduction supply kits.

The overarching objective of this program is to develop harm-reduction-based skills in Toronto's 2SLGBTQ+ community. Specific objectives, which will be delivered over three years, include:

- 1) Train peer mentors and navigators to build community capacity in HIV, Hep C, and STBBIS transmission, prevention, and treatment.
- 2) Deliver 30 educational workshops to 300 people who use and share drug equipment to improve their capacity to prevent infection.
- 3) Deliver 12 educational workshops to 120 frontline workers to develop skills and abilities to prevent infection and improve health outcomes.



Outreach table

DANIEL GOULD MEMORIAL SCHOLARSHIP

In 2021, with the support and generosity of the Gould Family, Breakaway launched the Daniel Gould Memorial Scholarship Fund. Daniel Gould was a beloved client at Breakaway, who had dreams of going to university to study biochemistry. Unfortunately, Daniel passed away in May of 2020, before he was able to realize his goals. To honor his memory, Daniel's family established a scholarship in his name so that his dream could live on by helping another client at Breakaway continue their education.

Originally, Breakaway planned to raise \$10,000 to help cover the costs of an educational program for one of our clients. By the time the fund closed in March 2021, we raised a total of \$29,823.83 – almost 300% of our goal!

With this money, we were able to cover the costs of education for nine of our clients. These funds helped our recipients cover tuition, transportation, textbooks, and technology. This graph shows a breakdown of the ways we distributed this fund.



Daniel with his mom, Andrea

Thanks to the generosity of the Gould family and our donors, we have been able to open up another round of scholarships for our clients in 2023. With a fund of \$19,200, we are supporting 15 clients as they pursue further education. This scholarship was designed to be flexible and low barrier, to accommodate a variety of educational goals and financial needs. We are delighted to be able to provide this unique form of support for our clients a second time!

2021-2023

\$49,023 AWARDED

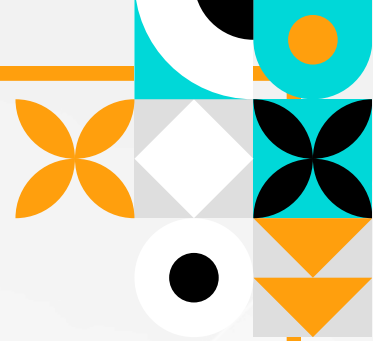
TO 24 RECIPIENTS

GIFT RANGE: \$200 - \$5,000

BASED ON NEED

GRIEF, LOSS, AND WELLNESS

COMMUNITY SERVICES RECOVERY FUND



Founded in January 2021, Breakaway's Grief, Loss, and Wellness (GLOW) Initiative offers supports to frontline workers, community facing management and coordinators, and community supporters who have been impacted by the trauma and overwhelming loss of the drug poisoning crisis. GLOW provides direct grief, loss, and wellness supports for frontline workers, and capacity building supports to assist teams and communities responding to grief and loss. By supporting frontline workers in their own wellness, GLOW seeks to make frontline work in the harm reduction sector more sustainable.

This year, we've received funding from the Government of Canada's Community Services Recovery Fund to support this programming. The Community Services Recovery Fund is a one-time \$400 million investment from the Government of Canada to support community service organizations, including charities, non-profits and Indigenous governing bodies, as they adapt and modernize their organizations.



Herbal supports provided by GLOW.

The Government of Canada delivered the Community Services Recovery Fund through three National Funders – Canadian Red Cross, Community Foundations of Canada, and United Way Centraide Canada. The National Funders distributed funding to eligible community service organizations, including charities, non-profits, and Indigenous governing bodies, providing services in communities across Canada.

Breakaway's funding from the Community Services Recovery Fund will be used to provide direct counselling and wellness supports for frontline workers. In 2020, Breakaway staff conducted several needs assessments within the harm reduction sector to determine what worker wellness gaps remained unaddressed. The assessment found that there was a gap in direct support for frontline workers. GLOW's one to one support service was designed to fill this gap. Recipients of this service are able to receive eight total sessions with the consultants of their choice, free of charge. One on one support continues to be the most requested service that the program provides. Our funding from the Community Services Recovery Fund will pay for the counsellors and consultants working with the GLOW program, allowing us to continue providing these vital supports.

GROWING OUR GARDEN

Breakaway's backyard garden has always been an important space for community and connection. Since we moved to our Parkdale home in 2011, our staff and clients have poured countless hours of love and hard work into our outdoor space. When the COVID-19 pandemic started in 2020, our garden became a space where we could safely meet our clients who could not access virtual services. This grew into a larger project, with clients and staff working together to grow fruits, veggies, and herbs to supplement our grocery program and help combat food insecurity. Our garden has grown to become a community space where everyone can contribute, share their knowledge and skills, and connect with one another over growing seedlings and fruit harvests. The garden provides a space for people to connect with parts of themselves that they may have forgotten or not had a chance to connect with.



GLoW Memorial Arch



Cherries from the back garden

The garden acts as a non-clinical therapeutic space that allows for healing beyond the counselling room. Most importantly, this backyard space empowers people to develop a closer relationship with all the life blooming in our garden: from growing plants and pollinating insects, to our client's pets sniffing around in the dirt, to the people working together to make our space beautiful and welcoming.

GLOW IN THE GARDEN

Breakaway's Grief, Loss, and Wellness team has taken the lead on creating a beautiful memorial space in our garden. Our memorial archway was built to commemorate those that our community has lost. This archway is made from baby oak trees and other natural materials that had to be removed from our garden beds. This is an interactive space, and people are encouraged to continually build onto it by adding their own mementoes and meaningful objects. The garden is also a space for numerous grief and wellness groups, which provide a chance for connection amidst the ongoing loss and trauma of the drug poisoning crisis.

INTERNATIONAL OVERDOSE AWARENESS DAY

International Overdose Awareness day is observed every year on August 31, to commemorate those who have died due to the drug poisoning crisis. Since 2020, the number of deaths due to drug poisoning have seen a steep increase. Overdose Awareness day seeks to raise awareness of drug poisoning deaths, share information about safe drug use, and to mourn those who have died without shame or stigma.

This year, Breakaway marked Overdose Awareness Day alongside Unison Health & Community Services and the Black Coalition for AIDS Prevention. Held at Dufferin Grove Park, this day included memorial activities, herbal supports, community engagement, harm reduction information and supplies, and NADA acudetox seeds.

TIME TO
REMEMBER.
TIME TO ACT.

ACCREDITATION



We are pleased to share that Breakaway is now accredited by Accreditation Canada, a body that works to improve health outcomes through assessment against global standards of care. Taking part in the accreditation process is one way that we ensure that we are providing high quality, evidence based, and client centered care through all our programs.

BOCCE BALL FUNDRAISER

This summer, Through Ruff Times hosted their third annual Bocce Ball Fundraiser! Supporters of Through Ruff Times came together with local business like the GOODS Sweets and Acupuncture Centre TO to raise a whopping \$2,228 for people and pets!

Left: Chloe, one of the dogs TRT supports.



THROUGH RUFF TIMES DOCUMENTARY

As frontline workers Mella and Melissa noticed that in order to access services such as hospital care, residential treatment, or shelters, many people were placed in the impossible position of choosing between accessing support and keeping their animal companions. When it came down to taking care of their pets or taking care of themselves, most people decided to forgo the care they needed. That's why they started Through Ruff Times (TRT), a program dedicated to keeping people and pets together by providing pet food, pet care, and emergency vet support. By taking care of people's pets, TRT helps their clients take care of themselves.

"The service was impactful because it supported the safety of my client's recovery post-surgery, and it supported her emotions to know her pet was safe... Pets are so significant to individuals and their wellness and i believe this program understands that and the impacts when people are in challenging circumstances." - Nadine, Case Manager



TRT's Merchandise Table



Melissa and Mago

This year, Breakaway had the pleasure of working with the very talented Arlene Moscovitch and David Atkins who created a documentary showcasing the whats, whos, and whys of Through Ruff Times. The 20 minute film explores the ins and outs of the programs: from the staff who started it, the volunteers who make it possible, and the love between people and pets that has always been at the heart of everything Through Ruff Times does.

The documentary officially launched in October. We got to celebrate with all the friends of Through Ruff Times who have supported this program since it was founded in 2021. It was an evening of love and gratitude. We couldn't be more thankful for Arlene and David, who made it all possible!



[**CLICK HERE TO WATCH THE FULL DOCUMENTARY**](#)

2022-2023

FINANCIAL STATEMENTS

	2023	2022
Revenue		
MOH - Long Term Care (Note 7)	\$ 2,556,482	\$ 2,551,482
MOH - Child and Youth Mental Health (Note 7)	307,448	343,687
Other grants and HRDC	691,346	645,967
Pieces to Pathways funding	191,321	-
Government subsidies (Note 14)	-	166,804
Donations and other income	42,924	58,874
Amortization of deferred capital contributions	-	98,957
	<u>3,789,521</u>	<u>3,865,771</u>
Expenses		
Salaries	2,597,072	2,512,010
Employee benefits	444,642	432,817
Building occupancy	343,614	385,375
Client medical supplies and food	50,147	51,949
Accounting and bookkeeping	37,418	37,938
Clinical, governance and management consulting	32,319	48,501
Program operation and general administration	72,943	40,787
Postage, stationery and office supplies	19,813	34,739
Telephone	28,625	28,598
Audit and legal fees	8,312	9,055
Equipment leases and maintenance	8,003	7,786
Staff travel	17,857	21,435
Staff education	23,275	43,078
Insurance	14,127	11,755
Computer maintenance	43,891	38,657
Public education, advertising and promotion	4,541	3,460
Fundraising	6,352	593
Amortization of capital assets	-	98,957
	<u>3,752,951</u>	<u>3,807,490</u>
Excess of revenue over expenses for the year	36,570	58,281
Fund balance, beginning of year	85,135	26,854
Fund balance, end of year	\$ 121,705	\$ 85,135

THANK YOU TO OUR DONORS

Thanks to the generosity and support of our community, we've been able to continuously provide, adapt, and expand our services. Our donors play a vital role in supporting our clients as they navigate their relationship to substance use. Whether its through a monetary donation, a donation of supplies, or hosting a fundraiser, our donors ensure that our services are able to meet the needs of our community.

Throughout the challenges of the past few years, including COVID-19 recovery and the ongoing drug poisoning crisis, our community has shown incredible resilience and strength. Thanks to our donors, we've been able to meet these challenges head on, expanding our services to provide more effective and comprehensive programming.

OUR MAJOR DONORS, 2022-2023

As we reflect on the past year, we would like to extend our sincere gratitude to the organizations and individuals who have supported our work with major gifts. Thank you for your generous support of evidence based and client centered healthcare in your community.

**POUL AND SUSAN HANSEN
FAMILY FOUNDATION**

**HYDRO ONE EMPLOYEE'S AND
PENSIONER'S CHARITY TRUST
FUND**

**THE ERIC S. MARGOLIS FAMILY
FOUNDATION**

THE TORONTO FOUNDATION

TORONTO FIRE FIGHTERS

**FEDERATION OF RUSSIAN
CANADIANS ONTARIO**

**THE POLLOCK FAMILY
FOUNDATION**

REUVEN INTERNATIONAL

PARTERRE HOLDINGS INC.

**FRIENDS OF ST JAMES PARK
TORONTO**

MARC MORISSET

SUPPORT US TODAY

[CLICK HERE TO DONATE TO BREAKAWAY](#)

The generosity of donors like you allows us to continue and expand our programming. By donating to Breakaway, you are ensuring that we can continue providing high quality and effective programming that supports our clients when they need it the most. Your commitment and generosity makes this work possible.

THANK YOU TO OUR PARTNERS

Brands for Canada
Canada Summer Jobs
CHUM City Christmas Wish
City of Toronto Drug Strategy
Covenant House
Daily Bread Food Bank
FOCUS Toronto
George Brown College
Jean Tweed Centre
Kensington Health
Midwest Ontario Health Team
Parkdale Queen West CHC
PARC
Regeneration Community Services
Royal Ontario Museum
Toronto Metropolitan University
Second Harvest
Sick Kids Hospital
SNYP
Stella's Place
St. Michael's Hospital FHT
SUAP
Strides Toronto
South Riverdale CHC
Moss Park OPS
PHAC
TDIN
The Stop Community Food Centre
TO2AN
Toronto District School Board
Toronto Catholic District School Board
Toronto Public Health
Toronto Foundation
TELUS Mobility for Good Program
VIRCAN
Mid-West Toronto OHT
West Toronto Network of Community Care
Youthlink What's Up Walk-In
Yonge Street Mission
Evergreen Drop-In
York University

OUR FUNDERS

Many thanks for the ongoing commitment of our funders: Ontario Health; and the Ministry of Children, Community and Social Services via MOH. This support makes it possible for us to deliver accessible and effective substance-use services and achieve our mandate to reduce harm and enhance health in our community.



Ministry of
Children, Community &
Social Services



Public Health
Agency of Canada

Agence de la santé
publique du Canada

ON THE COVER

WALTER AND IZZY

Izzy has become everything to me... What she brings to me, gives back to me, is a thousand times stronger than I could ever give to her." - Walter

Izzy has been Walter's companion and support system for over 10 years. When Walter had to go into surgery, he had nobody who could take care of Izzy while he was in the hospital. Walter was in an impossible situation. He had to decide whether he should stay with his best friend, or access the care he needed.

Thanks to Through Ruff Times, Walter didn't have to make this choice. They paired Izzy with a family who volunteered to watch Izzy while Walter was away. When Walter returned from the hospital, he was able to reunite with his best friend.

"They just took all the stress away. Through Ruff Times saved my life, and I couldn't be more grateful." - Walter



[CLICK HERE TO WATCH
WALTER AND IZZY'S STORY.](#)



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